Let HLOKC be Your One-Stop– Shop!

Why run all over town looking for gifts when we have some great gifts here at HLOKC? We have a little something for everyone! Stop by the front desk for:

- Affordable Holiday Gift Wrapping - Fee supports HLOKC programming.
- Gifts Cards– These handy cards can be used to pay for art fees and special event fees. Treat your HLOKC friends to a new class!
- Personal Training Gift Certificates- Gift a certificate to a member and we will match them with the perfect Trainer based on their health needs!
- The Lift Project– At just $25 a panel, these pieces of art make great host gifts and stocking stuffers!

Coming Soon!

2020 will be the year to get your health in focus! We look forward to welcoming Tenessa Pinkerton, DNP, APRN, CNP, FNP-C of SSM Health in early January 2020!

How often do you check-in?

We hope you’ve noticed how much we love having you here at HLOKC! We’re glad you visit HLOKC to workout, create art, meet friends and the many other reasons that might not be as obvious. Our mission is to promote health and well-being by providing opportunities for physical activity, social engagement and life-long learning. This mission helps guide us in the daily operations of the center and helps us plan the current and future offerings. It’s clear this mission resonates with our membership, who individually have chosen to prioritize health and wellness in their own lives. Oddly enough, the idea of providing a space for those over 50 years of age to remain healthy, active and creative was a novel idea not too many years ago. Yet, here we are now, as the first of several “health and wellness” centers being developed between the City of Oklahoma City and area non-profit organizations! Since the idea of a partnership between a city and a non-profit is a little out of the ordinary, and we get asked about this arrangement frequently, we wanted to share with you how we are set up and explain the impact that “check-in” has on HLOKC.

As a non-profit, we are focused on providing diversity in fitness, art and educational programming to appeal to the greatest number of people while remaining good stewards of the resources we have available. Although, we work with the Parks and Recreation Department on some building needs, as the operating partner for this health and wellness center, we are responsible for utilities, general maintenance, supplies, programming needs, etc. This brings us to the importance of checking-in each time you come into the center.

The front desk check-in process is key to the health of HLOKC as an organization. As of now, 40% of our membership uses their insurance coverage to pay for their membership dues. What many don’t know is that we do not get full reimbursement from insurance companies. We may only get a couple dollars per month for a member (if that) from their respective insurance company. Additionally, some companies base the amount of money payable on the number of times a member checks-in monthly. If a member doesn’t check-in enough times, we won’t receive any money for that month.

Check-in doesn’t just help with insurance reimbursement, it also helps us when applying for grants. When members skip check-in, it’s hard to paint a picture of what the true attendance numbers at HLOKC are during a given time. Check-in also uncovers membership trends that help us project and prepare for future needs. We hope this answers some of the questions about our partnership with the city and why we continually ask members to check-in. Please don’t forget to check-in each and every time you come through the doors, even if you checked in that morning and just ran out to get lunch or pick up a friend. Just like working out, it’s not a one-and-done kind of thing, it’s all about repetition and consistency! Please help HLOKC lead into 2020 strong and healthy by making a habit of check-in each time you walk through the doors!
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.

► No Smoking: HLOKC is a non-smoking property.

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
HLOKC is closing at 6pm on Friday, December 6 for a staff retreat. Thank you for your understanding!

Christmas: Closed December 24 at 4pm until December 26 at 8am
New Years: Closed December 31 at 4pm until January 2 at 8am
A Note from Claire

I have trouble believing it is already December, but the chill in the air and the holiday happenings at HLOKC leave no doubt. This has been another great year at our center, and I consider working here one of the great blessings in my life. It is so rewarding to see the sense of the community here and the difference HLOKC makes in the lives of our members.

We have a fun December planned and I hope you can join us as we celebrate the holidays.

Thank you for all you do to make HLOKC such a wonderful place. Happy holidays!

In good health,
Claire

Volunteer of the Month

For over 2 years, Michael McCoy has been a volunteer instructor at Healthy Living OKC, teaching a wide variety of genealogy classes with an additional emphasis on the genealogical history of America. He also serves as a volunteer drama instructor and the Drama Director of The J.O.Y. Thespian Group (Just Older Youth of HLOKC).

Michael has been a fulltime Family Research Genealogist for 12 years, although his interest in genealogy research goes back to 1999, in the early days of Ancestry.com and AOL.com.

