

Nurture your mind, body and spirit for a healthier, happier

LIFE'S Senior Center at Southminster MAY 2023

Monday		Tuesday		Wednesday		Thursday		Friday	
1	8:15-3:30 Walkers / Fitness Room 8:15-9:15 Open Basketball 9:00 Chair/Standing Fitness 9:30-10:45 Senior Fitness Tai Chi 11:00 Bunco Time with Nick 11:00-12:15 Ladies/Men's Basketball 12:30-1:40 Yoga 1:00 Bridge (Beginners Welcome) 1:45-3:30 PB-Open Play	2	8:15-3:30 Walkers / Fitness Room 9:00 Functional Movement 10:00 Dancing Rhythms 11:15-12:15 PB-Reservations all courts/sign up 12:15-3:30 PB-Open Play Optional Challenge CT 1 12:30 Mahjong 1:00 Knitten Kittens 1:00 ORBIT Arts Rehearsals	3	8:15-3:30 Walkers / Fitness Room 8:30-10:00 Beginners PB Class 9:00 Chair/Standing Fitness 10:00-11:00 Beginners PB all Courts 11:15-12:15 PB Reservations all Courts/sign up 12:30-1:40 Yoga 1:45-3:30 PB-Open Play	4	8:15-3:30 Walkers / Fitness Room 9:00 Functional Movement 9:00 Chair/Standing Fitness 10:00 Dancing Rhythms 11:15-12:15 PB-Reservations all Courts/sign up 12:15-3:30 PB-Optional Challenge Court 1 Open play courts 2 & 3 1:00 Art Class with Miss Rainbow 1:00 ORBIT Arts Rehearsals CIRCLE CINEMA DEPARTING EAST SIDE 11:00 (Movie and time to be determined RSVP BY 5/1)	5	8:15-3:30 Walkers / Fitness Room 8:30-11:00 Beginners PB-court 1&2 9:00-10:30 PB Machine-court 3/sign up 11:15-12:15 PB Reservations all Courts/sign up 12:15-3:30 PB-Open Play-optional Challenge # 1 12:30-1:30 Knitten Kittens 1:30 Cards and Games 1:30
8	8:15-3:30 Walkers / Fitness Room 8:15-9:15 Open Basketball 9:00 Chair/Standing Fitness 9:30-10:45 Senior Fitness Tai Chi 11:00-12:15 Ladies/Men's Basketball 12:30-1:40 Yoga 1:00 Bridge (Beginners Welcome) 1:45-3:30 PB-Open Play	9	8:15-3:30 Walkers / Fitness Room 9:00 Functional Movement 10:00 Dancing Rhythms 11:15-12:15 PB-Reservations all courts/sign up 12:15-3:30 PB-Open Play Optional Challenge CT 1 12:30 Mahjong 1:00 Knitten Kittens 1:00 ORBIT Arts Rehearsals 2:00 Mother's Day Tea with Christina/VIP Clinic	10	8:15-3:30 Walkers / Fitness Room 8:30-10:00 Beginners PB Class 9:00 Chair/Standing Fitness 10:00 Corn Hole Toss Game 10:00-11:00 Beginners PB all Courts 11:15-12:15 PB Reservations all Courts/sign up 12:30-1:40 Yoga 1:45-3:30 PB-Open Play	11	8:15-3:30 Walkers / Fitness Room 9:00 Functional Movement 9:00 Chair/Standing Fitness 10:00 Dancing Rhythms 11:15-12:15 PB-Reservations all Courts/sign up 12:15-3:30 PB-Optional Challenge Court 1 Open play courts 2 & 3 1:00 Art Class with Miss Rainbow 2:00 ORBIT Arts performance "Guys & Dolls" (Free) This will be a very exciting event, don't miss it!!!	12	8:15-3:30 Walkers / Fitness Room 8:30-11:00 Beginners PB-court 1&2 9:00-10:30 PB Machine-court 3/sign up 11:15-12:15 PB Reservations all Courts/sign up 12:15-3:30 PB-Open Play-optional challenge #1 12:30-1:30 Knitten Kittens 1:30 Cards and Games
15	8:15-3:30 Walkers / Fitness Room 8:15-9:15 Open Basketball 9:00 Chair/Standing Fitness 9:30-10:45 Senior Fitness Tai Chi (DVD) 11:00 Bunco Time with Nick 11:00-12:15 Ladies/Men's Basketball 12:30-1:40 Yoga 1:00 Bridge (Beginners Welcome) 1:45-3:30 PB-Open Play	16	8:15-3:30 Walkers / Fitness Room 9:00 Functional Movement 10:00 Dancing Rhythms 11:15-12:15 PB-Reservations all courts/sign up 12:15-3:30 PB-Open Play Optional Challenge CT 1 12:30 Mahjong 1:00 Knitten Kittens 1:00 ORBIT Arts Rehearsals 11:30 Meet & Eat at 3 Tequilas Mexican Grill	17	8:15-3:30 Walkers / Fitness Room 8:30-10:00 Beginners PB Class 9:00 Chair/Standing Fitness 10:00 Corn Hole Toss Game 10:00-11:00 Beginners PB all Courts 11:15-12:15 PB Reservations all Courts/sign up 12:30-1:40 Yoga 1:45-3:30 PB-Open Play	18	8:15-3:30 Walkers / Fitness Room 9:00 Functional Movement 9:00 Chair/Standing Fitness 10:00 Dancing Rhythms 11:15-12:15 PB-Reservations all Courts/sign up 12:15-3:30 PB-Optional Challenge Court 1 Open play 2 & 3 1:00 Art Class with Miss Rainbow 1:00 ORBIT Arts Rehearsals	19	8:15-3:30 Walkers / Fitness Room 8:30-11:00 Beginners PB-Court 1&2 9:00-10:30 PB Machine-Court 3/sign up 11:15-12:15 PB-Reservations all Courts/sign up 12:15-3:30 PB-Open Play-optional Challenge #1 12:30-1:30 Knitten Kittens 1:30 Cards and Games
