

Don't miss this event. Tell your friends. There will be lots of important information that you may need to know.

6TH ANNUAL

HEALTHY
LIVING OKC

Open to the
Public!

April 27th
10AM to 3PM

SAVE
THE DATE!

60+
Exhibitors!

HLOKC
WELLNESS
EXPO

11501 N. Rockwell, Oklahoma City, OK

HEALTHY
LIVING
OKC

11501 N. Rockwell, OKC, 73162

healthylivingOKC.com

405-773-6910

HOURS:

Mon: Thurs 5:30 AM—9:00 PM

Fri: 5:30 AM – 8:00 PM

Saturday: 7:30 AM—4:00 PM

April 2023





Claire's Comments

Someone once said, "A busy person never has time to be unhappy." Well, we

have a lot of scheduled activities to keep you happy in April. Our program staff has been busy preparing an exciting month for all of us. You may even need a highlighter when you read this month's program directory. I hope you make time to visit the Wellness Expo on April 27. This event is not only extremely informative, but it also helps provide funding to Healthy Living OKC through sponsorships and exhibit fees. This year's event will be a great one!

There are also brand new activities coming in April, so I hope you check those out, too. As always, we love to hear your ideas. Don't ever hesitate to share your interests with staff – our most successful programs are the ideas or suggestions of members. We are on this journey of wellness together!

In good health, Claire



Handicap Parking

Did you know that not all handicap parking spaces are equal? Wheelchair vans need the extra space on the

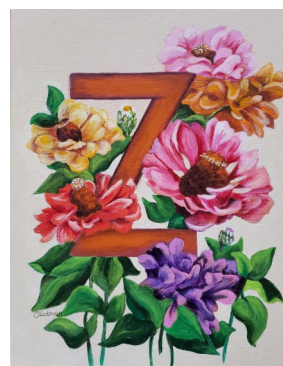
passenger side to lower the lift. If there are multiple handicap parking spots open, please choose accordingly. Also please check your handicap placard to make sure it is up to date and displayed where it can be easily seen.



Don't miss
Charlotte Hickman's
series

A-Z with Flowers

After retirement from school teaching and administration, Charlotte developed an art quilting business. When she retired again, she joined HLOKC. She took classes in oil, acrylic, and watercolor from Edna Woofter, Cheryl Swanson, Linda Hiller, and Cynthia Thomas. Charlotte displays her art on the walls here at HLOKC and has donated most of the funds to further the art program here. Charlotte began thinking about the theme of the alphabet and flowers. Soon that idea became a reality as she painted through the alphabet. A-L are painted in oil, and M-Z are painted in Acrylic. Be sure to view this collection on the brick wall headed to the multi-purpose area during the month of April.



FREE

Fitness Orientation

Every Friday @ 2:00 pm

Come meet Healthy Living OKC's great team of Certified Personal trainers.

***Equipment Demonstration * Goal Setting**
*** Strength Training * Balance & Stability**

For information contact HLOKC's Fitness Coordinator

Mike McMahon at (619) 852-9110.

Volunteer Information

Be a volunteer...We need you!!
Volunteer Sign up Forms are
available at our information table.

Something New **New Member Orientation**

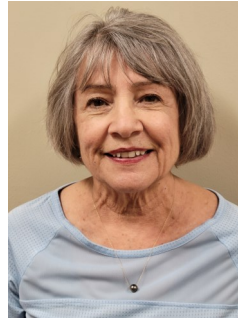
3rd Wed of each month
from 10-11am

This is a time for members to ask
questions, share comments and
suggestions. It will be led by
Cheryl Swanson & Susie Houston.

Join us as we create handmade cards for our Service Men and Women.

Everyone is invited. This group is led by Deb
Schuh, our card expert. Even if you haven't
made cards before, she can teach you.

Saturday, April 14
from 10am-12pm



Volunteer of the Month **Cathy Hall**

Cathy was born in Enid, Oklahoma and moved
to sunny California at the age of 8 with her
family and said it was a wonderful place to
grow up.

Cathy graduated from Richard Gahr High
School. Upon graduation, she attended Sarito
Jr. college when she met and married her
husband. They moved to Tennessee to be
closer to his parents and had her children, a
son and a daughter there.