While living in Phoenix Arizona and New York for over 25 years, Michael McCoy honed his dramatic and directorial skills. He has directed Readers’ Theatres, Radio Theatres, Off-Broadway Theatres, Dinner Theatres, and over 210 dramatic and comedic sketches for use in churches, nursing homes, and other public venues.

His newest endeavor will be directing “Oh Christmas Tree”, an inaugural play written by HLOKC member, Rebecca Knight. The play will debuted at HLOKC’ Holiday Festival Thursday, December 19, at 5:00pm, with choral music provided by Jerry Piper and the HLOKC Chorus.

Michael has his own version of "Who do I think I am?” A first generation American, he was an orphaned German baby, adopted by American parents and brought to the United States in 1951.
**Wok Cooking—Oil Free Teriyaki Dr. Nguyen**  
*Tuesday, December 3, from 12:00pm-1:00pm*  
If you love stir-fry and want to cut down oil consumption, this one is for you. This stir-fry is fresh and delicious and you would not be able to tell that no oil was used! Dr. Trang Nguyen, PHARMD, CHC, Owner of Mimosa Health, will show you all the tips and tricks of cooking with a wok or stir fry in a pan. Seating will be limited to the first 20 people only.

**Estate Planning Workshop**  
*Tuesday, December 3, from 5:00pm-7:00pm*  
This workshop covers frequently asked questions and common misconceptions regarding: Wills & Trusts, Asset Protection, Nursing Home Issues and Medicaid Qualification. Sign-up at the Information Table.

**Our Minds Matter: Looking into Neurological and Psychiatric Medications**  
*Tuesday, December 3, from 1:30pm-2:30pm*  
Dr. Trang Nguyen, PHARMD, CHC, Owner of Mimosa Health, will present information about the possible adverse effects and drug interactions of medications which are prescribed to treat certain mental health issues such as delirium, dementia, depression, and anxiety.

**Free Blood Pressure Screening with INTEGRIS**  
*Thursday, December 5, from 11:30am-1:00pm*  
Cathy Patterson, MS, Manager of INTEGRIS Wellness & Senior Services, will be providing this service.

**INTEGRIS presents: The Importance of Exercising Through the Holidays, Reducing Stress and Learning to Relax**  
*Thursday, December 5, 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?**  
*Thursday, December 5, from 9:30am-10:30am; Saturday, December 7, from 8:00am-12:00pm*  
A workshop exploring Medicare and your money. Facilitated by John Clement, Medicare Specialist and CFP, with Clement Medicare Consulting, LLC.

**Diabetes Support Group: Holiday Snacking for Diabetes**  
*Monday, December 9 from 11:15am-12:00pm*  
Barbara Brown and Sharon McKay will host a delightful selection of holiday snacks that will be good for a person managing diabetes to enjoy. Come grab a snack! Please note, Diabetes Support Group is canceled on Monday, Dec 23rd.

**Holiday Fashion Show**  
*Tuesday, December 10, from 2:00pm-3:00pm*  
What a fun afternoon to enjoy beautiful HLOKC models wearing beautiful clothes from Chico’s! Come and enjoy punch and cookies and put your name in a drawing for gift cards from Eden Salon and a gift basket of IT Cosmetics. Sponsored in part by Soup Soup Caterers.

**CPR Certification Training**  
*Tuesday, December 10 from 8:00am-12:00pm*  
Join Patt Dawes, RRT, for CPR training. Pay $20 fee at the Front Desk.

**Making Nanaimo Bars with Keeley**  
*Wednesday, December 11, from 1:00pm-2:00pm*  
HLOKC’S own Keeley Young will demonstrate making her favorite Canadian Nanaimo Bars. They are mouth watering delicious! The Nanaimo bar requires no baking and consists of thee layers: a nut and coconut crumb base, custard butter icing in the middle and a layer of chocolate ganache on the top. Come early for a good seat!

**Volunteer Luncheon and Award Ceremony**  
*Thursday, December 12, from 11:00am-2:00pm*  
If you are a volunteer we hope you will join us in celebrating! RSVP: Susie@Healthylivingokc.com
“Embracing the Journey of Aging” and “The Journey of Holiday Grief” *
Thursday, December 12, from 10:00am-12:00pm
Topics will be presented by Richard W. Amend, M.Ed. and Mary Lou Bates, M.Ed. Refreshments will be served. Sign-up located at the Information Table.

