

HEALTHY LIVING OKC

June 2023

11501 N. Rockwell, OKC, 73162

healthylivingOKC.com

405-773-6910

HOURS:

Monday-Thursday: 5:30 AM - 9:00 PM

Friday: 5:30 AM - 8:00 PM

Saturday: 7:30 AM - 4:00 PM



You have asked for it, and now it is here — a chance to travel with your Healthy Living OKC friends and family. Healthy Living OKC and Collette have partnered to bring you four exciting trips in 2024. Come and bring your friends to one of the information sessions.

(These sessions are open to the public, so you can bring a friends who is not a member.)

Tuesday, June 6th, 2-3 pm or

Tuesday, June 20th, 2-3 pm

March 2024- Shades of Ireland

June 2024- Islands of New England

August 2024- Canadian Rockies and Glacier National Park November 2024- Tuscany

Did you know that HLOKC only receives a small portion of the member-ship fees for insurance members, such as Silver Sneakers? That's one reason checking in when you arrive is so important - we only get paid a small amount for each visit and the totals end up far below the usual membership fee of \$35.

We are so thankful for the members who make a monthly contribution to supplement their insurance memberships. It helps more than you can imagine. If you are interested in making a tax-deductible contribution, please visit with one of our staff members.



Claire's Comments

Rosalyn Carter is known for saying, "There are only four kinds of people in

the world – those that have been caregivers, those that are caregivers, those who will be caregivers, and those who will need caregivers." I have the privilege of serving as Chair for the Oklahoma Caregiver Coalition. It is an honor to work on behalf of such selfless individuals who give so much to others.

I've always thought of caregivers as heroes, and we have so many of these heroes here at Healthy Living OKC. I hope you can join us for a Caregiver Forum on June 20th. We will be discussing long-term care options, home safety modifications, and more. We have many other activities planned this month as well, so I hope to see you soon!

In good health, Claire



What is a Caregiver?

**Join us the third annual
CAREGIVER'S FORUM
June 20th from 10:00 am – 1:00 pm
Lunch provided to those who register by
June 19th. Register at info table.
We will have speakers on many topics
helpful to caregivers.**



CPR for Members

Friday, June 2nd from 10-2

Learn how to administer CPR to save someone's life. Fee is \$25. Sign up with Mistie. (Her office is left of the front desk.)



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

FREE Fitness Orientation Every Friday @ 2:00 pm

Come meet the Healthy Living OKC team of Certified Personal Trainers.

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

For information contact HLOKC 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

Wednesday, June 14th/ 10-11am

Want to learn more about HLOKC?

This is a time to ask questions,
share comments and suggestions.

Led by Cheryl Swanson, Program Director &
Susie Houston, Volunteers and Community
Relations

Cards for Heroes

*Join us as we create
handmade cards for our
military service members.*

Everyone is invited. Even if you haven't
made cards before, Deb Schuh, our card
making expert can help you!

Saturday, June 10th from 10-12



Ray Rhoades

**Volunteer of the Month
June 2023**

Ray was born in Idaho. At
age five his family moved to
Mountainair, New Mexico

where he graduated from Mountainair
High School. In 1972, Ray was drafted into
the Army and went through basic training
before he was stationed at Fort Hood near
Killeen, Texas. After his tour was finished,
Ray came to Bethany, Oklahoma where he
attended Bethany Nazarene College, now
known as SNU, where he received his
degree in elementary education.

Ray married in 1980, and together they
raised two daughters. In 1979, he went to
work for ONG and worked in commercial
construction for 32 years.

Ray retired in 2011 and started his volun-
teering career at HLOKC in 2019. He greets
our members with his warm smile. Ray has
four granddaughters and one grandson. He
loves hiking, woodworking, and tinkering
with his classic cars. Thank you, Ray, for all
you do at HLOKC!

**HLOKC's Regional Food Bank Volunteer Day is Friday, June 16th
from 8:30-12.**



We still need 10 volunteers. If you are
interested, please sign up at the information
table or contact Susie Houston at
susie@healthylivingokc.com

Creative Opportunities in June

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.



2023 Celebrate the Arts Participating Artists



Painting & Drawing Classes

Painting Lab—Mondays in June from 9am-12pm or 12pm-3pm **Fee \$20, Limit 16** Linda Hiller leads this lab—come and enjoy painting with friends. (Fee \$10 if you use your own supplies)

Intro to Acrylic Painting—Wednesdays in June from 10am-12pm **Fee \$25, Limit 10** Learn how to mix colors and techniques used in acrylic painting. We will be painting a series of poppies on 4" x 12" canvases—triptych

Painting Clouds in Acrylic—Tuesdays in June from 1-3pm

Fee \$25 Limit 10 Learn how to paint these four types of clouds in acrylic: dry sky, cumulous, stormy and evening clouds. Ursula Britt will be teaching!