In 1991 Cathy moved to Yukon where she
continued to raise her family. Cathy worked
for Seagate for 10 years and then went to work
for Francis Tuttle in a Corporate Training
position.

She retired from Francis Tuttle in 2016 and
watched HLOKC being built and knew that she
wanted to be a part of it. She loves pickleball,
volunteering, and any fitness class that Irene
teaches. She said it pushes her to stay strong
and healthy. Thank you, Cathy, for all that you
do for HLOKC.

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

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

Creative Opportunities in April

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 coupons.



Painting & Drawing Classes

Painting Lab—Mondays from 9am-12pm or 12-3pm **Fee \$20, Limit 16**

Linda H leads this lab—come and enjoy painting with friends. (Fee \$10 if you use your own supplies)

Intro to Acrylic Painting—Wednesdays in April from 10am-12pm

Fee \$20, Limit 10 Learn how to mix colors and techniques used in acrylic painting. We will be painting a series of 8"x8" canvases—triptych

Upside Down Oil Painting Fridays in April from 10am-12pm **Fee \$20, Limit 10**

Change the way you view art and challenge the right side of your brain by painting upside down! Helps you to recognize shapes and lines.

Intro to Oil Painting—Tuesday, April 4th, 11th & 18th from 1-3pm

Fee \$20, Limit 10 You will learn all about oil painting, differences between oil and acrylic, etc. You will paint a landscape painting.

Whimsical Watercolor—Wednesdays in April from 1-3pm

Fee \$10, Limit 16 A fun and easy class for beginners and seasoned painters too.

Beginning Watercolor Painting—Thursdays in April from 11am-1pm

Fee \$20 (Must have taken the Intro to Watercolor Class—will be offered again in May if you have not taken it.)

Advanced Watercolor Painting—Thursdays in April from 1:30-3:30pm

Fee \$20 (Fee \$10 class if you use your own paint, paper & supplies.)

Perspective Drawing—Friday, April 7, 21, & 28 from 1-3pm **Fee \$15** first month (new students receive a drawing journal), \$10 subsequent months. **Limit 24**



Triptych—Intro to Acrylics



Upside down Painting

Follow us on Facebook for info, updates and images of student work!

**** HL OKC Creative Artists ****

Additional class descriptions and info provided in the Program Directories located in the art rooms.



Snails —Pottery Project Class



Watercolor Glaze Technique —
Pottery Project Class



Glaze Pour —Pottery Project Class



Boxes with Lids—Pottery Project

Pottery



Intro to Pottery— Thursday, April 20th from 10am-12pm **Fee \$5, Limit 12.** Learn about our pottery program, clay construction methods and everything you need to know to participate in classes and labs.

Slab Box w/Lid —Pottery Project Classes—Tuesday, April 4th from 10am-12pm **Fee \$5, Limit 12** We will build a container and create a lid.

Watercolor Glaze Technique—Pottery Project Class—Thur, April 6th from 10am-12pm **Fee \$5, Limit 12** Create works of art on your pottery. **Please have a piece of unglazed bisque ware to work with that day.**

Glaze Pouring—Pottery Project Class—Thursday, April 13th from 10am-12pm **Fee \$5, Limit 12** Learn this unique method of glazing your projects! **Please have a piece of unglazed bisque ware to work with that day.**

Garden Snails—Pottery Project Class—Tuesday, April 18th from 10am-12pm **Fee \$5, Limit 12** Add some fun to your garden with whimsical snails!

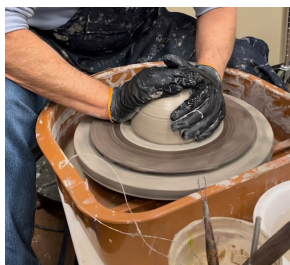
Help us raise funds for an additional kiln for our Pottery & Fused Glass programs!
Kathy Loftie is sewing these wonderful aprons for members for a \$20 donation to the Art Department!



Sign up to Learn to use the Potter's Wheel—Sign up in the Art Room Thursday, April 6th, 13th, 20th & 27th w/Dale (4:30 or 5:30pm)

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 Tuesdays & Thursday in April with the exception of April 20th & 25th. On these days there will only be an instructor present from 4-7pm.

