

Creative & Regularly Scheduled Activities

Birthday Lunch: First Tuesday of Each Month, Noon— Celebrate the month's birthdays and enjoy a salad, friend chicken, green beans, mashed potatoes and gravy, hot rolls and BIRTHDAY CAKE! \$5.00 per person

Luncheon: Third Tuesday Each Month at Noon - \$5 per person.

Meet & Eat: 9/27 11:30 At Bill & Ruth's Sub Shop 15th & Lewis

Cards and Games: Monday through Friday, 8:00 a.m. til 3:00 p.m. – Everyone is invited!

Creative Writing/Storytelling: Fridays at 1:00 p.m. – Explore your creative side with this great group, led by Bill Mendell.

Grumpy's Breakfast: Every Friday at 8:30 \$3 – Biscuits & Gravy, Scrambles Eggs, Fruit, Juice, coffee and great company!

East Side Band: Mondays at 1:00 p.m. –If you play an instrument, bring it and play alog

Guitar Group/Singing Group Tuesday afternoons at 1:00p.m. East Side Pickers – Intermediate guitar level, this class is focused on guitar instructionand accepting singers to join in the music making! **Welcome back Chris Foster**☺

Guided Imagery, Thursdays at 2:00p.m. Spend an afternoon in meditation/relaxation. Facilitated by Jane Ho.

In Stitches Thursdays at Noon - Bring a sack lunch and join this circle of friends. Show your handiwork and stitch along with other members or just come watch and keep each other 'in stitches' Led by Diane Skelley.

Sketching with Mary, Thursdays at 12:30 – Bring a sketch pad and pencil and learn to draw at your own pace with individual instruction with Mary Jobe. Donations appreciated.

Community Sing, Thursdays at 9:30 This group is an informal sing-a-long. No experience necessary!

Percussion/Rhythm Class – Wednesdays at 1:00 – meet in the gym for I-Ching & bucket drumming. No experience required, led by Jan Eskridge & Leland Peters. Percussion instruments provided or bring your own. Get in touch with your inner rhythm. Donations appreciated.

~ DON'T WORRY.....BE HAPPY AND HAVE FUN AT EAST SIDE~

"Health & Fitness"

Sculpt & Tone: Mondays, Wednesdays and Fridays at 10:30 a.m. – Strong muscles help improve balance and overall fitness. The class uses a DVD and changes the routines for variety. Facilitated by Karen Schulte.

Foot Care First Wednesday : Caring Nurses Association (formerly Visiting Nurses) are professionals trained in the foot care needs of seniors. Professional foot care is especially important for diabetics.
Appointments required, call 744-6760. Fee of \$40 is payable to nurse at time of service.

Line Dancing: Mondays, Wednesdays and Fridays at 11 a.m. – Jump in line with other East Side Senior Center members and dance away the pounds and blues. This is our most popular activity! Warm-up begins around 10:30, instruction provided by Leland, Sunny, Jan and other volunteers.

Chair Exercise: Thursday mornings at 10:30 in back activity room. Led by Phil Haws.

Intermediate Tai Chi: Tuesdays and Thursdays at 9:30, Facilitated by Shirley Williams

Tai Chi, Monday, Wednesday, and Friday at 9:30 – Meeting upstairs and using a DVD, this class works to help with balance and coordination. Free for members. Facilitated by Sandra Edwards.

Beginning Tai Chi: Tuesdays & Thursdays at 10:30. Brand new to Tai Chi? Come learn the basics. Facilitated by Lou Pappas.

Walking in the Gym: Daily from 8 a.m. to 3:30 p.m. – The gym is available for walkers Monday through Friday (except during exercise classes and when other activities are being held in the gym.)

Functional Movement: Tuesdays, Thursdays at 10:30 – Personal Trainer, Brenda Weaver, leads the class through strength training exercises using sand bells and resistance bands. Great Workout! \$40 per month

Pickleball Join us! Available daily, check the calendar for start times. 3:00-3:45 every Tuesday & Thursday reserved for beginners.

