

HEALTHY LIVING OKC

Program Directory January 2024

11501 N. Rockwell, OKC, 73162

405-773-6910

www.healthylivingOKC.com

HOURS

Monday-Thursday: 5:30 AM - 9:00 PM

Friday: 5:30 AM - 8:00 PM

Saturday: 7:30 AM - 4:00 PM

HLOKC will be closed Monday, Jan. 1, and be open 8 am-9 pm, Tuesday, Jan. 2.

Give 5 Information Session + Coffee and Desserts (open to the public—bring your 50+ friends)



Tuesday, Jan. 9, 10-11 am

Learn about the volunteer matchmaking program to help you find meaningful volunteer opportunities in Oklahoma City. Attend the information session and decide if you'd like to participate. Coffee and desserts will be provided.

The next Give 5 class starts Tuesday, Jan. 30, and continues for five Tuesdays, from 9 am-4:30 pm. Graduation is Tuesday, March 5, 10-11:30 am. **See page 2 for more information.**

**SOME
THING
NEW**

New Series — Longevity 101

Thursday, Jan. 11, 5-6 pm, and continues 2nd Thursday each month

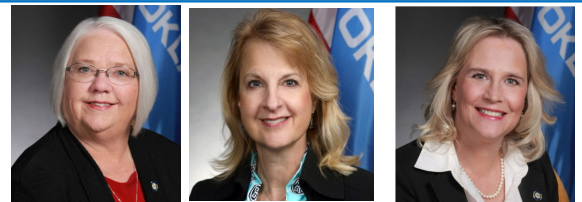
Learn how to live healthier and longer, facilitated by healthcare professionals, including physicians from OU Health. Receive a folder and build your reference materials with new topics every month in 2024. Get all your questions answered.

The first topic is Calling 911 (when to call, go to urgent care, call your primary care physician, or do nothing). Other topics will include heart health (in February), injury prevention, mental health, stroke prevention, hearing loss, urology, medication management, vision care, and care giving. **Open to the public** — bring your friends.

**SOME
THING
NEW**

Legislative Forum

**Wednesday, Jan. 24, 3-4 pm
(open to the public)**



Hear from Oklahoma State Representatives Stark (100th district), Crosswhite Hader (41st district), and Miller (82nd district). They will talk about legislation passed last session and potential legislation for the next session starting in February. Includes Q&A time.



Comments from Cheryl

Happy New Year! We are about to start our seventh year at Healthy Living OKC. So many of you have become part of my extended family, and I am grateful.

Non-profit organizations experience different growth stages, and Healthy Living OKC is well on its journey.

Stage One: Mick Cornett, OKC’s mayor at the time, saw a need, which led to creation of senior wellness centers in Oklahoma City. Healthy Living and Fitness, Inc. was selected as the operator for the first center.

Stage Two: Marked by high energy, limited funding, and newly acquired 501(c)(3) status, we grew rapidly. Programming came together spontaneously; policies emerged almost reactively. While our small staff worked to serve members day to day, we also worked to create a long-term business plan with a strong fundraising plan.

Stage Three: We are now committed to be more proactive in our execution. Our 2024 calendar reflects key goals: one social event per month, more health education workshops, and more standardized scheduling. We look forward to expanding the calendar with new activities. In case you have connections, we do need help securing more business sponsors so we can offer additional programming without additional fees.

Stage Four: Maturity.... We aren’t there yet, but we see a great future. To that end, we want to hear ideas from you, our members, that will help us continue to learn and grow.

In early January, watch for a member survey. We plan to use this as one tool to collect feedback and suggestions for 2024 and beyond.
—Cheryl Ford, Site Manager



**Five Tuesdays:
Jan. 30 to Feb. 27**

9 am-4:30 pm

Lunch and bus transportation provided

If you’re like many baby boomers who have retired, you’ve planned for an active retirement, driven by choice, opportunity, and purpose. You need to feel relevant. Are you content? How would you like an opportunity to apply your former career talents and interests directly to a need in our community of Oklahoma City? What if you could be a part of a “civic matchmaking” program where you can connect to meaningful volunteer opportunities that best fit your skill sets and passions?

That program is called Give 5, where you get a first-hand look into charitable organizations (nonprofits) addressing key issues. We’ll tour them in five daily sessions—one each Tuesday for five weeks—with HLOKC providing lunch and bus transportation. These nonprofits are looking for volunteers like you. You’ll also learn about one of the most challenging problems facing Oklahoma and Oklahoma City — mental health.

After completion of the five sessions, we’ll host a graduation and announce which nonprofits you’ve chosen to give some of your time and expertise.

Healthy Living OKC is the host of the program for Oklahoma City. It is open to the anyone who is 50+, members and nonmembers.

**Attend an Information Session:
Tuesday, Jan. 9, 10-11 am**

Give 5 is generously funded by a UnitedHealthcare Empowering Grant.

Volunteer Information

**SOME
THING
NEW**

Cards for Mother's Day Saturday, Jan. 6 10 am—12 pm

Our card-making group will start making cards to be provided for mothers who are incarcerated at the Mable Basset Correctional Center. This is an HLOKC volunteer service project for one of our Give 5 participating non-profits, TEEM (The Education and Employment Ministry), which is an organization dedicated to breaking cycles of incarceration and poverty through education, personal development, support, and work readiness training. We hope to make and sign 1,600 cards before Mother's Day 2024, so come join us on the second Saturday each month (January through March) for a good cause — and have some fun, too.

How to apply for Give 5:

Attend the information session here on Tuesday, Jan. 9, 10-11 am....

OR, pick up an application form on the lobby information table....

OR, complete the application online: [Give 5 \(by Jan. 16\)](#)....

OR, contact Debra McTaggart or Susie Houston for more information.

Anita Roesler: Volunteer of the Month



“If something needs to be done, I’ll usually step in,” Anita Roesler says to describe herself. So when Cheryl (Swanson) Ford wanted to start a book club in 2017 at the then-new Healthy Living OKC, Anita drew on her experience at the Metropolitan Library System to help launch the “Last Word” Fiction Book Club.

Anita retired from the library in 2014 after 29 years. A widow, she remarried later in 2014. She and her husband George Clevenger moved about a mile from our Rockwell center. They came to the open house and joined that evening.

Since then, Anita has volunteered on a variety of fronts and enjoyed the many activities. She is also credited with starting Sticks and Strings, out of her own love of all things yarn. She claims she’s not artsy – “I can’t draw a straight line with a ruler” – though she frequently enters her knitted projects in the state fair creative arts competition. The pink shawl in her picture won second place.

