

Holiday Opportunities at HLOK to Enjoy with your Family*

A JOY CHRISTMAS PLAY

for Children of All Ages

Featuring: T'was the Night Before Christmas, The Twelve Days of Christmas, Frosty the Snowman, & A Sing Along

Sunday, Dec 4, 2022 3:30 to 4:30 pm

*Grandparents please bring your grandchildren.
Santa will be here, so bring your camera too.*

ANNUAL HOLIDAY FESTIVAL

Thursday, Dec. 15th from 6-8 pm

Featuring the "Rockwell Pickers" and the
"Ukulelians" and "JOY"

This is a time to enjoy fellowship, refreshments,
and lots of good music and fun.

This event is sponsored by

ArchWell HEALTH **LA** Local Insurance Advisors

LEGEND[®]
SENIOR LIVING

*These events are free and open to the public.





Claire's Comments

I find it hard to believe that 2022 is already drawing to a close.

They say time flies when you are having fun, and we have had a lot of fun this year! 2022 has been a year of tremendous growth – in our membership numbers and the facility itself. I am so thankful for the expanded space and for the fact we were able to fill it so quickly with our many programs. I am also thankful for our members – you are what make HLOKC so special. Since I first came to Healthy Living in 2018, I have seen it transform from a wellness center to a true community filled with caring individuals and friendships.

We are so glad you have chosen HLOKC as a partner in your wellness journey. We always strive to provide you with the best experiences possible, but as a non-profit we rely on support from others to fulfill our mission. During this season of giving, I hope you will take a moment to check out the Giving Tree in the lobby that highlights a variety of opportunities to assist Healthy Living OKC. I hope you and your family are blessed beyond measure during this holiday season.

In good health, *Claire*

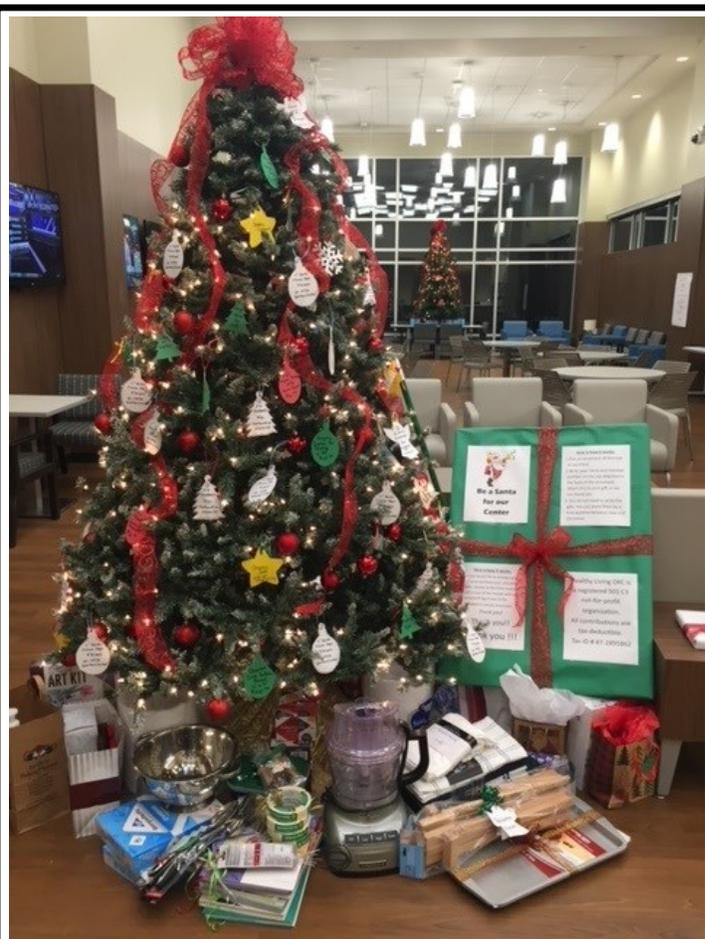
Regular Hours of Operation

Monday-Thursday: 5:30am - 9:00pm
Friday 5:30am - 8:00pm &
Saturday 7:30am - 4:00pm

Holiday Special Hours

Sat. Dec. 24 Close Early at 4:00pm
Closed Christmas Day
Late Opening Dec. 26 & Jan 2 at 8 am

11501 N. Rockwell Ave. OKC 73162
405-773-6910



Healthy Living OKC is a not for profit 501(C)(3). We do not operate with funds from OKC. Our board and staff strive to provide the best service possible with the funds available. If you would like to add to our funds for equipment, scholarships, supplies, programs, etc., please take a note off the tree and return it with your gift.