Whimsical Watercolor—Wednesdays in June from 1-3pm

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

Watercolor Painting with Cynthia—Thursdays, June 8, 15, 22, & 29 from 1-3 pm

Fee \$20 Limit 14 (Must have taken the Intro to Watercolor Class w/Cheryl) This class is for those who are serious about wanting to watercolor paint.

Students will learn techniques that will be used to paint a new painting each month. The advanced students will work larger and draw their subject.

Watercolor Doors & Windows—Tuesdays, June 13th, 20th & 27th from 10-12

Fee \$15 Limit 12 Learn to draw and paint windows and doors with Linda B—including your own!

Value Study for Oil Painting—Fridays in June from 10-12

Fee \$15, Limit 10 Value is one of the elements of art that dictates how light or dark colors appear. We will color glaze before finishing.

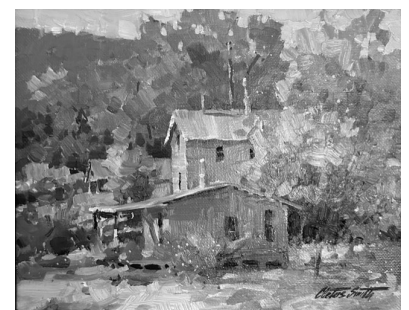
Figure Drawing—Fridays in June from 1-3pm **Fee \$15** first month (new students receive a drawing journal), \$10 subsequent months. **Limit 24**



Clouds—Acrylic Technique Class



Figure Drawing



Value Study for Oil Painting

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

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



Outdoor Candle Luminary



Slab Footed Dish—Pottery



Sun/Moon Wall Plaque—Pottery



Pottery Techniques—Sculpting

Pottery



Intro to Pottery— Saturday, June 17 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. Intro to Pottery is required before taking classes and working independently in pottery labs.

Sun/Moon Wall Plaque—Pottery Project Class—Thursday, June 1 from 10am-12pm **Fee \$5, Limit 12** The perfect addition to your garden.

Slab Footed Dish —Pottery Project Classes—Thursday, June 8 from 10am-12pm **Fee \$5, Limit 12** Learn how to make this unusual dish!

Outdoor Candle Luminary—Pottery Project Class—Thursday, June 15 from 10am—12pm **Fee \$5, Limit 12** Light up your summer patio with this fun candle luminary.

Sculpting Textures —Pottery Project Class—Thursday, June 22 from 10am-12pm **Fee \$5, Limit 12** Create the wow factor on your pottery using textures!

Flower Plant Stakes—Pottery Project Class—Thursday, June 29 from 10am-12pm **Fee \$10, Limit 12** Colorful flowers for your garden! (includes 2 garden stakes)

Note: Pottery Class fees do not include firing.

Pottery Wheel Lessons —Sign up in the Art Room for Thursdays in June w/Dale (4:30 or 5:30pm)

Pottery Labs with Dale, Pat, and Rachel—Tuesday & Thursday evenings, 1-7 pm Please check the calendar (posted in classroom) for additional lab times as they may vary.

Instructors are in Labs from 1-7 PM only on Tuesdays & Thursdays in June.

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.**



Pottery Flower Plant Stakes



SIGN UP IN THE POTTERY ROOM FOR LESSONS TO THROW CLAY ON THE POTTER'S WHEEL
Thursday's in June @ 4:30 & 5:30



Fused Glass

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

Intro to Glass Fusion -Saturday, June 3 & Wednesday, June 14 from 10am-12pm.

Fee \$20 Class limit 6 In this class you will learn about our fused glass program, how to cut glass safely, and how to use the glass tools correctly.

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

Birdhouse Class -Monday, June 12 from 1-3pm

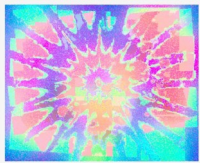
Seagulls Class - Monday, June 19 from 1-3pm

Birds & Bees Class -Wednesday, June 21 from 10am-12pm

Tree Suncatcher Class—Wednesday, June 28 from 10am-12pm

Fused Glass Lab -Monday, June 19 & June 26 from 1-3 pm

Fee \$30 (6x12) Limit 10 (\$40 for 12x12)



Specialty Classes

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

Beginning Quilling -Friday, June 16th from 9am-12pm

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

Quilling Lab -Friday, June 16 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 June 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.

