

LEGEND AT TULSA HILLS

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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Yoga, Meditation & You JAN. 21, 2022 3:00PM

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Yoga, Meditation & You APR. 21, 2022 3:00PM

Join us as we learn more about the benefits of yoga and meditation, and how to incorporate it into our daily routines, from local instructor Beth Stepien. We'll learn a few poses and deep breathing exercises to support wellness of both body and mind.



Beauty & The Board: The Art of Charcuterie APR. 22, 2022 1:00-2:00PM

Charcuterie boards are the perfect mix of delicious finger foods and creativity, making anyone who puts one together the star of the party. We're teaching you how to create a classic charcuterie and dazzle your friends. Join as we learn all the techniques from Charcuteray Catering and take your completed board home when you go.



Mother's Day Tea MAY. 06, 2022 3:00PM

Calling all mothers, favorite aunties, and other women who have mothered their residence. We are ready to celebrate you and all of your contributions at our Mother's Day Tea. 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.