Come Visit with Congresswoman Kendra Horn
Friday, December 13, from 2:00pm-3:00pm
Congresswoman Kendra Horn represents Oklahoma’s 5th district. She will share her activities in Congress and a short Q & A will follow.

The Rockwell Pickers Holiday Concert
Monday, December 16, from 5:00pm-6:00pm
Please join our special guitar group, The Rockwell Pickers, for a Holiday Concert in the Lobby. What a fun toe tapping event to add to your festivities!

The Ukulelian’s Holiday Concert
Monday, December 16, from 1:00pm-2:00pm
Please join our fabulous ukulele players. They are fun and are very entertaining and will surely provide a lively holiday concert in the lobby!

The Rock Show
Monday, December 16, from 1:00pm-2:00pm
If you like Geology you will want to join Herb Magley for this hands-on talk about rocks!

Chronic Pain: New Hope Made Simple
Tuesday, December 17, from 11:00am-12:00pm
Derrick Crampton, PT at HLOKC, will introduce Christina Sieharty, DPT, who will present new statistics and strategies to manage chronic pain.

Garage Burgers Give Back Night
Tuesday, December 17, from 5:00pm-8:00pm
We hope you will join us for Give Back Night at The Garage Burgers at 6900 NW 122 street. The Garage Burgers will donate 10% of all sales between 5-8 pm to HLOKC! Take out and bar orders are included. We make a lot of money for HLOKC Program enhancements just by eating a burger or whatever is on the menu! We are giving away door prizes at 7pm and everyone who attends will be entered to win!

The Holiday Festival
Thursday, December 19, from 5:00pm-7:00pm
Just the perfect event to add to your Holiday schedule! Come and enjoy beautiful music, dancing and a holiday skit by the talented members at HLOKC. You will surely be delighted with all the festivities!

Villages OKC*
Thursday, December 19, from 10:00am-11:00am
Want to live in your own home with a little help from trusted “virtual neighbors”? Join us to learn how. RSVP at 405-990-6637 or email VillagesOKC@gmail.com.

Story Swap
Friday, December 20, from 1:00pm-2:00pm
We’ll be holding another “Story Swap” in the lobby. Last month we heard some great story’s about meeting celebrities, scary encounters and family bonds. Join us this month to share a short story or just listen to others share!

Anita Thompson, ECC
Elite Cruise Counselor
Phone: (405) 633-1771
11909 Mary Claire Dr.
Oklahoma City, OK 73162
anita@attheta.com
www.attheta.com

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**

*No Monday classes Dec 23 & 30*

**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. $10 fee if you bring your own canvas and use HLOKC’s supplies. Class limited to 12.

**Ukulele Lessons with Jeff**
Mondays from 12:30pm-2:30pm
Beginner - 1st & 3rd Mondays
Intermediates - 2nd, 4th & 5th
*No class December 23rd & 30th*

**Beginning Guitar Lessons**
2nd & 4th Monday from 6-7:30pm
Bring your guitar and learn from band members of the Rockwell Pickers. *Will not be meeting December 23*

**Guitar Jam**
1st, 3rd & 5th Mondays from 6pm-7:30pm
This group welcomes “listeners” as well as musicians. *Will not be meeting December 30th*

**Drawing Birds with Betz**
Tuesday, 3, 10 & 17, from 10-11:30am
Fee $5 for Dec / Limit 16 per class
December 3: The beauty of graphite! This tonal technique will be fun and easy….or easy and fun!
December 10: Have you heard, pen and ink is hard? Not this time! Explore various shading techniques to create darks and lights.
December 17: Art in reverse! Challenge yourself by using white pencil to draw on black paper!

**Pottery Lab ($20 for 8 hours)**
Tuesdays & Thursdays; 1pm-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. $20 fee includes your 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.

**PLEASE NOTE:** All pottery that needs to be ready for Christmas must be dried and ready to fire by December 12th.

**Free Card Making with Deb**
Wed, Dec 11, from 10am-12pm
Create greeting cards with stamps, inks, watercolor, various paper and more.

**Free Watercolor Card Making with Rachel**
Wed, Dec 18, from 10am-12pm
Rachel will walk you through the steps to paint your own winter wonderland. Add cheerful sayings and spread the cheer! Limit 16.

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

**Beginning Acrylic Painting Lessons**
Wed, Dec 4, 11, & 18 from 1pm-3pm
11”x14” canvas of a floral scene. This is a 3 day course is limited to 6 students and the supply fee is $15.