Calligraphy -Thursday, June 1 & 8 from 10am-12pm **Fee \$15**

Limit 12 Cheryl will help you master calligraphy.

Patriotic Bandana Wreath -Saturday, June 24 from 10am-

12pm **Fee \$25 Limit 12** Linda B will help you complete this festive wreath!

Terracotta Pot Acrylic Pour -Saturday, June 17 from 10am-

12pm **Fee \$15 Limit 12** Love pour on canvas? You'll love this!

Zentangle—Thursday, June 22 & 29 from 10am-12pm **Fee \$10**

Limit 12 If you love to doodle, you will love this!

Candle Making— Saturday, June 10 from 10-11am or 11:30am-

12:30pm **Fee \$20 Limit 12** Create a custom scented candle!



Fused Glass—Bird Houses



Fused Glass—Seagulls



Fused Glass—Birds & Bees



Fused Glass—Tree Sun Catchers



Patriotic Bandana Wreath

Card Making with Deb-Wednesdays in June from 10:15am to 12:45pm **Fee \$15 Limit 16** Create darling greeting cards.

Cards for Heroes-Saturday, June 10 from 10am-12pm **No Fee or Limit** Come help us make holiday cards for veterans!

Watercolor Doors & Windows—Tuesday, June 13, 20 & 27 from 10am-12pm **Fee \$15 Limit 12**

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

Performing Arts



Theatre, Dance, Instrumental

The Joy Thespians with Eddy
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.

Ukulele 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 6-7:30 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 6-7:30pm

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 Join us and learn to play the violin or mandolin. Nikki is eager to share her easy-to-learn music techniques with you. Bring your instrument.



Watercolor Doors & Windows



JOY Thespians



Good Time Guitar Group



Line Dancers



The Innovative Program Making Retirees Eager to Volunteer



After Phil Hyde, age 77, worked in private practice as a clinical psychologist for 43 years, he retired and was invited to move to Spain to be near his son's family. "I want to take care of you in your old age," his son said, "and it would be easier if you were in Spain." So, Phil went to Spain. In just six weeks he figured out, "This is not for me. I don't speak Spanish, and I miss my friends in Oklahoma City." He realized he hadn't prepared himself for retirement. He wondered what's next that would give purpose and meaning to his life.

When he received an email announcing the Give 5 program hosted in Oklahoma City by Healthy Living OKC, where he's a member, it seemed perfect for him. "It is so miraculous and so touching to be able to go behind the scenes of nonprofit organizations to see what they do and how I can help. It is a dream come true – a godsend."

Give 5 is an innovative program that HLOKC launched this year in Oklahoma City that lets retirees (or near-retirees) see firsthand where the community needs are, and then helps them volunteer there. Give 5 holds classes with about 20 "students" who meet once a week for five weeks at Healthy Living OKC. They visit with more than a dozen nonprofits to get a close look at organizations that serve people to "move the needle" in some way related to one of the biggest challenges in Oklahoma and Oklahoma City – mental health. The nonprofits explain their mission and pitch the opportunities they offer volunteers. In other words, Give 5 shows them the "why" and the "how" of volunteering, not just the "what" and "where."

Graduating from the program on April 18, Phil plans to volunteer with not just one, but five organizations who need his experience and expertise from all those years in private practice. Phil says, "I believe there is a place to use my listening and encouraging skills to help other people. For example, as a Big Brother I hope to interact with a young male in a way that I can help prevent him from getting derailed as he continues to grow up."

"HLOKC started the program in Oklahoma City in November 2021 by inviting more than 50 nonprofit organizations to an informational meeting," said Debra McTaggart, the program's coordinator for Healthy Living OKC, "and then early this year we began recruiting the volunteer participants. Our inaugural class graduated April 18th"

Another class will be conducted this year and four classes are planned for 2024. Class 2 begins for the Give 5 program on September 13th, 2023. Those wanting to volunteer as well as nonprofits who'd like to participate can apply at <https://healthylivingokc.com/programs/the-give-5-program/> (coming soon www.Give5OKC.com).

Check it out on Facebook, using your cell phone camera on the symbol here.



