

LEGEND AT MINGO ROAD

COMMUNITY EVENTS



Yoga, Meditation & You at Legend at Tulsa Hills JAN. 20, 2022 10:00AM

Just a few minutes of meditation each day can increase attention span, decrease anxiety and help you feel refreshed. A few sessions of yoga each week can increase flexibility and improve balance. Wow, those benefits are just the beginning! Join us as we learn from local instructor Beth Stepien about the benefits of yoga and meditation as well as how to incorporate it into our daily routines. We'll even learn a few techniques and poses together. GUEST SPEAKER: BETH STEPIEN, 200HR RYT CERTIFIED YOGA INSTRUCTOR



Yoga, Meditation & You at Green Tree Assisted Living JAN. 20, 2022 2:00PM

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Hats Off to the Ladies MAY. 10, 2022 2:00PM

Join us as we celebrate all the women who have mothered others so well with a delicious Mother's Day Tea served "Breakfast at Tiffany's" style. Wear your fanciest hat and your favorite pearls, darling.