

HEALTHY LIVING OKC

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

Program Directory May 2024

**** Closed Monday, May 27 ** No activities, classes, or events ****



Join us for the 2024 Celebrate the Arts Show & Sale

Thursday, May 9

Opening Night Reception 6-8 pm

Opening Night Tickets \$30 per person

Friday, May 10 & Saturday,
May 11 from 10-3

Featured Artists include:

Cynthia Thomas, Dale George, R. Patrick Riley,
Greg Erway, Cheryl Ford, Linda Burgett, Edna
Wooftner, Linda Hiller, William Lentz, Ursula
Britt and Diane Potter

Open to the Public 11501 N. Rockwell, OKC



Free to members
and the public

Thursday, May 30
10 am - 3 pm

- Demos
- Samples
- More

Encouraging healthy lifestyles
for people 50 and above

Join us for our 8th annual Wellness Expo to
meet local businesses and learn about
services and products that can help you
thrive.



**** NEW ****

Healthy Brain, Healthy Mind

4-week series (sign up at Front Desk / max 30)

Wednesdays, May 22 through June 12

10-11:30 am

Learn ways to improve physical and mental health and how to maintain a healthy brain. Explores setting goals and finding success, identifying signs of stress and depression, dealing with the blues, thriving vs. getting by, and more.

Presented by Oklahoma
Healthy Aging Initiative



Longevity 101: Stroke Prevention

Presented by Shyian Jen, MD
OU Health Neurologist

Thursday, May 9
5:00 – 6:00 p.m.

HEALTHY LIVING OKC
11501 N. Rockwell Ave.
Oklahoma City

Open to Public





Comments from Cheryl and Claire



Did you know May is Older Americans Month? The 2024 theme is "**Powered by Connections**," which recognizes the profound impact that meaningful relationships and social connections have on our health and wellbeing. Social connectedness influences our minds, bodies, and behaviors - which in turn influence our health and life expectancy. One of our favorite things about Healthy Living OKC is the sense of community and friendships that have been created.

We attended **American Society on Aging** conference last month, and other attendees were amazed at all Healthy Living OKC has to offer. Specifically, so many ways for people to connect and engage with one another as well as all the physical activity offerings.

The longest longitudinal study of adults, the 75-year Harvard Study of Adult Development, found that an individual's satisfaction with their relationships was the greatest predictor of happiness and health. Social connectedness has also been shown to be a key indicator of healthy aging later in life.

So enjoy your age. Enjoy your friends. And thank you to each and every one of you who make it a point to connect with the new people you meet here at HLOKC.



Give 5 Class 4 begins May 14

Two seats opened up for the next class of Give 5, the civic volunteer matchmaking program for retirees to find meaningful volunteer opportunities in our community. Pick up an application on the information table in the lobby and apply now. Class begins Tues., May 14, from 9 am -4:30 pm, for five Tuesdays in a row with graduation on Tues., June 18.



Give 5 Class 3 volunteering at Boots, BBQ and Brews for one of our nonprofits, D-Dent, who arranges free dental care for veterans and other special needs people.

Healthy Living OKC Travel Club is launching! 2025 trips will be revealed.

Want to travel with your HLOKC friends?

Join the **HLOKC Travel Club**
Wed., May 8, 11 am - 12 pm
Stage/Multipurpose rooms



Edinburgh Castle



Blarney Castle

You'll learn about:

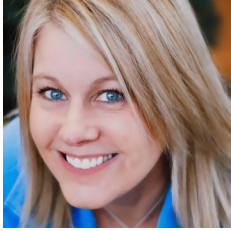
- ✓ Fun had by all on the March trip to London/Ireland/Scotland
- ✓ Dates and destinations of 5 trips in 2025
- ✓ Interest in local trips as well as international

Open to members and their friends
Light refreshments served



Information

Staff Spotlight: Kelly Nixon



If you only come to HLOKC in the mornings, you may not have met Kelly Nixon. She is one of our group fitness instructors who teaches Aqua, The Beat, Walk to be Fit, and Strength/Tone/& Cardio classes in the evenings. When you are in one of Kelly's fitness classes, you will have fun as well as a good workout.