Educational Opportunities

Coin Club: *3rd Tuesday from 10-11am*

Join member Gary Parsons to learn more about coins and coin collecting. Bring your coins, and Gary can help you learn more about each 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: *Mondays from 3-5pm June 5, 12, 19, & 26*

This is not a lecture class, but rather a Genealogy Laboratory Class with Michael McCoy. Each student will have a 2-hour opportunity to work on his/her own genealogy by using **Ancestry.com**. Ancestry.com will be on the TV screen as a teaching tool to help each student. Laptops or computer notebooks are required. Extension cords will be provided.

Genealogy Tips & Tricks: *2nd & 4th Saturday from 10am-12pm* David Myers discusses methods of research. It is a combination of lecture and hands on application.

Birdwatching: *Wednesdays, Starts promptly at 7 am*

Bluff Creek Park (northwest corner of the intersection of N. Meridian Ave. & W. Hefner Rd.) PLEASE NOTE: We will not be in the parking lot at Pat Murphy Park. Contact the field trip leader for information on where we will meet. (Neil Garrison; 405-590-0483).

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

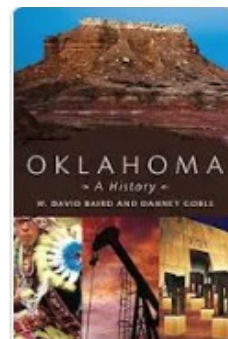
"Sewinistas": *Fridays from 1-3pm*

Bring your sewing machine, and Patti George will help you learn to use it while making new friends.

WriteIT Your Way

Mondays, 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.

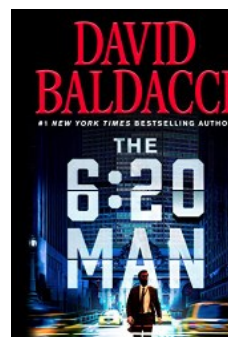


True Stories Nonfiction Book Club

Wed, June 28th from 1-2 pm

The June book is **Oklahoma: A History** by Danny

Goble and David W Baird. From the tectonic formation of Oklahoma's varied landscape to the recovery following the Oklahoma City bombing, the book includes both the well-known and the not-so-familiar of the state's people, events, and places.



"Last Word" Fiction Club

Wednesday, June 21st, 11:30am-1 pm

The June book is **The 6:20 Man** by David Baldacci.

A cryptic murder pulls a former soldier deep into the corruption and menace that prowl beneath the opulent world of finance.

Support Groups



Alzheimer's Support
*2nd & 4th Wednesdays.
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. Everyone meets together.

Diabetes Support *This group will not meet in June or July. They will meet again on the 2nd and 4th Mondays from 1-2pm starting again in August.*

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

Mending Hearts (Grief Share) *Wednesdays from 9:30-10:30am*
Rose English, LMFT and Grief Recovery Specialist, assists those who have experienced loss.

Managing Ups & Downs of Life *Thursdays, 9:30-10:30am*
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 *will not meet in June.*

Loud Crowd *Thursdays from 11am-12pm*
Approximately 90% of people who are 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 Thursday, June 15th
from 12-1pm*

The Parkinson's Foundation, Select Physical Therapy, and HLOKC offer a support group to our members to provide 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 that 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 Wednesdays,
1-5pm*

This is a group for members with sewing knowledge. We have a wonderful time visiting with one another while making quilts for POSITIVE TOMORROWS, a 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

Tuesdays 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 Mission, and churches who work with the homeless ministry.

Social

Bridge: Mondays & Thursdays 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 2-4pm

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 12-4pm

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

Gamers: Mondays, Wednesdays, & Fridays 1-5 pm & Saturday from 12:30 -3:30pm (**Except ...on the 4th Monday, this group meets from 9am-12pm**)

Join this group to play various card games while socializing and laughing with new friends.

Dominoes: Daily, 12-4pm 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 1-3pm

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

Mahjong: Wednesdays, 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: Tuesdays 3:30-7pm; Wednesday, Thursday, & Friday: 1-5 pm; Saturday 11-3 pm

Times may change due to special events.

Sticks and Strings: Fridays 10am-12pm (No 5th Fridays)

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, Sherry Irvin, and Judy Bland.

Spades: Thursdays 1-3pm in the lobby

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

Special Opportunities



Do you have an idea for a class or event you would like to see here at HLOKC?

We want to offer classes that you want. Currently we are looking for someone who would like to share their talents about computers & mobile phones with our members. Please contact Cheryl Swanson, HLOKC Program Director, at cheryl@healthylivingokc.com if you would like to share an idea.