Thank you so much for helping make HLOKC a great place to be!



Singo
Musical Bingo

Tuesday, Dec. 6 from 6-7:30 pm

Lots of fun, fellowship, and prizes!!!!

Sponsored by: **ArchWell**
HEALTH

Volunteer Opportunities



A huge **thank you** to everyone who participated in making handmade Holiday cards and signing heartfelt messages for Holidays for Heroes. This program through The American Red Cross, has been one of HLOKC's biggest projects for the last couple of years, and this year with your help we signed and delivered **7,521** holiday and Christmas cards. This is triple what we did



last year and they are so appreciative. I was told there are many members of our military being deployed, and this will be a warm reminder of home.



Volunteer Luncheon Dec. 6 from 12-2

RSVP to Susie

susie@healthylivingokc.com or
sign up in Volunteer office.

Our volunteers are great. To join this group of members, please consider volunteering 2 hours a week.....We have many different opportunities: greeting, giving tours, working at the snack shop, driving a golf cart, planning socials, and more.



Volunteer of the Month for December 2022

Jane Mitchell

Jane was born in Apache, OK and moved to the Pawhuska area. She then moved to Lawton through her freshman year. Jane's favorite thing to do was to ride horses. She competed in various rodeos and horse shows. Her family moved to Edmond where she graduated from Edmond High School. After graduation, Jane attended OSU where she received her degree in elementary education and started teaching first grade. She has two sons from a first marriage. After some time Jane went back to OSU and received her Masters degree in Health, Physical Education and Recreation. While in Stillwater, Jane married the love of her life and inherited a stepdaughter. During this time, she was on faculty at Oklahoma State where she was an academic advisor and a supervisor of student teachers. Her various moves took her to Enid, then to Okmulgee, and then to Saco, in southern Maine. In these various locations, Jane served as a Director of Red Cross, the Campaign/Comm. Director of United Way of Southern Maine, a teacher of various grades from Kindergarten to College and Adult Education. Her favorite grade to teach is 7th grade. Jane followed her husband as his position as City Manager took them to various cities. They came back in to Owasso in 1999 and then to Lawton where she was the Coordinator of the "Success by 6" a program that raised community awareness of early childhood development. She also served on the Lawton Arts Council, the Philharmonic Board, Leadership of Lawton, the Fit Kids Program and Community Theater. She and her husband moved back to OKC in 2013 and she has been a member & volunteer from the start of HLOKC. Thank you Jane for all that you do to make HLOKC the great place it is.

Special Opportunities



UGLY SWEATER
Christmas Dance
Thursday, Dec. 1 from 7-9

BRING YOUR FAVORITE TREAT TO SHARE PLUS COATS, SCARVES, MITTONS, BLANKETS, ETC. TO BE DONATED FOR DISTRIBUTION BY THE HOMELESS ALLIANCE.



\$5 for members, \$10 for non-members
Sodas and water will be available for \$1 each.



HLOKC

Writer's Corner

BOOK FAIR

Mon., Dec. 12
from 9-12 in the lobby

Welcome to the Second Book Fair by Writers Corner! We will be featuring five of our members who have published books with the help and support of Writer's Corner.

Linda MacDonald

Mike Fry

Joe Moore

Robert Williams

Trina Lee

Copies of books and information about Kindle versions will be available, so check us out! It's a great way to get signed copies by the authors and signed copies make wonderful gifts.



Let the HLOKC Elves help you ...

with your gift wrapping this year. Our elves will wrap your packages within 3-4 days for \$3, \$4, or \$5 each based on size. Let us take some stress out of your holidays. Bring your gifts to the front desk and fill out the form.

Creative Opportunities in December

Art Class Enrollment:

Sign up and pay fee at the front desk for classes with a fee.