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.**



SIGN UP IN THE POTTERY ROOM FOR LESSONS TO THROW CLAY ON THE POTTER'S WHEEL
Thursdays at 4:30 & 5:30pm



Fused Glass

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

Intro to Glass Fusion Monday, April 3rd from 1-3pm. 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.

Project Classes—Fee \$30/class unless specified. Class Limit 10

Garden Goddess—Project Class (2 Part Class)—Saturday, April 1st from 10am-12pm & Monday, April 10th from 1-3pm to do beadwork. Fee \$35 for 2 part class

Texas Bluebonnets—Project Class—Wednesday, April 5th from 10am-12pm

Glass Jar Lid—Project Class—Wednesday, April 12th from 10am-12pm (Includes one glass jar)

Mushrooms —Project Class—Monday, April 17th from 1-3pm

Fused Glass Labs—Fee \$30 (6x12) Limit 10 (\$40 for 12x12)

Saturday, April 15th from 10am-12pm

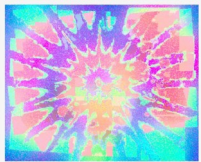
Wednesday, April 19th from 10am-12pm



Fused Glass—Texas Bluebonnets



Fused Glass—Glass Jar Lid



Specialty Classes

Wood Whittling—Wednesdays in April from 2-4pm **No Fee**

Jewelry Lab - Wednesdays in April from 2-4pm **No Fee**

Beginning Quilling— Friday, April 21st from 9am-12pm

Fee \$25 Limit 10 Learn the basics of quilling and complete a framed quilled heart!

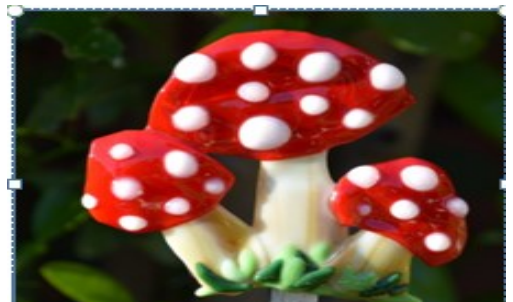
Quilling Lab—Friday April 21st from 1-3pm **No Fee** Bring your supplies and quill with friends! Must have taken the beginning quilling class to participate.

Leather Craft—Fridays in April from 10am-12pm **No Fee** Join this fun group learning to create leather crafts. Irene will help you find and begin a project of your choosing.

Multi Media Canvas—Saturday, April 8th from 10am-12pm

Fee \$15 Limit 12 Cheryl will help you create a one-of-a-kind piece of art using various media.

Tie Dye T-Shirts—Saturday, April 22nd from 1-3pm **Fee \$5 per shirt. Limit 12** Bring a prewashed cotton t-shirt to tie dye with Hattie.



Fused Glass—Mushrooms



Fused Glass—Garden Goddess



Sponge Print Flowers—Acrylic



April Card Class / Basketry



JOY Thespians



Good Time Guitar Guys



Line Dancers



Ukulele Lessons

Specialty Classes Continued....

Card Making—Wednesdays in April from 10:15am to 12:45pm

Fee \$15 Limit 16 April's feature card is a Pinata Thank You card.

Cards for Heroes—Saturday, April 8th from 10am-12pm

No Fee or Limit

Sponge Flowers in Acrylic—Tuesday, April 11th from 10am-12pm

Fee \$15 Limit 12 Perfect acrylic project for any skill level!

Basketry—Saturday, April 29th from 9am-12pm **Fee \$25 Limit 12**

Performing Arts

Theatre, Dance, Instrumental



The Joy Thespians

Fridays from 10 am to Noon

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

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.

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.

Violins and More with Nikki

1st and 3rd Fridays from 1-3pm

If you ever wanted to learn to play the violin or mandolin, now is your chance. Nikki is eager to share her easy-to-learn music techniques with you. She is a classically trained competition fiddler. Bring your instrument or just come, listen, learn, and have fun meeting fellow musicians.