ZOOM
+med
ZoomMobileMed.com

Mobile routine healthcare
and hydration services
by appointment



Bicycle Safety Class

*Wednesday, June 21 from 1-2 pm
Presented by Angela Coffman,
Vice President of Oklahoma Bike
Society and friends*

Did you used to love riding bicycles? Do you want to ride again? We will discuss hand signals and safety tips and see if there is interest in starting a group casual ride.



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July 31th , 2023**

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Bathsandroomsbydenise.com**



Let's Talk about Scammers

**Monday, June 12
from 10-11 am**

Sheryl Presley became Oklahoma City's TRIAD Coordinator on October of 1998. This position requires working with the Oklahoma City's older population; she also works closely with the Oklahoma County Sheriff's Department in educating citizens of Oklahoma as to their rights, opportunities available to them and laws that may affect their lives. This is a great presentation you won't want to miss.

Special Opportunities

Diabetes Prevention Class

Presented by Beth Goetz, Diabetes Prevention Coordinator, from the Harold Hamm Diabetes Center at the University of Oklahoma.

1 out of 3 American adults has prediabetes. If you have prediabetes, you can make changes now to improve your health and prevent type 2 diabetes. This program that has been proven to prevent or delay Type 2 diabetes by 71% in people 60 years or older.

A new class will begin at HLOKC on Tuesday, July 25 at 3:30pm. Get enrolled now for this once-a-year class. You don't want to miss this opportunity to learn how to reduce your chances of getting diabetes. You will learn how sleep, exercise, stress and what you eat can have an impact on your health.

Call 405-421-2959 for more information and to see if you qualify based on your A1c & BMI.



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

Each Wednesday in June from 1-2pm

June Topics include:

June 7th: Internet of Things and Healthcare

June 14th: Online shopping

June 21th: P2P Payments
(Person to Person Payment)

June 28th: Video Chat

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

You must pre-enroll by calling

1-877-926-8300



CREATIVE ACTORS FOR MOTION PICTURES

This group meets on Wednesdays from 10-12 pm. Led by Chris Conklin, participants will learn the basics of creative filmmaking through the actors point of view and gain technical and associated crew experiences.



Reid Home Solutions

Thur., June 8th

with Shelley

Chappell

9am to 12noon

SECRETS TO A CLUTTER FREE HOME

Discover the art of home and closet organization and closet design solutions. Learn the ways an organized and well-designed home can improve your life. (Rental)

Special Opportunities



Are you paying too much or too little? John Clements, medicare advisor, will help you find the answer.
Friday, June 16 and
Saturday, June 17 from
9-11 am. (Rental)

Natural Tips to Support Healthy Sleep June 27, 11:30am-12:30 pm

Are you dreaming of a good nights sleep? In this class, you'll learn a variety of natural sleep solutions that can support you in making sound, restful, and rejuvenating sleep a reality. This includes balancing and increasing the nutrient density of the diet to optimize sleep, practicing proper sleep hygiene, and adding various sleep-supportive herbs and supplements that can help you achieve those z's.

Join us and discover the steps you can take to foster quality, healthy sleep every night! Presented by Jessica Cox.

Sponsored by:



Third Thursday Summer Social Thursday, June 15th from 6-8pm

This event is Open to the Public
*Come and enjoy the music.
Sing along to the tunes you recognize.*

Music by HLOKC Guitar Groups

*Sam's Cheese & Food Truck will be
here....their menu will be on info desk.*

Special Opportunities

*In addition to Regular Scheduled Programs
Here are some Extra*

“Save the Dates”

Fri., June 2nd: CPR for Members 10-2

Mon., June 5th: Interest Rates with Edward Jones
10:30-11:30

Tues., June 6th: Collette Travel Presentation 2-3

Wed., June 7th & 14th: AARP Computer Class 1-2

Thur., June 8th: Home Solutions from 9-12

Sat. June 10th: Making Cards for our
Service Members 10-12

Mon., June 12th: Don't get Scammed,
presented by Sheryl Presley 10-11

Wed., June 14th: New Member Orientation 10-11

**Thurs. June 15th: Third Thursday Social featuring
HLOK Guitar Group 6-8**

Fri., June 16: Regional Food Bank 8:30-12

Fri. & Sat., June 16th and 17th: Medicare with
John Clement 9-11am

Tuesday, June 20th: Caregiver Forum 10-1

Tues., June 20th: Collette Travel Presentation 2-3



Wed., June 21th:
Bike Safety 1-2

Tuesday, June 27th:
Natural Grocers
11:30-12:30

World Class Bench Presser

You might have seen Gary Brooks working out in the free weight area of the weight room at Healthy Living OKC. He started working out at HL OKC in March 2018 and decided to return to competing in the sport of powerlifting while training at HL OKC.