Kelly has been teaching group fitness classes at HLOKC since June of 2017. Teaching has been her career for 22 years. This is her passion. She said, "I love working at HLOKC because I have met the most wonderful people! I can encourage healthy lifestyles and help members to reach their fitness goals. The relationships I have built here are priceless, and I feel blessed to be part of such a wonderful community and staff."

Students often comment about how much they love her classes—especially her music from decades past. They feel challenged, and many have improved their strength and mobility. Kelly is also a middle school teacher, mother of three daughters and grandmother of three.

Thank you Kelly for sharing your passion and talents with HLOKC.

Volunteer Opportunities

JOY production group needs volunteer stage hands

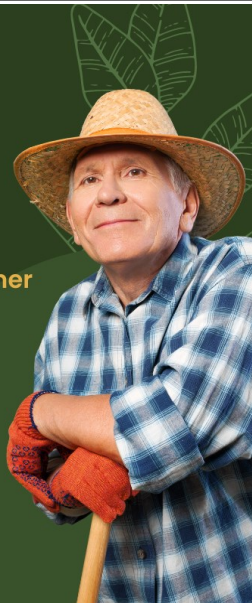
Ever been a stage hand or want to be one? JOY is presenting "Commercials R US" on Sunday, June 23, from 3-5 pm and needs three stage hands for stage management and moving props. If you can attend rehearsals on Fridays at 9 am beginning May 3, dress rehearsal on Sat., June 22, from 10:30 am—3:30 pm, and the performance June 23, please leave your name and number with our Front Desk. Thank you.

ANNOUNCING... HLOKC GARDEN CLUB

Volunteer to make our patio area beautiful & enjoyable for the summer

- ✔ Plant landscape bed and planters
- ✔ Maintain plants
- ✔ Learn from an expert
- ✔ Prepare for our outdoor social events Third Thursdays

Sign up at the information table in the lobby



HLOKC VOLUNTEERS: JOIN US FOR A... Volunteer Luncheon

WEDNESDAY,
MAY 15
11:30 am to 1 pm



Creative Opportunities in May



Acrylic Landscape w/Linda H

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. To use your art credits, please go to the front desk.

Painting and Drawing Classes

Painting Lab w/ Linda H—Mondays in May (not May 27) from 12-3. **Fee \$10, Limit 16.** Linda Hiller leads this lab. Additional supply fee of \$10 if you use our supplies.

Oil Painting w/ Edna—Tuesdays in May from 1-3. **Fee \$25, Limit 10.** Learn how to paint this beautiful landscape in oils.

Contemporary Acrylic Landscape w/ Greg—Fri., May 3, 17, 24, 31 from 10-12. **Fee \$25, Limit 10.** Values, composition, color mixing, and more will be covered while we focus on seeing the landscape in a more abstract way.

Beginning Watercolor w/William—Thurs., May 23, 30 from 10-12. **Fee \$15, Limit 12.** Learn the basics of watercolor.

Watercolor Barns w/ Linda B— Tuesdays in May from 10-12 (5/28 is from 4-6) **Fee \$20, Limit 14.** No prerequisite.

May Acrylics w/ Linda H—Wed., May 1, 8, 22, 29 from 10-12. **Fee \$25, Limit 10.** Paint this beautiful spring landscape.

Spring Garden Acrylic w/ Linda B—Mon., May 13, from 4-7 pm. **Fee \$15, Limit 12.** Create a fun whimsical painting in just one evening!

Advanced Acrylic Still Life w/ Ursula—Tuesdays in May from 10-12. **Fee \$25, Limit 10.** Experienced acrylic students will paint this lovely still life.

Advanced Watercolor Pencils w/ Cynthia—Thurs., May 2, 9, 23, 30 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 supplies.

