

HEALTHY LIVING OKC

www.healthylivingokc.com

405-773-6910

Mon-Thur 5:30am - 9:00 pm

Friday 5:30am-8:00 pm

Sat 7:30 am - 4:00 pm

11501 N. Rockwell Ave., OKC 73162

Classic Swing Big Band



Big Band Concert & Dance

Saturday, Feb 11 from 6-8

Funds raised are for sound equipment in the multipurpose area. There will be great music, swing dancing, snacks and sodas. \$10 per person. Limited to 100 due to space. Purchase tickets at front desk.

♥ ♥ . ♥ ♥ ♥ ; ♥ ♥ ♥ . ♥ . ♥ ; ♥ ♥ . ♥ .
Valentine Line Dance
♥
Party Monday, Feb, 13th
♥ .
from 7-9
♥ .
Welcoming
♥ .
New & Returning Dancers
♥ .
and their Guests
♥ .

Other fun social events in Feb.:

James Ivins will be singing for us on Valentine's Day, Feb. 14th from 1-2 in the lobby.

Wed., Feb 22 join the movie group to watch The Proposal at 2:30



Claire's Comments

Hello!

I hope your new year is off to a great start and that your new year's resolutions are still intact.

Here at Healthy Living, we take a comprehensive approach to wellness, acknowledging there is more to it than just our physical health. We target six dimensions of wellness - physical, emotional, social, intellectual, spiritual, vocational. Offering a wide range of classes, interest groups, and events we hope you can discover new opportunities to improve your health and quality of life this year through your membership and involvement at HLOKC.

We encourage you to follow us on Facebook to keep up with everything we offer, valuable information and updates and potential weather closures. Although all the beautiful weather we have had recently, it is hard to believe it is winter!

Thank you for making Healthy Living OKC a safe and welcoming community!

In good health, Claire

ArchWell™
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

Yummy....Food Demonstrations



**Meal Making
For One
with Chef Robin**

*Feb. 10
from 10-12*

Chef Robin has a Culinary Management degree from LeCordon Bleu, Scottsdale. We are excited to have her share her talents with us at HLOKC. Participants of this class will leave with 3 meals to that they have helped prepared. Kitchen and food safety will be discussed. February's meals will be Chicken Pot Pie Soup, Green Chili Enchiladas, and Pasta with Chicken. This is a hands on class with a limit of 10. **Fee is \$30** Sign up at front desk.



**Bon Appetit, Let's Eat
Beets Class + Food Demo
of Beet Hummus**

Be Healthy! *Tuesday, Feb. 28 from
Eat well, Live well.
11:30-12:30*

Do you like beets as much as we do? Ready to learn more about the infamously staining superfood? Join Jessica Cox with Natural Grocers to learn more about beets and their health benefits. We will also be making and sampling a deliciously healthy beet hummus. Don't LOVE beets? Please still join us as Jessica has tips and recipes for you, too!



Volunteer Information



Volunteer of the Month Ruth Johnson

Ruth was born and raised in Courtland, Kansas, a small community close to Salina. She attended Brown-Mackie School of Business in Salina and went to work as a secretary in Concordia. Later, she went to work for Kansas State University in the registrars office. Following the arrival of her children, Ruth went to nursing school and worked at the hospital in Lincoln, Nebraska.

Volunteer Appreciation

Feb 7 from 10-11

RSVP to Susie Houston, Community Relations at Susie@healthylivingokc.com

Next Food Bank Service Date is March 16th. Sign up at information table.

You Can't Buy Happiness...

but Living at Saint Ann is Pretty Much the Same Thing!



Ruth married her high school sweetheart, Paul in 1962 and they have 3 boys, two of which are twins.

When Paul was transferred to Oklahoma City, Ruth went to work for Dr. Dedickie and remained with his practice for 10 years.

Together she and Paul have 3 grandsons and one granddaughter. Ruth has been a member of HLOKC for 5 years and has been actively volunteering ever since.

