Healthy Living OKC’s First Annual Caregiver Forum

November is National Caregiver Month and in recognition and support of all the hard work and dedication that goes into caring for a loved one, we want to invite our HLOKC caregivers to our first annual Caregiver Forum on Tuesday, November 19, from 9:30am-1:30pm. If you are caring for a parent, child, friend or neighbor, you won’t want to miss this forum. Administrative Law Judge, Shirley A. Cox, MSW, JD, will be covering Legal Issues in Healthcare for Older Oklahomans with the goal of familiarizing caregivers with relevant Oklahoma laws related to health care decisions, including the Oklahoma Advance Directive Act, Durable Power of Attorney for Health Care, Do Not Resuscitate Act, and the Hierarchy of Surrogacy Decision-making. We will also have a Resource and Caregiver Panel on hand to answer your questions. Lunch will be provided, and everyone will leave with a packet of helpful information. This is a free event, but registration by Nov 16 is required. To be included in the forum, please sign-up at the Information Table.

SSM Health at Healthy Living OKC

We’re excited to share that SSM Health, formerly St. Anthony’s, will be providing medical care in our clinic area starting early 2020! This new partnership will provide not only a convenient place for medical care, but also an educational resource to keep us updated on leading medical research. Tenessa Pinkerton, NP, will be leading the clinic in helping patients meet health goals through primary care and health coaching. Tenessa comes to us with two decades of experience in the medical field. She provides primary care for adults of all ages with an emphasis on health promotion, disease prevention and education. She takes a collaborative approach to care, incorporating other providers, the patient and their family to create a plan that results in the best possible health outcomes for the patient. We look forward to the positive impact Tenessa will have at HLOKC!

Hungry?

Have you been thinking, “It’s about time for pumpkin pie and turkey or maybe just fluffy pancakes and syrup?” Don’t worry, we’ve got you covered!

Thanksgiving Dinner

Tuesday, November 26, from 5:00pm-7:00pm
The traditional Thanksgiving Dinner will be prepared by Soup Soup Caterers. Reservations are limited and must be paid by Saturday, November 16. The cost per person will be $15.00. Dinner will be served from 5:30pm-6:00pm. Be sure to come and enjoy this delicious and delightful event with your HLOKC friends. Complete menu is on HLOKC website.

Pancake’s with J.O.Y. Thespian Group

Saturday, November 9, from 9:00am-11:00am
You’re invited to join the Just Older Youth Thespian Group for a brunch full of good food and fellowship. J.O.Y will be making pancakes, along with fruit and a beverage for everyone. Suggested donation of $5 per person is appreciated. Gluten free available.

Ancient Roman Empire

We are excited to welcome Mediterranean archeologist and UCO professor, Joey Williams, to HLOKC to share some of his field work findings. This is a study of the Roman Watchtowers. When the Romans invaded the Iberian Peninsula, they faced a great deal of indigenous resistance. For two centuries, Lusitanian and Celtiberian leaders like Viriathus waged a guerilla war against the Roman conquerors. Finally, around the time Julius Caesar was governor of Hispania Ulterior, "Farther Spain," the Romans instituted a new system to watch and control this far-flung territory. A system of watchtowers was built to provide surveillance over valuable resources and to claim territory for the Roman Empire. This talk examines the excavation of one of these watchtowers, a place called Caladinho, and demonstrates how data from satellites can be used to reconstruct this ancient surveillance system. Join us Monday, November 18 from 1:00pm-2:00pm. Seating is first come, first serve.

www.healthylivingokc.com • 405.603.7182 • 11501 N. Rockwell Ave. OKC
Hours of Operation
Monday-Thursday 5:30am to 9:00pm
Friday 5:30am to 8:00pm
Saturday 7:30am to 4:00pm

Main Phone
405.773.6910

Website
healthylivingokc.com

Holiday Hours
Thanksgiving: Closed November 27 at 4pm until November 29 at 8am
Christmas: Closed December 24 at 4pm until December 26 at 8am
New Years: Closed December 31 at 4pm until January 2 at 8am

Member Information
► Account Freeze: If you won’t be visiting HLOKC for a month or more and would like to freeze your account let us know by the last day of the month prior to your freeze.

► Membership Dues: Payment is due by the 1st of each month.

► Text Alert: We periodically send text alerts about important HLOKC information. If you have never received our texts, give your cell number to the front desk. If you were receiving texts but they have stopped, text HLOKC to 52236. You can also opt-in to specific group text alerts by texting the following codes to 52236: GX for Group Fitness updates, ED for Art and Education updates and VOL for volunteer updates.

► No Guns: HLOKC is a city building. Carrying firearms or weapons in a government building is illegal, even if the citizen possesses a concealed carry permit.
A Note from Claire

I hope everyone is enjoying the crisp fall air and cooler temperatures. For many of us, this is a busy time of year, and HLOKC is no exception. November has much to offer including a Veteran’s Day Remembrance, a visit from Mayor Holt, a Thanksgiving dinner, and a Caregiver Forum. Did you know that Oklahoma has more than 520,000 family caregivers? In visiting with HLOKC members, I know many of you provide care for a loved one. I hope you can join us for this educational event.

I am also excited to share with you about our new partnership with St. Anthony’s, or SSM Health as they are now called. SSM Health will be opening a small primary care clinic at HLOKC. The clinic is scheduled to open in January and will be led by Tenessa Pinkerton, NP. Services will include primary care, health coaching, and educational presentations. I hope you will join me in welcoming Tenessa!

