



# LIFE's Senior Centers

Put More Fun in Your LIFE!



## Stay Active, Involved and Thriving

### ■ FITNESS

- Exercise Equipment \*\*
- Functional Movement
- Tai Chi
- Mat Yoga
- Seated Yoga
- Women's Basketball \*\*
- Line Dancing \*
- Seated or Standing Fitness
- Strengthen and Tone \*
- Wii Bowling \*
- Walking
- Pickleball
- Ping Pong
- Senior Fitness Testing

### ■ CREATIVE

- East Side Band \*
- Choral Group \*\*
- Art Classes
- Writing Class
- Drumming
- Guitar Class \*

### ■ SOCIAL

- Luncheons
- Friday Breakfast \*
- Bridge
- Canasta
- Bingo
- Chess
- Mahjong
- Variety of Games
- Day Trips
- Theme Parties \*

### ■ SERVICES

- Foot Care
- AARP Defensive Driving
- Computer Lab \*
- Vision Screenings
- Hearing Screenings

\*Offered at East Side

\*\*Offered at Southminster

**LIFE's Senior Center at East Side**  
1427 S. Indianapolis Ave., Tulsa 74112  
(Located in the former East Side  
Christian Church Activity Center)  
(918) 744-6760

**LIFE's Senior Center at Southminster**  
3500 South Peoria Ave., Tulsa 74105  
(Behind Southminster Presbyterian  
Church and facing E. 35th Pl.)  
(918) 749-2623

### Melodie Powders

LIFE's Senior Centers and  
Active Aging Coordinator  
mpowders@LIFEseniorservices.org  
(918) 664-9000, ext. 1130

For more information about any of  
LIFE Seniors Services' programs or services,  
visit [www.LIFEseniorservices.org](http://www.LIFEseniorservices.org) or call  
LIFE's SeniorLine at (918)664-9000.  
Like LIFE on Facebook.com/  
LIFESeniorServices



**LIFE**  
SENIOR SERVICES®

**LIVE UNITED**  
United Way  
Tulsa Area United Way  
Partner Agency





## Is Exercise the Fountain of Youth?

Studies show that regular exercise not only supports muscle mass and flexibility but also helps people feel younger. It's mentally empowering to be able to continue doing many of the physical activities that came easily during youth.

Fitness helps ease the strain of everyday living as well. Carrying grocery bags, for example, utilizes core muscle strength, and putting groceries away requires calf strength, arm strength and a body core balance. Seniors who want to stay independent realize the benefits of integrating fitness into their weekly routines.

Capture the vim, vigor and vitality of youth by participating in health and fitness activities at LIFE's Senior Centers at East Side and Southminster.

## Benefits of Membership

*Annual membership gives you full access to:*

- Indoor exercise
- Informational programming
- Free periodic health screenings
- Creative fun
- Day trips
- Concerts
- Special events
- New friendships
- Monthly Meet & Eat

Memberships are available to adults age 50 and older. The cost is \$40 annually. It includes access to both senior centers and a free subscription to LIFE's Vintage Newsmagazine.

***LIFE's Senior Centers are open  
Monday – Friday • 8 a.m. – 4 p.m.***



## Tips For Aging Well

Staying active at LIFE's Senior Centers will help you enjoy a happier life - physically, mentally and socially. Below are seven tips for aging well.

- Stay connected
- Volunteer
- Develop healthy habits
- Keep moving
- Keep learning
- Keep playing
- Stay positive

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*Monthly calendars are available on the Senior Center page of LIFE's web site. Visit [www.LIFEseniorservices.org](http://www.LIFEseniorservices.org).*