Whimsical Watercolors w/ Linda H—Mondays in May (not May 27) from 10-12 OR Wednesdays in May from 1-3. **Fee \$15, Limit 16.** Fun class for beginners and advanced students.

Pen & Ink Drawing w/ Cheryl—Fri., May 3, 17, 24, 31 from 1-3. **Fee \$10, Limit 16.** First-time students can purchase a sketchbook for a \$5 fee.



Watercolor Barns w/ Linda B



Oil Painting w/ Edna



Advanced Acrylic Still Life w/ Ursula



Spring Garden Acrylic w/ Linda B



Contemporary Acrylic Landscape w/ Greg

FOLLOW US ON FACEBOOK! HL OKC CREATIVE ARTISTS



Pottery—Soup Bowl Glaze Combinations

Pottery



Intro to Pottery w/ Penny—Sat., May 4, from 10-12 OR Wed., May 15, 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.



Pottery—Watercolor Glazing Technique

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 classes or lessons on the pottery wheel.

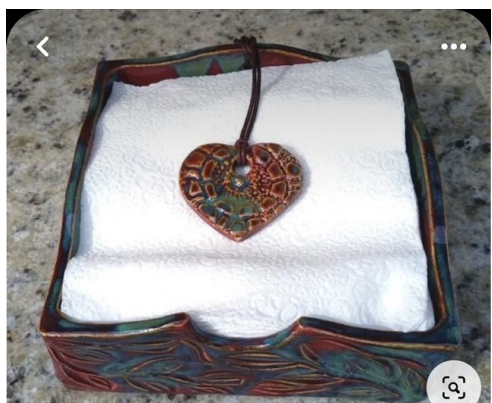
Soup Bowl Glaze Combinations—Thurs., May 2, from 10-12. **Fee \$10, Limit 12.** Bisque soup bowl provided in the fee.

Sculpting w/ Jordan—Thurs., May 9, from 10-12. **Fee \$5, Limit 8.**

Beginning Carving w/ Loeta—Thurs., May 16, from 10-12. **Fee \$5, Limit 12.**

Watercolor Glazing Techniques—Thurs., May 23, from 10-12. **Fee \$5, Limit 12.** Bring a piece of bisqueware to paint.

Napkin Holder—Thurs., May 30, from 10-12. **Fee \$5, Limit 12.**



Pottery—Napkin Holder

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 Wheel Lessons

Private 1-on-1—

Thursday evenings in May with Dale at 4:30 or 5:30. **Fee \$5. Sign up in Glofox or at the front desk.**

PLEASE NOTE:

Classes with fewer than five people enrolled one week prior to class will be canceled. You will be notified by text message, and your account will be credited should this occur.



Pottery—Beginning Carving





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., May 6, 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 Waves—Wed., May 15, from 10-12. **Fee \$30, Limit 10.**

Fused Glass Fun w/ Scraps—Wed., May 22, from 10-12. **Fee \$20, Limit 10.**

Fused Glass Garden Stakes—Wed., May 29, from 1-3. **Fee \$30, Limit 10.**

Fused Glass Labs—Mon., May 13, from 1-3; Mon., May 20, 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.

Specialty Classes



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

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

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

Card Making Labs—Sat., May 4, 18. **No Fee, No Limit.** Bring your own supplies and create with friends.

Flower Pot Acrylic Pour—Sat., May 4, from 10-12. **Fee \$15, Limit 10.**

Cards for Heroes—Sat., May 11, from 10-12. Come help us make holiday cards for Veterans. **No Fee, No Limit.**

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

Scrapbooking Lab w/ Louise—Fri., May 10, from 1-3. **No Fee, No Limit.** Bring four photos and your own supplies to scrapbook with friends.

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



Fused Glass Garden Stakes



Fused Glass Waves



Into to Glass Fusion



Flower Pot Acrylic Pour

**June art class enrollment will begin on
Tuesday, May 28, at 10 am**



Whimsical Watercolor w/ Linda H

SPECIALTY CLASSES CONTINUED

[Watercolor Mother's Day Cards w/ Linda B](#) – Wednesday, May 1, from 4-6. Fee \$5, Limit 12. We will be making two watercolor folding cards with envelopes for a special mom, grandmother, or friend in your life.