In good health,
Claire

Volunteer of the Month

Gerry Beck is our November Volunteer of the Month. Gerry was married to the love of her life, Bill, for 50 years and together they had four beautiful daughters. After raising her family, Gerry began her sales career selling World Book Encyclopedia and was a top producer. Her territory was western Oklahoma and OKC and she was a Divisional Manager with 350 people working under her, including 5 District Managers and 15 Area Managers. Her awards with World Book are too many to mention and after 20 years with the railroad, Bill retired to help Gerry in her growing business. She has been a member of Putnam City Baptist Church for 50 years and an outstanding Volunteer at HLOKC. Join me as we wish Gerry a Happy 90th November birthday!

Member Highlight

Kay Dukeman’s neighbor, Donna Spalding, introduced her to Healthy Living OKC about a year ago. Kay is a breast cancer survivor, but she didn’t want that to define her. She had been given a gift of life and knew she needed to spend her life productively. Her first class here at HLOKC was Golden Swans and she loved it. She also tried Genealogy and truly appreciated the knowledge she gained from Michael. Next she tried pottery and was totally hooked. Kay says there was a steep learning curve with pottery, but believes when a piece comes out well, there is a wonderful feeling of accomplishment. Kay always looks forward to coming up here and getting her fingers into the clay. She appreciates the positive attitudes expressed by the staff and other members. “It is like there is something in the air... like a family who truly cares about each other,” she says.
**Special Opportunities in November**

**Women’s Pelvic and Bladder Health**
*Monday, November 4, from 11:00am-12:00pm*
Urinary leakage and vaginal prolapse are very common concerns for women, particularly those who are living life in the post-menopause years. These problems are very treatable and advanced options are available for those who have tried basic options. Everyone is invited to come learn about living life with less worry and more freedom from bladder and vaginal issues. Please join Taryn Smith, PA-C, from Mercy’s Urogynecology department for this talk.

**Community Interest Group presents: Coin Collecting**
*Tuesday, November 5, from 1:30pm-2:30pm*
Gary Parsons, Volunteer-District Representative of the American Numismatic Association, will bring coins to view and visit with people about how they can get involved in coin collecting. Gary encourages members to bring their coins and he will share his knowledge about their history and value. It is fun to collect coins so don’t miss out on this interesting presentation!

**Effective Decision Making and Problem Solving**
*Tuesday, November 5, from 1:00pm-2:30pm*
We often do not learn from past mistakes in making decisions and solving problems. The tendency may be to continue using the same old behavior we have always used, but expecting different results. Join Nelson Holloway as he discusses how to make changes and handle problems you may face. A follow-up class will meet the afternoon of November 7, time TBD.

**Navigating Through Medicare**
*Tuesday, November 5, from 11:00am-1:00pm*
You’re invited! We’re focused on the needs of those with Medicare and we represent a wide variety of products. We will provide you the tools needed to navigate through the maze of Medicare to find the coverage you deserve.

**Healthy Holiday Entertaining with Becky Varner**
*Wednesday, November 6, from 1:00pm-2:00pm*
Becky Varner, MS, RD, LD and Corporate Dietitian for BUY FOR LESS and UPTOWN GROCERY will help us navigate through the holiday parties and fun times spent with family and friends with tips and ideas for healthy entertaining. Healthy snacks will be served.

**Free Blood Pressure Screening with INTEGRIS**
*Thursday, November 7, from 11:30am-1:00pm*
Cathy Patterson, Manager of INTEGRIS Wellness & Senior Services, will be providing this service.

**INTEGRIS presents: Importance of Exercising Through the Holidays, Reducing Stress and Learning to Relax**
*Thursday, November 7, from 1:00pm-2:00pm*
Cathy Patterson, MS, INTEGRIS Wellness & Senior Services Manager will share the importance of exercise and give tips to learn how to reduce and manage stress through the upcoming holidays.

**Medicare: Are You Paying Too Much?**
*November 2, 7, 9, 14, 16, 21, 23, 26 and 30*
Each separate event is from 9:30am-10:30am
A workshop exploring Medicare and your money. Facilitated by John Clement, Medicare Specialist and CFP, with Clement Medicare Consulting, LLC.

**Pancake’s with the J.O.Y. Thespian Group**
More information can be found on the front cover or the HLOKC website.

**Veteran’s Day Remembrance**
*Monday, November 11, starting at 12:00pm*
Please join your fellow members from HLOKC as we remember our Veterans on this very important day. Please bring any service memorabilia that you would like others to view. See website for more details.

**CPR Certification Training**
*Tuesday, November 12, from 8:00am-12:00pm*
Join Patt Dawes, Registered Respiratory Therapist, for CPR training. $20.00 fee will include your manual and participation card. Pay fee at the front desk.

**Social Security Questions**
*Tuesday, November 12, from 9:00am-10:00am*
We will discuss ways to maximize Social Security benefit amounts for individuals, spouses, divorcees and widows. This seminar is most beneficial for individuals who have not taken their social security benefits yet.

**Men’s Health Seminar with Boston Scientific**
*Wednesday, November 13, from 6:00pm-7:00pm*
This Men’s Health Seminar will be with Dr. Johnny Hickson of Urology Associates OKC. Call 1-877-207-5604 to register. Refreshments will be served.
Medicare Check-up: One-on-One with John Vincent  
Wednesday, November 13, from 10:00am-3:00pm  
You must make an appointment. Sign-up sheet is on the Information Table. John Vincent from the Medicare Assistance Program of the Oklahoma Department of Insurance will inform you of 2020 Medicare changes.

Come Visit with Mayor David Holt!  
Thursday, November 14, from 2:00pm-3:00pm  
Mayor David Holt will share what’s happening in Oklahoma City pertaining to our age group and news about MAPS 4. A short Q & A will follow. Be sure and put this presentation on your calendar. It’s important that we know what’s happening in OKC and that Mayor Holt knows we are interested!