Credits are only given if you call 24 hours in advance, as supplies are purchased in advance.

"Let's Create Art" w/Linda H

Mon., Dec. 5, 12, & 19
from 9-12 & 12-3

Weds., Dec. 7, 14, & 21
from 9-12

Painting labs allow members to create together in acrylic, oil, watercolor, etc. Artist Linda Hiller will be on hand to assist as needed.

Fee \$15* Limit 16

*\$10 discount if member brings their own supplies.

Painting with Friends

Tuesday Dec. 6, 13 & 20 / 1-3

Bring your supplies and paint with friends. Edna Woofter will be on hand to assist as needed. Fee \$5 Limit 12

Let it Snow 3 Ways

Tues., Dec. 6,
13, & 20
from 10-12



A new class every week!
(glass/acrylic & watercolor)

Fee \$30 Limit 12

Beginning Drawing

Thurs., Dec. 1, 8,
& 15 from 9-10:30

Fee \$5 Limit 16



Beginning Quilling

Tues., Dec 6
11am—1pm

Learn this fun paper craft. Starter kit included.

Fee \$20 Limit 10



Quilling Lab

Tues. Dec. 13
from
11am—1pm

Bring your supplies & create with friends. Must have taken the beginner class to participate. No Fee Limit 12

Whimsical Watercolors

Weds., Dec.
7, 14 & 21
from 1-3pm

Fun holiday designs are great for beginners!

Fee \$15 Limit 16



Beginning Watercolor 10 Week Series with Cynthia

Thursdays 10/6 through 12/8
from 11-1 (Continued from Oct)
Class Full. Next class in Jan.

Christmas Wreaths

Friday,
Dec. 9th
10-12 am



Make a beautiful 14" wreath with live greenery.

Fee \$25 Limit 16



Torn Paper Collage

Saturday,
Dec. 10th
from 10-12

Make a beautiful piece of art using small pieces of magazines to create the image.

Fee \$15 Limit 12

Christmas Barn Quilt

Fri., Dec 2 and
Sat., Dec. 3 from
10-12 on both
days.

Fee \$20 Limit 12



LIFT Painting Day

Sat, Dec. 17
from 10-12

Help us paint

8"x8" canvases for our Art scholarship program!

Fee: **FREE** Limit 16

(Sign up at the front desk)

Specialty Classes

Card Making with Deb

*Wednesdays in December
from 10:15am-12:15pm*

We will make 2 cards every week with options for beginners through advanced. Fee \$15 Limit 16

Jewelry Making with Susan

*Wed. Dec. 7th & 14th only
this month from 2pm-4pm*

Members help each other and share ideas. Bring your own supplies. No fee.

Wood Whittling with Neil

*Wed. Dec. 7th & 14th only
this month from 2pm-4pm*

Naturalist Neil Garrison will help you create a beautiful walking stick. Stop by on a Wednesday to visit with Neil's class in the lobby and find out what supplies you will need.

Leather Crafting with Irene

*Friday Dec. 2nd, 9th & 16th
from 10am-12pm*

Irene will teach you the basics of applying designs and sewing on leather at no cost. When you are ready, she will help you pick a project to purchase and make. No fee Limit 10



Holiday Sea Shells Ornaments

*Sat., Dec. 10th from 12-3
Fee \$5 Limit 16*



Nativity Baskets

Fri. Dec. 16th from 9-12

Pauline provides instruction and materials for this adorable 9" basket.

Fee: \$25 Limit 12



Pottery Labs

*Tues. & Thurs.
from 1-7*

Please check

pottery door for days and times as they may vary.

No instructors will be in labs on Dec. 22, 27 & 29.

Pottery Labs have no fees, however, you will need to purchase firing coupons at the Front Desk.

10 firing coupons are \$35.

Intro to Pottery

Thurs. Dec 1st from 10-12

Fee \$5 Limit 12

Snowman

Pinch Pot

Project

Class

Thurs., Dec. 8 from 10-12

Fee \$5 Limit 12



Clay Jewelry

Project Class

Thurs., Dec. 15

from 10-12

We will make a variety of pendants and pins you can enjoy wearing.

