

HEALTHY LIVING OKC

Program Directory April 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

Spring Fling Dance

\$5 per person

Snacks and drinks available for \$1 each

Thursday
April 18, 2024 🗓️ | 🕒 7-9 pm

OPEN TO THE PUBLIC

**HEALTHY
LIVING OKC**

11501 N. Rockwell Ave., OKC



VETERANS CORNER

TUESDAY, APRIL 9

10:30-11:30 AM

You may not know about all the veterans benefits available to you. Join representatives from Oklahoma Department of Veterans Affairs to learn about veterans benefits and how to navigate the VA system. Get your questions answered.

A representative will be available to help with claims or gain access to the VA healthcare system. Bring your DD214 and medical records.

Tea and Tulips

Tickets \$20
on sale Apr 8
Maximum 80



May 7 Spring Tea Party 11-1:30

Includes lunch, tea, and fashion show by Chico's

Healthy Living OKC 11501 N. Rockwell Ave., OKC

Longevity 101: Healthy Travel

Presented by Mary Shreffler, PharmD
OU Health Pharmacist

Thursday, April 11
5:00 – 6:00 p.m.

**HEALTHY
LIVING OKC**

11501 N. Rockwell Ave.
Oklahoma City

Open to Public

OU Health





Comments from Claire

Spring is in the air and HLOKC is hopping with activity. I'm always amazed when I walk through the halls to see the different daily programs. I'm thankful for the staff and volunteers who make it all happen. Volunteers help us in so many ways at Healthy Living – from leading interest groups, to giving tours to prospective members, to helping special events – their contributions are invaluable!

Not only does volunteering benefit Healthy Living, but there are numerous benefits to those who volunteer. Studies show that volunteering helps with cognitive health by improving neural plasticity and promotes mental health by counteracting the effects of stress and anxiety. If you are interested in volunteering at Healthy Living, please complete an interest form found at the information table in the lobby.

April will be a great month at HLOKC. We look forward to seeing you!

In good health,

Claire Dowers-Nichols

Executive Director, Healthy Living OKC and
Healthy Living Norman



Coming Quickly in April!



Identity Theft with Sheryl Presley

Mon., April 1, 10-11 am

- What to do to protect yourself from having your identity stolen
- Tips on what to do if it is stolen or information is breached

****Reminder****



Mon., April 1, 1-5 pm

CarFit Event

If you signed up at the front desk, be sure to arrive a few minutes before your scheduled time.

This takes place in the Multipurpose room (west side of the building), and you'll spend time at your vehicle.

You may want to park near the west side of the parking lot.

Volunteer Information



Volunteer of the Month: Karen McKinney

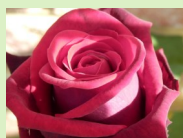
After being shut in due to COVID and recently retired, Karen was looking for a place to get out to be active and meet new people. She started by taking chair yoga and then quickly added Zumba. Then she started taking art lessons, trying everything from watercolors, acrylics, pour painting, pottery, glass fusion to flower arranging and other craft classes. But her favorite has been pottery where she truly enjoys expressing her creativity. Recently she has joined the evening line dancing classes. "I feel it is not only a great place to help/stay healthy, but a wonderful place to meet people and share life experiences," she said.

Karen volunteers at HLOKC when we have special events and has always been available to help as needed in the art department. Karen now volunteers in the pottery labs as a room monitor on Thursdays. She pugs the clay (recycling the used clay back to fresh clay), helps keep the room clean, and helps beginners or anyone needing assistance within the lab.

Karen has met so many new friends from all the different classes she has taken. "Everyone is so friendly and helpful within the center; I have made some truly wonderful friends for life.," she said. "Several of us have taken our art skills and volunteered to help with a 10-week after-school program at Crown Heights United Methodist Church. It has been a blast helping kids from second to fifth grade learn pottery, watercolor, crafts, fused glass, painting, etc."

Karen also volunteers two days a week at Integris Medical Center at the information desk. She loves meeting people and helping them find the way around the large medical center campus.

Karen was raised in Stillwater and attended OSU for her first two years of college. Eventually moving to Texas, she finished her degree in management at the University of Texas. She lived there with her husband and two daughters for 18 years but eventually found her way back to Oklahoma to help Sprint open their huge call center in northwest OKC. Karen had a 40-year career in human resources, serving the last 25 as director of human resources for Sprint/T-Mobile. She retired in 2021 shortly after losing her husband. Karen is blessed to have two daughters and four granddaughters who live nearby so she can cheer them on in school and their competitive dance. But her best buddy is her adorable dachshund, Dexter.