Thank you Ruth for all that you do for HLOKC.

Local Insurance Advisors



We can assist you with:

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

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.

Humana.



Ramona Hamilton
405-885-7875
(TTY: 711)
Monday - Friday
8 a.m. - 5 p.m.
rhamilton11@humana.com

Creative Opportunities in February

Art Class Enrollment

Sign up for Art Classes that have a fee at the Front Desk. Fees are not refundable unless you have a medical emergency, call 24 hours in advance, or HLOKC has to cancel the class. You have 30 days from date of cancellation to use your credit.



Painting Classes



Still Life—Intro to Oil Painting



Aspen Trees—Acrylic Painting Project Class



Whimsical Watercolor

Painting Lab—Mondays in Feb. from 9-12 or 1-3. **Fee: \$20, Limit 16**
Join friends to create in acrylic, oil, watercolor, etc. Linda Hiller will be on hand to assist. (\$10 discount if member brings their own supplies.)

Intro to Oil Painting—Wednesdays in February from 10-12

Fee \$25, Limit 12 You will learn all about oil painting, differences between oil and acrylic, etc. You will paint a still life on a wrapped 11x14 canvas.

Intro to Acrylic Painting—Tuesday, Feb. 7th & 14th from 1-3

Fee \$10, Limit 10 Learn how to mix colors and techniques used in acrylic painting.

Acrylic Project Class—Tuesday, Feb. 21st & 28th from 1-3

Fee \$20, Limit 10 We will be painting trees in a beautiful landscape.

Intro to Watercolor Painting—Will be offered again in March

Whimsical Watercolor—Wednesday, Feb. 1, 8, 15 & 22 from 1-3

Fee \$15, Limit 16 A fun and easy class for beginners and seasoned painters too.

Beginning Watercolor Painting—Thursday, Feb. 2, 9, 16, 23 from 11-1
(Weeks 2-5 in a 10 week series)

Watercolor Techniques—Thursdays in February from 1:30-3:30

Fee \$10 per class, \$5 per class if you use your own paint, paper & supplies. Both beginners and advanced students are welcomed. **Limit 14**

Feb 2nd—Glass Containers

Feb 9th—Dew Drops on Flowers

Feb 16th—Shadows

Feb 23rd—Graded Wash Sky

Follow us on Facebook!

HL OKC Creative Artists



Bird Pot—Pottery Project Class



Drawing

Drawing A to Z—Fridays in Feb. from 1-3 **Fee \$15** (first month enrolled you receive a drawing journal), **\$10 subsequent months. Limit 12**

Learn or master your drawing skills in this fun class. Something new every week!



Creating with Coils—Pottery Project Class



Pottery

Intro to Pottery—Thursday, Feb. 9th from 10-12 **Fee \$5, Limit 12**

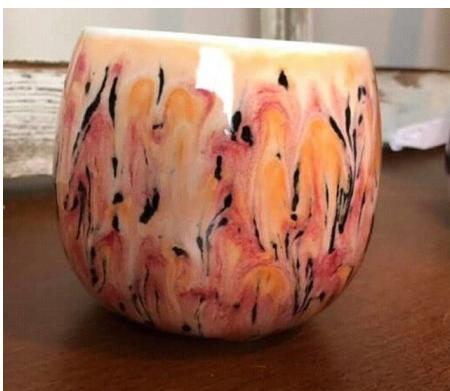
Learn about our pottery program, clay construction methods and everything you need to know to participate in project classes and labs.

Bird Pot—Pottery Project Class—Thursday, Feb. 2nd from 10-12 **Fee \$5, Limit 12** We will hand build a pot shaped like a bird. Never make an ordinary pot again—so many possibilities.

Creating with Coils—Pottery Project Class—Thursday, Feb. 16th from 10-12 **Fee \$5, Limit 12** Learn how to use coils to built pottery or fun and unusual pieces of art.