Fee \$5 Limit 12

Glass Fusion

Intro. to Glass Fusion

Sat., Dec. 10 from 10-12 or
Mon., Dec. 12 from 1-3

This is required before you can take other glass classes.

You will learn how to cut safely, use the glass tools correctly and all about our fused glass program. You will be creating one 4"x 4" piece.

Fee \$20 Limit 6 per class

The following glass classes are not for beginners. To enroll, members must have taken take INTRO TO GLASS (no exceptions)

ALL GLASS FUSION PROJECT CLASSES & LABS ARE *\$30 EA, Limit 10

PROJECT CLASSES

In these classes students will all make the listed projects with the assistance of an instructor.

Fused Glass Snowflakes

Mon. Dec. 5th from 1-3

Fused Glass Snow Globes

Wed. Dec. 7th from 10-12

Glass Fusion Cardinals

Wed. Dec. 14th from 10-12

GLASS LABS

Advanced glass artists can create projects of their choice.

Mon. Dec. 19th from 1-3

****Additional \$10 fee for projects over 6"x12"***



GLASS FUSION CLASSES

Fused Glass Snowflakes

Monday,
Dec. 5th
from 1-3



Fused Glass Snow Globes

Wed,
Dec. 7th
from 10-12



Fused Glass Cardinals

Wednesday,
Dec. 14th
from 10-12



Making Glass Beads

Pizza Party!

Mon. Dec. 19th 10-12:30



Glass students come help us make LOADS of beads for classes. **Sign up @ Front Desk**

Fee: Free Limit 10 people



Scrapbooking

Friday, Dec. 16th
from 1-3

Come make a beautiful holiday page with Louise!

Fee: \$10 Limit: 12

Performing Arts

The Joy Thespians

Fridays from 10 am to Noon
This group works on all aspects of performing and produces several live performances each year.



Intermediate Guitar Group

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

Bring your guitar and learn from fellow band members.



Guitar Jam

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

Bring your guitar and jam with the members of this 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.



Stardust Ukulele Group

will be performing

**Thurs., Dec. 1 from 1-2
in the lobby**



Line Dancing with Nancy

*Mondays & Wednesdays
from 7pm-8pm*

Learn basic to intermediate line dances to improve balance, spatial orientation, heart health, rhythm, and strengthen your body. Dance along to a variety of country and popular music in an exciting social environment. There is no fee to participate and the skill level is the same for both weekly meetings.



Ukuleles Lessons with Jeff

Beginners meet:

Mondays 1:15 to 2:15 PM

All others meet:

Mondays 2:15 to 3:15 PM

Newcomers are welcome to bring their instrument and join the group to learn more about this fun little instrument. This groups plays popular music that you are sure to love. Many members of this group perform several times a year.

There is no fee to participate.

Support Groups

Alzheimer's Support

This group will meet Dec. 14th only this month. (They regularly meets the 2nd & 4th Wed. from 5:30-6:30pm.)

Join Tim Smith, an Alzheimer's Association Facilitator, to learn new skills to manage this disease. This group focuses on meeting the person where they are and providing tools to help manage specific challenges. (one group only)

Diabetes Support

Only one meeting in Dec. Mon., Dec. 12 from 1-2 pm. (They will resume the 2nd and 4th Mondays from 1-2 starting in January.)

HLOKC members Barbara Brown and Sharon McKay provide education, cooking, encouragement, & guest speakers. December's meeting will give helpful hints how to "eat smart" through the holidays.

Mending Hearts (Grief Share)

Weds from 9:30am-10:30am
Rose English, LMFT and Grief Recovery Specialist, assists those who have experienced loss.

Managing Ups & Downs of Life

Thurs., 9:30am-10:30am
This group discusses managing the ups and downs of life. We will learn new life skills by practicing physical & mental exercises to improve how we manage our daily lives. Limit 12 students.

Dance for Parkinson's

Thursdays from 10am-11am
This is a one-hour dance class for people with Parkinson's or other movement disorders. The class is free and does exercises mostly seated with an option to stand at the end.