**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 demos. Bring your own supplies.

**Photography Club with Larry**
Wed, Dec 11, from 6pm-7:30pm
This class is for those looking to learn or improve photography skills.

**Tuesdays**

**Make a Fresh Greenery Wreath with Clara & Kathy**
Tues, Dec 3, from 5:30pm-7:30pm
Fee $20/ Limit 16
Make an 18 inch wreath from fresh greenery. Bring your own ornaments & ribbon to adorn your wreath.

**Wednesdays**

*No Wed Classes Dec 25 or Jan 1*

**Free Beginning Macrame Class with Cheryl**
Wed, Dec 4, from 10am-11:30am
We will make a simple plant hanger. Bring your plant container. Limit 10.
**Thursdays**

*No Thursday classes Dec 26 & Jan 2*

**Glass Plates with Keeley**  
*Thurs, Dec 5 or 12, from 9am-11am*  
You will learn to cut glass and design your own plate. After fusing/slumping you will have a one of kind beautiful piece of art. (It will be fired in kiln twice.) Supply fee $25 / Limit 10.

**Christmas Quilt Block Barn Painting with Pat Vaughn**

*Thurs, Dec 5, 6, & 7; 9:30am-12pm*  
Pat will have patterns for the design shown, but you are welcome to bring your own favorite Christmas pattern. We will be painting on a 12” x 12” panel. Supply Fee $15 / Limit 12. This is a three day class.

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

**Intermediate Watercolor w/ Cynthia**  
*Thursday from 1pm-3pm*  
This class is for those serious about improving their watercolor skills. Cynthia will demonstrate the different stages of a selected painting. Supply fee $20 or only $10 if you bring your own supplies/ Limit 12.

**Pottery Lab ($20 for 8 hours)**  
*No pottery Dec 12, 19, 26, or Jan 2*  

**PLEASE NOTE:** All pottery that needs to be ready for Christmas must be dried and ready to fire by December 12th.

**Fridays**

*No Friday classes Dec. 27 or Jan 3*

**Soap Demonstration with Sally**  
*Fri, Dec 13, from 10am-11:30am*  
Supply fee $5 / Limit 12. You will go home with directions to create your own soap! Plus a bar of handmade oatmeal, milk and honey soap.

**Painting a Winged Angel with Pamie**  
*Friday, Dec 20, from 10am-12pm*  
Using pastel acrylic colors and texture paste you will produce an 8 x 10 x 1 1/2 inch deep stand-alone canvas of an ethereal angel just in time for the holidays. Supply fee $20 / Limit 12.

**Open Lab**  
The art room is available for members to work on various projects of their choice during open times. Open Lab rules are:

- If you are using HLOKC supplies you need to count this time in your pottery hours or pay funds at the front desk to cover the cost of materials used.
- If you get materials out, please clean up when you are finished and put supplies back.
- Have fun!

In December, open lab will be Fridays from 1pm-4pm, plus anytime HLOKC is open between Dec 23 and Jan 4.

**Saturdays**

*No Sat classes Dec 28 & Jan 4*

**Silk Scarf Painting with Cheryl**  
*Sat, Dec 7, from 1pm-3pm*  
Paint an 8 x 54 inch silk scarf with original designs. Fee $15 / Limit 8.

**Painting for LIFT project**  
*Sat, Dec 14, from 10am-3pm*  
Anyone and Everyone can join in on our LIFT project! Funds raised will be used for a HLOKC scholarship fund. On this date, we will be painting 8” x 8” canvas panels for this project. Bring your own subject ideas. Pizza lunch will be provided for everyone who signs up ahead of time. No Fee.

**Collage Making with Pamie**  
*Sat, Dec 21, from 10am-2pm*  
Bring your lunch and enjoy a day of collage. Pamie will bring examples, you bring ideas and beautiful art will be made by all! Fee $20 / Limit 12

**J.O.Y. (Thespians) with Michael**  
*Saturdays from 11am-1pm*  
*JOY will not meet Dec 21 & 28*  
Open to all interested in the theater, from beginners to advanced. Contact Michael at joythespian@cox.net with questions. $10 monthly fee.