Glaze Combinations—Pottery Project Class—Thursday, Feb. 23rd from 10-12 **Fee \$5, Limit 12** You will learn about combining glazes for unique looks. Have a piece of bisque ready to use at this class.

Pottery Labs with Dale & Pat—Tuesdays & Thursdays—Please see calendar (posted in classroom) for additional lab times as they may vary. **Instructors are in Labs from 1-7 PM only** on Tues. & Thurs. Pottery Labs have no fees, however, you will need to take the Intro to Pottery Class before participating in labs. You will need to purchase Firing Coupons. **Firing Coupons are \$35 for 10 and you can purchase at the Front Desk.**



Glaze Combinations—Pottery Project Class



Paper Crafting with Louise



Specialty Classes

Paper Crafting with Louise Saturday, Feb. 7th from 10-12

Fee \$5 Limit 12 Learn how to create paper images that can be framed or used for scrapbooking.

Specialty Classes Continued.

St. Patty's 3 Ways—Tuesdays in Feb. from 10-12

Fee \$25 Limit 12 We will be making a Leprechaun Hat in Pottery, a Framed Whimsical Leprechaun Gnome in Watercolor & an Acrylic Pour in Green & Gold



St. Patty's
(Pottery, Pour
&Watercolor)

Candle Making—Saturday, Feb. 11th from 9:30-10:30 **Fee \$20**

(1 candle) Limit 12 Perfect for Valentine's gifts!



Tie Dye T-Shirts— Saturday, Feb. 25th from 1-3 (Bring your own t-shirt) **Fee \$5 Limit 10**

Beginning Quilling—Tuesday, Feb. 14th from 9-12 **Fee \$20 Limit 10**

Come learn this fun paper craft—quilling kit included!

Quilling Lab—Tuesday, Feb. 21st from 11-1 **NO Fee** Bring your supplies and create with friends. (Beginner class required.)

Leather Craft—Fridays in Feb. from 10-12 **NO Fee**

Wood Whittling—Wednesdays from 2-4pm **NO Fee**

Jewelry Making Lab—Wednesdays in Feb. from 2-4 **NO Fee**

Intro to Card Making—Friday, Feb 17th & 24th from 10-12 **Fee \$5 Limit 10**

Card Making—Wednesdays in Feb. from 10:15—
12:30 **Fee \$15 Limit 12**



Fused Glass

Intro to Glass is required before taking project classes or participating in Glass labs.

Intro to Glass Fusion Saturday, Feb. 4th from 10-12 or Wednesday, Feb. 22nd from 10-12 **Fee \$20 Limit 6 per class**
In this class you will learn how to cut glass safely, use the glass tools correctly and all about our fused glass program.



Fused Glass Whimsical Fish

Pocket Vases—Project Class—Monday, Feb. 6th from 1-3
Fee \$30 (6x12) Limit 10



Abstract Tiles or Plates

Leprechaun—Project Class—Wednesday, Feb. 8th from 10-12
Fee \$30 (6x12) Limit 10



Fused Glass Pocket Vases

Whimsical Fish—Project Class—Monday, Feb. 13th from 1-3
Fee \$30 (6x12) Limit 10

6"x6" Abstracts—Project Class—Wed., Feb. 15th from 10-12
Fee \$25 for 1 6x6

Easter Eggs—Project Class—Monday, Feb. 27th from 1-3
Fee \$30 (6x12) Limit 10

Fused Glass Labs—Fee \$30 (6x12) Limit 10 (\$40 for 12x12)
Wednesday, Feb. 1st from 10-12
Saturday, Feb. 18th from 10-12
Monday, Feb. 20th from 1-3

Performing Arts



Theatre, Dance, Instrumental



JOY Thespians



Good Time Guitar Guys



Line Dancers



Ukulele Lessons



NEW! Harmonica lessons

The Joy Thespians

Fridays from 10 am to Noon

This group works on all aspects of performing and produces several live performances each year. New Members are welcomed. **Fee \$10** (per month)

Basic Dance Elements with Nancy

Mondays & Wednesdays in February from 5:30-6:30 pm

Learn basic elements used in all individual and couples dance forms. Learn how to use body placement, energy, space and timing. No partner needed. All mobility levels welcome. **Fee \$15**

Line Dancing with Nancy

Mondays & Wednesdays from 7-8pm

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.