Loud Crowd

Thursdays from 11am-12pm
Approximately 90% of people diagnosed with Parkinson's Disease and related disorders are at risk of speech, voice and swallowing disorders. This group provides support and encouragement from a licensed Speech Language Pathologist through weekly group sessions where unique and powerful SPEAK OUT!® exercises are performed. For more information, contact Jordan Glasgow at 405-840-1957.

Parkinson's Support Group

3rd Thurs from 12pm-1pm
The Parkinson's Foundation, Select Physical Therapy and HLOKC offer a support group to our members. In this support group you will find support, encouragement, knowledge and resources related to Parkinson's disease.

Service

Making Angel Gowns for Children's Hospital

This group does not meet in December but will begin again on the 2nd & 4th Tuesdays in January from 10am-2pm.



Weaving Mats for those Experiencing Homelessness

Fri., Dec. 2, 9, & 15 only this month
Patti George will teach you how to recycle plastic bags into useful plastic sleeping mats. These mats are portable and help to keep people warm and dry in the elements. This is a worthwhile and fun way to help people and the environment simultaneously. There is no fee for this class, just come, make new friends, and volunteer your time. We have jobs for all skill levels from cutting to weaving.



Groups



Seasoned Quilters

*1st, 3rd, & 5th Wed.,
1pm-5pm*

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



Learn how to Manage the Damage with delicious treats & shakes around the busy holiday season! Sample goodies that taste naughty but they're not! Sign up sheet is on the information table in the lobby.

* Rental

Social

Dominoes

Daily, 12pm-4pm in the lobby
This is a come-and-go type of group that meets in the lobby almost daily. If you would like to join, just stop in when you see them!

Life in Color

Tuesdays from 1pm-3pm
This relaxed group enjoys coloring and conversations. Reduce stress and anxiety while improving motor skills, all while talking and coloring with this friendly group. Bring your own materials.

Bridge

Mon & Thurs from 12:30-4pm
Bridge is a trick-taking card game that requires good communication and memory. If you'd like to learn, come watch a few hands and this group will help you learn.

Spades: NOTE NEW DAY

Thursday 1-3pm in the lobby
Join Larry Kincheloe in this game of strategy. For info email Kincheloe@cox.net.

Mahjong

Weds, 9am-12pm in the lobby
A game of skill, memory and strategy with beautiful tiles. Richard Frazier will teach you how to play this 19th century game originating from China.

Bunco

3rd Thursday from 2pm-4pm
Come test your luck at this 19th century dice game. If you are coming, email us, as we need a specific number of players. Contact Marlene Hull at aurora1947@cox.net. If possible, please bring 3 dice.

The Gamers

Mon., Wed., & Fri., 1-4 pm & Sat. from 12:30 pm-3:30pm
(Except ...on the 4th Monday, this group meets from 9-12)

Join this group to play various card games while socializing and laughing with new friends. Exercise your mind and improve memory with strategy and problem solving.

Chess

Saturdays from 12pm-4pm
Put your mind to the test while playing this strategic problem solving board game.

Special Opportunities



OKLAHOMA STATE
UNIVERSITY

OLLI comes to HLOKC!

Osher Lifelong Learning Institute at Oklahoma State University keeps seniors active and social through classes, lectures, workshops, travel opportunities and special events. This member-driven program is designed for adults age 50 or better who are interested in enriching their lives by expanding their intellectual experiences. There are no tests and no grades; members pursue learning for pure pleasure. Beginning in February, OLLI will be hosting courses at HLOKC.

Joy Crutchfield of The Joy of Travel will present, “International Travel After COVID” for 8 weeks beginning Tuesday, February 14. With the loosening of restrictions, many of us are ready to travel again. What does that look like nowadays? We’ll discuss different options for international travel, ranging from escorted tours to river cruises to independent travel. We’ll talk about multi-country travel and crossing borders, as well as seasonal travel such as Christmas markets, running with the bulls and more. No passports needed for this class, just bring a love of travel and curiosity about the world.

Beginning February 28, longtime OLLI instructor Dr. Lloyd Musselman poses the question, “What does it mean to be a good American? Could it mean something different for a Black American trying to buy a home in a 1925 white neighborhood in Detroit, a Japanese American in a 1942 internment camp, a young family of undocumented Hispanics in detention? Indeed, does the question have any meaning at all? And finally, who has been not only a “good American,” but the “Greatest American”? Bring your thinking caps and discussion points to this class. There’s no homework but Dr. Musselman will definitely make you think!