Cards for Mother's Day

Sat., April 13, 10:15 am - 12:15 pm **Last Day**

Our card-making group is hand-making 1,300 cards for TEEM (The Education and Employment Ministry), an organization dedicated to breaking cycles of incarceration and poverty through education, personal development, support, and work-readiness training.

The cards will be given on Mother's Day to women incarcerated at the Mable Basset Correctional Center. This is an HLOKC volunteer service project in partnership with TEEM, one of our participating Give 5 nonprofit organizations. Many Give 5 volunteers also give their time to help organize the clothing and food closets at TEEM.



Creative Opportunities in April



Art Class Enrollment

Sign up for art classes with a fee at the front desk or on the Glofox 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.

Painting and Drawing Classes

Painting Lab w/ Linda H—Mondays in April from 12-3. **Fee \$10, Limit 16.** Linda Hiller leads this lab. Additional supply fee of \$10 if you use our supplies.

Color Mixing w/ Edna—Tuesday, April 16 or Tuesday, April 23, from 1-3. **Fee \$10, Limit 10.** Learn how to mix colors in acrylics.

Contemporary Acrylic Landscape w/ Greg—Fridays in April 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.

Intermediate Watercolor w/ Jim—Thursdays in April from 10-12. **Fee \$20, Limit 10.** Prerequisite: Intro to Watercolor class.

Mountain Landscape Watercolor w/ Linda B— Tuesday, April 9, 16, 23 and 30 from 10-12**Fee \$20, Limit 14.** No prerequisite.

Oil Landscape w/ Linda H—Wednesdays in April from 10-12. **Fee \$20, Limit 10.** Paint this beautiful landscape with daisies!

Advanced Watercolor w/ Cynthia—Thursdays in April from 1-3. **Fee \$10, Limit 14.** Prerequisite: Must take Intro to Watercolor and Intermediate Watercolor or have an equivalent amount of watercolor experience before taking this advanced session. This class is for members who are serious about wanting to improve their watercolor skills. Students provide their own paint and paper.

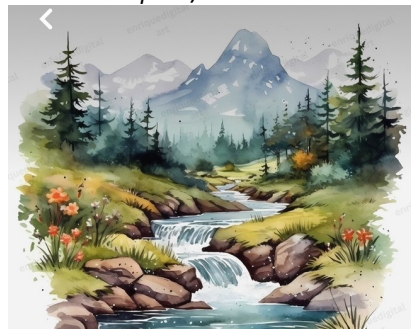
Whimsical Watercolors w/ Linda H—Mondays in April from 10-12 OR Wednesdays in April from 1-3. **Fee \$15 Limit 16.** Fun class for beginners and advanced students.

Still Life Drawing w/ Cheryl—Fridays in April from 1-3. **Fee \$10, Limit 14.** First-time students can purchase a sketchbook for a \$5 fee.

Acrylic Lady in a Pink Hat w/ Linda B—Tuesday, April 2, from 10-2. (Break 11:30-12 for lunch.) **Fee \$15, Limit 12.** (Bring your lunch or purchase in our café.)



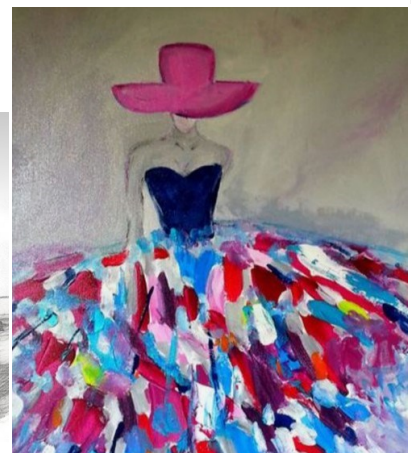
Oil Landscape w/ Linda H



Mountain Watercolor w/ Linda B



Still Life Drawing w/ Cheryl



Acrylic Lady in Pink Hat w/ Linda B

FOLLOW US ON FACEBOOK!
HL OKC CREATIVE ARTISTS



Pottery—Fluted Bowl & Carving



Pottery—Butterflies



Pottery—Transfers



Pottery—Glazing Techniques

Pottery



Intro to Pottery w/ Penny—Wednesday, April 3, from 4-6 or Wednesday, April 17, from 6-8. **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.