Anita grew up in Medford, Oklahoma, and graduated from Altus High School. She has three children, four grandchildren, and two great grandchildren.

Reflecting on what HLOKC has become, Anita says, “It’s amazing, actually! I love this place. It keeps my mind active with the various events. It’s something George and I can do together. Also, I’ve met so many new friends here.”

Thanks, Anita, for volunteering to keep HLOKC a thriving community!

Save the Date: Volunteer Coffee, Wednesday, Feb. 21, 9-10:30 am



Creative Opportunities in January



Art Class Enrollment

Sign up for art classes with a fee at the front desk or on the app. Fees are not refundable unless you have a medical emergency, call 24 hours in advance, or HLOKC has to cancel the class. You have 30 days from date of cancellation to use credit coupons. No classes Jan. 1 or Jan. 2.



Painting & Drawing

Painting Lab w/Linda H—Mondays in January from 9-12 or 12-3. (Not Jan. 1)

Fee \$10, Limit 16. Linda Hiller leads this lab. Come enjoy painting with friends. *(Additional supply fee of \$10 if you use our supplies.)*

Acrylic Landscape w/Ursula—Tuesdays, Jan. 9, 16, 23, and 30 from 10-12. **Fee \$20, Limit 10.**

Acrylic Cardinals w/Edna—Tuesdays, Jan. 9, 16, 23, and 30 from 1-3. **Fee \$20, Limit 10.**

Contemporary Acrylic Landscape w/Greg—Fridays in January from 10-12. **Fee \$20, Limit 10.** Values, composition, color mixing, and more will be covered while we focus on seeing the landscape in a more abstract way.

Intro to Watercolor w/William—Thursdays in January from 10-12. **Fee \$20, Limit 12.**

This class is for students who want to explore the basics of watercolor.

Watercolor Lighthouses w/Linda B—Tuesdays, Jan. 9, 16, 23, and 30 from 10-12. **Fee \$20, Limit 14.** No prerequisite. We will paint a variety of beautiful lighthouses!

Whimsical Watercolor w/Linda H—Wednesdays in January from 1-3. **Fee \$15, Limit 16.**

A fun and easy class for beginners and seasoned painters.

Advanced Watercolor w/Cynthia—Thursdays, January 4, 18, 25, and Feb. 1 from 1-3.

Fee \$10, Limit 14. Pre-req: Must take "Intro to Watercolor" and "Intermediate Watercolor" or have an equivalent amount of watercolor experience before taking Advanced Watercolor. This class is for members who are serious about wanting to improve their watercolor skills. Students provide their own paint and paper.

Watercolor Valentines w/William—Thursdays in January from 4-6. **Fee \$20, Limit 12.**

Join us to make beautiful watercolor valentine cards.



Contemporary Landscape w/Greg



Acrylic Cardinals w/Edna



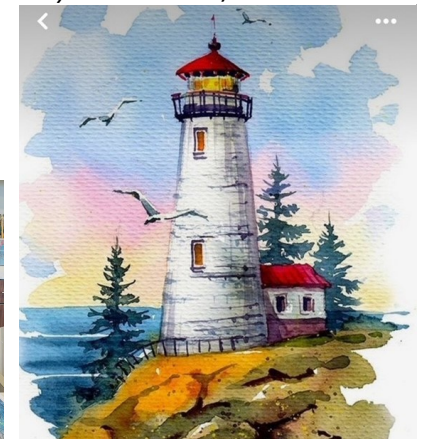
Acrylic Landscape w/Ursula



Valentines w/William

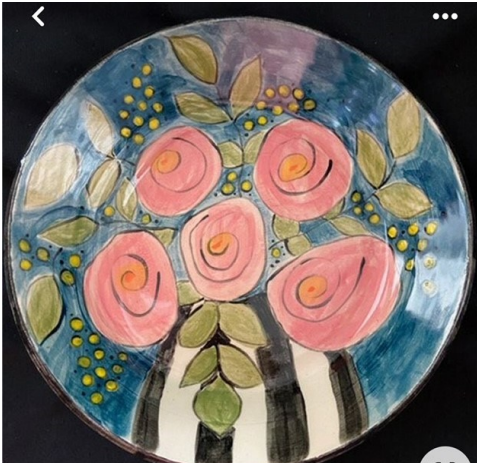


Whimsical WC w/LH



Watercolor Lighthouses w/Linda B

Follow us on Facebook for info, updates, and images of student work! ** HL OKC Creative Artists **



Valentine Plate— Watercolor Glazing



Pottery—Paint Palette



Pottery—Paper Towel Holder



Pottery—Potters Wheel Lessons

Pottery



Intro to Pottery—Wednesday, Jan. 3 or 24 from 4-6. **Fee \$5, Limit 12.**

Learn about our pottery program, clay construction methods, and everything you need to know to participate in classes and labs.

Intro to Pottery is required before taking classes and working independently in pottery labs.

Project classes are with Linda B unless noted otherwise:

Valentine Plate: Glazing Project—Thursday, Jan. 4, from 10-12.

Fee \$15, Limit 12. Includes bisque plate, glaze and one firing.

Artist Palette —Thursday, Jan. 11, from 10-12 **Fee \$5, Limit 12.**

Paper Towel Holder—Thursday, Jan. 18, from 10-12. **Fee \$5, Limit 12.**

Tile Sculpting—Thursday, Jan. 25, from 10-12. **Fee \$5, Limit 12.**

Loeta will teach this fun class.

Note: Pottery class fees do not include firing fees unless specified.

Pottery Wheel Lessons—Private 1-on-1—**Fee \$5.** Thursday evenings in January with Dale at 4:30 or 5:30. Sign up by purchasing in GloFox. **You must have completed Intro to Pottery class prior to taking lessons.**

Pottery Labs—Instructor-led labs are on Tuesdays and Thursdays from 1-7. **You must have completed Intro to Pottery class prior to participating in pottery labs.**

Firing Coupons are \$35 for 10.

You can purchase them at the Front Desk.

NEW EVENING LAB HOURS FOR POTTERY

Starting Jan. 1, the Pottery Lab will CLOSE at the following times:

Monday through Thursday — Close at 8

Friday — Close at 6

Saturday — Close at 3



Members must start cleaning up 30 minutes prior to close. No exceptions. Thank you!