[Eco Printing & Binding w/ Frances](#)—Fri., May 24 and 31, from 10-12. Fee \$20, Limit 12. Learn how to create beautiful prints on paper using natural materials. Then bind them to make a beautiful booklet.

[Patriotic Tie Dye w/ Hattie](#)—Sat., May 18, from 1-3 pm. Fee \$20, Limit 12. Bring one white T-shirt to tie dye.

[Name Your Dish Glass Etching](#) —Fri., May 17 from 10-12 –or– 1-3. Fee \$35, Limit 12 per class time. Each student will etch two glass pieces of their choosing. These make incredible gifts!



Watercolor Mother's Day Cards w/ Linda B



Eco Printing & Binding w/ Frances



Patriotic Tie Dye w/ Hattie



OPENING NIGHT

Tickets on Sale April 22nd!

Thursday, May 9th
from 6-8 PM

Tickets just \$30 for all this:

- First Look at all the incredible artwork
- Heavy appetizers
- \$20 voucher to spend that evening on art purchase of \$100 or more
- Meet the artists
- Enjoy live music by a string quartette



OPEN TO MEMBERS and THE PUBLIC
ON FRI. and SAT. FROM 10-12

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 for their productions and produces performances. New members welcome. No experience? We train you! **Fee \$10/month.**

Starter Dance Class with Nancy | *Mondays (not May 27) 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 and recommended 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 (not May 27) 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 (not May 27) from 12:30-1:30 pm. All others meet Mondays from 1:30-2:30 pm (not May 27).*** 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 (No sessions in May—will resume Wed., Jun. 5* Group is currently full and working on their first film. Will open up to new attendees after the film is completed.

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 collecting. Bring your coins and learn more about each one, including its history and value.

Introduction to Spanish—Mondays from 3-4 pm (not May 27)

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 May 27)

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 offsite adventure. Walk on the treadmill? Nah! Come walk in the woods! Our group explores a new location each month. In May, join us at Bluff Creek Park (NW corner of N. Meridian Ave. and W. Hefner Rd.). The leader will be in one of the parking lots 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 from 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.

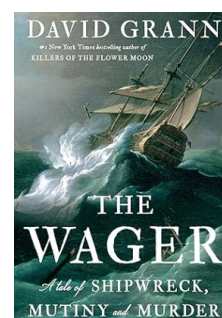
WriteIT Your Way

Mondays from 10 am-12 pm (not May 27). 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., May 22, from 1-3 pm

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



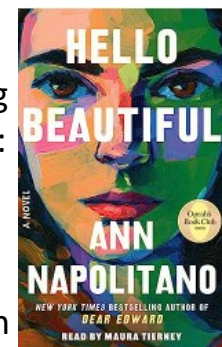
A page-turning story that culminates in a court martial that reveals a shocking truth.

June book: ***The Path Between the Seas: The Creation of the Panama Canal*** by David McCullough

"Last Word" Fiction Book Club

Wed., May 15, from 11:30 am-1 pm

Hello Beautiful by Anne Napolitano



A powerfully affecting family story that asks: Can love make a broken person whole? A portrait of what is possible when we choose to love someone not in spite of who they are, but because of it.

June book: ***Switchboard Soldiers*** by Jennifer Chiaverini

Support Groups



Alzheimer's Support

*2nd and 4th Wednesdays
from 1-2 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 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 (not May 27) from 1-2 pm*

HLOKC members Barbara Brown and Sharon McKay provide education, cooking, encouragement, and guest speakers. On May 13, Dr. Mary Zoe Baker will speak on endocrinology. 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. Note: No meetings in Jun. & Jul.

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, as well as 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 (not May 27) and Thursdays from 12:30-4 pm*
Enjoy this game that requires communication and memory.

Bunco: *3rd Thursdays, May 16, from 2-4 pm*

This group is full at this time but could open up in the future.