NOTES: Project classes below are with Linda B unless noted otherwise. Pottery class fees do not include firing fees unless specified. You must have completed Intro to Pottery class prior to taking lessons on the pottery wheel.

Fluted Bowl and Carving (Two-part class by Loeta)—Thursday, April 4, from 10-12 and Saturday, April 6, from 10-12. **Fee \$10, Limit 12.**

Glazing Techniques—Thursday, April 11, from 10-12. **Fee \$5, Limit 12.** Bring a piece of bisque to glaze. (Some pieces available for additional purchase.)

Butterflies—Thursday, April 18, from 10-12. **Fee \$5, Limit 12.**

Transfers—Thursday, April 25, from 10-12. **Fee \$5, Limit 12.** Come learn how to apply transfers on pottery.

Pottery Wheel Lessons Private 1-on-1—Thursday evenings in April with Dale at 4:30 or 5:30. **Fee \$5. Sign up in Glofox or the front desk.**

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

POTTERY EVENING LAB TIMES



Monday through Thursday — Close at 8

Friday — Close at 7

Saturday — Close at 3

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

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 HLOK tools for our Intro to Pottery classes. If you have any questions, please see Linda B.



Firing coupons are \$35 for 10.

You can purchase them at the Front Desk.



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—Mon., April 1, from 1-3 or Monday, April 8, from 1-3. **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.

Fused Glass Frames—Wed., April 3, from 10-12. **Fee \$30, Limit 10.**

Fused Glass Cats & Dogs—Mon., April 15, from 1-3. **Fee \$30, Limit 10.**

Fused Glass Daffodils—Wed., April 24, from 1-3. **Fee \$30, Limit 10.**

Fused Glass Pansies—Sat., April 27, from 10-12. **Fee \$30, Limit 10.**

Fused Glass Beehive—Mon., April 29, from 1-3. **Fee \$30, Limit 10.**

Bead Making Party!—Wed., April 17, from 11-2. **No Fee. Limit 12.** Help us nip glass to make beautiful glass beads for our fused glass projects.

Fused Glass Labs—Wed., April 10, from 10-12 or Monday, April 22, from 1-3. **Fee \$30 (6"x12") or \$40 (12"x12"), Limit 10.**

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



Fused Glass Frames



Fused Glass Cats and Dogs



Fused Glass Daffodils



Fused Glass Beehives

Specialty Classes



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

Beginning Quilling w/ Carolina—Friday, April 5, from 9-12. **Fee \$25, Limit 10.** Learn this fun paper craft with instructor Carolina. Kit included.

Quilling Lab—Friday, April 5, from 1-3. **No Fee, No Limit.** Bring your supplies and quill with friends! Prerequisite: Beginners class.

Card Making w/ Deb—Wednesdays in April from 9:30-12:30. **Fee \$15, Limit 16.** Make two cards during each class using supplies provided.

Card Making Labs—Saturday, April 6 and 20. **No Fee, No Limit.** Bring your own supplies and create with friends.

**May art class enrollment will begin
on Monday, April 29, at 10 am**



Fused Glass Pansies



Spring Basket



Beaded Garden Stakes



Whimsical Watercolor



Beginning Quilling



Silk Scarves



Wool Felting



Taking art classes is a great way to meet new friends and learn something new!

SPECIALTY CLASSES CONTINUED

[Saturday Mother's Day Card Making to donate to Mabel Bassett Center](#)—Sat., April 13, from 10-12. **No Fee, No Limit.**

[Silk Scarves w/ Cheryl](#)—Sat., April 13, from 10-12 or 1-3. **Fee \$25, Limit 8 per class.** Come create a fun abstract design on a beautiful silk scarf!

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

[Spring Basketry w/ Pauline](#)—Sat., April 20, from 9-12 **Fee \$30, Limit 12.**

[Scrapbooking Lab w/ Louise](#)—Fri., April 19, from 1-3. **No Fee, No Limit.**

Bring four photos and your own supplies to scrapbook with friends.

[Paint with Friends Lab](#)—Mondays in April from 10-12. **Monthly fee \$5, Limit 14.** Bring your paints and supplies and enjoy creating with friends. No instructor.

[Beaded Garden Sticks w/ Gayla](#)— Sat., April 6, from 10-11 or 11:30—12:30. **Fee \$25, Limit 14.** Select from a wide variety of colorful beads to create two plant stakes for your garden!