Pottery Tool Kits Now Available!

You can purchase Pottery Tool Kits for \$20 on the GloFox store or at the front desk. We will use HLOKC tools for our Intro to Pottery classes. If you have any questions, please see Linda B.





Fused Glass

Intro to Glass Fusion is required before participating in project classes or glass labs.

All fused glass classes are taught by Linda B.

Intro to Glass Fusion—Monday, Jan. 8, from 1-3 or Wednesday, Jan. 24, from 10-12. **Fee \$20, Limit 8.** Learn about our fused glass program, how to cut and break glass safely, and how to use the glass tools correctly. You will complete a 4"x4" project.

Brooches—Wednesday, Jan. 10, from 10-12. **Fee \$25, Limit 10.**

Heart Night Light—Monday, Jan. 15, from 1-3. **Fee \$30, Limit 10.**

Mosaic Hearts—Monday, Jan. 22, from 1-3. **Fee \$30, Limit 10.**

Fused Glass Labs—Monday, Jan. 29, from 1-3, Wednesday, January 3 & 17 from 10-12. **Fee \$30 (6x12) or \$40 (12x12), Limit 10.**

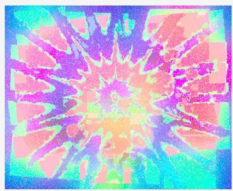
Labs are for experienced glass students who can work independently and are able to plan and execute their projects.



Fused Glass Brooches



Fused Glass Mosaic Hearts



Specialty Classes

Jewelry Lab w/Susan H—Wednesdays from 2-4. **No Fee, No Limit.**

Beginning Quilling w/Carolina—Friday, Jan. 12, from 9-12. **Fee \$25, Limit 10.** Learn this fun paper craft with instructor Carolina. Kit included.

Quilling Lab—Friday, Jan. 12, from 1-3. **No Fee, No Limit.** Bring your supplies and quill with friends! Beginners class required.

Leather Crafting w/Irene—Fridays in January. This class is currently full, but you can meet Irene from 9-10 to get your name on the list.

Card Making with Deb—Wednesdays in January and Saturday, Jan. 27, from 10:15-12:15. **Fee \$15, Limit 12.** Make two cards each week using provided supplies.

Saturday Mother's Day Card Making w/Deb to donate to Mabel Bassett Center—Saturday, Jan. 13, 10:15-12:15. (Second Saturdays in January, February and March.) **No Fee, No Limit.**

Saturday Card Making Lab w/Deb—Saturday, Jan. 6, and 20, 10:15-12:15 **No Fee, No Limit.** Bring your own supplies and create cards with friends.

Men's Valentine Card Making (to make for their significant other)—Monday, Jan. 29, from 10:15-12:15. **Fee \$5, Limit 12.**



Fused Glass Heart Night Light



Intro to Glass Fusion



February Art Class Enrollment will begin on Monday, Jan. 29, at 10 am.



Beginning Quilling w/Carolina

SPECIALTY CLASSES CONTINUED:

Stippling w/Linda H—Wednesdays in January from 10-12. **Fee \$15, Limit 12.** Discover the art of stippling!

Wood Valentine Gnomes—Saturday, Jan. 20, from 10-12. **Fee \$15, Limit 12.** Complete three gnomes during this fun class.

Reverse Tie Dye w/Hattie—Saturday, Jan. 13, from 10-12. **Fee \$10, Limit 10.** Bring a green or purple T-shirt to tie dye!

Wood Whittling w/Neil—Wednesdays in January from 2-4. **No Fee, No Limit.** Meet in the lobby to see what you'll need to get started whittling.

Beginning Calligraphy—Saturday, Jan. 6, from 10-12. **Fee \$5, Limit 12.**

Scrapbooking Lab w/Louise—Friday, Jan. 19, from 1-3. **No Fee, No Limit.** Bring four photos and your own supplies to scrapbook with friends.

Glass Etching w/Michelle—Friday, Jan. 19, from 10-12 or 1-3. **Fee \$35, Limit 8.** Complete two pieces.



Stippling w/Linda H



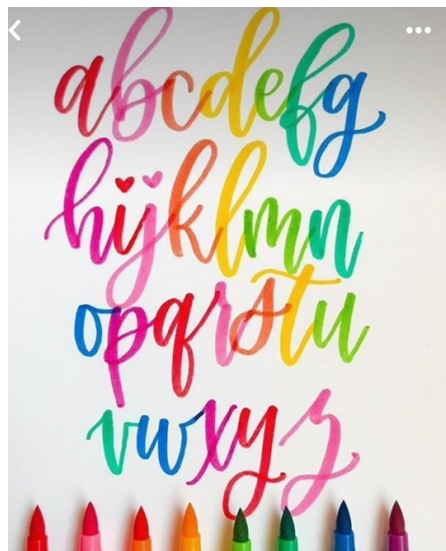
Glass Etching w/Michelle



Intro to Watercolor w/William



Wood Valentine Gnomes



Beginning Calligraphy



Reverse Tie Dye w/Hattie

Wishing you and yours a HAPPY NEW YEAR!

Performing Arts - Theatre, Dance, Instrumental

The JOY Thespians with Michael

Fridays from 10 am-12 pm

Interested in drama? Visit us and speak with Kathy Blackwell. JOY (Just Older Youth) works on performing and produces performances. New members welcome. No experience? We train you! **Fee \$10/month.**

Line Dancing with Nancy

Mondays and Wednesdays from 7-8 pm (Not Jan. 1)

Learn basic to intermediate line dances to improve balance, spatial orientation, heart health, rhythm, and to strengthen your body. Dance along to a variety of country and popular music in an exciting social environment. **No fee, no signup required.**

Starter Dance Class with Nancy (Not Jan. 1)

Mondays and Wednesdays from 6:30-7:00 pm. Come to one or both.