HLOKC members can join OLLI at the discounted rate of \$150, which includes unlimited access to all of their courses in Oklahoma City, Stillwater, Tulsa, Bartlesville and online. OLLI offers three sessions, July 1 through June 30 in all four cities. Memberships are annual and renew in July of each year. An a la carte membership is also available. OLLI at OSU is part of a national coalition of lifelong learning organizations numbering over 125 across the United States.

For more information about OLLI, visit OLLI.OKSTATE.EDU.

For questions and to become a member, email

OLLI@OKState.edu or call (405) 744-5868.

Educational Opportunities

Coin Club

3rd Tues. from 10am-11am

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

Introduction to Spanish

Mondays from 3:30-4:30pm

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 of \$3 to cover class supplies.

Genealogy with Michael

Mondays from 3pm-5pm

Join professional Genealogist Michael McCoy to learn more about your family history. December topic will be an in-depth study of FamilySearch. This is a working lab in which laptops are encouraged, but not required.

Genealogy Tips & Tricks with David Myers

2nd Sat. only in Dec.

10am-12pm

David Myers discusses methods of research. It is a combination of lecture and hands on application.

Birdwatching with Neil

Weds, Dec. 7 & 14. offsite

(No meeting on Dec. 21 or Dec. 28.)

Some say that Chicago is windy. We beg to differ! Central Oklahoma holds that honor. We'll watch from the sheltered/forested stream valley at Martin Park Nature Center to avoid the wind chill factor of the winter weather. 5000 West Memorial Road. Look for Neil's silver-colored truck with the orange flag in the back. Questions? Neil Garrison, 405-590-0483

∞HLOKC's liability only extends to HLOKC's physical grounds. Members will be traveling at their own risk.

"Sewinistas" w/Patti George

Fridays from 1pm-3pm

Bring your sewing machine so Patti can help you learn to use it while making new friends.

Writers Corner with Trina

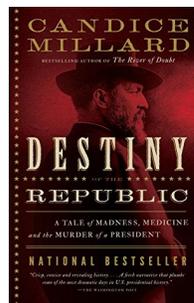
Weds., 10:30am -12:30pm

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

WriteIT Your Way

Mons., from 10-am -12pm

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



"True Stories"

Non-fiction Club

Wed., Dec. 28

from 1-2 pm

Dec's book:

Destiny of the Republic: A Tale

of Madness, Medicine and the murder of a President by Candice Millard. James A. Garfield was nominated for president against his will, he engaged in a fierce battle with the corrupt political establishment. But four months after his inauguration, a deranged office seeker tracked Garfield down and shot him in the back.



"Last Word"

Fiction Club

Wed. Dec. 21

11:30-1 pm

Dec's Book is

"The Christmas Table," by Donna

Van Lire. This story takes you on a journey of the lives that surrounded a handcrafted table complete with heart-ache and promise from 1972 to 2012. Last Word" book club is a lively group that enjoys discussing, laughing and eating during meetings. Just read the book, bring a lunch, and join us!!! .