[Wool Felting w/ Frances](#)—Fri., April 26, from 9-12. **Fee \$20, Limit 16.**

Learn how to felt wool and complete a 6"x10" finished piece. Small tool kit provided.

Performing Arts - Theatre, Dance, Instrumental

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.**

Starter Dance Class with Nancy | *Mondays and Wednesdays from 6:30-7 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 replacement, 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 and progress through the series for best results. No fee, no signup required.**

Line Dancing with Nancy | *Mondays and Wednesdays from 7-8 pm*

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

Good Time Guitar Group with 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 Mondays from 12:30-1:30 pm. **All others** meet Mondays from 1:30-2:30 pm. 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 required.**

Film Makers with Chris Conklin | *Wednesdays from 10 am to 12 pm*

Join us as we explore the realm of film making.

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 one, including its history and value.

Introduction to Spanish—Mondays from 3-4 pm

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—April 22 and 29 from 3-5 pm

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 for offsite adventure

Walk on the treadmill? Nah! Come walk in the woods! Our group will explore a new location each month. In April, join us at the E.C. Hafer Park (1034 S. Bryant St.) in Edmond. The leader will be in a silver truck with an orange flag in back. For more information contact Neil Garrison, 405-590-0483. **Note:** HLOKC liability extends only 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

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.

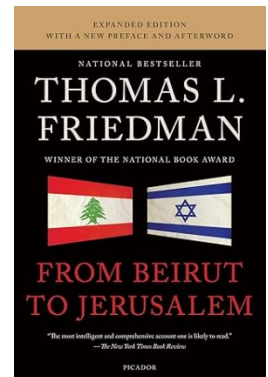
True Stories Nonfiction Book Club

Wed., April 24, from 1-3 pm

From Beirut To Jerusalem

by Thomas L. Friedman

The startling, intense and thought-provoking account of Friedman's decade of reporting in the strife-ridden Middle East.



May book: ***The Wager: A Tale of Shipwreck, Mutiny and Murder*** by David Grann

"Last Word" Fiction Book Club

Wed., April 17, from 11:30 am-1 pm

The Replacement Wife

by Darby Kane

A thrilling domestic suspense novel that asks, how many wives and girlfriends need to disappear before your family notices?



May book: ***Hello Beautiful*** by Ann Napolitano

Support Groups



Alzheimer's Support

*2nd and 4th Wednesdays
from 1-2 pm (TIME
CHANGE)*

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 for specific challenges. For caregivers, spouses, parents, or friends taking care of a loved one with Alzheimer's or other dementias.

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

HLOKC members Barbara Brown and Sharon McKay provide education, cooking, encouragement, and guest speakers. On April 8, the Urology Association will speak on bladder cancer and diseases that affect diabetes. On April 22, we will make Waldorf Salad. Free for members. Fee of \$10 for nonmembers. Headcount is needed, so contact group leader Sharon McKay if you plan to attend at 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 and Downs of Life *Thursdays, 9:30-10:30 am*

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*

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 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, April 18, 1-2 pm*

The Parkinson's Foundation and Select Physical Therapy 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**

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

Bike Riders: *Tuesdays, starting at 9 am, weather permitting. Meet at bike rack. Contact Angela Coffman at readercoffman@gmail.com.*

Bridge: *Mondays and Thursdays from 12:30-4 pm*
Enjoy this game that requires communication and memory.

Bunco: *3rd Thursday, April 18, from 2-4 pm*
Test your luck at this 19th century dice game. If you are coming, email Marlene Hull, group contact, 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 Monday-Friday, 12-4 pm in the lobby*
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 and Saturdays from 12:30-3:30 pm (On the 4th Monday, this group meets from 9 am-12 pm because of diabetes support group.)*
Play card games while visiting and laughing with new friends.

Life in Color: *Tuesdays from 1-3 pm. No instructor*
This group enjoys coloring and conversations to reduce stress and anxiety and to improve motor skills. Bring your materials.

Mahjong: *Wednesdays from 9 am-12 pm*
A 19th century game of skill, memory, and strategy with beautiful tiles.

No-Brainer Bunco: *4th Thursday, April 25, from 1-3 pm*
Enjoy this game with friends. 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: *Available sign up times are on the Stage Room door. Times may change due to special events and unforeseen needs for last-minute room changes.*

Sticks and Strings: *Fridays from 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 from 1-3 pm in the lobby*
Come meet some new friends and challenge yourself in this game of strategy.