Learn simple dances, dance step terminology, and how to correctly execute each step. Improve your balance, core strength, stamina, and flexibility while dancing safely in a fun environment. If you have never danced or are recovering from illness, injury, or joint replacements, this starter class is for you! We recommend this starter class before attending the Line Dancing with Nancy class. This is a series with different lessons each session. **Start on the first Monday of a month and progress through the series for best results. No fee, no signup required.**

Good Time Guitar Group led by Randy

2nd and 4th Tuesdays from 6-7:30 pm

We get together to learn and play songs, encourage one another, and have a lot of fun playing the guitar. Bring your guitar, a capo, and a desire to build on what you know. There is no individual instruction, but the group is willing to help others. **No fee, no signup required.**

Ukulele Lessons with Jeff

Beginners meet on Mondays from 12:30-1:30 pm. (Not Jan. 1)

All others meet Mondays from 1:30-2:30 pm. (Not Jan. 1)

Newcomers are welcome to bring their instrument and join in. This group plays popular music that you are sure to love. Many members of this group perform several times a year. **No fee, no signup required.**

Guitar Jam coordinated by Mike

1st, 3rd and 5th Tuesdays from 6-7:30 pm

Bring your guitar and jam with the group. Feel free to stop in to see if this group is a good fit for your skill level. This group welcomes "listeners" as well as musicians. **No fee, no signup.**

Violins and More with Nicki

Fridays from 1-3 pm

Join us and learn to play the violin or mandolin. Nicki is eager to share her easy-to-learn music techniques with you. Bring your instrument. **No fee, no signup.**



JOY Thespians



Line Dancers



Good Time Guitar Group

Educational Opportunities

Coin Club: *3rd Tuesday from 10-11 am*

Join member Gary Parsons to learn more about coins and coin collecting. Bring your coins, and Gary can help you learn more about each coin, including its history and value.

Introduction to Spanish: *Mondays from 3-4 pm*

(Not Jan. 1)

Join Puerto Rican native Cynthia Rivera to learn Spanish. It doesn't matter how much or little you know of the language, everyone is welcome to participate.

Monthly fee \$3 to cover class supplies.

Genealogy: *Mondays from 3-5 pm (Not Jan. 1)*

This is a genealogy laboratory class with Michael McCoy. You will have two hours to work on your genealogy using various genealogy websites, which will be on the TV screen, and teaching tools to help you.

Laptops or computer notebooks are required.

Extension cords will be provided.

Genealogy Tips and Tricks: *2nd and 4th Saturdays from 10 am-12 pm*

David Myers discusses methods of research through a combination of lecture and hands-on application.

Birdwatching Field Trip: *Wednesdays, promptly at 9 am*

Walk on the treadmill? Nah! Come walk in the woods! Our group will explore a new location each month. Join us at the Will Rogers Park (NW 36th Street and N. Portland Ave.), parking lot south of the Garden Exhibition Center. For more information: Neil Garrison, 405-590-0483. ∞HLOKC liability only extends to HLOKC physical grounds. Members will be traveling at their own risk.

"Sewinistas": *Fridays from 1-3 pm*

Bring your sewing machine, and Patti George will help you learn to use it while making new friends.

Writer's Corner: *Wednesdays 10:30 am -12:30 pm*

Experienced writers present original writings for review each week. If you would like to join, please contact Trina, group coordinator, at tleetulsa@sbcglobal.net.

WriteIT Your Way (Not Jan. 1)

Mondays, from 10 am-12 pm

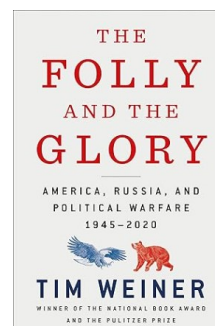
Grammar, punctuation, and spelling errors are the responsibility of the person who finds them. The important thing is the story. Open to all, drop-ins welcome.

True Stories Nonfiction Book Club

Wednesday, Jan. 24, from 1-3 pm

The Folly and the Glory: America, Russia, and Political Warfare 1945-2020 by Tim Weiner.

About the 74-year battle between the US and Russia that led to the election and impeachment of an American president. February book: **The Johnstown Flood** by David McCullough.



"Last Word" Fiction Book Club

Wednesday, Jan. 17, from 11:30 am-1 pm

Finlay Donovan is Killing It by Elle Cosimano. When her conversation is overheard during lunch with her agent, novelist Finlay Donovan is mistaken for a contract killer and inadvertently accepts an offer to dispose of a problem



husband. Soon she's part of a real-life murder investigation.

February book: **West with Giraffes** by Lynda Rutledge.

Support Groups



Alzheimer's Support

2nd and 4th Wednesdays
from 5:30-7:00 pm

Tim Smith, Alzheimer's Association facilitator, helps caregivers learn new skills to manage this disease by focusing on meeting the

person where they are and providing tools to help manage specific challenges. Everyone meets together.

Diabetes Support 2nd and 4th Mondays from 1-2 pm

HLOKC members Barbara Brown and Sharon McKay provide education, cooking, encouragement, and guest speakers. Christy Olson will be the speaker on Jan. 8. They will be making Waldorf salad on Jan 22. Free for members. Fee of \$10 for nonmembers. Headcount is needed, so contact group leader Sharon McKay if you plan to attend, adaarmore66@gmail.com.

Mending Hearts (Grief Share) Wednesdays from 9:30-10:30 am
Rose English, LMFT and Grief Recovery Specialist, assists those who have experienced loss.

Managing Ups & Downs of Life Thursdays, 9:30-10:30 am
Setting new goals for 2024: Develop new skills and strategies for those struggling times. Group facilitated by Rose Ann Mann, retired therapist. **Limit 12**

Loud Crowd Thursdays from 2-3 pm (NOTE TIME CHANGE)
Approximately 90% of people diagnosed with Parkinson's Disease and related disorders are at risk of speech, voice, and swallowing disorders. This group provides support and encouragement from a licensed speech language pathologist through weekly group sessions where unique and powerful SPEAK OUT!® exercises are performed. For more information, contact Jordan Glasgow at 405-753-9064.

Parkinson's Support Group 3rd Thursday, Jan. 18, 1-2 pm
(NOTE TIME CHANGE)

The Parkinson's Foundation, Select Physical Therapy, and HLOKC offer a support group to our members to provide support, encouragement, knowledge, and resources related to Parkinson's disease.

Service

Making Angel Gowns for Children's Hospital

2nd and 4th Tuesdays from
10 am-2 pm

This group sews gowns out of wedding dresses for the little angels who go to heaven too early. They need help cutting, sewing, and trimming.



Weaving Mats for Those Experiencing Homelessness

Fridays from 1-3 pm

Patti George will teach you how to recycle plastic bags into useful sleeping mats that are portable and help to keep people warm and dry in the elements. There is no fee for this class. Just come and make new friends.