Story Swap  
Friday, November 15, from 1:00pm-2:00pm  
We’ll bring the coffee and treats; you bring the stories! Come grab a chair in the lobby to listen to your fellow members share true, or almost true, stories. Tell us about the eight-foot bass you caught or maybe the time you met a celebrity. All stories are encouraged! Listeners are welcome to come as well!

Bones Matter: Understanding Osteoporosis—CANCELED  
Monday, November 18, from 11:00am-12:00pm  
Heather Kuklinski, PA-C, MA, MHS will present important information about Bone Density and Osteoporosis. If you have been diagnosed, or need more information, you will want to attend. See HLOKC website for more information.

The Ancient Roman Empire’s Watchtowers  
Monday, November 18, from 1:00pm-2:00pm  
More information can be found on the front cover or the HLOKC website.

Caregiver Forum  
Tuesday, November 19, from 9:30am-1:30pm  
More information can be found on the front cover or the HLOKC website.

Ask a Physical Therapist: Male & Female Incontinence  
Tuesday, November 19, from 11:00am-12:00pm  
Select Physical Therapist, Derrick Crampton, has invited a guest speaker who specializes in incontinence to discuss your concerns and offer proactive suggestions to manage incontinence.

Decluttering and Estate Sales 101  
Wednesday, November 20, from 1:00pm-2:00pm  
HLOKC’s own Susan Brantley will present information and tips on decluttering and organizing your home. She will also give you tips on how to complete your garage or estate sale.

Community Interest Group presents: OKC Ski Club  
Thursday, November 21, from 10:00am-11:00am  
You are never too old to learn something new! Come learn about the Oklahoma City Ski Club. They are a club of fun loving people of all ages that enjoying snow skiing. They take six trips a year to the beautiful mountains to enjoy snow sports and also have fun outings in the summer.

“My Love Affair with the Brain”  
Thursday, November 21, from 10:00am-12:00pm  
This 50-minute documentary covers the brain, the passion of scientific discovery, the creation of modern neuroscience, Albert Einstein, women in science and love—via the life and research of Dr. Marian Diamond. Come get hooked on brain health with your local VillagesOKC!

Thanksgiving Dinner  
Tuesday, November 26, from 5:00pm-7:00pm  
More information can be found on the front cover or the HLOKC website.

Diabetes Support Group Outing  
Monday, November 11, from 11:15am-12:00pm  
Barbara Brown and Sharon McKay will be at the Homeland on NW 122 and Rockwell at 11:15am to teach people with diabetes how to shop for groceries. Must sign up to attend and reservations are limited. Sign-up sheet is on the Information Table in the lobby. Please note, support group on Monday, November 25, has been canceled.

Did you miss another event?!  
If highlighting the program directory still leaves you missing classes you planned to attend, you might consider signing up for our text alerts! We send text alerts about fitness classes, upcoming art and education events, as well as general HLOKC updates. Subscribe to one text group, or all three! See page 2 or the front desk for more information.
Opportunities in the Arts

Mondays

2-D Fine Arts Class with Linda
Mondays from 10am-3pm
Members enjoy creating together in acrylic, oil, pastel, pencil, pen & ink, or clay-board etching. Professional artist, Linda Hiller, is on-hand to assist as needed. There is no fee if you bring your own supplies. There is a $10 fee if you bring your own canvas and use HLOKC’s supplies. Try something new!

Ukulele Lessons with Jeff
Mondays from 12:30pm-2:30pm
Beginner -1st & 3rd Mondays
Intermediates-2nd, 4th & 5th
Newcomers are welcome to join the fun and learn this fun little instrument!

Guitar Jam
1st, 3rd & 5th Monday from 6pm-7:30pm
This group welcomes “listeners” as well as musicians.

Beginning Guitar Lessons
2nd & 4th Monday from 6-7:30pm
Bring your guitar and learn from band members of the Rockwell Pickers.

New Enrollment Procedure
You can now sign up and pay at the same time at the front desk. Pictures of various projects will be up in the art room and also in the sign-up book for your convenience.

Tuesdays

Figure Drawing with Cheryl
Tuesdays from 10am-11:30am
Each month we will take on a new drawing challenge. This is a beginning level drawing class, but all skill levels are welcome. Monthly Fee is $5.

Sweet Dulcimers Strummers
1st & 3rd Tues from 10am-12pm
Georgia Swadley will help you learn to play as you discover the charm of a mountain dulcimer.

Glass Plates with Susan & Keeley
Nov 5, 12, or 26 from 10-12pm
You will learn to cut glass and design your own plate. After fusing and slumping you will have a one-of-a-kind beautiful piece of art. (It will be fired in kiln twice.) Supply fee $25.

Pottery Lab
Tuesdays & Thursdays; 1-7:30pm
Cheryl, Dale, or Barbara will be around to help as needed. This is a lab, so you choose your own times within this block of time. The $20 fee includes clay, glazes, use of tools, and firing fees for 8 hours of lab time. Weekly New Student Orientation is on Tue from 2pm-3pm and Thur from 6pm-7pm.

Watercolor 101 with Jerry
Class will begin again in January.

Beginning Watercolor Lab w/ Jerry
Tuesdays from 1:00pm-3:00pm
Bring a picture to paint and Jerry will be on-hand to help as needed. Class fee $20 ($10 if you bring your own supplies.)

Wednesdays

Color Me Calm with Cheryl
Weds from 7am-8am (no class Nov 27)
Learn various watercolor techniques as you unlock your creativity.

Free Card Making
Wednesdays from 10am-12pm
Create greeting cards with stamps, inks, watercolor, various paper and more!

Cards with Pamela
Nov 6 - Collage Holiday Tree Cards
Nov 20 - Watercolor Holiday Trees

Cards with Deb
Nov 13 & 27 - Thanksgiving Pie Card

2-D Fine Arts Class with Linda
Wednesdays from 12pm-3pm
No fee if you bring your supplies and $10 if you bring your canvas but use HLOKC paint and brushes. No class Nov 27.

