

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

LIFE'S SENIOR CENTER AT SOUTHMINSTER

NOVEMBER 2021

Monday		Tuesday		Wednesday		Thursday		Friday	
<b>1</b>	8:30-3:30 Walkers / Fitness Room 9:00 Chair/Standing Fitness 9:30-10:45 Senior Fitness Tai Chi 11:10 Ladies Basketball 12:30 Yoga 1:35-3:30 Pickleball-Open	<b>2</b>	8:30-3:30 Walkers / Fitness Room 9:00 Functional Movement 10:00 Dancing Rhythms 10:00 Ping Pong 10:00 Creative Writing/Storytelling 12:30 Mahjong 12:30-3:00 Pickleball-Challenge Court 1 <b>1:00 Knitten Kittens</b>	<b>3</b>	8:30-3:30 Walkers / Fitness Room 8:30-10:30 Beginners Pickleball 10:30-12:15 Pickleball-Open 9:00 Chair/Standing Fitness 12:30 Yoga 1:35-3:30 Pickleball-Open	<b>4</b>	8:30-3:30 Walkers/Fitness Room 9:00 Functional Movement 9:00 Chair/Standing Fitness 10:00 Dancing Rhythms 10:00 Ping Pong 10:00 Vintage Voices 11:00 Basketball Drill 12:30-3:30 Pickleball-Challenge Court 1 <b>1:00 Art with Miss Rainbow Fall Art Vases</b>	<b>5</b>	8:30-3:30 Walkers / Fitness Room 8:30-10:30 Beginners Pickleball-Court 1 & 2 9:00-10:30 Pickleball-Ball Machine-Court 3 (See sign-up sheet) <b>9:30 Beginner's Bridge</b> 10:30-3:00 Pickleball-Open <b>12:30-1:30 Knitten Kittens</b> <b>1:30 Bridge, Canasta, Chess Skip-Bo</b>
<b>8</b>	8:30-3:30 Walkers / Fitness Room 9:00 Chair/Standing Fitness 9:30-10:45 Senior Fitness Tai Chi 11:10 Ladies Basketball 12:30 Yoga 1:35-3:30 Pickleball-Open	<b>9</b>	8:30-3:30 Walkers / Fitness Room 9:00 Functional Movement 10:00 Dancing Rhythms 10:00 Ping Pong 10:00 Creative Writing/Storytelling 12:30 Mahjong 11:15-3:00 Pickleball-Challenge Court 1 <b>1:00 Knitten Kittens</b> <b>10:00-1:00 Tulsa Stained Glass 9<sup>th</sup> &amp; 11<sup>th</sup></b>	<b>10</b>	8:30-3:30 Walkers / Fitness Room 8:30-10:30 Beginners Pickleball 10:30-12:15 Pickleball-Open 9:00 Chair/Standing Fitness 12:30 Yoga 1:35-3:30 Pickleball-Open	<b>11</b>	8:30-3:30 Walkers/Fitness Room 9:00 Functional Movement 9:00 Chair/Standing Fitness 10:00 Dancing Rhythms 10:00 Ping Pong 10:00 Vintage Voices 11:00 Basketball Drill 12:30-3:30 Pickleball-Challenge Court 1 <b>1:00 Art with Miss Rainbow Fall Foliage Art on Chipboard</b>	<b>12</b>	8:30-3:30 Walkers / Fitness Room 8:30-10:30 Beginners Pickleball-Court 1 & 2 9:00-10:30 Pickleball-Ball Machine-Court 3 (See sign-up sheet) <b>9:30 Beginner's Bridge</b> 10:30-3:00 Pickleball-Open <b>12:30-1:30 Knitten Kittens</b> <b>1:30 Bridge, Canasta, Chess Skip-Bo</b>