NEW! Learn to play the Harmonica with Nate

Tuesday, Feb. 7th, 14th, 21st & 28th from 1-2pm

Participants will learn the basics as well as the Harmonica's place in American musical history. A background in music is not necessary. More information and where to purchase your instrument at the information table in the lobby.

Ukuleles Lessons with Jeff

Beginners meet on Mondays from 1-2 pm

All others meet Mondays from 2-3 pm

Newcomers are welcome to bring their instrument and join the group. This group 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.

Good Time Guitar Group, led by Randy

2nd and 4th Tuesdays from 6 pm to 7:30 pm

We get together to learn and play songs, encourage one another, and have a lot of fun playing the guitar. Bring your guitar, a capo and a desire to build on what you know. There is no individual instruction, but the group is willing to help others. No fee.

Guitar Jam, coordinated by Mike

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

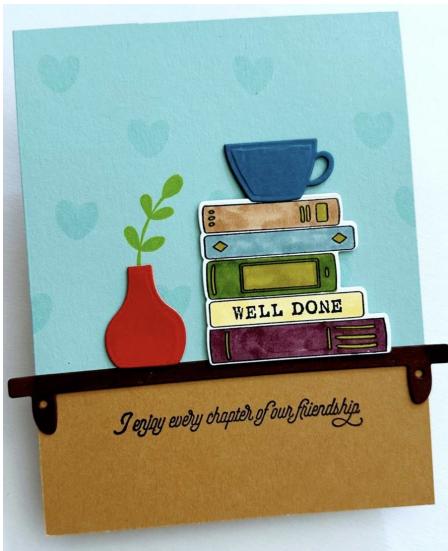
Bring your guitar and jam with the members of this group. Feel free to stop in to see if this group is a good fit for your skill level. This group welcomes "listeners" as well as musicians. No fee.



Candle Making



Quilling



Card Making / Jewelry Lab



SPECIALTY ART CLASSES FULL DESCRIPTIONS

Paper Crafting with Louise—Tuesday, Feb. 7th from 10-12

Fee \$5 Limit 12 Learn how to create paper images that can be framed or used for scrapbooking. Everything you will need will be provided in this fun class!

St. Patty's 3 Ways—Tuesdays in Feb. from 10-12

Fee \$25 Limit 12 This is a fun class if you like to try different mediums. We will be making a Leprechaun Hat in Pottery, a Framed Whimsical Leprechaun Gnome in Watercolor & an Acrylic Pour in Green & Gold on a stretched canvas.

Candle Making—Saturday, Feb. 11th from 9:30-10:30 & 11-12

Fee \$20 (1 candle) Limit 12 Perfect for Valentine's gifts! You get to choose your jar, colors, accessories and scents.

Tie Dye T-Shirts— Saturday, Feb. 25th from 1-3 (Bring your own t-shirt) **Fee \$5 Limit 10** Hattie will help you make a colorful tie dye t-shirt. Bring your own t-shirt or purchase one at the café.

Beginning Quilling—Tuesday, Feb. 14th from 9-12 **Fee \$20**

Limit 10 Come learn this fun paper craft—quilling kit included! Caroline, a brand new member and quilling expert will be leading this class.

Quilling Lab—Tuesday, Feb. 21st from 11-1 **NO Fee** Bring your supplies and create with friends. (Beginner class required.)

Leather Craft—Fridays in Feb. from 10-12 **NO Fee** Irene will teach you the basics of applying designs and sewing on leather. She will help you pick a project and help you make it.