**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.
<table>
<thead>
<tr>
<th>Monday</th>
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<tbody>
<tr>
<td><strong>Every Monday</strong>&lt;br&gt;Gamers 9-noon&lt;br&gt;2-D Fine Art Class 10-3&lt;br&gt;Dominos Noon-4&lt;br&gt;Ukulele Lessons 12:30 - 2:30&lt;br&gt;Bridge 12:30 - 4:30&lt;br&gt;Genealogy 3 - 4:30&lt;br&gt;Guitars 6 - 7:30&lt;br&gt;Line Dancing 6:30-7:30</td>
<td><strong>Every Tuesday</strong>&lt;br&gt;Wellness Walkers 7am (Off site)&lt;br&gt;Drawing Birds with Betz 10 –11:30&lt;br&gt;Dominos Noon - 4&lt;br&gt;Life in Color 1-3&lt;br&gt;Pottery Lab 1 -7:30&lt;br&gt;New Pottery Student Orientation 2-3&lt;br&gt;Tech Help 1-3</td>
<td><strong>Every Wednesday</strong>&lt;br&gt;Mending Hearts 9 - 10&lt;br&gt;Gamers &amp; Mahjong 9 - Noon&lt;br&gt;Bird Watching 10-11 (Off site)&lt;br&gt;Leatherwork 10 - 2&lt;br&gt;2-D Fine Arts Class 12-3&lt;br&gt;Dominoes 12-4 / Bridge 12:30-4&lt;br&gt;Wood Whittling &amp; Jewelry Lab 2-4</td>
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<td>Dietitian One-on-One 1:00pm</td>
<td>Wok Cooking 12:00pm&lt;br&gt;Our Minds Matters 1:30pm&lt;br&gt;Estate Planning 5:00pm&lt;br&gt;Wreath Making 5:30pm</td>
<td>Seasoned Quilters 1:00pm&lt;br&gt;Beginning Macrame 10:00am&lt;br&gt;Beginning Acrylic Painting 1:00pm&lt;br&gt;Alzheimer’s Support 5:30pm</td>
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<td>Diabetes Support 11:15am&lt;br&gt;(Special meeting day) Tech Support 1:00pm</td>
<td>CPR 8:00am&lt;br&gt;Veterans Support 11:00am&lt;br&gt;Holiday Fashion Show 2:00pm&lt;br&gt;Pickleball 10:00am&lt;br&gt;Photography Club 6:00pm</td>
<td>Card Making w/ Deb 10:00am&lt;br&gt;Nanaimo Bars 1:00pm&lt;br&gt;Photography Club 6:00pm</td>
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<td>Rock Show 1:00pm&lt;br&gt;Dietitian One-on-One 1:00pm&lt;br&gt;Ukulelian’s Concert 1:00&lt;br&gt;Rockwell Pickers Holiday Concert 5:00pm</td>
<td>Chronic Pain 11:00pm&lt;br&gt;Garage Give Back Night 5:00pm&lt;br&gt;Movie Goers Holiday Party 12:00pm</td>
<td>Watercolor Cards 10:00am&lt;br&gt;Last Word Book Club 11:00am&lt;br&gt;Seasoned Quilters 1:00pm&lt;br&gt;Alzheimer’s Support 5:30pm</td>
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<td>Please check class description pages for information on classes that will not be meeting due to the holidays. We have updated this to the best of our ability at the time of printing. Please refer to healthylivingokc.com for the most up-to-date information.</td>
<td>Closing at 4:00pm</td>
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<td>Closing at 4:00pm</td>
<td>Closed All Day&lt;br&gt;Welcome to 2020!!</td>
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<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>Dominoes Noon to 4</td>
<td>Beginning Genealogy 101 10:30-12</td>
<td>J. O. Y. (Thespian Group ) 11-1</td>
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<td>Intermediate Watercolor w/Cynthia 1-3</td>
<td>Bridge 12:30-4</td>
<td>Chess Club 12-3</td>
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<td>Sticks &amp; Strings 1 - 3</td>
<td>Gym Orientation 2:00pm (gym lobby)</td>
<td>Gamers 1-3:30</td>
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<td>Chorus 1-2:30</td>
<td>Dominoes Noon -4</td>
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<td>New Pottery Student Orientation 6-7pm</td>
<td>Art Lab 1-4</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><strong>5</strong> Glass Plates 9:00am</td>
<td><strong>6</strong> Mat Weaving 1:00pm</td>
<td><strong>7</strong> Medicare: Are You Paying Too Much?* 8:00am</td>
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<td>Medicare: Are You Paying Too Much?* 9:30am</td>
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<td>Silk Scarf Painting 1:00pm</td>
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<td>Christmas Quilt Block 9:30am</td>
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<td>Expressive Arts Workshop 10:00am</td>
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<td>Free Blood Pressure Checks 11:30am</td>
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<td>Exercising through Holidays 1:00pm</td>
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<td><strong>12</strong> Journey of Aging/Holiday Grief 10:00am</td>
<td><strong>13</strong> Soap Demonstration 10:00am</td>
<td><strong>14</strong> Painting for Life 10:00am</td>
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<td>Glass Plates 9:00am</td>
<td>Sewinistas 1:00pm</td>
<td>Genealogy Tips &amp; Tricks 10:00am</td>
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<td>Volunteer Awards 11:00am</td>
<td>Congresswoman Kendra Horn 2:00pm</td>
<td>Tech Support One-on-One 10:00am</td>
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<td><strong>19</strong> Villages OKC* 10:00am</td>
<td><strong>20</strong> Painting a Winged Angel 10:00am</td>
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<td>Holiday Festival 5:00pm</td>
<td>Mat Weaving 1:00pm</td>
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<td>Story Swap 1:00pm</td>
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<td><strong>26</strong> Opening at 8:00am</td>
<td><strong>27</strong> Sewinistas 1:00pm</td>
<td><strong>28</strong> Tech Support One-on-One 10:00am</td>
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</table>