22	8:15-3:30 Walkers / Fitness Room 8:15-9:15 Open Basketball 9:00 Chair/Standing Fitness 9:30-10:45 Senior Fitness Tai Chi (DVD) 11:00-12:15 Ladies/Men's Basketball 12:30-1:40 Yoga 1:00 Bridge (Beginners Welcome) 1:45-3:30 PB-Open Play	23	8:15-3:30 Walkers / Fitness Room 9:00 Functional Movement 10:00 Dancing Rhythms 11:15-12:15 PB-Reservations all courts/sign up 12:15-3:30 PB-Open Play Optional Challenge CT 1 12:30 Mahjong 1:00 Knitten Kittens 1:00 ORBIT Arts Rehearsals	24	8:15-3:30 Walkers / Fitness Room 8:30-10:00 Beginners PB Class 9:00 Chair/Standing Fitness 10:00 Corn Hole Toss Game 10:00-11:00 Beginners PB all Courts 11:15-12:15 PB Reservations all Courts/sign up 12:30-1:40 Yoga 1:45-3:30 PB-Open Play	25	8:15-3:30 Walkers / Fitness Room 9:00 Functional Movement 9:00 Chair/Standing Fitness 10:00 Dancing Rhythms 11:15-12:15 PB-Reservations all Courts/sign up 12:15-3:30 PB-Optional Challenge Court 1 Open play 2 & 3 1:00 Art Class with Miss Rainbow 1:00 ORBIT Arts Rehearsals Road Trip to Chouteau departing East Side 11:15 Standby RSVP only	26	8:15-3:30 Walkers / Fitness Room 8:30-11:00 Beginners PB-Court 1&2 9:00-10:30 PB Machine-Court 3/sign up 11:15-12:15 PB-Reservations 3 courts/sign up 12:00 Monthly Luncheon 12:15-3:30 PB-Open Play-optional Challenge #1 12:30-1:30 Knitten Kittens 1:30 Cards and Games Monthly luncheon-RSVP to Jennifer by 4/7 Dessert provided by Christina/VIP Care Center Bingo with Wayne
29	8:15-3:30 Walkers / Fitness Room 8:15-9:15 Open Basketball 9:00 Chair/Standing Fitness 9:30-10:45 Senior Fitness Tai Chi (DVD) 11:00-12:15 Ladies/Men's Basketball 12:30-1:40 Yoga 1:00 Bridge (Beginners Welcome) 1:45-3:30 PB-Open Play	30	8:15-3:30 Walkers / Fitness Room 9:00 Functional Movement 10:00 Dancing Rhythms 11:15-12:15 PB-Reservations all courts/sign up 12:15-3:30 PB-Open Play Optional Challenge CT 1 12:30 Mahjong 1:00 Knitten Kittens 1:00 ORBIT Arts Rehearsals	31	8:15-3:30 Walkers / Fitness Room 8:30-10:00 Beginners PB Class 9:00 Chair/Standing Fitness 10:00 Corn Hole Toss Game 10:00-11:00 Beginners PB all Courts 11:15-12:15 PB Reservations all Courts/sign up 12:30-1:40 Yoga 1:45-3:30 PB-Open Play	<p>Thursday, May 4th, Departing East Side at 11:15 Let's all go to the Circle Cinema (Movie and Time to be determined 5/1) Tuesday, May 9th 2:00 Mother's Day tea with Christina/VIP Care Clinic Thursday, May 11th 2:00 PAC Orbit Initiative performance fGuys & Dolls (Free)</p>		<p>Tuesday, May 16th Meet & Eat 11:30 3 Tequilas Mexican Grill 3308 So. Peoria Avenue Thursday, May 25th departing East Side 11:15 Road Trip to Amish Cheese House in Chouteau Antique shopping at "Junk and Disorderly" Friday, May 26th 12:00 Monthly Luncheon Interurban Salad, Bread Sticks, Fresh Fruit</p>	



Programs and activities are generously provided through an Empowering Health grant from UnitedHealthcare.

LIFE's Senior Center at Southminster
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Memberships are available to adults 50 and older. The cost is \$100.00 (8.33 per month)-annually and includes a free subscription to LIFE's Vintage Magazine (valid at both East Side & Southminster)