Beginning Acrylic Painting Lessons
Wed, Nov 6, 13, & 20, from 1-3 pm
11”x14” canvas of a mountain scene. Supply fee $15. This is a three-day course.

Wood Whittling with Neil
Wednesdays from 2pm-4pm
Naturalist Neil Garrison will help you create a beautiful walking stick. Visit HLOKC website for supply list.

Leatherwork with Irene
Wednesdays from 10am-2pm
Irene Farriester will guide you through procedures and assist you in creating projects of your choice.

Jewelry Lab with Susan
Wednesdays from 2pm-4pm
Led by professional artist Susan Howard. Members help each other, share ideas and give demonstrations. Bring your own supplies.
**Beginning Watercolor Winter Scene**  
*Wed, Nov 6, 13, & 20 from 6-7:30pm*  
Paint a step-by-step winter aspen scene with Cheryl. Supply fee $20.

**Photography Club with Larry**  
*Wed, Nov 13, from 6pm-7:30pm*  
This class is for those wanting to learn or improve photography skills.

**No Art Classes on Thursday, Nov 28**

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**Thursdays**

**Christmas Tree Baskets with Pauline**  
*Thursday, Nov 7, from 10am-12pm*  
Customize your tree with painted decorations. Fee $20 for large basket, $10 for small or $25 for both.

**“The Rockwells” Chorus with Jerry**  
*Thursday from 1pm-2:30pm*  
All are welcome to join as they make beautiful music together.

**Intermediate Watercolor w/ Cynthia**  
*Thursdays from 1pm-3pm*  
This class is for those serious about improving their watercolor skills. Cynthia will demonstrate the different stages of a selected painting. Class fee $20 ($10 if you bring your own supplies.)

**Pottery Lab**  
*Tuesdays & Thursdays; 1pm-7:30pm*  
Description under Tuesday classes. The $20 fee includes clay, glazes, use of tools, and firing fees for 8 hours of lab time.

**Fridays**

**Decorate your Front Porch with these Snowperson Poles with Pam**  
*Friday, Nov 1, from 10am-12pm*  
Fee $20 for all 3 snowpersons.

**Cold Wax/Oil Painting with Linda**  
*Fri, Nov 8 & 22, from 10am-12pm*  
Create a soft and dreamy 11” x 14” two-inch panel board painting using a blend of cold wax and oil paints. Supply fee $25. No experience needed. (2 days)

**Create a Candy Cane Wreath with Edna and Cindy**  
*Friday, Nov 15, from 10am-12pm*  
Supply fee $15.

**Friday Afternoon Art Lab**  
*Friday afternoons from 1pm-4pm*  
This is time to finish projects from the week. Come create or just sit and visit.

**Saturdays**

**Open Lab all day on November 2**

**Come have breakfast with J. O. Y.**  
*Saturday, Nov 9, from 9-11am*  
Good Food! Good Fellowship! Find out about J.O.Y. (Just Older Youth) Thespian Drama Group  
Suggested Donation: $5 per person  
Menu: Pancakes, fruit and a beverage.

**Painting and a Picnic with Cheryl**  
*Saturday, Nov 16, from 10am-3pm*  
We will paint a holiday theme on a board suitable for display on your front porch for the holidays. Hardware to display your board plus Lunch is included. Fee $30

**Acrylic Pouring with Robyn & Cheryl**  
*November 23 –Two Classes*  
**Beginning Acrylic Pour 10-12pm**  
Complete two 11” x 14” unique paintings as you learn beginning pour techniques. Supply Fee $20.  
**Advanced Pour Lab 1pm-3pm**  
You bring what you want to pour on and we will have the room set up with supplies. Supply fee $15.

**J.O.Y. (Thespians) with Michael**  
*Saturdays from 11am-1pm*  
Open to all interested in the theater, from beginners to advanced. Contact Michael at joythespian@cox.net with any questions. $10 monthly fee.
### Regularly Scheduled Activities

#### Monday
- **Every Monday**
  - Gamers 9-noon
  - 2-D Fine Art Class 10-3
  - Dominoes Noon-4
  - Ukulele Lessons 12:30 - 2:30
  - Bridge 12:30 - 4:30
  - Genealogy 3 - 4:30
  - Guitars 6 -7:30
  - Line Dancing 6:30-7:30

#### Tuesday
- **Every Tuesday**
  - Wellness Walkers 7am (Off site)
  - Figure Drawing 10 –11:30
  - Dominoes Noon - 4
  - Life in Color 1-3
  - Pottery Lab 1 -7:30
  - New Pottery Student Orientation 2-3
  - Tech Help 1-3
  - Beginning Watercolor Lab 1-3

#### Wednesday
- **Every Wednesday**
  - Color Me Calm with Cheryl 7-8
  - Mending Hearts 9 - 10
  - Gamers & Mahjong 9 - Noon
  - Bird Watching 9 – 11 (Off site)
  - Leatherwork 10 - 2
  - 2-D Fine Arts Class 12-3
  - Dominoes 12-4 / Bridge 12:30-4
  - Clay Board Etching 12-3
  - Wood Whittling & Jewelry Lab 2-4

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### More information about class offerings, including costs and registration requirements, can be found at [healthylivingokc.com](http://healthylivingokc.com)

