

East Side Senior Center, a program of LIFE Senior Services
1427 South Indianapolis, Tulsa, OK 74112
www.LIFEseniorservices.org

SEPTEMBER 2010

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Monday	Tuesday	Wednesday	Thursday	Friday
Hand & Foot Tournament Wednesday, September 15 Sharon Maguire and Marilou Burnett are our Tournament Officials	<i>Hawaiian Luau</i> <i>Tuesday, September 21</i> <i>Pull out your moomoo's, Bermuda</i> <i>shorts, Hawaiian Shirts and join</i> <i>the fun.</i>	1. 8:00-3:30 Walkers 9:30 Seated Yoga 10:00 Cards & Games 10:30 Strengthen & Tone 10:45-Noon Senior Fitness Testing 11:00 Line Dancing w/Dorothy	2. 8:00-3:30 Walkers 9:00 Chair Aerobics 10:00 Cards & Games 10:30 Advanced Bridge	3. 8:00-3:30 Walkers 8:30 Grumpy Old Men's Breakfast 9:30 Seated Yoga 10:00 Cards & Games 10:30 Strengthen & Tone 11:00 Line Dancing w/Dorothy
6. Closed for Labor Day	7. 8:00-3:30 Walkers 9:00 Chair Aerobics 10:00 Cards & Games Noon Birthday Lunch, \$3.75	8. 8:00-3:30 Walkers 9:30 Seated Yoga 9:30 VNA Foot Care Clinic 10:00 Cards & Games 10:30 Strengthen & Tone 10:45-Noon Senior Fitness Testing 11:00 Line Dancing w/Dorothy	9. 8:00-3:30 Walkers 9:00 Chair Aerobics 9:30 VNA Foot Care Clinic 10:00 Cards & Games 10:30 Advanced Bridge	10. 8:00-3:30 Walkers 8:30 Grumpy Old Men's Breakfast 9:30 Seated Yoga 10:00 Cards & Games 10:30 Strengthen & Tone 11:00 Line Dancing w/Dorothy
13. 8:00-3:30 Walkers 9:00 RSVP Volunteer Project 10:00 Cards & Games 10:30 Strengthen & Tone 11:00 Line Dancing w/Dorothy 1:00 East Side Band	14. 8:00-3:30 Walkers 9:00 Chair Aerobics 10:00 Cards & Games 10:30 Brunch, \$2.75 11:30 Advisory Board	15. 8:00-3:30 Walkers 9:30 Seated Yoga 10:00 Cards & Games 10:30 Strengthen & Tone 10:45-Noon Senior Fitness Testing 11:00 Line Dancing w/Dorothy 12:20-3:30 Hand & Foot Tournament - Details on Back	16. 8:00-3:30 Walkers 9:00 Chair Aerobics 10:00 Cards & Games 10:30 Advanced Bridge	17. 8:00-3:30 Walkers 8:30 Grumpy Old Men's Breakfast 9:30 Seated Yoga 10:00 Cards & Games 10:30 Strengthen & Tone 11:00 Line Dancing w/Dorothy
20. 8:00-3:30 Walkers 9:00 RSVP Volunteer Project 10:00 Cards & Games 10:30 Strengthen & Tone 11:00 Line Dancing w/Dorothy 1:00 East Side Band	21. 8:00-3:30 Walkers 9:00 Chair Aerobics 10:00 Cards & Games Noon Hawaiian Luau, \$3.75	22. 8:00-3:30 Walkers 9:30 Seated Yoga 10:00 Cards & Games 10:30 Strengthen & Tone 10:45-Noon Senior Fitness Testing 11:00 Line Dancing w/Dorothy	23. 8:00-3:30 Walkers 9:00 Chair Aerobics 10:00 Cards & Games 10:30 Advanced Bridge	24. 8:00-3:30 Walkers 8:30 Grumpy Old Men's Breakfast 9:30 Seated Yoga 10:00 Cards & Games 10:30 Strengthen & Tone 11:00 Line Dancing w/Dorothy
27. 8:00-3:30 Walkers 9:00 RSVP Volunteer Project 10:00 Cards & Games 10:30 Strengthen & Tone 11:00 Line Dancing w/Dorothy 1:00 East Side Band	28. 8:00-3:30 Walkers 9:00 Chair Aerobics 10:00 Cards & Games 11:30 Meet & Eat @ McAlister's	29. 8:00-3:30 Walkers 9:30 Seated Yoga 10:00 Cards & Games 10:30 Strengthen & Tone 10:45-Noon Senior Fitness Testing 11:00 Line Dancing w/Dorothy	30. 8:00-3:30 Walkers 9:00 Chair Aerobics 10:00 Cards & Games 10:30 Advanced Bridge	