Jewelry Making Lab—Wednesdays in Feb. from 2-4 **NO Fee** In February, participants will be making Memory Wire Bracelets. You will need to bring your own supplies: Memory wire, soft nose or needle nose pliers, jewelry cutter tool, jump rings, standard drilled beads and charms if desired. Susan will help you get started .

Intro to Card Making—Friday, Feb. 17th & 24th from 10-12

Fee \$10 Limit 10 This class is for beginners only. Deb will teach you everything you need to know to participate in a Card Making class.

Card Making—Wednesdays in Feb. from 10:15—12:30 **Fee \$15 Limit 12** This class is for experienced card makers. Each week you will create 2 unique cards.

Wood Whittling with Neil— Wednesdays from 2-4 **NO Fee**

Neil 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.

Support Groups

Alzheimer's Support 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 2nd and 4th Mondays from 1-2.

HLOKC members Barbara Brown and Sharon McKay provide education, cooking, encouragement, & guest speakers.

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

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

2nd & 4th Tuesdays from 10am-2pm. This group sews gowns out of wedding dresses for the little angels who go to heaven too early. They need help cutting, sewing, and trimming.



Weaving Mats for those Experiencing Homelessness

Fridays from 1-3 pm

Patti George will teach you how to recycle plastic bags into useful 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.

Needed Donations:

- Plastic shopping bags for weaving mats
- Brown paper grocery bags for the Salvation Army
- Wedding Gowns and Silk Ties for Angel Gowns.

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 as you make new friends.

Loom Hats

Tues. from 1-3 in the lobby
Learn how to weave hats on a simple loom. You need acrylic yarn and loom. The hats are distributed to cancer patients, city rescue, and church who work with the homeless ministry.



Movie: The Proposal

Wed., Feb. 22
from 2:30 to
4:30

A pushy boss forces her young assistant to marry her in order to keep her visa status in the U.S.

Free Popcorn !

Social

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.

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.

Chess: Saturdays from 12pm-4pm

Put your mind to the test while playing this strategic problem solving board game.

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.

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 .

Life in Color: Tuesdays from 1pm-3pm

This relaxed group enjoys coloring and conversations. Reduce stress and anxiety while improving motor skills. Bring your own materials and join the conversation.

Mahjong: Weds, 9am-12pm in the lobby

A game of skill, memory and strategy with beautiful tiles. Richard will teach you this 19th century game from China.

Ping Pong : Tues, Thurs., & Fri. from 1-5 pm, Wed, 2-6 except for the fourth Wed of the month. Sat., 11-3 pm. Times may change due to special events.

Spades: Thursdays 1-3pm in the lobby

Join Larry Kincheloe in this game of strategy. For info email Kincheloe@cox.net.

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 3-4 pm

Join Puerto Rican native, Cynthia Rivera, to learn Spanish. It doesn't matter how much or little you know of the language, everyone is welcome to participate. Monthly fee of \$3 to cover class supplies.

Genealogy with Michael

Mondays from 3pm-5pm

Join professional Genealogist Michael McCoy to learn about migration patterns in family history genealogy. Laptops are encouraged. This will be a lab exercise.

Genealogy Tips & Tricks with David Myers

2nd & 4th Sat. from 10am-12pm

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

Birdwatching with Neil

Weds., Starts promptly at 9 am

February's destination will be Will Rogers Park (southeast corner of No. Portland Ave. and NW 36th Street). Go to the parking lot that is south of the Garden Exhibition Building. Look for the trip leader's silver-colored truck with the orange flag in the back. For further information: 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 10am -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

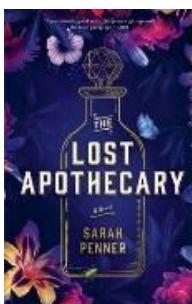
Non-fiction

Book Club

Wed., Feb 22

from 1-2 pm

Henry Kissinger, consummate diplomat and statesman, examines the strategies of six great twentieth-century figures and brings to life a unifying theory of leadership and diplomacy



Last Word

Fiction Club

Wed. Feb. 18th

11:30-1 pm

Hidden in the depths of eighteenth-century

London, a secret apothecary shop caters to an unusual kind of clientele. Women across the city whisper of a mysterious figure named Nella who sells well-disguised poisons to use against the oppressive men in their lives.