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<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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<td>4</td>
<td>Glass Fusion Plates 10:00am</td>
<td>Card Making with Pamela 10:00am</td>
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<td>Women’s Pelvic and Bladder Health 11:00am</td>
<td>Dulcimers 10:00am</td>
<td>Healthy Holiday Entertaining 1:00pm</td>
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<td>Dietitian One-on-One 1:00pm</td>
<td>Navigating Through Medicare 11:00am*</td>
<td>Seasoned Quilters 1:00pm</td>
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<td>Collecting American Coins 1:30pm</td>
<td>Beginning Acrylic Painting 1:00pm</td>
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<td>11</td>
<td>CPR 8:00am</td>
<td>Medicare One-on-One 10:00am</td>
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<td>Veteran's Day Remembrance 12:00pm</td>
<td>Glass Fusion Plates 10:00am</td>
<td>Card Making with Deb 10:00am</td>
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<td>Diabetes's Support (off-site) 11:15am</td>
<td>Social Security Questions? 9:00am</td>
<td>Beginning Acrylic Painting 1:00pm</td>
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<td>Angel Gowns 10:00am</td>
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<td>Photography Club 6:00pm</td>
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<td>Pickleball 101 6:30pm</td>
<td>Watercolor Winter Scene 6:00pm</td>
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<td>18</td>
<td>Caregiver Forum 9:30am</td>
<td>Last Word Book Club 11:30am</td>
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<td>Understanding Osteoporosis 11:00am</td>
<td>Dulcimers 10:00am</td>
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<td>Decluttering and Estate Sales 1:00pm</td>
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<td>Movie Goers Unite 12:30pm</td>
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<td>Seasoned Quilters 1:00pm</td>
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<td>25</td>
<td>Angel Gowns 10:00am</td>
<td>Alzheimer’s Support 5:30pm</td>
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<td>Glass Jewelry 11:00am</td>
<td>Medicare: Are You Paying Too Much? 9:30am*</td>
<td>Watercolor Winter Scene 6:00pm</td>
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<td>Glass Fusion Plates 10:00am</td>
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<td>26</td>
<td>Thanksgiving Dinner 5:00pm</td>
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<td>27</td>
<td>Card Making with Deb 10:00am</td>
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<td>Closing at 4pm for Thanksgiving</td>
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Room locations are determined daily. Please check the information board in the lobby for locations.
# Social & Educational Opportunities

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<thead>
<tr>
<th>Thursday</th>
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<tr>
<td><strong>Every Thursday</strong></td>
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<td>Wellness Walkers 7am (Off site)</td>
<td>Gamers 9am -Noon</td>
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<td>Gym Orientation 11:00am (gym lobby)</td>
<td>Beginning Genealogy 101 10:30-12</td>
<td>J. O. Y. (Thespian Group ) 11-1</td>
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<td>Dominoes Noon to 4</td>
<td>Bridge 12:30-4</td>
<td>Chess Club 12-3</td>
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<td>Intermediate Watercolor w/Cynthia 1-3</td>
<td>Dominoes Noon -4</td>
<td>Gamers 1-3:30</td>
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<td>Sticks &amp; Strings 1 - 3</td>
<td>Art Lab 1-4</td>
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<td>Chorus 1-2:30</td>
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<td>New Pottery Student Orientation 6-7pm</td>
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<td>Pottery Lab 1-7:30pm</td>
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<td>Beginning Crochet 12-2</td>
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<td>Medicare: Are You Paying Too Much? 9:30am*</td>
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</tr>
<tr>
<td>Mat Weaving 1:00pm</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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<thead>
<tr>
<th>7</th>
<th>8</th>
<th>9</th>
</tr>
</thead>
<tbody>
<tr>
<td>Expressive Art with Eloise 10:00am</td>
<td>Cold Wax/Oil Painting with Linda</td>
<td>Pancake Breakfast with J.O.Y</td>
</tr>
<tr>
<td>Medicare: Are You Paying Too Much? 9:30am*</td>
<td>10:00am</td>
<td>9:00am</td>
</tr>
<tr>
<td>Christmas Tree Baskets w/Pauline 10:00am</td>
<td>Sewinistas 1:00pm</td>
<td>Medicare: Are You Paying Too Much? 9:30am*</td>
</tr>
<tr>
<td>Free Blood Pressure Checks 11:30am</td>
<td></td>
<td>Tech Support One-on-One 10:00am</td>
</tr>
<tr>
<td>Exercising Through the Holidays 1:00pm</td>
<td></td>
<td>Genealogy Tips &amp; Tricks 10:00am</td>
</tr>
<tr>
<td>Glass Fusion 2:00pm</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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<table>
<thead>
<tr>
<th>14</th>
<th>15</th>
<th>16</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medicare: Are You Paying Too Much? 9:30am*</td>
<td>Candy Cane Wreath with Cindy 10:00am</td>
<td>Medicare: Are You Paying Too Much? 9:30am*</td>
</tr>
<tr>
<td>Glass Jewelry 11:00am</td>
<td>Mat Weaving 1:00pm</td>
<td>Painting and a Picnic with Cheryl</td>
</tr>
<tr>
<td>Mayor David Holt 2:00pm</td>
<td>Story Swap 1:00pm</td>
<td>10:00am</td>
</tr>
</tbody>
</table>

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<table>
<thead>
<tr>
<th>21</th>
<th>22</th>
<th>23</th>
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</thead>
<tbody>
<tr>
<td>Glass Jewelry 11:00pm</td>
<td>Cold Wax/Oil Painting with Linda</td>
<td>Medicare: Are You Paying Too Much? 9:30am*</td>
</tr>
<tr>
<td>Medicare: Are You Paying Too Much? 9:30am*</td>
<td>10:00am</td>
<td>Genealogy Tips &amp; Tricks 10:00am</td>
</tr>
<tr>
<td>OKC Ski Club 10:00am</td>
<td>Sewinistas 1:00pm</td>
<td>Tech Support One-on-One 10:00am</td>
</tr>
<tr>
<td>My Love Affair with the Brain 10:00*</td>
<td></td>
<td>Beginning Acrylic Pour 10:00am</td>
</tr>
<tr>
<td>Bunco 2:00pm</td>
<td></td>
<td>Advanced Acrylic Lab 1:00pm</td>
</tr>
<tr>
<td>Glass Fusion 2:00pm</td>
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<tr>
<th>28</th>
<th>29</th>
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<tbody>
<tr>
<td>Closed for Thanksgiving</td>
<td>Opening at 8am</td>
<td>Medicare: Are You Paying Too Much? 9:30am*</td>
</tr>
</tbody>
</table>

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**Rental Information:** Rentals are noted with an asterisk in this directory and the location sign will be printed on blue paper the day of the event. HLOKC does not endorse any organization or product that may be offered with a room rental.
**Seasoned Quilters**
1st, 3rd, & 5th Wednesday 1-5pm
This is a group for persons with sewing knowledge. Bring your projects and quilt together as you make new friends.