**More information about class offerings, including costs and registration requirements, can be found at healthylivingokc.com**
Special Interest

**Crafts**

**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**
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**
(Exercising Mind, Body & Soul)
Tuesdays from 1-3pm
Bring your own materials and color while making new friends.

**Games**

**Bunco** *Canceled for December*
Next meeting will be January 23rd at 2pm. 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
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 JMW7541@cox.net

**Support Groups**

**Diabetes Support with Barbara**
Monday, December 9th from 11:15am-12pm
Please see page 4 for more information about December’s special meeting. Please note, support group is cancelled for Monday, December 23rd.

**Veteran’s Support with Alfred**
Tues, Dec 10, 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, December 4 & 18; 5:30-6:30pm
There will be two groups: one for the caregiver and one for the person dealing with Alzheimer’s.

**New Groups**

**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. Class covers Back to Basics with your IOS or Android devices.

**Story Swap**
3rd Friday of the month; 1-2pm. We’ll be holding another “Story Swap” in the lobby Fri, Dec 20. Come share a story or just listen!
### Genealogy

**Genealogy with Michael McCoy**  
Mondays from 3-4:30pm  
December’s class will be a continuation of “Our British Ancestry”, which includes Welsh, Scottish, and all other things British, and leads into “All Things European Ancestry” for January 2020. $5 monthly fee for class materials payable at Front Desk.

### Genealogy Tips & Tricks with David  
2nd & 4th Sat from 10-12pm  
David Myers discusses 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  
December’s classes will cover the fundamentals of genealogy; from internet searches and source records to birth, marriage and death records. $5 monthly fee payable at the Front Desk.

### The Art of Movement

#### Belly Dance with Eileen  
Thursdays from 6:30-7:30pm  
$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.

#### Expressive Arts Workshop with Eloise  
Thursday, Dec 5, 10-11:15am  
*Movement as Self Expression*  
What if there was no spoken language? What if we could only express ourselves with our bodies? Come playfully explore body language for the fun of it!

#### Line Dancing with Eileen  
Mondays from 6:30-7:30pm  
Join the fun! Move your body as you learn popular dance moves.
### DECEMBER AQUA CLASS AND FREE SWIM SCHEDULE

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
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<tbody>
<tr>
<td>5:30 AM</td>
<td>FREE SWIM UNTIL 8:50</td>
<td>FREE SWIM UNTIL 6:20</td>
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<tr>
<td>6:30 AM</td>
<td></td>
<td>AQUATIC ATHLETICS-Susan</td>
<td>AQUATIC ATHLETICS-Susan</td>
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<td>OPEN AT 7:30 AM</td>
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<tr>
<td>9:00 AM</td>
<td>AQUA ZUMBA - Keeley</td>
<td>AQUA ENERGY-Betty</td>
<td>AQUA ZUMBA - Emily</td>
<td>AQUA ENERGY-Betty</td>
<td>AQUA ZUMBA - Keeley</td>
<td>FREE SWIM 7:30 TO 10:05</td>
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<tr>
<td>10:15 AM</td>
<td>AQUA ZUMBA - Keeley</td>
<td>AQUA ENERGY-Betty</td>
<td>AQUA ZUMBA - Keeley</td>
<td>AQUA ENERGY - Betty</td>
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<td>11 HRS; 10 MIN</td>
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<td>7 HRS; 40 MIN</td>
<td>TUESDAY</td>
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<tr>
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**CLASS TIME = 18 HOURS PER WEEK**

### DECEMBER FREE SWIM SCHEDULES

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<th>Time</th>
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</table>

**FREE SWIM TIME: 57.3 HOURS PER WEEK**
**Pickleball 101**

Tuesday, December 10 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!