Beginners Pickleball Classes: Wednesday's from 2:00-3:45 (one court)

COME JOIN THE FUN, ONLY \$40.00 FOR YEAR



September 2019 LIFE's Senior Center East Side

*Nurture your mind, body and spirit
for a healthier, happier LIFE.*
**One Membership Fee * Two Locations
Southminster & East Side Senior Centers**



Pickleball Mini-Tournament At Southminster Friday, Septemer 13th \$5.00 Donation

11:30-12:30 Warm-up for Tournament
12:30- 3:00 Mini-Tournament Starts

3 Games-Rally Scoring to 15
Top 4 females play for Championship
Top 4 males play for Championship

John Haws Jr. will be celebrating his 105th birthday on September 10th at noon. Please come and wish John a fantastic birthday and enjoy a piece of birthday cake!!

Spotlight on LIFE

For ANY questions relating to older adult situations, information or resources, call LIFE Senior Servcies (918) 664-9000.

Get your groove on!



Come show your creative side and create a one of a kind Tye Dyed shirt with Sam at 1:00 on Thursday, Sept 19. Bring your own shirt and \$5.00

Thank you Volunteers!

If you have been volunteering and helping around the center and are not set up as a volunteer in the My Senior Center System be sure to have yourself added.

My Senior Center Kiosk
All members are asked to swipe their card for each activity they participate in as we are funded by United Way according to day to day activities and participation. It is extremely important.
Thanks for Swiping ☺

A HEARTFELT FAREWELL

Leland Peters and Sunny Lile have decided to retire as instructors for East Side's line-dancing members. Please join us Friday, August 30th at noon to wish them well and enjoy a few snacks. They will be greatly missed!!

More about LIFE's Senior Center at Southminster and LIFE Senior Services

Membership in LIFE's Senior Center at Southminster is open to individuals age 50 and over. Membership dues are \$40 per year. Members in good standing may participate in all activities, classes and special events. The Center is staffed Monday through Friday, 8 a.m. – 4 p.m. LIFE's Senior Center at Southminster is a program of LIFE Senior Services. For more information, contact LIFE's Senior Line at (918) 664-9000 or visit www.LIFEseniorservices.org.

