



Tips for Aging Well

Stay connected. Maintain relationships and develop new friendships; avoid isolation.

Get a part-time job or volunteer. This not only builds social relationships but also keeps the brain engaged and learning.

Develop healthy habits. Eat healthy and exercise. On the flip side, drinking in moderation and eliminating tobacco use is also helpful.

Keep moving. Physical exercise plays a huge role in helping seniors maintain physical abilities such as balance and flexibility. It also stimulates the brain.

Keep learning. You're never too old to learn new skills and develop new interests. Older adults often discover talents they never had time to pursue before.

Keep playing. Engaging in fun activities enlarges your circle of friends, creates a support network, and helps you keep a healthy, happy outlook on life.

Stay positive. Positive attitudes are essential for successful aging. Negative attitudes contribute to physical and mental illnesses which reduce quality of life and even potentially shorten life.

Two convenient locations in Tulsa

LIFE's Senior Center at East Side

Located within East Side
Christian Church
1427 S. Indianapolis Ave.
Tulsa, OK 74112
(one block east of 15th and Harvard)

Contact Adrienne Gilley to arrange a tour:
(918) 744-6760
agilley@LIFEseniorservices.org

LIFE's Senior Center at Southminster

Located within
Southminster Presbyterian Church
3500 S. Peoria Ave.
Tulsa, OK 74105
(35th Place west of Peoria)

Contact Jamey Henderson
to arrange a tour:
(918) 749-2623
jhenderson@LIFEseniorservices.org

For more information about all of LIFE Senior Services programs and services, visit www.LIFEseniorservices.org or call LIFE's SeniorLine at (918) 664-9000.



LIFE's Senior Centers



Put More Fun in Your
LIFE!

Stay Active, Involved and Thriving

LIFE's two senior centers offer just the right combination of social, creative, educational, fitness and health activities to keep members physically active and socially engaged. Here are a few activities offered to members:

FITNESS

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

SOCIAL

Luncheons & Brunch
Friday Breakfast*
Bridge
Canasta
Variety of Games
Day Trips
Theme Parties*

SERVICES

Massage Therapy**
VNA Foot Care
Defensive Driving
Computer Lab*
Vision Screening

*Offered at East Side

**Offered at Southminster

CREATIVE

East Side Band*
Choral Group**
Art Classes**
Writing Class



Is Exercise the Fountain of Youth for Seniors?

Studies show, Yes! Regular exercise not only supports muscle mass and flexibility but also makes 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 the groceries away requires calf strength, arm strength and a body core balance. Seniors who want to stay independent realize the benefits of integrating fitness classes into their weekly routines.

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

Contact us today to schedule a tour

Adrienne Gilley—(918) 744-6760
agilley@LIFEseniorservices.org

Jamey Henderson—(918) 749-2623
jhenderson@LIFEseniorservices.org

Benefits of Membership

Annual membership gives you unlimited access to:

- Indoor Exercise
- Informational Programming
- Free Periodic Health Screenings
- Creative Fun
- Day Trips
- Concerts
- Special Events
- New Friendships

When you join, you'll receive a subscription to LIFE's Vintage Newsmagazine and LIFE's Vintage Guide to Housing & Services, plus a monthly calendar of activities and events at the center.

LIFE's Senior Centers are open Monday - Friday, 8 a.m. - 4 p.m.

Members are independent adults age 50 or older or the spouse of a member.

Join now for just \$25 a year!