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### DECEMBER 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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<td>7:30 AM</td>
<td>ALL SKILL LEVEL - SPLIT*</td>
<td>ALL SKILL LEVEL - SPLIT*</td>
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<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>
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<td>(group fitness class)</td>
<td>ALL SKILL LEVELS</td>
<td>(group fitness class)</td>
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<td>10:00 AM</td>
<td>(group fitness class)</td>
<td>ALL SKILL LEVELS</td>
<td>(group fitness class)</td>
<td>ALL SKILL LEVELS</td>
<td>BASKETBALL</td>
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<tr>
<td>11:00 AM</td>
<td>BASKETBALL</td>
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<td>BASKETBALL</td>
<td>ALL SKILL LEVELS</td>
<td>BASKETBALL</td>
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<td>12:00 PM</td>
<td>BASKETBALL</td>
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<td>BASKETBALL</td>
<td>ALL SKILL LEVELS</td>
<td>ALL SKILL LEVELS</td>
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<tr>
<td>12:30 PM</td>
<td>(group fitness class)</td>
<td>BASKETBALL</td>
<td>(group fitness class)</td>
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<td>(group fitness class)</td>
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<td>1:00 AM</td>
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<td>BASKETBALL</td>
<td>(group fitness class)</td>
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<td>(group fitness class)</td>
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<tr>
<td>1:30 PM</td>
<td>SKILL LEVEL 1 AND 2</td>
<td>ALL SKILL LEVEL - SPLIT*</td>
<td>SKILL LEVEL 1 AND 2</td>
<td>LADIES ONLY-ALL LEVELS</td>
<td>SKILL LEVEL 1 AND 2</td>
</tr>
<tr>
<td>2:00 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>
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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>
<td>SKILL LEVEL 3</td>
<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>
<td>SKILL LEVEL 3</td>
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<tr>
<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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<tr>
<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>