“Sewinistas” with Patti George
2nd & 4th Fridays from 1-3pm
Bring your own machine so Patti can help you learn how to use it.

**Sticks & String** (Knit, Crochet, Cross-stitch, Embroidery)
Thursdays from 1-3pm
This group meets for fellowship and to create beautiful handmade items of their choice.

**Beginning Crochet - *New Time***
Thursdays from 12-2pm
For those of you who have said, “I wish I had learned to crochet!” this class is for you!

**Life in Color**
*(Coloring & Conversation)*
Tuesdays from 1-3pm
Bring your own materials and color while making new friends.

**Literature**
“Last Word” Fiction Book Club
This group meets the 3rd Wed of each month from 11:30-1pm

Non-fiction Book Club
4th Wednesday of each month from 1-2pm

**Bunco *Meeting Nov 21***
Due to Thanksgiving, we will be playing on Nov 21 from 2-4pm
If you are coming, email us, as we need to know how many to plan for....you need four people for each table. Contact Marlene Hull at aurora1947@cox.net.

**The Gamers**
Mon, Wed & Fri from 9-12pm & Saturdays 1-3:30pm
Play different card games while building friendships. Exercise your mind, laugh and have fun.

**Dominoes**
12-4pm in the lobby
Meet new HLOKC friends while challenging yourself to some fun and friendly competition.

**Bridge**
Mon, Wed & Fri from 12:30-4pm
New to bridge? Come watch a few hands and this group will help you learn to play the game.

**Mahjong**
Wednesdays 9-12pm in lobby
A game of skill and strategy with uniquely beautiful tiles. Come watch and learn!

**Chess Club**
Meets every Sat from 12-3pm
Beginners are welcome. For questions, please email John at JMWW7541@cox.net

**Story Swap**
3rd Friday of the month; 1-2pm.
We’ll be holding a special “Story Swap” in the lobby Fri, Nov 15.

**Support Groups**

- **Diabetes Support with Barbara**
  Monday, November 11 from 11:15am-12pm
  Please see page 5 for more Information about November’s special outing. Please note, support group is cancelled for Monday, November 25.

- **Veteran’s Support with Alfred**
  Tues, Nov 12, from 11am-12pm
  This group is facilitated by Alfred Hollis. Alfred is with Veteran’s Corner. He informs veterans of many free services that are available to them.

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

- **Alzheimer’s Support**
  Wednesday, November 6 &20; 5:30-6:30pm
  There will be two groups: one for the caregiver and one for the person dealing with Alzheimer’s.

**Technology**

- **Technology Help w/ Nelda & Jim**
  Tuesdays from 1-3pm
  Presentations on popular tech topics concerning phones, laptops, or tablets, with time for questions after. 2019 will be Back to Basics with your IOS or Android devices.

- **Tech Support One-on-One**
  2nd & 4th Sat from 10am-12pm
  Bring your device and meet the talented students from Classen School of Advanced Studies.
## Service Projects

### Making Angel Gowns for Children’s Hospital
2nd & 4th Tues from 10am-2pm
This group sews gowns out of wedding dresses for the little angels from Children’s Hospital who go to heaven too early. They need your help cutting, sewing, and trimming. Donated gowns are always welcomed.

### Weaving Mats for Those Experiencing Homelessness
1st & 3rd Fridays from 1-3pm
Patti George will teach you how to recycle plastic bags into useful plastic sleeping mats.

### Paper Sacks for The Salvation Army Food Pantry
Bring your paper sacks and drop them off at Kathy’s office.
(Across from rooms A & B)

## Community Adventures

### Birdwatching with Neil ∞
This group meets at 9am each Wednesday. Please check the HLOKC website for this month’s meeting location.

### Movie Goers Unite! (Nov 19) ∞
Special meeting day due to Thanksgiving. Meeting Nov 19 in the lobby at 12:30pm. Our hostess, Cinda Rodgers, will give suggestions on movies and the group will decide. You can carpool or caravan if you like.

### HLOKC Wellness Walkers ∞
Tue, Thu & Sat at 7:00am
Join us for some healthy walking and visiting! Wellness Walkers meet fitness trainer Patti West at the Francis Tuttle Walking Trails.
∞HLOKC’s liability only extends to HLOKC’s physical grounds. Members will be traveling at their own risk.

### Expressive Arts Workshop with Eloise
Thursday, Nov 7, 10-11:30am
Learn how the 5 elements are expressed through our thoughts, feelings, appearance & behavior. We will explore body awareness, body wisdom, and the energetic rhythms within us through dancing, drawing, and writing.

### Golden Swans w/OKC Ballet
$25 for each 8-week session; payable at the Front Desk.

### Introduction to Ballet
Tuesdays; 12:30-1:30pm
Nov 19 - Dec 17 & Jan 7- Jan 21
Learn the basic positions of the feet and arms as well as the building blocks of ballet.

### Beginning Ballet
Wednesdays; 12:30-1:30pm
Nov 20 - Dec 18 & Jan 8 - Jan 22
This class will help you advance your training once you’ve taken Intro to Ballet!