DECEMBER Group Fitness Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 AM	** INTERVAL CIRCUIT GF - PATTI		** INTERVAL CIRCUIT GF - PATTI		** SPIN/TONE GF - PATTI	
7:45 AM	** MAT PILATES GF - PATTI		** MAT PILATES GF - PATTI		** MAT PILATES GF - PATTI	
9:00 AM	** LEVEL UP GYM - IRENE	**ZUMBA MULTI LAURA	* CHAIR FIT COMBO GYM - DEE ANN	** ZUMBA MULTI - MADHU	*CHAIR TABATA GYM - DONNA	** ZUMBA - MULTI
	** POWER PUMP GF - DEE ANN	** KICKBOXING GYM - IRENE		** FIT MIX GYM - IRENE		**YOGA - GF
10:00 AM	* CHAIR YOGA GYM (45min) - DIANA	** YOGA FLEX GF - NIKKI	* CHAIR YOGA GYM (45min) - DEE ANN	**THE BEAT GYM - IRENE	*CHAIR YOGA GYM - DIANA	**MUSCLE WKND GF
			*SMOOTH YOGA GF - DIANA	** YOGA SCULPT GF - TERRI	**POWER PUMP GF - DONNA	
11:00 AM	***ADV TAI CHI GF - LARRY		***ADV TAI CHI GF - LARRY		***ADV TAI CHI GF - LARRY	
11:15 AM		OKC Ballet GX		**INTERVAL CIRC GF - TERRI		
11:30 AM	**FITCYCLE GYM - NIKKI					
12PM	**ROLL & RELEASE GYM - NIKKI		FIT FORMULA GYM - NIKKI		**FITCYCLE GYM - NIKKI	
12:30 PM	*HEALTHY BK&CORE GYM - NIKKI	* DANCE2BFIT GF - CAROLE	*HEALTHY BK&CORE GYM - NIKKI	* DANCE2BFIT GF - CAROLE	*HEALTHY BK&CORE GYM - NIKKI	
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		*INT TAI CHI GF - BEV		*INT TAI CHI GF - BEV		
4:45 PM		* EASY YOGA GF (45min) - MONICA				
5:00 PM	**THE BEAT GYM - KELLY N		**THE BEAT GYM - KELLY N	**KICK EXPRESS GF (30min)- IRENE	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 - IRENE	GF = group fitness room	MULTI = multi- purpose room
6:30 PM	** ZUMBA GF - KELLY R		*** ZUMBA GF - EMILY		* = LOW INTEN- SITY	*** = MED AD- VANCED
7:00 PM	LINE DANCE MUL- TI - NANCY		LINE DANCE MULTI - NANCY		*** = high intensity	

December Schedule for the Original Gym

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY							
5:30AM - 8:30AM	WALKING	WALKING	WALKING	WALKING	WALKING	WALKING							
9:00 AM	GRP X 9A -1:30P	GRP X	GRP X 9A -1:30P	GRP X	GRP X 9A -1:30P	WALKING							
10:00 AM		WALKING		BASKETBALL 11A - 2P		BASKETBALL 11A - 2P	BASKETBALL 10A - 12:30P						
11:00 AM		BASKETBALL 11A - 2P						BASKETBALL 11A - 2P	BASKETBALL 11A - 2P				
11:30 AM										BASKETBALL 11A - 2P	BASKETBALL 11A - 2P		
12:00 PM												BASKETBALL 11A - 2P	BASKETBALL 11A - 2P
12:30 PM													
1:30 PM - 4:30 PM	BASKETBALL 1:30P - 4:30P	PERSONAL TRNG 2P - 3:30p	BASKETBALL - 4:30P 1:30P	PERSONAL TRNG 2P - 3:30p	ALL SKILLS PICKLEBALL 2P - 6P	ALL SKILLS PICKLEBALL 1:30P - 3:45P							
5:00 PM	GRP X	BASKETBALL	GRP X	BASKETBALL	WALKING								
5:30 PM	WALKING		WALKING										
6:30 PM - 8:45PM													

WALKING ALLOWED OUTSIDE SCHEDULED TIMES, WITH PRECAUTION

GRAY = Open time for individual activities or group activities that are APPROVED BY STAFF.

Pickleball Gym Schedule

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

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

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

DEC. AQUATIC FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 AM	LAP SWIM ONLY 5:30 - 9:00am No walking or bobbing in lap lanes.	AQUA WAKE UP <i>Susan</i>		AQUA WAKE UP <i>Susan</i>		
7:30 AM						
8:30 AM		AQUA TABATA <i>Dee Ann</i>		AQUA ZUMBA <i>Kelly R</i>		
9:30 AM	AQUA ZUMBA <i>Emily</i>	AQUA ENERGY <i>Betty</i>	AQUA ZUMBA <i>Emily</i>	AQUA ENERGY <i>Betty</i>	AQUA ZUMBA <i>Emily</i>	AQUA EXTREME <i>Jessica</i>
10:30 - 3:25p					CLOSED 12 - 2	
3:30 PM	AQUAFIT - <i>Vanessa</i>		AQUAFIT - <i>Vanessa</i>			POOL CLOSED AT 3:30PM
4:30 PM						
5:00 PM		AQUA TONE/CARDIO <i>Kelly N</i>		AQUAFIT <i>Cecilia</i>		
6:00 PM	AQUA MANIA <i>Mindy</i>	AQUA EXTREME <i>Jessica</i>	AQUA ENERGY <i>Betty</i>	AQUA MANIA <i>Mindy</i>	POOL CLOSES AT 7:30P ON FRIDAYS	
7:15PM						
POOL CLOSED AT 8:30PM MONDAY - THURSDAY						

All gray areas will be for Open Swim with 2 lanes for Lap Swim.