*Note: Skill Level refers to pickleball play only.*

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**SPLIT = 2 PICKLEBALL COURTS / ONE BASKETBALL COURT**

***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)****
<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
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<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>**INTERVAL CIRCUIT-Patti</td>
<td>**INTERVAL CIRCUIT-Patti</td>
<td>**INTERVAL CIRCUIT-Patti</td>
<td>**Spin &amp; Tone-Patti</td>
<td>**Spin &amp; Tone-Patti</td>
<td>**Spin &amp; Tone-Patti</td>
</tr>
<tr>
<td>7:00 AM</td>
<td>**MAT PILATES -Patti</td>
<td>***POWER PUMP - Jane</td>
<td>**MAT PILATES-Patti</td>
<td>***POWER PUMP - Jane</td>
<td>**MAT PILATES-Nikki</td>
<td>**MAT PILATES-Nikki</td>
</tr>
<tr>
<td>8:00 AM</td>
<td>**MUSCLE MIX-GYM-Irene</td>
<td>**ZUMBA-Laura/Madhu</td>
<td>**MUSCLE MIX-Irene</td>
<td>**ZUMBA-Laura/Madhu</td>
<td>*CHAIR FIT COMBO- GYM-Dee Ann</td>
<td>**KICKBOXING-Irene</td>
</tr>
<tr>
<td>9:00 AM</td>
<td>*FITNESS FIRST 101-Dee Ann</td>
<td>*CHAIR FIT COMBO-GYM-Dee Ann</td>
<td>*CHAIR YOGA-GYM-Dee Ann</td>
<td>*STRETCH/RESTORE-GYM-Dee Ann</td>
<td>**MIDLEVEL YOGA- IRENE</td>
<td>**MIDLEVEL YOGA- IRENE</td>
</tr>
<tr>
<td>10:00 AM</td>
<td>*CHAIR YOGA-GYM-Dee Ann</td>
<td>*CHAIR YOGA-GYM-Dee Ann</td>
<td>*CHAIR YOGA-GYM-Dee Ann</td>
<td>*CHAIR YOGA-GYM-Dee Ann</td>
<td>*CHAIR YOGA-GYM-Dee Ann</td>
<td>*CHAIR YOGA-GYM-Dee Ann</td>
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<tr>
<td>10:15 AM</td>
<td>**MEDITATIVE TAI CHI 30-Min-Irene</td>
<td>***YOGA SCULPT-NIKKI</td>
<td>***YOGA SCULPT-TERRI</td>
<td>*MEDITATIVE TAI CHI 30-Min-Irene</td>
<td>***POWER PUMP-DEE ANN</td>
<td>***POWER PUMP-DEE ANN</td>
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<tr>
<td>11:15 AM</td>
<td>***ADV. TAI CHI-LARRY</td>
<td>**STEP COMBO-PATTI/NIKKI</td>
<td>***ADV. TAI CHI-LARRY</td>
<td>**INTERVAL CIRCUIT-TERRI</td>
<td>***ADV. TAI CHI-LARRY</td>
<td>***ADV. TAI CHI-LARRY</td>
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<tr>
<td>12:30 PM</td>
<td>*HEALTHY BACK&amp;CORE-GYM-NIKKI</td>
<td>*HEALTHY BACK&amp;CORE-GYM-NIKKI</td>
<td>*HEALTHY BACK&amp;CORE-GYM-NIKKI</td>
<td>*HEALTHY BACK&amp;CORE-GYM-NIKKI</td>
<td>GOLDEN SWANS (Private Class)</td>
<td>GOLDEN SWANS (Private Class)</td>
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<td>12:30 PM</td>
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<td></td>
<td>*YANG TAI CHI - Larry</td>
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<tr>
<td>1:00 PM</td>
<td>*EASY YOGA - MONICA</td>
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<tr>
<td>2:00 PM</td>
<td>***SPIN BLITZ - FITNESS LOBBY 30 min. Dee Ann</td>
<td>***SPIN BLITZ - FITNESS LOBBY 30 min. Dee Ann</td>
<td>***SPIN BLITZ - FITNESS LOBBY 30 min. Dee Ann</td>
<td>***SPIN BLITZ - FITNESS LOBBY 30 min. Dee Ann</td>
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<tr>
<td>3:00 PM</td>
<td>*BEGINNER TAI CHI BALANCE-30 MIN-CAROLE</td>
<td>*BEGINNER TAI CHI BALANCE-30 MIN-CAROLE</td>
<td>*BEGINNER TAI CHI BALANCE-30 MIN-CAROLE</td>
<td>*BEGINNER TAI CHI BALANCE-30 MIN-CAROLE</td>
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<tr>
<td>4:00 PM</td>
<td>**TAI CHI BALANCE-CAROLE</td>
<td>**TAI CHI BALANCE-CAROLE</td>
<td>**TAI CHI BALANCE-CAROLE</td>
<td>**TAI CHI BALANCE-CAROLE</td>
<td>**TAI CHI BALANCE-CAROLE</td>
<td>**TAI CHI BALANCE-CAROLE</td>
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<tr>
<td>4:45 PM</td>
<td>*EASY YOGA - MONICA</td>
<td>*EASY YOGA - MONICA</td>
<td>*EASY YOGA - MONICA</td>
<td>*EASY YOGA - MONICA</td>
<td>*EASY YOGA - MONICA</td>
<td>*EASY YOGA - MONICA</td>
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<tr>
<td>5:30 PM</td>
<td>**STRENGTH/TONE-KELLY</td>
<td>***YOGA FLOW-MONICA</td>
<td>**STRENGTH/TONE-KELLY</td>
<td>***YOGA FLOW-MONICA</td>
<td>***YOGA FLOW-MONICA</td>
<td>***YOGA FLOW-MONICA</td>
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<tr>
<td>6:30 PM</td>
<td>***ZUMBA-KELLY</td>
<td>***ZUMBA-KELLY</td>
<td>***ZUMBA-KELLY</td>
<td>***ZUMBA-KELLY</td>
<td>BELLY DANCE - EILEEN</td>
<td>BELLY DANCE - EILEEN</td>
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</tbody>
</table>
**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.

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

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

**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.

**STRENGTH/TONE**: Use weights to strengthen and tone the body.

**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.
Holiday Market
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