### Belly Dance with Eileen
Thursdays from 6:30pm-7:30pm
$10 per month payable at front desk. Learn belly dancing while toning your abs, thighs and arms.

### Fencing
Saturdays; 1:30-3pm
Join experienced fencing instructor, Pete Quinones, for lessons on basic hand and foot work for sport fencing.

### Line Dancing with Eileen
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Join the fun! Move your body as you learn popular dance moves.

### The Art of Movement

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## Genealogy

### Genealogy with Michael McCoy
Mondays from 3-4:30pm
November’s class will be a continuation of “Our British Ancestry”, which includes Irish, Scottish, Welch, and all things British. $5 monthly fee for class materials, payable at Front Desk.

### Genealogy Tips & Tricks with David
2nd & 4th Sat from 10-12pm
David Myers will discuss methods of research. The first hour will be lecture and the second hour will be hands on application.

### Beginning Genealogy 101
Fridays from 10:30am-12pm
No class on Thanksgiving Friday, Nov 29. November’s classes is an ongoing focus on genealogy fundamentals, internet searches, use of Ancestry.com, record keeping and organization, etc. $5 monthly fee for class materials. Please pay at the Front Desk.

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<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tbody>
<tr>
<td>5:30 AM</td>
<td>6:30 AM</td>
<td>7:30 AM</td>
<td>10:15 AM</td>
<td>11:15 AM</td>
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<td>4:00 PM</td>
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<td>6:00 PM</td>
<td>7:00 PM</td>
<td>8:00 PM</td>
<td>10:30 AM</td>
</tr>
</tbody>
</table>

**NOVEMBER FREE SWIM SCHEDULE**

**TOTAL CLASS TIME = 18 HOURS PER WEEK**

**NOVEMBER FREE SWIM TIME = 57+ HOURS PER WEEK**
**NOVEMBER PICKLEBALL / GYM SCHEDULE**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:30 AM</td>
<td>ALL SKILL LEVEL - SPLIT*</td>
<td>ALL SKILL LEVEL - SPLIT*</td>
<td>ALL SKILL LEVEL - SPLIT*</td>
<td>ALL SKILL LEVEL - SPLIT*</td>
<td>CLOSED UNTIL 7:30 AM</td>
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<tr>
<td>7:30 AM</td>
<td>ALL SKILL LEVEL - SPLIT*</td>
<td>ALL SKILL LEVEL - SPLIT*</td>
<td>ALL SKILL LEVEL - SPLIT*</td>
<td>ALL SKILL LEVEL - SPLIT*</td>
<td>ALL SKILL LEVEL - SPLIT*</td>
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<td>9:00 AM</td>
<td>(group fitness class)</td>
<td>ALL SKILL LEVELS</td>
<td>ALL SKILL LEVELS</td>
<td>(group fitness class)</td>
<td>BASKETBALL</td>
</tr>
<tr>
<td>10:00 AM</td>
<td>(group fitness class)</td>
<td>ALL SKILL LEVELS</td>
<td>ALL SKILL LEVELS</td>
<td>(group fitness class)</td>
<td>BASKETBALL</td>
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<tr>
<td>11:00 AM</td>
<td>BASKETBALL</td>
<td>ALL SKILL LEVELS</td>
<td>BASKETBALL</td>
<td>ALL SKILL LEVELS</td>
<td>ALL SKILL LEVELS</td>
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<tr>
<td>12:00 PM</td>
<td>BASKETBALL</td>
<td>ALL SKILL LEVELS</td>
<td>BASKETBALL</td>
<td>ALL SKILL LEVELS</td>
<td>BASKETBALL</td>
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<tr>
<td>12:30 PM</td>
<td>(group fitness class)</td>
<td>BASKETBALL</td>
<td>(group fitness class)</td>
<td>BASKETBALL</td>
<td>(group fitness class)</td>
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<tr>
<td>1:00 AM</td>
<td>(group fitness class)</td>
<td>BASKETBALL</td>
<td>(group fitness class)</td>
<td>BASKETBALL</td>
<td>SATURDAY ROUND ROBIN</td>
</tr>
<tr>
<td>1:30 PM</td>
<td>SKILL LEVEL 1 AND 2 <strong>PICKLEBALL LESSONS (see below)</strong></td>
<td>SKILL LEVEL 1 AND 2</td>
<td>SKILL LEVEL 1 AND 2</td>
<td>LADIES ONLY-ALL LEVELS</td>
<td>SKILL LEVEL 1 AND 2</td>
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<tr>
<td>2:00 PM</td>
<td>SKILL LEVEL 1 AND 2 <strong>PICKLEBALL LESSONS (see below)</strong></td>
<td>SKILL LEVEL 1 AND 2</td>
<td>SKILL LEVEL 1 AND 2</td>
<td>***ROUND ROBIN (see below)</td>
<td>SKILL LEVEL 1 AND 2</td>
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<tr>
<td>3:00 PM</td>
<td>SKILL LEVEL 1 AND 2</td>
<td>ALL SKILL LEVEL - SPLIT*</td>
<td>SKILL LEVEL 1 AND 2</td>
<td>ROUND ROBIN</td>
<td>SKILL LEVEL 1 AND 2</td>
</tr>
<tr>
<td>3:30 PM</td>
<td>SKILL LEVEL 2 AND 3</td>
<td>ALL SKILL LEVEL - SPLIT*</td>
<td>SKILL LEVEL 2 AND 3</td>
<td>ROUND ROBIN</td>
<td>SKILL LEVEL 2 AND 3</td>
</tr>
<tr>
<td>4:00 PM</td>
<td>SKILL LEVEL 2 AND 3</td>
<td>ALL SKILL LEVEL - SPLIT*</td>
<td>SKILL LEVEL 2 AND 3</td>
<td>ALL SKILL DRILLS</td>
<td>SKILL LEVEL 2 AND 3</td>
</tr>
<tr>
<td>4:30 PM</td>
<td>SKILL LEVEL 3</td>
<td>ALL SKILL LEVEL - SPLIT*</td>
<td>SKILL LEVEL 3</td>
<td>ALL SKILL DRILLS</td>
<td>SKILL LEVEL 3</td>
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<tr>
<td>5:00 PM</td>
<td>SKILL LEVEL 3</td>
<td>BASKETBALL</td>
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<td>BASKETBALL</td>
<td>SKILL LEVEL 3</td>
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<tr>
<td>6:00 PM</td>
<td>SKILL LEVEL 3- SPLIT*</td>
<td>BASKETBALL</td>
<td>SKILL LEVEL 3- SPLIT</td>
<td>BASKETBALL</td>
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<td>7:00 PM</td>
<td>SKILL LEVEL 3- SPLIT*</td>
<td>SKILL LEVEL 3- SPLIT*</td>
<td>SKILL LEVEL 3- SPLIT*</td>
<td>SKILL LEVEL 3- SPLIT*</td>
<td>SKILL LEVEL 3 - CLOSE AT 7:30</td>
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<td>8:30 PM</td>
<td>SKILL LEVEL3-SPLIT-CLOSE 8:30</td>
<td>SKILL LEVEL3-SPLIT-CLOSE 8:30</td>
<td>SKILL LEVEL3-SPLIT-CLOSE 8:30</td>
<td>SKILL LEVEL3-SPLIT-CLOSE 8:30</td>
<td>SKILL LEVEL3-SPLIT-CLOSE 8:30</td>
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</tbody>
</table>