NO LAP OR OPEN SWIMMING DURING CLASSES!
LAP LANES ARE RESERVED FOR MEMBERS WHO ARE SWIMMING LAPS!

*****Lap Ropes will be removed 15 minutes before classes start*****

Why do I need to sign in every time?

- We want to know you are here. Even if you have signed in during the morning hours, it is usually a different front desk staff and they don't know you already signed in. Think of it as a security measure.
- Your sign in is what helps us get funds. We get zero funds for Silver Sneaker Members that don't sign in. So help us out, please sign in.



Fitness Class Descriptions



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

Body Works: Total body workout for strength and balance.

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

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

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

Dance2BFit: Mix of basic simple dance moves, line dancing and light cardio with arm movements.

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

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

Fitness Formula: Variety of total body strength and cardio exercise designed to change regularly. No boring workouts!

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

Healthy Back and 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.

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

Power Pump: The group strengthening class that gives a full body weight training workout using weighted body bars. **Must be able to get up and down from the floor.

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

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

Spin Blitz: Limited bikes: First come, first served. High intensity half hour cardio blast.

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

The Beat: 30 minutes of drumming that will tone your arms and build coordination. #1 Rule is to HAVE FUN!

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.

Aqua Class Descriptions

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

Aqua Mania: Med to high intensity intervals with lots of movement.

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

Aqua Energy: Described as a fun, fast-paced, high energy workout to music, that uses weights & noodles to keep you moving with kicks & jumps, ab work & upper body strength, followed by a 5 minute cool down with stretches.

Aqua Tabata: 20 seconds of vigorous exercise and then a 10 second rest, and repeat.

Aqua Tone & Cardio: The perfect blend of cardio and toning with weights and noodles.

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

Contract Services Offered at HLOKC

Free Fitness Orientation Friday at 2:00 pm

Come meet Healthy Living OKC's great team of Certified Personal trainers. They can create a workout plan for your individual needs.

*Equipment Demonstration

- * Goal Setting
- * Strength Training
- *Weight Loss
- *Balance and Stability



For more information contact HLOKC's
Fitness Coordinator Mike McMahon
at (619) 852-9110.

Body Whisper Massage



De-Stress, Unwind, and Regain Functionality
Monica Proctor, LMT Deep Tissue Specialist
Call for appointment at (720) 838-5865



Physical and Aquatic Therapy

Call (405) 753-9064 for appointments.

Thank you to our December Sponsors

ArchWellTM HEALTH

Serving Seniors 65 years and older

Mid-Del 6951 SE 15th St Midwest City, OK 73110	Southwestern 7313 S Western Ave Oklahoma City, OK 73139	Windsor 4629 NW 23rd St Oklahoma City, OK 73127
--	---	---

For more information, please call 405.251.8885

You Can't Buy
Happiness...
but Living at Saint Ann
is Pretty Much the
Same Thing!



SAINT ANN
ASSISTED & INDEPENDENT LIVING
A Ministry of the Archdiocese of Oklahoma City
405.721.0747

Local Insurance Advisors



Ginny Miller
(405) 245-2756
millerginny4@gmail.com

We can assist you with:

Medicare Advantage
Medicare Supplements
Prescription Drug
Dental/Vision Plans
Major Medical
Hospital Cash
Life Insurance
ACA Plans



Stephenie Woody
(405) 830-4966
stephenie.woody@att.net

Are you
turning 65?
Call your
local licensed
Humana
sales agent.



Ramona Hamilton
405-885-7875
(TTY: 711)

Monday - Friday

8 a.m. - 5 p.m.

rhamilton11@humana.com

Humana.