Would you like to volunteer your talents, interests, and experience directly to a need in our community?

Give 5 is a civic matchmaking program where you get connected to nonprofits in Oklahoma City. You'll learn about one of our community challenges, mental health, and over a 5-week period, one day per week, you'll tour various nonprofits. Lunch and transportation to the nonprofits are provided. Class 1 is well underway. Class 2 will begin July 11th. You can apply to be a participating volunteer by getting a paper application on the information table or this link: <https://forms.gle/b4xE5KMfuWDxMBiG7>

You don't have to be a member at HLOKC to be part of the program. So tell your friends. Find out more by going to the website www.give5program.org, or contacting Debra McTaggart at dmctaggart@healthylivingokc.com, 405-773-6910, Ext. 113.

You can also access the OKC Give 5 Facebook page with the QR code, searching Facebook for **OKCGive5** or at this link: <https://www.facebook.com/groups/507389554928351/>
QR code (using your phone's camera)



Each One Teach One: Be a Stroke Hero

5 THINGS EVERY STROKE HERO SHOULD KNOW!

- Even **SUPERHEROES** are in **DANGER**.
STROKE RISK increases with age, but young adults, children, and even unborn babies can suffer strokes. If one of your parents had an ischemic stroke before 65, you are at **3X THE RISK** of suffering one yourself.
- HIGH** blood pressure is stroke's public **ENEMY #1**.
3 OUT OF 4 PEOPLE who suffer first strokes have high blood pressure.
- STROKE** targets by **COLOR**.
BLACKS have nearly 2x the risk for a first-ever stroke as whites.
- STROKE** is largely **TREATABLE**.
Clot-busting drugs and medical devices have made stroke largely treatable, but every second counts. The faster you are treated, the more likely you are to **recover** without permanent disability.
- FRIENDS** usually **SAVE** friends from **STROKE**.
Learn to recognize the warning signs of stroke.

Monday, April 10th from 10am-12pm
Presented by Charlotte Colbert,
INTEGRIS Health Stroke Community Educator

- Learn to recognize a possible stroke in about one minute
- Learn what to do and what NOT to do in a stroke emergency
- Learn easy, effective ways to lower your stroke risk



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 genealogy, with time travel from "The Wayback Machine." Laptops are encouraged.

Genealogy Tips & Tricks with David

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 7 am

April's destination will be the east side of Lake Overholser (near the dam). Look for the trip leader's silver-colored truck with the orange flag displayed in the back. For more information: 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

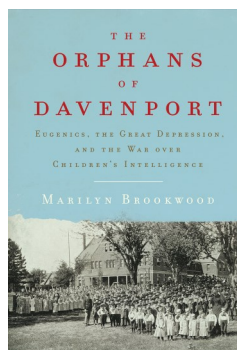
Weds., 10:30am -12:30pm

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 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

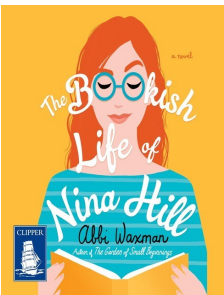
Book Club

Wed., April 26

from 1-2 pm

April's book is **The Orphans of Davenport:**

Edgenics, the Great Depression, and the War over Children's Intelligence by Marilyn Brookwood.



Last Word Fiction Club

Wed. April 19

11:30-1 pm

April's book is **The Bookish Life of Nina Hill**

by Abbi Waxman

The only child of a single mother, Nina has her life just as she wants it: a job in a bookstore, a kick-butt trivia team, a world-class planner and a cat named Phil. If she sometimes suspects there might be more to life than reading, she just shrugs and picks up a new book.

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 1-2pm.

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.



Egg Hunt with Prizes

April 6, 7, & 8 during open hours

Paper Mache Eggs will be hidden in plain sight. They will not be in closets, or behind locked doors. Find an egg with the HLOKC logo, bring it to the Snack Shop to redeem for a Free Soda.

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. There is no fee for this class, just come and make new friends.

Needed Donations:

- **Plastic shopping bags for weaving mats**
- **Brown paper bags for the Salvation Army**
- **Wedding gowns and silk ties for Angel Gowns**
- **Acrylic yarn for the hat weavers**

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 children experiencing homelessness and other service projects including some of our own. So bring your projects and quilts as you make new friends.