*SPLIT = 2 PICKLEBALL COURTS / ONE BASKETBALL COURT

**1:00 to 3:00 PICKLEBALL LESSONS (first two Tuesdays in November)**

***LADIES ONLY ROUND ROBIN (1st Thursday each month from 2:00 to 4:00)**

****SATURDAY ROUND ROBINS - 1ST / 3RD SATURDAY EACH MONTH (1st Saturday is Level 2; 2nd Saturday is Level 3)**

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**Pickleball 101**

Tuesday, November 12 from 6:30-7:30pm. Rocky Arrington, USAPA OKC Ambassador, will meet with pickleball enthusiasts and those wanting to learn more about the game. This is an opportunity to just talk about Pickleball!
<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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</thead>
<tbody>
<tr>
<td>6:30 AM</td>
<td><strong>INTERVAL CIRCUIT-Patti</strong></td>
<td><strong>INTERVAL CIRCUIT-Patti</strong></td>
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<tr>
<td>8:15 AM</td>
<td><strong>POWER PUMP - Janie</strong></td>
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**Note:** Times are approximate and may vary. Please check with the fitness center for exact times and locations.
Fitness Class Descriptions

ADVANCED TAI CHI: For Tai Chi practitioners who have advanced to a higher level.

AQUA ENERGY: A high energy class with music, kicks, and jumps emphasizing abs and core for all fitness levels. Use of water buoys and noodles.

AQUA ZUMBA: An invigorating fun work out using music and dance moves.

AQUA ZUMBA MIX: Traditional aquatics class that also includes Zumba segments. A invigorating fun work out using music and dance moves.

AQUATIC ATHLETICS: Start your day with an early morning workout with challenging pool drills in a fun, invigorating atmosphere.

THE BEAT: Using drumsticks, this unique class combines cardio, toning and musicality to work you out to THE BEAT!

BEGINNING TAI CHI: 30 minute class for those new to the Tai Chi practice.

BELLY DANCE: Learn belly dancing while toning your abs, thighs and arms. $10 per month payable at front desk.

CHAIR FITNESS COMBO: A breakdown of strengthening, balance, and stretching with the aid of a chair.

CHAIR YOGA: All the benefits of a stretch/yoga class with the assistance of a chair.

EASY YOGA: A gentle, relaxing 45 minute yoga experience for those new to yoga.

FITNESS FIRST 101: Beginning class combining light cardio, weight training and standing yoga poses.

FENCING: Basic knowledge, foot and hand work sport fencing.

GOLDEN SWANS: A small fee for the expertise of the OKC Ballet to bring out the dancer in you! Class is limited, sign up required.

HEALTHY BACK/CORE: Functional fitness for activities of daily living; improve posture, stretch/strengthen spine and core muscles.

INTERVAL CIRCUIT: Cardio, weight training and stretching combined in one class.

MAT PILATES: Pilates will improve posture, muscle strength, and flexibility with use of expert breathing and cuing techniques.

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

MIX IT UP AQUATICS: A combination of toning, endurance, and cardiovascular.

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

POWER AQUA: The class combines cardio, weights, and stretching for a great pool workout.

POWER PUMP: The group strengthening class that gives a full body weight training workout. Use of weighted body bars. Must be able to get to floor and up.

SPIN AND TONE: Limit to 15 participants. First come, first served. Friday 6:30 am only.

SPIN BLITZ: Limited bikes; First come, first served. High intensity half hour cardio blast.

SPASH AQUATICS: Join Diane and Cecelia in the pool for a fun and energizing workout. Use of all fitness methods to get your best workout!

STEP COMBO: Use of the exercise step with or without risers to achieve toning and cardio benefits. Use of hand weights, resistance bands, and/or weighted exercise bar.

STRETCH/RESTORE: Meeting in the big gym, using the wall for stretching. We use blocks and straps. Relaxing and beneficial.

TAI CHI BALANCE: Learn the fundamentals of Tai Chi incorporating balance techniques.

YOGA SCULPT: Yoga/Pilates incorporating weights, stability ball, or barre.

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

ZUMBA: The dance party for the ultimate cardio work out.