

GREEN TREE 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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Stay or Go? MAR. 23, 2022 10:00AM

Selling your home or downsizing during your golden years can be complex and highly emotional. Join Senior Real Estate Specialist Tony Tortorici to discuss resources and options to empower you to make the best decisions for your future.



Hats Off to the Ladies Tea Party MAY. 25, 2022 3:00PM

Join us for fun games, fond reflections, delicious tea sandwiches and petit fours. Sit back, relax, and let us take care of all the details so we can celebrate you properly. Wear your fanciest hat and your favorite pearls, darling. Let us prepare your place at the table! RSVP

by May 20 to