Loom Hats

Tues. from 1-3pm

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 churches who work with the



Driving Miss Daisy

Wed., April 26
2:30 - 4:30pm

Fiercely independent and penny-pinching

Miss Daisy is appalled when her nephew decides she is too old to drive and hires her a black chauffeur (Morgan Freeman).

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: 3:30-7pm; Wed, Thurs, & Fri: 1-5 pm; Sat: 11-3 pm. Times may change due to special events.

Sticks and Strings: This group will meet the 2nd & 4th Fridays of the month from 10am-12pm. This is a time for anyone who knits, crochets, embroiders, or works with fiber to come join together. Bring your latest projects and gather for fellowship. Hosted by Patti Jackson.

Spades: Thursdays 1-3pm in the lobby

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

"Be the change that you wish to see in the world."

— Mahatma Gandhi

Special Opportunities

iPhone & iPad Tech Class

with Denise Fielden*



Tuesdays, April 4, 11, 18, & 25

Beginning class: 1:00 - 2:00pm

There will be 30 minutes of instruction followed by a question and answer time. This class is geared for iPhones and iPads. There will be different topics each week.

Advanced class will be from 2-3. This class picks up where the beginning class leaves off. You must sign up directly for this class from Denise's beginning class.

Space is limited to 15. Please sign up to reserve your spot at the front desk.

- Denise is a retired teacher and 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.



Attention All Veterans

HLOKC is starting a new Veteran's Support Group which will meet quarterly.

Tuesdays, April 4, July 11, Oct. 3, and Jan 2 from 10:30-11:30am

Led by Rob Arrington and Jeannene Wade from the Oklahoma Department of Veterans Affairs. They will share information that will be beneficial to all veterans and their families. Come with questions and concerns you wish to discuss or need help with.

WALK WITH EASE

a program for better living

**Mondays and Wednesdays
from 11am-12pm for 9 weeks
starting Monday April 10th.**

Walk With Ease Program is a community-based physical activity and self-management education program. While walking is the central activity, Walk With Ease is a multi-component program that also includes health education, stretching and strengthening exercises, and motivational strategies.

Walk With Ease aims to:

- Improve balance and strength.
- Improve arthritis symptoms.
- Increase strength.
- Increase walking pace.

This is a new program for HLOKC. It is being brought to you free by the Oklahoma State Department of Health, Healthy Aging and Falls Prevention & Injury Presentation Service. Madelyn Maxwell, MA is the project coordinator. The group is limited to 24. Sign up will be at the information table.



"Life is like riding a bicycle. To keep your balance, you must keep moving."

Special Opportunities

Community Health Talk on



Bladder Therapy*

Tuesday, April 11th at 6 pm

Are you ready for relief? Live your life again without disruption.

Please join us for an educational event with Urogynecology of Oklahoma. Dr. Arielle Allen and Dr. Laura Stearman will discuss bladder health, overactive bladder and treatment options available. You must pre-register by calling 405-400-8188. *Rental



TOTAL WELLNESS

Free 8 week weight-loss and healthy living class for adults

Enroll now for Total Wellness

**Thursdays, April 13 through June 1
from 10-11:15am**

Want to lose weight and live better? This program is for you. OKC-County Health Department offers this free 8 week lifestyle and behavior change program. You must pre-register. Call 405-425-4422 or email: totalwellness@occhd.org.

Register at:

occhd.org/lose
OR scan this QR
code.



AARP is providing computer tech classes at HLOKC through their Older Adults Technology Services (OATS). Sonja Wall will be the instructor.

Each Wednesday from 1-2pm
from April 19th through June 21st.

The class topics include how to use:

- Cloud Storage
- Fitness Apps
- Food Delivery Apps
- Home Internet Access
- Instagram Basics
- Internet of Things (IoT) and Healthcare
- Online Shopping
- P2P Payments
- Protecting Your Personal Information Online
- Video Chat

There is no charge for the courses. AARP covers the cost of the trainings, trainer, & training materials.

Check for registration information at info table.