Special Opportunities



iPhone & iPad Tech Class w/Denise Fielden*

2 Time Slots each Date!!

**Tuesdays, Feb 7, 14, 21, & 28
from 1-2 pm & 2-3pm**

Space is limited to 12 each time slot. Space is limited and you must sign up at the front desk to attend..

This class will have 30 minutes of instruction and 30 minutes of question and answer.

A large range of skills and topics will be taught: settings, using your camera, successfully using the internet, and how to use your speech to text features.

* Denise is a retired teacher, lifelong learner. She has taught technology to teachers in small groups and at technology conferences. She is a new member at HLOKC and is excited to share with new friends.



Free Introduction to MEDITATION...
IT IS NOT WHAT YOU THINK!
with Nelson Holloway*

Thursday, Feb. 16th from 1-2 pm

Nelson will explain how to meditate. It is easy to learn and can help lower blood pressure. It improves relaxation and living in the present.

*Nelson Holloway is the Owner and Director of Training Works, a training/development and management-consulting firm.

Monday, Feb 20th from 10-12

It is not too late to evaluate your new Medicare benefits for 2023. There have been many changes for the New Year. Come learn about the new qualifications and see if they can benefit you. Everyone is invited to attend this meeting. Sponsored by:





Men's Health Seminar
by Boston Scientific

Thursday, Feb 9 from 6-7 pm* rental

Attend a free Men's Health Seminar and get your men's health questions answered. Hosted by Dr. Johnny Hickson and Dr. Ash Bowen, Board Certified Urologists with Urology Associates.



HLOKC 1st Place winners of the 2022 Spring Boathouse District Dragonboat Race

HEALTHY LIVING OKC DRAGONBOAT TEAM

No Experience Required! Join the HLOKC team and enjoy the excitement of Dragonboat Racing!

Practice will start Wednesday morning, April 5th from 9AM to 10AM - Event is June 23rd

The \$155 fee covers equipment rental, instructors from the Boathouse District, free parking and access to activities at the Boathouse District & Overholser from January to the day of the event.

PAYMENT & WAIVER INFORMATION WILL BE PROVIDED WHEN TEAMS ARE DETERMINED.

SIGN UP NOW AT THE FRONT DESK



OLLI classes offered at HLOKC

→ [International Travel after Covid](#)

*Tuesdays, Feb 14 through March 11
from 10-12*

→ [What does it mean to be a good American?](#)

*Tuesdays Feb. 28 through April 11 from
1:30-3:30.*

To enroll call 405-744-5868



FREE Fitness Orientation Every Friday @ 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 information contact HLOKC's Fitness Coordinator
Mike McMahon at (619) 852-9110.*

February 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	
	** 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	
			*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	

Schedule for Original Gym

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

Beginner Level Follow Up is for players coming from the beginner class wanting a little more instruction provided by a volunteer.
No sign up required.