Needed Donations:

- **Plastic shopping bags for weaving mats**
- **Brown paper bags for the Salvation Army**
- **Wedding gowns and silk ties for Angel Gowns**
- **Acrylic yarn for the hat weavers**

Groups



Seasoned Quilters

1st, 3rd, and 5th

Wednesdays from 1-5 pm

This group is for members with sewing knowledge. We have a wonderful time visiting with one another while making quilts for POSITIVE TOMORROWS, a school for children experiencing homelessness, and other service projects, including some of our own. So bring your projects and quilts as you make new friends.



The Mad Hatters

Tuesdays from 2-4 pm

Learn how to weave hats on a simple loom. You need acrylic yarn and a loom. The hats are distributed to cancer patients, City Rescue Mission, and churches who work with the homeless ministry.

Social

Art with Friends: *Tuesdays, 1-3 pm. No instructor*

Come with your own project (no oil or acrylic paint) and enjoy time with friends. Everyone welcome. No Fee, No Signup.

Bridge: *Mondays and Thursdays from 12:30-4 pm (not Jan. 1)*

Enjoy this trick-taking card game that requires communication and memory.

Bunco: *3rd Thursday, Jan. 18, from 2-4 pm (ROOM CHANGE)*

Test your luck at this 19th century dice game. If you are coming, email us, so we have a specific number of players. Contact Marlene Hull at aurora1947@cox.net. Bring three dice.

Chess: *Saturdays from 12-4 pm*

Put your mind to the test with this strategic problem-solving board game.

Dominoes: *Daily, 12-4 pm in the lobby (not Jan. 1)*

This come-and-go group meets in the lobby almost daily. If you would like to join, just stop in.

Gamers: *Mondays, Wednesdays, and Fridays from 1-5 pm (not Jan. 1) and Saturdays from 12:30-3:30 pm. (Note that on the 4th Monday, this group usually meets from 9am-12pm, but in January, it will be 1-5 pm).* Play various card games while visiting and laughing with new friends.

Life in Color: *Tuesdays from 1-3 pm. No instructor*

This relaxed group enjoys coloring and conversations to reduce stress and anxiety and improve motor skills. Bring your materials.

Mahjong: *Wednesdays, 9 am-12 pm in the lobby*

A game of skill, memory, and strategy with beautiful tiles. Richard will teach you this 19th century game from China.

No Brainer Bunco: *4th Thursday, Jan. 25, from 1-3 pm*

Enjoy this fun dice game with friends. If coming, please add your name to the signup sheet at the information table or contact group leaders Doc Dawkins or Judy Howry at howry@att.net.

Ping Pong: *Tuesdays from 3:30-7 pm; Wednesdays, Thursdays, and Fridays from 1-5 pm (not Jan. 12 & 24); Saturdays from 11-3 pm*

Times may change due to special events and unforeseen needs for last-minute room changes.

Sticks and Strings: *Fridays 10 am-12 pm. No instructor*

A time for anyone who knits, crochets, embroiders, or works with fiber to come together. Hosted by Patti Jackson, Sherry Irvin, and Judy Bland.

Spades: *Thursdays 1-3 pm in the lobby*

Join Larry Kincheloe in this game of strategy. For info, email kincheloe@cox.net.

Special Opportunities

Magic for Adult Beginners

In 2 Parts

Part 1: Thursday, Jan. 18, 10-11 am

Part 2: Thursday, Jan. 25, 10-11 am

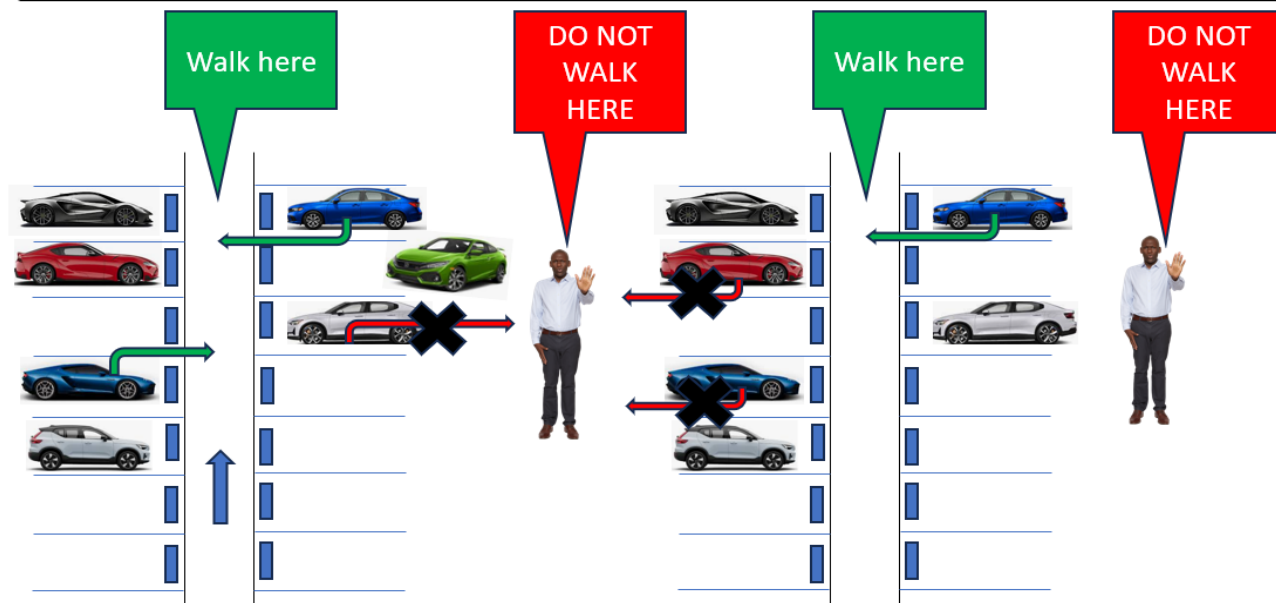
Because this class received rave reviews from those who participated last year, it has been scheduled again. If the interest remains, more classes will be scheduled in 2024.

No fee, maximum 10. Sign up on the sheet at the information table to reserve your place. If the class is full, sign up on the waitlist so we know to schedule more classes.



Your Safety is Important to Us

PLEASE BE SAFE IN THE PARKING LOT. WHEN YOU GET OUT OF YOUR VEHICLE, WALK TOWARD THE FRONT AND USE THE SIDEWALK. IT IS NOT SAFE TO WALK BEHIND VEHICLES.



