

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

LIFE'S Senior Center at Southminster MAY 2022

Monday		Tuesday		Wednesday		Thursday		Friday	
2	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	3	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 12:30 Mahjong 1:00 Knitten Kittens	4	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	5	8:15-3:30 Walkers / Fitness Room 9:00 Functional Movement 9:00 Chair/Standing fitness 10:00 Dancing Rhythms 10:00 Vintage Voices 11:15-12:15 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 Spring Flower Headpieces Happy Cinco de Mayo	6	8:15-3:30 Walkers / Fitness Room 8:30-11:15 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
9	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	10	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	11	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	12	8:15-3:30 Walkers / Fitness Room 9:00 Functional Movement 9:00 Chair/Standing fitness 10:00 Dancing Rhythms 10:00 Vintage Voices 11:15-12:15 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	13	8:15-3:30 Walkers / Fitness Room 8:30-11:15 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 FRIDAY THE 13TH
16	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	17	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	18	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	19	8:15-3:30 Walkers / Fitness Room 9:00 Functional Movement 9:00 Chair/Standing fitness 10:00 Dancing Rhythms 10:00 Vintage Voices 11:15:12:15 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	20	8:15-3:30 Walkers / Fitness Room 8:30-11:15 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
23	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	24	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	25	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	26	8:15-3:30 Walkers / Fitness Room 9:00 Functional Movement 9:00 Chair/Standing fitness 10:00 Dancing Rhythms 10:00 Vintage Voices 11:15-12:15 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	27	8:15-3:30 Walkers / Fitness Room 8:30-11:15 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 FIESTA LUNCH RSVP to Jenn 12:30-1:30 Knitten Kittens 1:30 Cards and Games 12:15-3:30 Pickleball-Open
30	<p>Senior Center Closed For Memorial Day</p> 	31	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>May 2nd Writers Symposium/Author Lauren Smith 10:00 at Legacy Plaza</p> <p>May 23rd Musical Mondays at Cascia Hall 7:00 PM (See Melodie for Tickets)</p> <p>May 24th AARP Safe Drivers Course at Southminster 8:45-3:30 Lunch provided (RSVP to Jennifer)</p> <p>May 27th Southminster Luncheon \$5.00 12:00 (RSVP to Jennifer)</p> <p>May 30th Senior Center Closed – Memorial Day</p>		<p>Memorial Day began as Dedoration day. Having a day to honor the Soldiers who lost their lives started after the Civil War (1861-1865). Memorial day is one of the few days flags are ordered to fly at half-staff and the full-staff. Dedoration Day only recognized Fallen Soldiers of the Civil War until World War 1. It was called Decoration Day because family members decorated their graves with flowers. President Richard Nixon declared Memorial Day a federal holiday in 1971.</p>		<p>May 27th 12:00 \$5.00 Homemade Tortilla Soup Guacamole, Chips and Salsa Dessert by Jennifer</p>  <p>RSVP TO JENNIFER BY MAY 20TH</p>	

LIFE's Senior Center at Southminster
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Programs and activities are generously provided through an Empowering Health grant from UnitedHealthcare.

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