WALKING ALLOWED OUTSIDE SCHEDULED TIMES, WITH PRECAUTION AND APPROVAL OF CLASS INSTRUCTOR

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-10A		ALL SKILL LEVELS 5:30A-10A	OPEN @7:30a
RESERVE COURT TIME 10:30A-12P	ALL SKILL LEVELS 5:30A-12P	LEVEL 2 10A-12P		LEVEL 1 & 2 10A-12P	ALL SKILL LEVELS 7:30A-10A
LEVEL 2 12P-2P	LEVEL 2 12P-2P	ALL SKILL 12P-2P	LEVEL 3 12P-2P	LEVEL 2 12P-2P	LEVEL 2.5 & 3 12P - 1P
LESSONS 2P- 4P	LEVEL 2.5 & 3 2P-3P	LEVEL 3 2P-4P	LEVEL 2 2P-4P	LEVEL 3 2P-4P	LEVEL 3 1P-3:45P
LEVEL 3.5 4P-6P	LEVEL 3 3P-5P	LEVEL 3.5 4P-6P	LEVEL 3.5 4P-6P		
LEVEL 3 6P - 8:45P	ALL SKILL LEVELS 5P-8:45P	RESERVE COURT TIME 6P-7:30P	ALL SKILL LEVELS 6P-8:45P	ALL SKILL LEVELS 4P-7:45P	
CLOSE @8:45		ALL SKILLS 7:30P-8:45P		CLOSE @7:45P	CLOSE @ 3:45P

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

***Reservations are not covered by membership fees and not available for unscheduled play.

ALL SKILLS LEVEL AVAILABLE IN THE OLD GYM, FRIDAYS, 2P-6P AND SATURDAYS 1:30P- 3:45P

FEB. AQUATIC FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 AM		AQUA WAKE UP <i>Susan</i>		AQUA WAKE UP <i>Susan</i>		
7:30 AM	<u>LAP SWIM ONLY</u> 5:30 - 9:00am No walking or bobbing in lap lanes.					
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.

Beginning Tai Chi: Yang style Tai Chi short form for beginnings. Slow, low-impact movements that are easy to follow for improved balance and stability.

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!

Fit 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.

Intermediate Tai Chi: Practice of the Yang style Tai Chi long form. Incorporates the 24 movements of the short form with additional moves.

Interval Circuit: Cardio, weight training and stretching combined in one class.

Intro to Tai Chi: A brief introduction to Tai Chi and the health benefits it offers. If you can walk, you can do Tai Chi.

Kickboxing: Learn basic kickboxing moves done to energizing music.

Kickboxing Express: Fast paced kickboxing moves done in 30 minutes!

Level Up: Done with a level one workout? Here you go! Weight training, bal-



Mat Pilates: Pilates will improve posture, muscle strength, and flexibility with use of expert breathing and cueing.

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 & Tone: Combination of weight training and spin moving on and off the bike.

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

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

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

Yoga Flex: Improve your flexibility and strength using weights along with your yoga moves.

Yoga Sculpt: Yoga/Pilates incorporating weights along with your yoga moves.

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

Zumba: Fun, energizing dance class from Latin style to hip hop.



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 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.

Aqua Mania: 20 minutes moving to music using weights and noodles for toning and core work followed with a feel good cool down.

Upcoming Opportunities:

Thursday, March 9:

Joy Improv Presentation

Tues., March 14:

Chicken and Pickle Fundraiser

Thurs., March 16:

Open Mic Night

Thurs., March 16:

Food Bank Field Trip

Fri., April 14 :

AARP Driver's Safety Course

Body Whisper Massage

De-Stress

Unwind &

Regain

Functionality



Monica Proctor, LMT Deep Tissue Specialist



Physical and Aquatic Therapy

Call (405) 753-9064 for appointments.



Would you be interested in taking Violin, Fiddle or Mandolin lessons? If so, please email Cheryl@healthylivingokc.com
We have a new member who would like to start a class.

Chili Cookoff

Sat. Feb 25 from 11-1

**If you have a favorite chili recipe,
now is the time to shine!**



Each Chili Cook-off Contestant will provide small tastes of their chili. Tasters will then vote for their three favorites. That's right, this year, the tasters will be selecting our Chili winner. We need members to cook chili. Complete contest rules are available at the information table. Purchase your tasting tickets at the front desk for \$10 each. There will be a limit of 100 tickets sold due to space. There will be prizes along with bragging rights for the winners.