

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

LIFE'S Senior Center at Southminster January 2022

Monday		Tuesday		Wednesday		Thursday		Friday	
3	8:15-3:30 Walkers / Fitness Room 8:15-9:15 Open Basketball 9:00 Chair/Stranding Fitness 9:30-10:45 Senior Fitness Tai Chi 11:00 Ladies/Mens Basketball 12:30-1:40 Yoga 1:45-3:30 Pickleball: Open to All	4	8:15-3:30 Walkers / Fitness Room 9:00 Functional Movement 10:00 Dancing Rhythms 10:00 Ping Pong 10:00 Creative Writing/Storytelling 11:15-3:30 Pickleball-Challenge Court 1 12:30 Mahjong 1:00 Knitten Kittens	5	8:15-3:30 Walkers / Fitness Room 8:30-10:30 Beginners Pickleball 9:00 Chair/Standing Fitness 10:30-12:15 Pickleball-Open 12:30-1:40 Yoga 1:45-3:30 Pickleball-Open	6	8:15-3:30 Walkers / Fitness Room 9:00 Functional Movement 9:00 Chair/Standing fitness 10:00 Dancing Rhythms 10:00 Vintage Voices- 11:00 Basketball Drills 12:30-3:30 Pickleball-Challenge Court 1:00 Art with Miss Rainbow Finish Cardinal Painting	7	8:15-3:30 Walkers / Fitness Room 8:30-10:30 Beginners Pickleball-court 1&2 9:00-10:30 Pickleball Machine-court 3 (See sign-up Sheet) 9:30 Beginner's Bridge 10:30-3:30 Pickleball-Open 12:30-1:30 Knitten Kittens 1:30 Cards and Games
10	8:15-3:30 Walkers / Fitness Room 8:15-9:15 Open Basketball 9:00 Chair/Stranding Fitness 9:30-10:45 Senior Fitness Tai Chi 11:00 Ladies/Mens Basketball 12:30-1:40 Yoga 1:45-3:30 Pickleball: Open to All	11	8:15-3:30 Walkers / Fitness Room 9:00 Functional Movement 10:00 Dancing Rhythms 10:00 Ping Pong 10:00 Creative Writing/Storytelling 11:15-3:30 Pickleball-Challenge Court 1 12:30 Mahjong 1:00 Knitten Kittens	12	8:15-3:30 Walkers / Fitness Room 8:30-10:30 Beginners Pickleball 9:00 Chair/Standing Fitness 12:30 -1:40 Yoga (in the dining room) GYM CLOSED FOR "INTRODCTION TO PICKLEBALL" 8:00-4:00	13	8:15-3:30 Walkers / Fitness Room 9:00 Functional Movement 9:00 Chair/Standing fitness 10:00 Dancing Rhythms 10:00 Vintage Voices 11:00 Basketball Drills 12:30-3:30 Pickleball-Challenge Court 1:00 Art with Miss Rainbow Snowflake Plate	14	8:15-3:30 Walkers / Fitness Room 8:30-10:30 Beginners Pickleball-court 1&2 9:00-10:30 Pickleball Machine-court 3 (See sign-up Sheet) 9:30 Beginner's Bridge 10:30-3:30 Pickleball-Open 12:30-1:30 Knitten Kittens 1:30 Cards and Games
17	SENIOR CENTER CLOSED IN REMEMBRANCE 	18	8:15-3:30 Walkers / Fitness Room 9:00 Functional Movement 10:00 Dancing Rhythms 10:00 Ping Pong 10:00 Creative Writing/Storytelling 11:15-3:30 Pickleball-Challenge Court 1 12:30 Mahjong 1:00 Knitten Kittens	19	8:15-3:30 Walkers / Fitness Room 8:30-10:30 Beginners Pickleball 9:00 Chair/Standing Fitness 10:30-12:15 Pickleball-Open 12:30-1:40 Yoga 1:45-3:30 Pickleball-Open	20	8:15-3:30 Walkers / Fitness Room 9:00 Functional Movement 9:00 Chair/Standing fitness 10:00 Dancing Rhythms 10:00 Vintage Voices 11:00 Basketball Drills 12:30-3:30 Pickleball-Challenge Court 1:00 Art with Miss Rainbow Jeweled Trees	21	8:15-3:30 Walkers / Fitness Room 8:30-10:30 Beginners Pickleball-Court 1&2 9:00-10:30 Pickleball Machine-Court 3 (see sign-up sheet) 9:30 Beginners Bridge 10:30-3:30 Pickleball-Open 1:30 Knitten Kittens 1:30 Cards and Games
24	8:15-3:30 Walkers / Fitness Room 9:00 Chair/Stranding Fitness 9:30-10:45 Senior Fitness Tai Chi 11:10 Ladies Basketball 12:30-1:40 Yoga 1:45-3:30 Pickleball: Open to All	25	8:15-3:30 Walkers / Fitness Room 9:00 Functional Movement 10:00 Dancing Rhythms 10:00 Ping Pong 10:00 Creative Writing/Storytelling 11:15-3:30 Pickleball-Challenge Court 1 1:00 Knitten Kittens 9:00-4:00 Writing Workshop with Nikki	26	8:15-3:30 Walkers / Fitness Room 8:30-10:30 Beginners Pickleball 9:00 Chair/Standing Fitness 10:30-12:15 Pickleball-Open 12:30-1:40 Yoga 1:45-3:30 Pickleball-Open	27	8:15-3:30 Walkers / Fitness Room 9:00 Functional Movement 9:00 Chair/Standing fitness 10:00 Dancing Rhythms 10:00 Vintage Voices 11:00 Basketball Drills 12:30-3:30 Pickleball-Challenge Court 1:00 Art with Miss Rainbow Decorate glass votives	28	8:15-3:30 Walkers / Fitness Room 8:30-10:30 Beginners Pickleball-court 1&2 9:00-10:30 Pickleball Machine-court 3 (See sign-up Sheet) 9:30 Beginner's Bridge 10:30-3:30 Pickleball-Open 12:30-1:30 Knitten Kittens 1:30 Cards and Games
31	8:15-3:30 Walkers / Fitness Room 9:00 Chair/Stranding Fitness 9:30-10:45 Senior Fitness Tai Chi 11:10 Ladies Basketball 12:30-1:40 Yoga 1:45-3:30 Pickleball: Open to All	"Writing Workshop with author Nikki Hanna" This workshop shows both novice and seasoned writers "How not to write like an Amateur". In one day, participants will experience a steep learning curve that elevates them from novice status to authorship and receive a copy of her book. Lunch will be provided to participants		Every end marks a new beginning. Keep your spirits and determination unshaken, and you shall always walk the glory road. With courage, faith and great effort, you shall achieve everything you desire We wish you a Happy New Year in 2022				"Introduction to Pickleball" This class is specifically for Vintage readers who are first time players and who are not members of LIFE's Senior Centers. Led by 3 enthusiastic and seasoned Pickleball coaches, you will come away with basic knowledge and techniques on how to serve, how to return the ball, how the game is played and more! Paddles and balls will be provided	

LIFE's Senior Center at Southminster
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Senior Adults lose more than **80 ounces of water each day**, simply through engaging in normal activities. For seniors, hydration is especially important. Seniors become dehydrated more easily than other adults, and dehydration is actually one of the leading causes of hospitalization for seniors in the United States.
~MAKE CERTAIN TO STAY HYDRATED IN THIS HEAT~

Memberships available to adults 50+. The cost is \$70.00 annually and applies to Southminster and East