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

Septemeber 2019 East Side

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> 	<p>3</p> <p>9:30 Intermediate Tai Chi 10:30 Functional Movement 10:30 Beginning Tai Chi 12:00-3:45 Pickleball 1:00 Guitar/Singing Group</p> <p>12:00 Birthday Lunch \$5</p>	<p>4</p> <p>9:30 Tai Cho 10:30 Sculpt & Tone 11:00 Line Dancing 1:00 Percussion/Rhythm Class 2:00 Orbit Initiative 2:00-3:45 Pickleball Beginners Pickleball</p> <p>Caring Nurses Foot Care on Site</p>	<p>5</p> <p>9:30 Intermediate Tai Chi 10:30 Chair Exercise 10:30 Advanced Bridge 10:30 Beginning Tai Chi 10:30 Functional Movement 12:00 In Stitches→12:30 Sketching 12:00 Pickleball 2:00 Guided Imagery with Jane</p>	<p>6</p> <p>8:30 Grumpy's Breakfast \$3 9:30 Tai Chi 10:30 Sculpt & Tone 11:00 Line Dancing 12:15-3:45 Pickleball 1:00 Creative Writing/Storytelling 3:00 Beginning Guitar (slow & easy)</p>
<p>9</p> <p>9:30 Tai Chi 10:30 Sculpt & Tone 11:00 Line Dancing 12:15-3:45 Pickleball 1:00-3:30 East Side Band</p>	<p>10</p> <p>9:30 Intermediate Tai Chi 10:30 Functional Movement 10:30 Beginning Tai Chi 12:00 John Haws Birthday Cake 105 Years old! 12:00-3:45 Pickleball 12:45 Bingo 1:00 Guitar /Singing Group 12:00 Advisory Board</p>	<p>11</p> <p>9:30 Tai Chi 10:30 Sculpt & Tone 11:00 Line Dancing 1:00 Ice Cream Social 1:00 Percussion/Rhythm Class 2:00 Orbit Initiative 2:00-3:45 Pickleball Beginners Pickleball</p>	<p>12</p> <p>9:30 Intermediate Tai Chi 10:30 Chair Exercise 10:30 Advanced Bridge 10:30 Beginning Tai Chi 10:30 Functional Movement 12:00 In Stitches→12:30 Sketching 12:00 Pickleball 2:00 Guided Imagery with Jane</p>	<p>13</p> <p>8:30 Grumpy's Breakfast \$3 9:30 Tai Chi 10:30 Sculpt & Tone 11:00 Line Dancing 12:15-3:45 Pickleball 1:00 Creative Writing/Storytelling 3:00 Beginning Guitar (slow & easy)</p>
<p>16</p> <p>9:30 Tai Chi 10:30 Sculpt & Tone 11:00 Line Dancing 12:15-3:45 Pickleball 1:00-3:30 East Side Band</p>	<p>17</p> <p>9:30 Intermediate Tai Chi 10:30 Functional Movement 10:30 Beginning Tai Chi 12:00-3:45 Pickleball 1:00 Leslie Smiley-Guest Speaker Ombudsman for the State of Oklahoma</p>	<p>18</p> <p>9:30 Tai Chi 10:30 Sculpt & Tone 11:00 Line Dancing 1:00 Percussion/Rhythm Class 2:00 Orbit Initiative 2:00-3:45 Pickleball Beginners Pickleball</p>	<p>19</p> <p>9:30 Intermediate Tai Chi 10:30 Advanced Bridge 10:30 Beginning Tai Chi/Chair Ex. 10:30 Functional Movement 12:00 In Stitches→12:30 Sketching 12:00-3:45 Pickleball 1:00 Tye Dye T-Shirts with Sam \$ 2:00 Guided Imagery with Jane</p>	<p>20</p> <p>8:30 Grumpy's Breakfast \$3 9:30 Tai Chi 10:30 Sculpt & Tone 11:00 Line Dancing 12:15-3:45 Pickleball 1:00 Creative Writing/Storytelling 3:00 Beginning Guitar (slow & easy)</p>
<p>23</p> <p>9:30 Tai Chi 10:30 Sculpt & Tone 11:00 Line Dancing 12:15-3:45 Pickleball 1:00-3:30 East Side Band</p>	<p>24</p> <p>9:30 Intermediate Tai Chi 10:30 Functional Movement 10:30 Beginning Tai Chi 12:00 Luncheon \$5 12:00- 3:45 Pickleball 1:00 Guitar/Singing Group LCR After lunch</p>	<p>25</p> <p>9:30 Tai Chi 10:30 Sculpt & Tone 11:00 Line Dancing 1:00 Percussion/Rhythm Class 2:00 Orbit Initiative 2:15 Pickleball Beginners Pickleball</p>	<p>26</p> <p>9:30 Intermediate Tai Chi 10:30 Advanced Bridge 10:30 Beginning Tai Chi 10:30 Chair Exercise 10:30 Functional Movement 12:00 In Stitches→12:30 Sketching 12:00-3:45 Pickleball 2:00 Guided Imagery with Jane</p>	<p>27</p> <p>8:30 Grumpy's Breakfast \$3 9:30 Tai Chi 10:30 Sculpt & Tone 11:00 Line Dancing 12:15-3:45 Pickleball 1:00 Creative Writing/Storytelling 3:00 Beginning Guitar (slow & easy)</p>
<p>29</p> <p>9:30 Tai Chi 10:30 Sculpt & Tone 11:00 Line Dancing 12:15-3:45 Pickleball & Ping Pong 1:00-3:30 East Side Band</p>	<p>30</p> <p>9:30 Intermediate Tai Chi 10:30 Functional Movement 10:30 Beginning Tai Chi 11:30 Meet & Eat Bill & Ruth's @ 15th & Lewis 12:00- 3:45 Pickleball 1:00 Guitar Group/Singing Group</p>		<p>Fun facts</p> <p>A bolt of lightning is 6 times hotter than the sun. The eye makes movements 50 times per day. Smiling actually boosts your immune system. The Mona Lisa has no eyebrows. Shark pregnancies last up to 4 years. You can start a fire with ice. The 1st color photo was taken is 1861. Caterpillars have about four thousand muscles.</p>	<p>Grumpy's Breakfast: (\$3.00)</p> <p>Fridays at 8:30 a.m. A great way to end the week. Early breakfast of biscuits & Gravy, fresh fruit, scrambled eggs, coffee and juice. And perhaps a surprise dish by DJ 😊</p>

LIFE's Senior Center at East Side

1427 S Indianapolis Ave, Tulsa, OK 74112 / One block East of Harvard

www.LIFEseniorservices.org / "DJ" Debby Johnson (918) 744-6760

djohnson@lifeseniorservices.org

Beginners Non-Competitive Pickleball

Wednesday's 2:00-3:45

Join us for every month for Meet & Eat!

This month we'll meet at Bill & Ruth's 15th & Lewis