AARP is hosting a 6 hour Driver's Safety Course.

Friday, April 14th from 8:00am to 3:00 pm

Learn safety strategies to reduce the likelihood of having a crash, learn how aging, medications, alcohol, and other health related issues affect driving ability, and ways to adjust to compensate for these changes. Achieve a certificate of completion that may earn you a discount on your auto insurance.

\$20.00 for AARP members and \$25.00 for non-members to be paid by cash or check made payable to AARP. Course instructor will collect all fees prior to beginning of class. Sign up at the information table near front desk.

Special Opportunities



Self Defense with Jim Butin

6 week class

April 13 & 20

May 4, 11, 18, 25

10:30-11:30

Jim is recognized as

a tenth degree Black Belt by both the World Martial Arts Ranking Association and the American Karate Black Belt Association. This class will encompass defense against grabbing assaults such as front and rear chokes, wrist and arm grabs, bear hugs, punch attacks and weapons attacks.

Fee is \$35 for the 6 week course.

Sign up at the front desk. Limit 12



Meal Making For One with Chef Robin

April 14 from 9-12

Chef Robin has a Culinary Management degree from LeCordon Bleu, Scottsdale. We are excited to have her share her talents with us at HLOKC. Kitchen and food safety will

be discussed. This month we will be making Mediterranean inspired dishes: shrimp and noodle salad with a sesame ginger dressing and teriyaki chicken with rice. You will take home three meals to heat and enjoy later. This is a hands on class with a limit of 10. **Fee is \$30** Sign up at front desk.

The Oklahoma Country Retired Educators Association will meet from 9:30-11:30 on Saturday, April 15th. All retired educators are welcome to join this group.

What would you need if a disaster hit your home?

Wednesday, April 12 from 10-12

Chad Detwiler will be here to talk about disaster preparedness. Chad is with Recovering Oklahomans After Disaster, Inc. "ROAD" is a 501(c)3 nonprofit organization

that serves disaster survivors who have little to no means of recovery on their own by providing free home repairs all across the state. They partner with over 50 different organizations involved in various phases of disaster work through the Oklahoma Voluntary Organizations Active in Disaster (OKVOAD).

Chad will discuss weather apps, go-bags (documents, food, clothes...), and the phases of disaster that are not heard about on TV and what organizations provide before, during, and after. This session is free. There is no sign up sheet, just come.



Special Opportunities



Nutrition for Seasonal Allergy Support Class (with Tea & Snacks!)

Tuesday, April 25th at 11:30 am

It seems like every year spring comes with annoying respiratory frustrations for more and more of us. These seasonal symptoms are often caused by our immune system reacting to harmless airborne substances like pollen. Wave goodbye to your problems with pollen by learning what nutrients help support a balanced immune response to airborne irritants. We will be sample some tea and snacks containing nutrients that support relief from occasional seasonal allergies!

This class is free. No sign-up needed. It is sponsored by Natural Grocers.



Are you paying too much or too little? John Clements, Medicare, will help you find the answer.

April 28 & 29 from 9-11am



Table Tennis Ping Pong

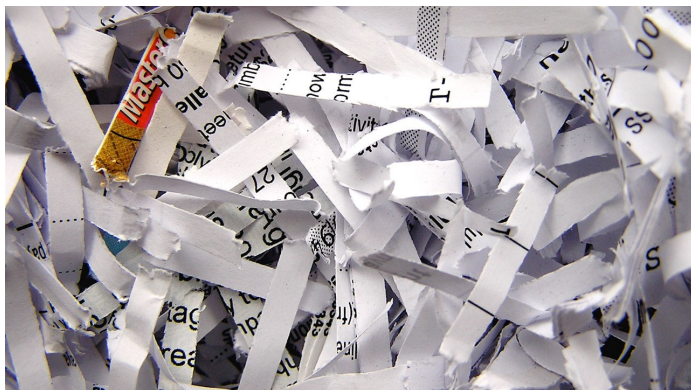
This sport uses hand to eye coordination,

focus, concentration, and physical movement. It is less strenuous than some sports. It is an excellent way to keep your brain functioning and get your heart rate up.