**SOME
THING
NEW**

Get a free coffee, hot chocolate, bottled water, hot tea, Sparkling ICE, or soda at the café! Here's how: On random days and times in January, we will be on random sidewalks giving coupons for a free drink at the café to those who we observe using the sidewalks when they exit their vehicle. *Note: HLOKC is not responsible for accidents in the parking lot, and we don't want you to get injured.*

Special Opportunities

Men's Support Group

Every Tuesday
1:00 - 2:30 pm

Tues, Dec. 19
Tues, Dec. 26
Tues, Jan. 2
Tues, Jan. 9
Tues, Jan. 16
Tues, Jan. 23
Tues, Jan. 30

Goal: to support each other into this next part of life



HEALTHY LIVING OKC

AARP Driver's Safety

Friday, Jan. 12, 8-4 pm

\$20 for AARP Members

\$25 for Non-AARP Members

- Gain knowledge on safe driving
- Learn how health-related issues can affect driving ability
- Explore alternative methods of transportation
- Achieve a certificate of completion that may earn a discount on auto insurance

Sign up and find out more about this course at the information table.

Veterans Corner

Tuesday, Jan. 9

10:30-11:30 am

Information for our veterans, including how to get started in the VA healthcare system (bring your DD214 and medical records). Two VA

Movie Goers

Wednesday, Jan. 31,
2:30-5:00, Stage Room

The movie will be "80 for Brady" about a group of friends who have made it their life-long ambition to go the Super Bowl and meet NFL superstar Tom Brady. The movie plays on a large screen, and closed captioning will be turned on. Popcorn provided! Starting in February, this group will meet the fourth Wednesday each month at 2:30 pm.



Ever wanted your own locker at Healthy Living OKC?

Rent a locker for \$15 per month. Available lockers are in the restrooms/locker rooms on the west side of the building—in the hallway to the Stage/Multipurpose rooms and pickleball courts. There are 42 women's and 70 men's. Ask the front desk to "add on" a \$15 automatic monthly payment. Once all the lockers are rented, a waiting list will start, and people will be notified when a locker becomes available.

Special Opportunities

**SOME
THING
NEW**

Picture Book Making on Your Computer Tuesday, Jan 23, 10:00- 12:00

Make a picture book on your computer from loose pictures or pictures on your phone. Bring your laptop or tablet. Need to have basic computer knowledge and experience.



Tuesday, Jan 30, 11:30-12:30 The Unsweet Side of Soda

Soda, pop, cola — whatever you want to call it — contains a mishmash of chemicals and enough sugar to ruin your health. Sugar consumption is on the rise and is mirrored by the rise in many health problems. Use tips learned in this class to break the sugar addiction and improve your health. At the end, we will try a variety of healthier soda alternatives.

Fitness Orientation No fee, no signup

Meet in the fitness gym Every Friday @ 2:00 pm

Come meet the Healthy Living OKC team of Certified Personal Trainers.

- *Equipment Demonstration
- *Goal Setting
- *Strength Training
- *Balance & Stability

For information contact HLOKC Fitness Coordinator
Mike McMahon at (619) 852-9110

Important dates in February:

Longevity 101: Heart Health (2nd in the series)

Thurs., Feb. 8
5:00-6:00 pm

Soup Fundraiser

Fri., Feb. 16
11:30-1:30 pm

Big Swing Band Concert

Sat., Feb. 10
6:00-8:00 pm

OLLI New Series

Getting Better with Age

Mondays & Wednesdays
Feb 19.—Apr.17
8:30-10:00

OLLI New Series

Creating a Dialogue with Works of Art

Thurs., Feb. 29-Mar. 14
10:00—12:00

Welcome! Come to New Member Orientation

Wednesday, January 17, 11-12

Want to learn more about HLOKC?

Led by Cheryl Ford, Site Manager and
Susie Houston, Volunteer
Coordinator and Community Relations

***Sometimes room locations change
due to special events.
Ask the front desk for assistance.***

Special Opportunities

Tech Talk Tuesdays

How to use your iPhone



Tuesday, Jan. 16 and 23
10-11 am

The Basics:

- How to charge your phone
- Making and receiving calls
- Using email on iPhone
- Making Facetime calls

Tuesday, Jan. 16
11 am-12 am

Photos Part 1:

- Photo types & features
- Composition & basic editing

Tuesday, January 23
11 am-12 pm

Photos Part 2:

- Editing, cropping, straightening
- Light levels, color balance
- Storage and organization

No fee, but **sign up** at the information table. Maximum 15 per session.



Never Stop Learning

Osher Lifelong Learning Institute/OSU

OLLI Open House
Tuesday, Jan. 16, 1-3 pm

Next Series—Getting Better with Age
Mondays and Wednesdays
Feb. 19 through April 17
8:30-10:00 am

<https://education.okstate.edu/olli/>

Total Wellness

Weekly from 5:15-6:30 pm,
Tuesdays, Jan. 9-Feb. 27

Free eight-week series weight-loss and healthy living class by OKC County Health Department. Spaces limited and pre-enrollment is required. occhd.org/Lose or call 405-425-4422.

Motion Picture Actors

Starting Wednesday, Jan. 17
(weekly thereafter)

10 am-2 pm

Coming soon!

New name and description

CPR for Members

Friday, Jan. 5

10 am-2 pm

Learn how to administer CPR to save someone's life.
Fee \$25. Sign up at front desk.