Chess: *Saturdays from 12-4 pm*

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

Dominoes: *Daily Mon.-Fri., 12-4 pm in the lobby (not May 27)*

This come-and-go group meets in the lobby almost daily.

If you would like to join, just stop in.

Gamers: *Mondays (not May 27), Wednesdays, and Fridays from 1-5 pm and Saturdays from 12:30-3:30 pm (On the 4th Monday in other months, 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 Thursdays, May 23, 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

****NEW ****

30 minute instruction + plant on the patio.



**TURN YOUR
BROWN THUMB
GREEN**

**THURS., MAY 16
10 AM - 12 PM**

Sign up at front desk \$20 fee, max 25.

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

Evening Time

Thursday, May 23, 6 pm

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



PRESENTS

Education Power Hour

New education series for those 50 and older or those that care for them.



**Thurs., May 23
10-11 am**

Education Partners:

- **Nerve Renewal Neuropathy Clinics**

Neuropathy is often defined as numbness, tingling, pain, or pressure in your hands and/or feet. Nerve Renewals treatment is drug-free, non-invasive and covered by most insurance. Learn more from Mark Cope.

- **VillagesOKC**

We encourage learning, planning, and serving to help our members 50+ successfully age in place and build stronger relationships; speaker, Marilyn Olson.



Light refreshments will be served.

Open to the public

****NEW****



The 3 Pillars of Health

Tues., May 21, 10-11 am

Dr. Jeremy Maass will talk about
body structure, neurology,
metabolics, lifestyle management,
and supportive therapies.

Pick up a flyer on the
information table in the lobby.
No fee, no sign up needed, just come.

Special Opportunities



Welcome!

You're invited to
New Member Orientation

Wed., May 15, 11 am-12 pm

Want to learn more about HLOKC?
Hear from Cheryl Ford, Site Manager

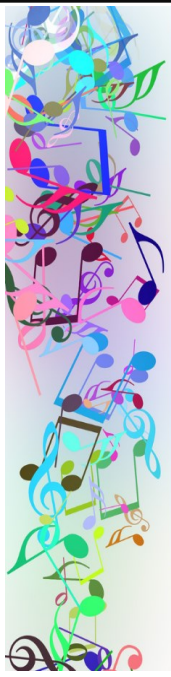
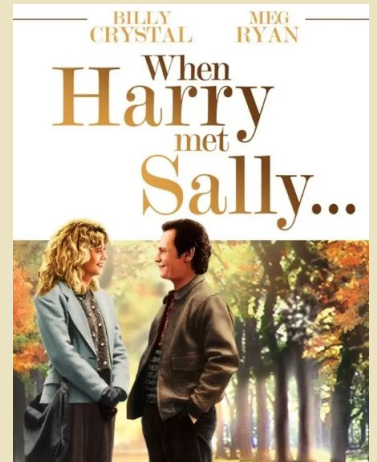
Movie Goers

Wed., May 22
2:30-5 pm
Stage Room

When Harry Met Sally

Harry and Sally have known each other for years and are very good friends, but they fear an intimate relationship would ruin the friendship. Starring Billy Crystal and Meg Ryan. The movie plays on a large screen, and closed-captioning will be turned on.

Popcorn is provided!



SINGO!

**THURS., MAY 16
FROM 6-7:30 PM**

If you like Bingo - - You are
going to LOVE Singo!

ArchWell
HEALTH

HEALTHY
LIVING **OKC**

KARAOKE Night

WITH YOUR HOST, MISTIE

Friday, May 17, 2024
5:30-7:30 pm
Stage/Multipurpose Rooms
Sodas and snacks \$1 each



Nutrition for Seasonal Allergies

Mocktail Demo: Tropical Sunrise Punch

Tuesday, May 28, 11:30 - 12:30

Problems with pollen? Seasonal symptoms are often caused by our immune system reacting to airborne substances. Learn what nutrients and foods help support a balanced immune response to irritants.

