



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

LIFE'S Senior Center at Southminster June 2022

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|---|
| <p>6/8 LIFE Support-Staying Connected & Sharing Strengths with Janet Stamper</p> <p>6/20 Musical Mondays with Janet Rutland See Melodie for tickets \$8.00 (Cascia Hall)</p> <p>6/22 Writers Symposium/Author Nikki Hannah (Legacy Plaza)</p> <p>6/24 Southminster Luncheon \$6.00 Guest Jorjana Marx/Oklahoma Senior Law</p> | <p>Sunday, June 19th</p>  | <p>1 8:15-3:30 Walkers / Fitness Room 8:30-10:30 Beginners Pickleball 9:00 Chair/Standing Fitness 10:30-11:00 Beginners Pickleball Play 11:15-12:15 Pickleball Reservations all 3 Courts 12:30-1:40 Yoga 1:45-3:30 Pickleball-Open</p> | <p>2 8:15-3:30 Walkers / Fitness Room 9:00 Functional Movement 9:00 Chair/Standing fitness 10:00 Dancing Rhythms 11:15-12:15 Pickleball-Reservations all 3 courts 12:15-3:30 Pickleball-Challenge Court 1 Open play courts 2 & 3 1:00 Art Class with Miss Rainbow Painting Garden Gnomes w/Grandkids</p> | <p>3 8:15-3:30 Walkers / Fitness Room 8:30-11:00 Beginners Pickleball-court 1&2 9:00-10:30 Pickleball Machine-court 3 (See sign-up Sheet) 11:15-12:15 Pickleball-Reservations all 3 courts 12:30-1:30 Knitten Kittens 1:30 Cards and Games 12:15-3:30 Pickleball-Open</p> |
| <p>6 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 Cornhole Toss Game 11:00 Ladies/Men's Basketball 12:30-1:40 Yoga 1:00 Bridge (Beginners Welcome) 1:45-3:30 Pickleball: Open to All</p> | <p>7 8:15-3:30 Walkers / Fitness Room 9:00 Functional Movement 10:00 Dancing Rhythms 11:15-12:15 Pickleball-Reservations all 3 courts 12:15-3:30 Pickleball-Challenge Court 1 Open play courts 2 & 3 12:30 Mahjong 1:00 Knitten Kittens</p> | <p>8 8:15-3:30 Walkers / Fitness Room 8:30-10:30 Beginners Pickleball 9:00 Chair/Standing Fitness 10:30-11:00 Beginners Pickleball Play 11:15-12:15 Pickleball Reservations all 3 Courts 12:30-1:40 Yoga 1:45-3:30 Pickleball-Open 1:00-2:00 LIFE Support Staying Connected and Sharing Our Strengths</p> | <p>9 8:15-3:30 Walkers / Fitness Room 9:00 Functional Movement 9:00 Chair/Standing fitness 10:00 Dancing Rhythms 11:15-12:15 Pickleball-Reservations all 3 courts 12:15-3:30 Pickleball-Challenge Court 1 Open play courts 2 & 3 1:00 Art Class with Miss Rainbow Flowers with a vase painting</p> | <p>10 8:15-3:30 Walkers / Fitness Room 8:30-11:00 Beginners Pickleball-court 1&2 9:00-10:30 Pickleball Machine-court 3 (See sign-up Sheet) 11:15-12:15 Pickleball-Reservations all 3 courts 12:30-1:30 Knitten Kittens 1:30 Cards and Games 12:15-3:30 Pickleball-Open</p> |
| <p>13 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 Cornhole Toss Game 11:00 Ladies/Men's Basketball 12:30-1:40 Yoga 1:00 Bridge (Beginners Welcome) 1:45-3:30 Pickleball: Open to All</p> | <p>14 8:15-3:30 Walkers / Fitness Room 9:00 Functional Movement 10:00 Dancing Rhythms 11:15-12:15 Pickleball-Reservations all 3 courts 12:15-3:30 Pickleball-Challenge Court 1 Open play courts 2 & 3 12:30 Mahjong 1:00 Knitten Kittens</p> | <p>15 8:15-3:30 Walkers / Fitness Room 8:30-10:30 Beginners Pickleball 9:00 Chair/Standing Fitness 10:30-11:00 Beginners Pickleball Play 11:15-12:15 Pickleball Reservations all 3 Courts 12:30-1:40 Yoga 1:45-3:30 Pickleball-Open</p> | <p>16 8:15-3:30 Walkers / Fitness Room 9:00 Functional Movement 9:00 Chair/Standing fitness 10:00 Dancing Rhythms 11:15-12:15 Pickleball-Reservations all 3 courts 12:15-3:30 Pickleball-Challenge Court 1 Open play courts 2 & 3 1:00 Art Class with Miss Rainbow Flowers with a vase painting</p> | <p>17 8:15-3:30 Walkers / Fitness Room 8:30-11:00 Beginners Pickleball-Court 1&2 9:00-10:30 Pickleball Machine-Court 3 (see sign-up sheet) 11:15-12:15 Pickleball-Reservations all 3 courts 12:30-1:30 Knitten Kittens 1:30 Cards and Games 12:15-3:30 Pickleball-Open</p> |
| <p>20 SENIOR CENTER'S CLOSED Musical Mondays with Janet Rutland</p>  | <p>21 8:15-3:30 Walkers / Fitness Room 9:00 Functional Movement 10:00 Dancing Rhythms 11:15-12:15 Pickleball-Reservations all 3 courts 12:15-3:30 Pickleball-Challenge Court 1 Open play courts 2 & 3 12:30 Mahjong 1:00 Knitten Kittens</p> | <p>22 8:15-3:30 Walkers / Fitness Room 8:30-10:30 Beginners Pickleball 9:00 Chair/Standing Fitness 10:00 Writers Symposium/Nikki Hanna Legacy Plaza, 5330 East 31st Street 10:30-11:00 Beginners Pickleball Play 11:15-12:15 Pickleball Reservations all 3 Courts 12:30-1:40 Yoga 1:45-3:30 Pickleball-Open</p> | <p>23 8:15-3:30 Walkers / Fitness Room 9:00 Functional Movement 9:00 Chair/Standing fitness 10:00 Dancing Rhythms 11:15-12:15 Pickleball-Reservations all 3 courts 12:15-3:30 Pickleball-Challenge Court 1 Open play courts 2 & 3 1:00 Art Class with Miss Rainbow Round Robbin Art Journaling</p> | <p>24 8:15-3:30 Walkers / Fitness Room 8:30-11:00 Beginners Pickleball-court 1&2 9:00-10:30 Pickleball Machine-court 3 (See sign-up Sheet) 11:15-12:15 Pickleball-Reservations all 3 courts 12:00 Luncheon 12:30-1:30 Knitten Kittens 1:30 Cards and Games 12:15-3:30 Pickleball-Open</p> |
| <p>27 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's 11:00 Cornhole Toss Game 11:00 Ladies/Men's Basketball 12:30-1:40 Yoga 1:00 Bridge (Beginners Welcome) 1:45-3:30 Pickleball: Open to All</p> | <p>28 8:15-3:30 Walkers / Fitness Room 9:00 Functional Movement 10:00 Dancing Rhythms 11:15-12:15 Pickleball-Reservations all 3 courts 12:15-3:30 Pickleball-Challenge Court 1 Open play courts 2 & 3 12:30 Mahjong 1:00 Knitten Kittens</p> | <p>29 8:15-3:30 Walkers / Fitness Room 8:30-10:30 Beginners Pickleball 9:00 Chair/Standing Fitness 10:30-11:00 Beginners Pickleball Play 11:15-12:15 Pickleball Reservations all 3 Courts 12:30-1:40 Yoga 1:45-3:30 Pickleball-Open</p> | <p>30 8:15-3:30 Walkers / Fitness Room 9:00 Functional Movement 9:00 Chair/Standing fitness 10:00 Dancing Rhythms 11:15-12:15 Pickleball-Reservations all 3 courts 12:15-3:30 Pickleball-Challenge Court 1 Open play courts 2 & 3 1:00 Art Class with Miss Rainbow Round Robbin Art Journaling</p> | <p>Luncheon June 24th 2:00 \$6.00 Fried Chicken Potato Salad Baked Beans Hot Rolls Strawberry Shortcake RSVP TO JENNIFER BY JUNE 13TH Guest Speaker Jorjana Marx-Oklahoma Senior Law</p> |

LIFE'S Senior Center at Southminster
3500 S. Peoria, Tulsa, OK 74105 (35th Place, West of Peoria)
www.LIFEseniorservices.org
Jennifer Fulbright (918) 749-2623



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

Memberships are available to adults 50 and older. The cost is \$70.00 annually and is good at both East Side and Southminster Senior Centers, also includes a free subscription to LIFE' Vintage Magazine