SEPTEMBER'S SUPER EVENTS at East Side SENIOR CENTER

SPECIAL EVENTS

SENIOR FITNESS TESTING, 10:45am-Noon, Wednesday, September 1, 8, 15, 22, and 29 with Cindy Henson, our certified personal fitness trainer. Cindy will assess your flexibility, balance, agility, strength, body composition and aerobic endurance and give you a personal plan to improve. \$30, appointments required. Call 744-6760.

HAND & FOOT TOURNEY, 12:30-3:30 pm, Wednesday, September 15. Calling all Hand & Foot players! Who's the best player at East Side? Marilou Burnett and Sharon Maguire are Tournament Officials, so let the fun begin. **SIGN UP REQUIRED – NUMBER OF PLAYERS IS LIMITED TO 16.**

HAWAIIAN LUAU – SEE THE INFO BELOW!! – Tuesday, September 21, Noon.

HEALTH & FITNESS

SEATED YOGA, 9:30 am, Wednesdays & Fridays. For those of you not able to get down to the floor this special class adapts yoga to performing in a chair. This approach is especially good for those with arthritis, balance issues, breathing difficulties and other physical challenges. Twice a week \$20 a month; once a week \$10 a month or \$3 per class.

STRENGTHEN & TONE, 10:30-11:00am, Mondays, Wednesdays and Fridays. Strong muscles help improve balance and overall fitness. The class uses a DVD and changes the routines for variety.

FOOT CARE CLINIC, 9:30 am – 1:30 pm, Wed. & Thurs. September 8 & 9. Services provided at East Side Senior Center by Visiting Nurse Association professionals specially trained in the foot care needs of seniors. Professional foot care is especially important for diabetics. Appointments required, call 744-6760. \$30, payable to nurse at time of service.

LINE DANCING WITH DOROTHY – Mondays, Wednesdays and Fridays, 11:00 am – Noon. Get together with other East Side Senior Center members and have an hour of fun and activity. This is our most popular activity!

CHAIR AEROBICS WITH LIZ HUME Tuesdays and Thursdays, 9:00 am – 10:00 am. Stretching, toning and improving your cardiac fitness (exercises seated and standing). Attend once a week for \$10 a month; twice a week for \$20 a month.

WALKING IN THE GYM, every day, 8:00 am – 3:30 pm. The gym is available for walkers Monday through Friday (except during exercise classes and when other activities are being held in the gym).

REGULARLY SCHEDULED ACTIVITIES

BIRTHDAY LUNCH – Tuesday, September 7, Noon. Celebrate the month's birthdays and eat a great lunch. \$3.75 each.

BRUNCH – Tuesday, September 14, 10:30 am. \$2.75 per person.

HAWAIIAN LUAU LUNCH – Tuesday, September 21, Noon. Wear your most comfortable Bermuda shorts and Hawaiian Shirt or your favorite moomoo. We'll have a super time and have a delicious Hawaiian lunch. \$3.75 each.

MEET & EAT, Tuesday, September 28, 11:30 am. Lunch @ McAlister's. Meet at the Center at 11:15 and we'll carpool.

EAST SIDE BAND – every Monday at 1:00 pm. Join the Band! If you play an instrument bring it to East Side and play along. If you don't play, come enjoy the music and sing along. The band is looking for some new members so come join in!

GRUMPY OLD MEN'S BREAKFAST – every Friday at 8:30 am. Men, start your day off right with a good breakfast and the company of the other East Side Senior Center Men! Women, you're welcome too!

MORE ABOUT LIFE'S SENIOR CENTER at East Side

Membership in LIFE's Senior Center at East Side is open to individuals age 55 and over, and their spouses. Membership dues are \$15.00 per year. Members in good standing may participate in all activities, classes and special events of the Center. The Center is staffed Monday - Friday, 8:00 am - 4:00 pm. LIFE's Senior Center at East Side is a program of LIFE Senior Services, a United Way Agency. The mission of LIFE Senior Services is to promote independence, dignity, and quality of life and dignity for residents of northeastern Oklahoma. LIFE offers the following programs and services; adult day services, case management, information and referral, senior centers, caregiver support, senior peer counseling, affordable housing, community education, volunteer opportunities. For more information contact Senior Line at 664-9000.