Includes samples of snacks, tea, and a mocktail that support respiratory health.

Special Opportunities

COUNTRY WESTERN DANCE

Thursday, May 16, 7-9

DJ playing country songs

**Members \$5 each
Non-member \$10 each
(Must be 50 plus)**

**Sodas, water, and snacks
will be available
for purchase.**

**11501 N. Rockwell Ave.
Oklahoma City, OK 73162**



Disaster Preparation for Seniors

Tues., May 14, 10-11 am

Tornado season is coming. Join Linda Cook, PhD and learn what you can do to prepare for this and other natural disasters.

OKLAHOMA CITY POLICE DEPARTMENT HEFNER DIVISION *

COMMUNITY MEETING

Light snacks provided



**TUES., MAY 21
6:30-7:45 PM**



**Healthy Living OKC
11501 N. ROCKWELL AVE.**



Open to the Public

*Hefner Division is north of NW 23rd St. and west of Pennsylvania Ave.

Openly engage with our police officers who will share information and answer your questions. Topics include:

- Real-time crime-fighting technology and how you can help police build cases and save time
- Drone program presentation including a demonstration by a drone operator

Register at the front desk

Special Opportunities

TURNING 65?

EXPLORING MEDICARE FOR AGE 65+

Saturdays

May 11 and May 25

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, May 3, 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

Pickleball Fundraiser!

10% of food & beverage will be
donated back to HLOKC

CHICKEN N PICKLE

GIVE BACK NIGHT

MAY 28TH 2024
6:00 - 8:00 PM

BENEFITING
HEALTHY LIVING OKC

HEALTHY LIVING OKC

10% OF FOOD & BEVERAGE
PURCHASES WILL BE DONATED BACK

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Coming in June

CPR for Members

Fri., June 7, 10-2 pm

Longevity 101: Mental Health

Thurs., June 13, 5-6 pm

(Open to the public)

Oklahoma Regional Food Bank

Thurs., June 20, 8:30-12:00

Third Thursday Social

on the Patio

Lawn games, hot dogs, and more!

Thurs., June 20, 7-9 pm

JOY Play "Commercials R US"

Sun., May 23, 3-5 pm

(Open to the public)

Violins and More

Patriotic Concert

Thurs., June 27, 6-7 pm

(Open to the public)

Group Fitness Schedule—* NO CLASSES MON., MAY 27

	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 main 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	

MAIN 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 Dee Ann 10A - 10:45A	BASKETBALL & WALKING 10:15A - 1:30P
** FITCYCLE - Nikki 11:25A - 12P		*CHAIR YOGA 2 Donna 11A - 11:45A	BASKETBALL & WALKING 11A - 1P	WALKING 11A - 11:45A	
* ROLL & RELEASE Nikki 12P - 12:30P		* FIT FORMULA Nikki 12P - 12:30P		** 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 2:00 P - 4:30P	PICKLEBALL ALL SKILLS 1P—4 PM	BASKETBALL & WALKING 2:00 P - 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			

* NO CLASSES MON., MAY 27

WALKING NOT ALLOWED DURING UNDESIGNATED TIMES

Pickleball Gym Schedule * NO CLASSES MON., MAY 27

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

* NO CLASSES
MON., MAY 27

AQUATIC FITNESS SCHEDULE

* NO CLASSES
MON., MAY 27

	MONDAY *	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 AM	LAP SWIM ONLY	EARLY AQUA FLOW Susan		EARLY AQUA FLOW Susan		Center opens @ 7:30
7:30 AM		5:30 AM - 9:00 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 = TIME FOR OPEN SWIM WITH 2 LANES FOR LAP SWIM. <u>LAP LANES ARE FOR LAP SWIMMING ONLY</u>		NO LAP OR OPEN SWIM DURING CLASSES!		***LAP LANES WILL BE REMOVED 10 MINUTES BEFORE CLASSES START***	

* NO CLASSES MON., MAY 27

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.



Physical and Aquatic Therapy

Call (405) 753-9064 for appointments.



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