Special Opportunities

Weekly Bike Ride



Come join us for a weekly neighborhood ride of 5-10 miles. We will ride every Tuesday morning at 9 am. Meet us by the bike stand near the front door. Enjoy the weather outside and make friends while riding your bike. Helmets are required. For questions, contact Angela at her email address, readercoffman@gmail.com.

This ride is led by Oklahoma Bicycle Society Members.



Confused about Medicare?

Let Robert Nall help clear it up

Wed., April 16, 10-11 am

Learn about Part A and Part B, how to enroll, and the different forms of coverage such as Supplement, Prescription Drug, and Part C.

For Anyone age 65+, those approaching age 65, or caregivers. Sign up at lobby information table.

ALZHEIMER'S ASSOCIATION SUPPORT GROUP FOR CAREGIVERS

**2nd and 4th Wednesdays
April 10 and 24
1-2 pm in Multipurpose room**

Alzheimer's is the most common form of dementia. It affects memory, thinking, and behavior.

Learn skills to manage the disease by:

- meeting the person where they are, and
- providing tools for specific challenges.

ALZHEIMER'S ASSOCIATION



24/7 HELPLINE
800-272-3900

ALZ.ORG/OKLAHOMA

Healthy Living OKC 11501 N. Rockwell Ave., OKC



Movie Goers

**Wed., April 24
2:30-5 pm
Stage Room**

Julie & Julia

Frustrated with a soul-killing job, New Yorker Julie Powell vows to prepare all 524 recipes in Julia Child's landmark cookbook, "Mastering the Art of French Cooking."

Intertwined with Julie's story is the true tale of how Julia Child herself conquered French cuisine with passion, fearlessness, and plenty of butter.

Special Opportunities



Welcome!

You're invited to

New Member Orientation

Wed., April 17, 11 am-12 pm

Want to learn more about HLOKC?

Hear from Cheryl Ford, Site Manager
and/or Susie Houston, Volunteer
Coordinator and Community Relations

Fitness Orientation

**Meet in the Fitness Center Lobby
every Friday at 2 pm**

Hear from Healthy Living OKC
Certified Personal Trainers

* Equipment Demonstration * Goal Setting
* Strength Training * Balance and Stability

***NEW* Evening Time**

Thursday, April 25, 6 pm

No fee, but please sign up at the
information table in the lobby

Managing the Ups and Downs

Thursdays from 9:30-10:30 am

*Develop new skills and strategies
for these struggling times*

The group is facilitated by Rose Ann Mann,
retired after 31 years at NorthCare as a
therapist. She has a master's degree in
Education, Counseling Psychology from
Oklahoma City University.

NorthCare offers services for families,
adults, and children to help them recover
from mental illness, substance abuse, or
crisis to live a life in recovery.

Join us!

May 30



10 am - 3 pm

Questions? Contact us at 405-773-6910

We're recycling pickleballs!



Accepting vendor applications now.

Special Opportunities



Live Music!

SCISSOR-TALES CONCERT

Sat, Apr. 27, 6-8 pm

Opening Band: A|B Fox

Advanced Tickets \$15

At the door \$20

Maximum 100 seats/open to the public



**HEALTHY
LIVING
OKC**

SAVE THE DATE!

Thursday, May 9th

Opening Reception 6-8 PM

Ticket Sales begin April 15th

Friday & Saturday, May 10-11

Art Show & Sale, 10-3 daily

Enjoy and purchase incredible artwork
by HLOK's many talented art
instructors and members during this
annual event!

**Participating artists are by invitation only.*



Special Opportunities

Coming in May

CPR for Members

Fri., May 3, 10-2 pm

JOY Production

Commercials R US

Sun., May 5, 3-5 pm

Spring Tea Party "Tea and Tulips"

Tues., May 7, 11-1:30 pm

HLOKC Travel Club

Travel Trips in 2025

Wed., May 8, 11-12 pm

Longevity 101: Stroke Prevention

Thurs., May 9, 5-6 pm

(Open to the public)

Give 5 Class 4

Begins Tues., May 14, 9-4:30 pm

Western Night Dance

Thurs., May 16, 7-9 pm

Karaoke

Fri., May 17, 5:30-7:30

Oklahoma City Police

Community Meeting

Tues., May 21, 6:30-7:45 pm

**** NEW ** Healthy Brain, Healthy Mind**

Wed., May 22, 10-11:30 am (4-week series)

CLOSED Mon., May 27

Fundraiser at

Chicken N' Pickle

Tues., May 28, 6-8 pm

Wellness Expo

Thurs., May 30, 10-3 pm

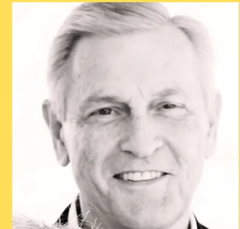
TURNING 65?