<b>15</b>	8:30-3:30 Walkers / Fitness Room 9:00 Chair/Standing Fitness 9:30-10:45 Senior Fitness Tai Chi 11:10 Ladies Basketball 12:30 Yoga 1:35-3:30 Pickleball-Open	<b>16</b>	8:30-3:30 Walkers/Fitness Room 9:00 Functional Movement 10:00 Dancing Rhythms 10:00 Ping Pong 10:00 Creative Writing/Storytelling 12:30 Mahjong 11:15-3:00 Pickleball-Challenge Court 1 <b>1:00 Knitten Kittens</b>	<b>17</b>	8:30-3:30 Walkers / Fitness Room 8:30-10:30 Beginners Pickleball 10:30-12:15 Pickleball-Open 9:00 Chair/Standing Fitness 12:30 Yoga <b>1:00 Bunco Babes</b> 1:35-3:30 Pickleball-Open	<b>18</b>	8:30-3:30 Walkers / Fitness Room 9:00 Functional Movement 9:00 Chair/Standing Fitness 10:00 Dancing Rhythms 10:00 Ping Pong 10:00 Vintage Voices 11:00 Basketball Drill 12:30-3:30 Pickleball-Challenge Court 1 <b>1:00 Art with Miss Rainbow Painting Tile Trivets</b>	<b>19</b>	8:30-3:30 Walkers / Fitness Room 8:30-10:30 Beginners Pickleball-Court 1 & 2 9:00-10:30 Pickleball-Ball Machine-Court 3 (See sign-up sheet) <b>9:30 Beginner's Bridge</b> 10:30-3:00 Pickleball-Open <b>12:30-1:30 Knitten Kittens</b> <b>1:30 Bridge, Canasta, Chess Skip-Bo</b>
<b>22</b>	8:30-3:30 Walkers / Fitness Room 9:00 Chair/Standing Fitness 9:30-10:45 Senior Fitness Tai Chi 11:10 Ladies Basketball 12:30 Yoga 1:35-3:30 Pickleball-Open	<b>23</b>	8:30-3:30 Walkers/Fitness Room 9:00 Functional Movement 10:00 Dancing Rhythms 10:00 Ping Pong 10:00 Creative Writing/Storytelling 12:30 Mahjong 11:15-3:00 Pickleball-Challenge Court 1 <b>1:00 Knitten Kittens</b>	<b>24</b>	8:30-3:30 Walkers / Fitness Room 8:30-10:30 Beginners Pickleball 10:30-12:15 Pickleball-Open 9:00 Chair/Standing Fitness 12:30 Yoga 1:35-3:30 Pickleball-Open	<b>25</b>	 <b>HAPPY THANKSGIVING</b> <b>SENIOR CENTERS CLOSED</b>	<b>26</b>	 <b>SENIOR CENTERS CLOSED</b>
<b>29</b>	8:30-3:30 Walkers / Fitness Room 9:00 Chair/Standing Fitness 9:30-10:45 Senior Fitness Tai Chi 11:10 Ladies Basketball 12:30 Yoga 1:35-3:30 Pickleball-Open	<b>30</b>	8:30-3:30 Walkers/Fitness Room 9:00 Functional Movement 10:00 Dancing Rhythms 10:00 Ping Pong 10:00 Creative Writing/Storytelling 12:30 Mahjong 11:15-3:00 Pickleball-Challenge Court 1 <b>1:00 Knitten Kittens</b>	LIFE's Senior Center at Southminster 3500 S. Peoria, Tulsa, OK 74105 (35th Place, West of Peoria) Jennifer Fulbright (918) 749-2623 <a href="mailto:jfulbright@LIFEseniorservices.org">jfulbright@LIFEseniorservices.org</a> <a href="http://www.LIFEseniorservices.org">www.LIFEseniorservices.org</a>		<b>ANOTHER FANTASTIC OUTING EVENT!</b> <b>TULSA STAINED GLASS</b> November 9 <sup>th</sup> (Tuesday) & November 11 (Thursday) 4131 South Sheridan Road 10:00-1:00 Surround yourself with creative people, You are in control of your creativity! Come create a Stained Glass or Mosaic Piece At no cost for participants <b>MUST SIGN UP BY 11/4/2021</b>		 <b>VETERANS DAY</b> HONORING ALL WHO SERVED	



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

MANY THANKS TO JENNIFER FOR PREPARING OUR FABULOUS GRAB AND GO LUNCHEON!!

Memberships available to adults 50 and older. The cost is \$40.00 annually And apply at both of LIFE's Senior Centers (Southminster & East Side)