We are trying to get a group together to play some Table Tennis. Since there is only one table, (Doubles Play) would be the best use of the table. However, singles play is fine.

We can try to play on Saturday and depending on your preferences, possibly on other days. I would like to meet everyone that can attend: Saturdays from 11:00am to 3:00pm.

Let us know the best Day/Days and Times you would like to play. Call Larry at: (214) 709-2742.



The Shred Truck will be at HLOKC

Saturday, April 22 from 10am-1pm

Remember to remove all paper clips and binder clips before you come.

This event is free to you and is sponsored by:



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 - PATTI GF		** 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		*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 - LARRY GF		***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	12:15 INTERMEDIATE GF TAI CHI BEV
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 9A -1:30P	GRP X	GRP X 9A -1:30P	GRP X	GRP X 9A -1:30P	WALKING	
10:00 AM		WALKING				BASKETBALL 10A - 12:30P	
11:00 AM		BASKETBALL / WALKING 11A - 2P					BASKEBALL/ WALKING 11A - 2P
11:30 AM							
12:00 PM							
12:30 PM							
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>	ALL SKILLS PICKLEBALL 1:30P - 3:45P	
5:00 PM	GRP X	BASKETBALL	GRP X	BASKETBALL			
5:30 PM							
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 IS NOT ALLOWED OUTSIDE OF DESIGNATED TIMES

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-10:30A	ALL SKILL LEVELS 5:30A-10A	ALL SKILL LEVELS 5:30A-10:30A	ALL SKILL LEVELS 5:30A-10A	OPEN @7:30a ALL SKILL LEVELS 7:30A-10A
RESERVE COURT TIME 10:30A-12P	LEVEL 2 10:30A-2P	LEVEL 3 10A-12P	Reserve Time 10:30A-12P	LEVEL 1 (with helpers) 10A-12P	LEVEL 3 10A- 12P
LEVEL 2 12P-2P	LEVEL 2 10:30A-2P	ALL SKILLS 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 2 2P-4P	LEVEL 2 2P-4P	LEVEL 3 2P-4P	LEVEL 2 1P-3:45P
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 a court or courts at the front desk... \$20 per court. Proof of Rental is Required.

*****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

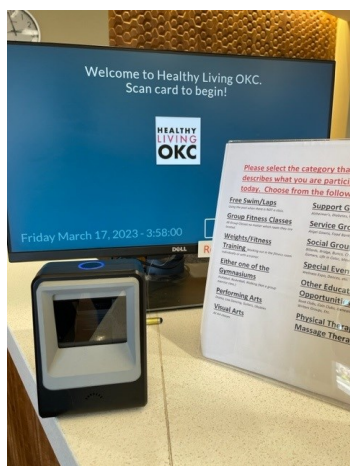
FEB. AQUATIC FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 AM	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 - Vanessa		AQUAFIT - Vanessa			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 CLOSING 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 I come in?

- 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 Insurance Members that don't sign in. So help us out, please sign in.
- Scan your card, tap the area you plan to attend, wait for the green box at the top, and then tap done. Thank you

Let's Move Together!

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 beginners. 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, balance and movement, plus fun!

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.

Celebrate^{the} Arts



Thursday, May 11th 6-8 PM Show Opening & Reception*

Friday, May 12th - 10AM to 7PM

Saturday, May 13th - 10AM to 3PM

*Ticket Required to Attend Opening & Reception - Limited to 100 people

Tickets will be sold at the Front Desk beginning April 14th

\$25 per person (includes \$20 voucher for art purchase over \$100)

ART SHOW & SALE

PROCEEDS BENEFIT THE
HLOKC
ART PROGRAM

Come See & Buy
Artwork from
HLOKC Art
Teachers and
Member Exhibitors*

*Participating artists are by
invitation only.

**HEALTHY
LIVING OKC**



Martin & Pearson

Will be sharing their
musical talent with
us on:

Monday, April 17

In the lobby from 1-2pm

Come enjoy great music and a
sweet treat!

How to guard your financial health
Tinker Federal Credit Union
will be giving a presentation on

BANKING OF TODAY

Thursday, April 6 at 9am

Lite breakfast provided

**You Can't Buy
Happiness...**

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



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