EXPLORING MEDICARE FOR AGE 65+

Saturdays

April 13 and April 27

9-11 am



**FACILITATED BY JOHN CLEMENT,
MEDICARE SPECIALIST, CFP**

Please note that the views expressed in this session are those of the presenter who has rented the room and do not necessarily reflect endorsement by HLOKC.



Will you know what to do?

CPR for members

Friday, April 5, 10 am - 2 pm

(First Friday of each month)

Learn how to administer CPR
to save someone's life.

Fee \$25. Sign up at the front desk.

**BE WILLING
TO ALLOW
YOUR CHALLENGES
TO BECOME
MOTIVATION**

Group Fitness Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 AM	** INTERVAL CIRCUIT GF - PATTI		** POWER PUMP GF - JANE			Center opens @ 7:30
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 - DIANA	** 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	
			CHAIR YOGA 2 GYM (45min) - DONNA			
11:15 AM				** INTERVAL CIRC GF - TERRI		
11:25 AM	** FITCYCLE GYM - NIKKI					
12PM	** ROLL & RELEASE GYM - NIKKI		** FIT FORMULA GYM - NIKKI		** FITCYCLE GYM - NIKKI	
12:30 PM	* HEALTHY BK&CORE 12:40 - GYM - NIKKI	* ZUMBA GOLD GF - EMILY	* HEALTHY BK&CORE 12:40 - GYM - NIKKI	* ZUMBA GOLD GYM - LAURA	* HEALTHY BK&CORE 12:40 - GYM - NIKKI	* INTERMEDIATE TAI CHI 12:15 - 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	* THE BEAT 4:55 - GYM - KELLY N	* EASY YOGA GF (45min) - MONICA	* FIT WALK 4:55 - GYM - KELLY N			
5:00 PM				** CORE & GLUTE FUSION GF (30min) - LESLIE	GYM = in shared 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 EMILY		*** ZUMBA GF EMILY		* = LOW INTENSITY	** = MED ADVANCED
7:00 PM	LINE DANCE MULTI - NANCY		LINE DANCE MULTI - NANCY		*** = high intensity	

SHARED 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 7:30A - 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 11:25A - 12P		*CHAIR YOGA 2 Donna 11A - 11:45A		WALKING 11A - 11:45A	
* ROLL & RELEASE Nikki 12P - 12:30P		* FIT FORMULA Nikki 12P - 12:30P	BASKETBALL & WALKING 11A - 1P	** FITCYCLE Nikki 12P - 12:30P	
* HEALTHY BK/CORE Nikki 12:40P - 1:40P		* HEALTHY BK/CORE Nikki 12:40P - 1:40P		* HEALTHY BK/CORE Nikki 12:40P - 1:40P	
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 4:55P - 5:30P	BASKETBALL & WALKING 4:00p - 8:45p	*FIT WALK Kelly N 4:55P - 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

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	LESSONS 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	CLOSE @ 3:45P
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	

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.

SEE NEW RULES ON THE PICKLEBALL INFORMATION BOARD

AQUATIC FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 AM	LAP SWIM ONLY 5:30 AM - 9:00 AM	EARLY AQUA FLOW Susan		EARLY AQUA FLOW Susan		Center opens @ 7:30
7:30 AM						
8:30 AM		AQUA TABATA Dee Ann (45 min)		AQUA CHALLENGE Tina		
9:30 AM	AQUA ZUMBA Emily	AQUA ENERGY Betty	AQUA ZUMBA Emily	AQUA ENERGY Betty	AQUA ZUMBA Emily	AQUA ZUMBA Nicci
10:30 AM-3:25 PM					CLOSED 12 - 2	
3:45 PM	AQUAFIT - Vanessa		AQUAFIT - Vanessa			POOL CLOSED AT 3:30 PM
4:55 PM		AQUA TONE/ CARDIO Kelly N		AQUA Interval TRAINING Mady		
6:00 PM	AQUA SPLASH Dina	AQUA EXTREME Jessica	AQUA SPLASH Dina	AQUA Interval TRAINING Mady		
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 and Chair Yoga 2: 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 Early Flow: Aqua aerobics working the whole body.

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



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