Group Fitness Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 AM	** INTERVAL CIRCUIT GF - PATTI		** POWER PUMP GF - JANE			
7:45 AM	** MAT PILATES GF - PATTI		** MAT PILATES GF - JANE		** MAT PILATES GF - PATTI	
8:45 AM	** LEVEL UP GYM - IRENE		* CHAIR FIT COMBO GYM - DEE ANN		*CHAIR TABATA GYM - DONNA	
9:00 AM	** POWER PUMP GF - DEE ANN	** ZUMBA GYM LAURA	** FIT MIX - GF - Irene	** ZUMBA GYM - MADHU		** ZUMBA - GYM
		** KICKBOXING GF - IRENE				** YOGA - GF - IRENE/DONNA/LESLIE
10:00 AM	CHAIR YOGA GYM (45min) - IRENE	** YOGA FLEX GF - NIKKI	CHAIR YOGA GYM (45min) - DEE ANN	** YOGA SCULPT GF - TERRI	CHAIR YOGA GYM (45min) - DEE ANN	** MUSCLE WKND GF - IRENE/DONNA/LESLIE
			*SMOOTH YOGA GF - DONNA	**SPIN TABATA GYM DONNA	** POWER PUMP GF - DONNA	
11:00 AM	* FAN TAI CHI GF - LARRY		* FAN TAI CHI GF - LARRY		* WU TAI CHI GF - DEBRA	
11:15 AM				**INTERVAL CIRC GF - TERRI		
11:30 AM	** FITCYCLE GYM - NIKKI					
12PM	** ROLL & RELEASE GYM - NIKKI		** FIT FORMULA GYM - NIKKI		** FITCYCLE GYM - NIKKI	
12:30 PM	* HEALTHY BK&CORE GYM - NIKKI	* ZUMBA GOLD GF - LAURA/MAHDU	* HEALTHY BK&CORE GYM - NIKKI	* ZUMBA GOLD GYM - EMILY	HEALTHY BK&CORE GYM - NIKKI	2:15P INTERMEDIATE TAI CHI GF—BEV
1:00 PM						* INTRO TO TAI CHI GF - BEV
1:30 PM		* BEG TAI CHI GF - BEV		* BEG TAI CHI GF - BEV		* BEG TAI CHI GF - BEV
2:30 PM		* INTERMEDIATE TAI CHI GF - BEV		* INTERMEDIATE TAI CHI GF - BEV		
4:45 PM		* EASY YOGA GF (45min) - MONICA				
5:00 PM	THE BEAT GYM - KELLY N		** FIT WALK GYM - KELLY N	** CORE & GLUTE FUSION GF (30min) - LESLIE	GYM = in old gymnasium	
5:30 PM	** STRENGTH/TONE & CARDIO GYM - KELLY N	*** YOGA FLOW GF - MONICA	** STRENGTH/TONE & CARDIO GYM - KELLY N	** BODY WORKS GF - LESLIE	GF = group fitness room	MULTI = multi- purpose room
6:30 PM	** ZUMBA GF KELLY R		*** ZUMBA GF EMILY		* = LOW INTENSITY	*** = MED ADVANCED
7:00 PM	LINE DANCE MULTI - NANCY		LINE DANCE MULTI - NANCY		*** = high intensity	

OLD GYMNASIUM SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WALKING 5:30A - 8:30A	WALKING 5:30A - 8:30A	WALKING 5:30A - 8:30A	WALKING 5:30A - 8:30A	WALKING 5:30A - 8:30A	WALKING 5:30A - 8:30A
** LEVEL UP - Irene 8:45A- 9:45A	* ZUMBA - Laura 9A - 10A	* CHAIR FIT COMBO Dee Ann 8:45A - 9:45A	* ZUMBA - Madhu 9A - 10A	* CHAIR TABATA Donna 8:45A-9:45A	* ZUMBA 9A - 10A
*CHAIR YOGA - Irene 10A - 10:45A	BASKETBALL & WALKING 10 - 1P	* CHAIR YOGA Dee Ann 10 - 10:45A	** SPIN TABATA Donna 10A—10:30 A	* CHAIR YOGA Irene 10A - 10:45A	BASKETBALL & WALKING 10:15A - 1:30P
** FITCYCLE - Nikki 11:30A - 12P			BASKETBALL & WALKING 11A - 1P	WALKING 11A - 11:45A	
* ROLL & RELEASE Nikki 12P - 12:30P		* FIT FORMULA Nikki 12P - 12:30P	* HEALTHY BK/CORE Nikki 12:30P - 1:30P	** FITCYCLE Nikki 12P - 12:30P	
* HEALTHY BK/CORE Nikki 12:30P - 1:30P		* HEALTHY BK/CORE Nikki 12:30P - 1:30P	* HEALTHY BK/CORE Nikki 12:30P - 1:30P	* HEALTHY BK/CORE Nikki 12:30P - 1:30P	
BASKETBALL & WALKING 1:30P - 4:30P	PICKLEBALL ALL SKILLS 1P—4 PM	BASKETBALL & WALKING 1:30P - 4:30P	PICKLEBALL LEVEL 1 1P—4P	ALL SKILLS PICKLEBALL 2P-5:30P	ALL SKILLS PICKLEBALL 1:30P - 3:45P
* THE BEAT Kelly N 5P - 5:30P	BASKETBALL & WALKING 4:00p - 8:45p	*FIT WALK Kelly N 5P - 5:30P	BASKETBALL & WALKING 4:00 P - 8:45P	WALKING 5:30P—8:45P	
** STRENGTH/TONE & CARDIO Kelly N 5:30P - 6:30P		** STRENGTH/TONE & CARDIO Kelly N 5:30P - 6:30P			
WALKING 6:30P - 8:45P		WALKING 6:30P - 8:45P			

WALKING NOT ALLOWED DURING UNDESIGNATED TIMES

Pickleball Gym Schedule

No lessons in Dec.
Resume in Jan.

PLEASE BE COURTEOUS - DO NOT ENTER THE GYM BEFORE YOUR SCHEDULED TIME

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30A-10:30A	ALL SKILLS 5:30A-10:30A	ALL SKILLS 5:30A-10:30A	ALL SKILLS 5:30A-10A	ALL SKILLS 5:30A-10:30A	ALL SKILLS 5:30A-10A	OPEN @7:30a ALL SKILLS 7:30A-10A
10A-12P	RESERVE COURT TIME 10:30A-12P	LEVEL 1 & 2 10:30A-12P	LEVEL 3 10A-12P	RESERVE COURT TIME 10:30A-12P	LEVEL 1 10A-12P	LEVEL 3 10A-12P
12P-2P	LEVEL 2 12P-2P	LEVEL 3.5 12P-2P	ALL SKILLS 12P-2P	LEVEL 3 12P-2P	LEVEL 2 12P-2P	LEVEL 2.5 & 3 12P - 1P
2P-4P	ALL SKILLS 2P- 4P	LEVEL 2.5 2P-3P	LEVEL 2 2P-4P	LEVEL 2 2P-4P	LEVEL 3 2P-4P	LEVEL 2 1P-3:45P
4P-6P	LEVEL 3.5 4P-6P	LEVEL 3 3P-5P	LEVEL 3.5 4P-6P	LEVEL 3.5 4P-6P	ALL SKILL LEVELS 4P-7:45P	
6P-8:45P	LEVEL 3 6P - 8:45P	ALL SKILL LEVELS 5P-8:45P	RESERVE COURT TIME 6P-7:30P	ALL SKILL LEVELS 6P-8:45P		
	CLOSE @8:45		ALL SKILLS 7:30P-8:45P		CLOSE @7:45P	CLOSE @ 3:45P

RESERVE COURT TIME! - Reserve a court or courts at the front desk... \$20 per court.

***Reservations are not covered by membership fees and not available for unscheduled play.

ALL SKILLS LEVEL AVAILABLE IN THE OLD GYM, FRIDAYS, 4P-6P AND SATURDAYS 1:30P- 3:45P

AQUATIC FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNES- DAY	THURSDAY	FRIDAY	SATURDAY
6:30 AM	LAP SWIM ONLY 5:30 AM - 9:00 AM	<i>AQUA WAKE UP Susan</i>		<i>AQUA WAKE UP Susan</i>		
7:30 AM						
8:30 AM		<i>AQUA TABATA Dee Ann (45 min)</i>		<i>AQUA CHALLENGE Tina</i>		
9:30 AM	<i>AQUA ZUMBA Emily</i>	<i>AQUA ENERGY Betty</i>	<i>AQUA ZUMBA Emily</i>	<i>AQUA ENERGY Betty</i>	<i>AQUA ZUMBA Emily</i>	<i>AQUA Interval TRAINING Mady</i>
10:30 AM- 3:25 PM					CLOSED 12 - 2	
3:45 PM	<i>AQUAFIT - Vanessa</i>		<i>AQUAFIT - Vanessa</i>			POOL CLOSED AT 3:30PM
4:30 PM						
5:00 PM		<i>AQUA TONE/ CARDIO Kelly N</i>		<i>AQUA Interval TRAINING Mady</i>		
6:00 PM	<i>AQUA ENERGY Betty</i>	<i>AQUA EXTREME Jessica</i>	<i>AQUA SPLASH Dina</i>	<i>AQUA Interval Trng Maddy</i>		
7:15 PM						
POOL CLOSED AT 8:30 PM MONDAY - THURSDAY						
RULES :	GRAY AREAS ARE FOR OPEN SWIM WITH 2 LANES FOR LAP SWIM. <u>LAP LANES ARE FOR LAP SWIMMING ONLY</u>		NO <u>LAP OR OPEN SWIM</u> DURING CLASSES!		***LAP LANES WILL BE REMOVED 15 MINUTES BEFORE CLASSES START***	

ALL CLASSES ARE ONE HOUR UNLESS OTHERWISE NOTED. Please respect your pool instructors and other members by not talking during class.

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Fitness Class Descriptions

Advanced Tai Chi: For those who have advanced to a higher level.

Beginning Tai Chi: Learn the Yang style tai chi short form. No experience needed. Slow and low-impact movements that are easy to follow. Helps to improve balance and stability.

Body Works: Total body for strength and balance.

Chair Fitness Combo: A breakdown of strengthening, balance, and stretching with the aid of a chair.

Chair Tabata: Short interval exercise that focuses on heart health and muscle strength, which can be done standing or in a chair.

Chair Yoga: All the benefits of a stretch/yoga class with the assistance of a chair.

Core and Glute Fusion: Strengthen the core and glutes for better posture and total body strength.

Easy Yoga: A gentle, relaxing 45-minute yoga experience for those new to yoga.

Fan Tai Chi: Yang style tai chi using hand fans.

Fit Cycle: 30 minutes where you choose how hard you work. Great for a beginner or experienced!

Fit Mix: Total body workout using various equipment used standing or on the floor.

Fitness Formula: Variety of total body strength and cardio exercise designed to change regularly.

Healthy Back and Core: Functional fitness for activities of daily living: improve posture stretch/strengthen spine and core muscles.

Intermediate Tai Chi: Practice of the Yang style tai chi long form. Incorporates the 24 movements of the short form with additional moves.

Interval Circuit: Cardio, weight training, and stretching combined in one class.

Intro to Tai Chi: Brief intro to tai chi and its health benefits. If you can walk, you can do tai chi.

Kickboxing: Basic kickboxing moves in 30 minutes.

Level Up: Bored with your old routine? Take it up a notch! Weight training, balance and movement, plus fun!

Mat Pilates: Improve posture, muscle strength and flexibility with expert breathing and cueing.

Muscle WKNd: A class for strength training using various tools to sculpt, tone, and build strength.

Power Pump: Strengthening with a full body weight training workout using weighted body bars. **Must be able to get up and down from the floor.

Roll and Release: Foam rolling techniques to improve flexibility and range of motion while reducing soreness.

Smooth Yoga: Smooth, relaxing yoga moves for times you want to stretch and take it slow.

Spin Tabata: Interval cycling with exercise off the bike.

Strength/Tone/Cardio: Use weights to strengthen and tone the body. Cardio moves for fat burning.

The Beat: 30 minutes of drumming that tones your arms and builds coordination. #1 rule: have fun!

Wu Tai Chi: A continuation of your tai chi practice, learning new styles and practices.

Yoga: Standing poses and mat yoga practice for an overall great yoga experience.

Yoga Flex: Improve your flexibility and strength using weights along with your yoga moves.

Yoga Sculpt: Yoga/pilates incorporating weights along with your yoga moves.

Yoga Flow: A higher level vinyasa style yoga. Must be able to move from standing to floor and back.

Zumba: A cardio fitness class that's inspired by Latin dance moves. Its easy to follow and fun!

Zumba Gold: Lower intensity of a regular Zumba class.

Aqua Class Descriptions

Aqua Energy: Fun, fast-paced, high energy workout to music. Use weights and noodles, do ab work and upper body strength, with 5-minute cool-down stretches.

Aqua Challenge: Exercises for all levels designed to energize and challenge the body and the mind.

Aqua Extreme: A combo of high intensity bursts of cardio followed by lower intensity exercises to recover. Alternating from using just your body to using pool equipment for toning/extra resistance.

Aqua Fit: Combination of intense cardiovascular conditioning, upper body strengthening, and total body stretching and conditioning.

Aqua Interval Training: Moving through various movements at your chosen intensity to focus on your core.

Aqua Splash: A little cardio, core, and stretching.

Aqua Tabata: 20 seconds of vigorous exercise and 10-second rest; repeat.

Aqua Tone and Cardio: With weights and noodles.

Aqua Wake Up: Easy stretching and warm up; then constant flow of aerobics and water weight use, if desired, to work every body part for 45 minutes with stretching and relaxation for the last 5-10 minutes.

Aqua Zumba: The water's resistance cushions your feet, knees, and back as you dance the time away.



Physical and Aquatic Therapy

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