His first two power lifting meets were "full power" meaning he competed in the squat, bench press and dead lift. Do to issues with both knees and a total knee replacement, Gary now only competes in the bench press. Fortunately, the bench press is Gary's best lift of the three power lifts and is a stand-alone, worldwide competition.

Gary turned 70 in 2020 and competes in the Raw Master 4 Division in the 220 pound weight class. Raw means no performance enhancing drugs and no performance enhancing equipment and Master 4 refers to the age class of 70 to 79.

Gary competed in two bench press competitions in 2022 and his best bench press was 292 pounds. That bench press gave Gary the ranking of number 3 in the world for 2022. Gary's most recent powerlifting meet was April 22, 2023. He again bench pressed 292 and had a close miss at 297. The bench press of 292 pounds ranks Gary in a tie for first place (year to date) in the world for 2023. Gary hopes to compete one more time in 2023 and hit that "holy grail" of a bench press as a Master 4 competitor (regardless of body weight class) which is 300 pounds.



Group Fitness Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 AM	** INTERVAL CIR- CUIT GF - PATTI		** INTERVAL CIR- CUIT GF - PATTI		** SPIN/TONE - DEE ANN GYM	
7:45 AM	** MAT PILATES GF - PATTI		** MAT PILATES GF - PATTI		** MAT PILATES PATTI GF -	
8:45 AM	** LEVEL UP GYM - IRENE		* CHAIR FIT COMBO GYM - DEE ANN		*CHAIR TABATA DONNA GYM -	
9:00 AM	** POWER PUMP GF - DEE ANN	**ZUMBA MULTI LAURA		** ZUMBA MULTI - MADHU		** ZUMBA - MULTI
		** 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	** YOGA SCULPT GF - TERRI	* CHAIR YOGA GYM (45min) - DIANA	**MUSCLE WKND GF
			*SMOOTH YOGA GF - DIANA	*JAMMN' BEAT (45 MIN) GYM - DEE ANN	**POWER PUMP - DONNA GF	
11:00 AM	***ADV TAI CHI GF - LARRY		***ADV TAI CHI GF - LARRY		***ADV TAI CHI - LARRY GF	
11:15 AM				**INTERVAL CIRC GF - TERRI		
11:30 AM	**FITCYCLE GYM - NIKKI					
12PM	**ROLL & RELEASE GYM - NIKKI		FIT FORMULA GYM - NIKKI		**FITCYCLE GYM - NIKKI	12:15PM INTERMEDIATE TAI CHI GF BEV
12:30 PM	*HEALTHY BK&CORE GYM - NIKKI	* DANCE2BFIT GF - SHEILA	*HEALTHY BK&CORE GYM - NIKKI	* DANCE2BFIT GF - SHEILA	*HEALTHY BK&CORE GYM - NIKKI	
1:00 PM						*INTRO TO TAI CHI BEV GF -
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 fit- ness room	MULTI = multi- purpose room
6:30 PM	** ZUMBA GF - KELLY R		*** ZUMBA GF - EMILY		* = LOW INTENSI- TY	*** = MED AD- VANCED
7:00 PM	LINE DANCE MULTI - NANCY		LINE DANCE MULTI - NANCY		*** = high intensity	

OLD GYMNASIUM SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WALKING 5:30A - 8:30A	WALKING 5:30A - 8:30A	WALKING 5:30A - 8:30A	WALKING 5:30A - 8:30A	WALKING 5:30A - 8:30A	BASKETBALL & WALKING 7A - 1:30P
**LEVEL UP - Irene 8:45A - 9:45A	**KICKBOXING - Irene 9A - 9:55A	*CHAIR FIT COMBO Dee Ann 8:45A -	**FIT MIX - Irene 9A - 9:55A	*CHAIR TABATA Donna 8:45A-9:45A	
*CHAIR YOGA - Diana 10A - 10:45A	BASKETBALL & WALKING 10 - 2P	*CHAIR YOGA Dee Ann 9 - 9:55A	*JAMMN' BEAT (45 MIN) - DEE ANN	*CHAIR YOGA Diana 10A - 10:45A	
**FITCYCLE - Nikki 11:30A - 12P		OPEN 10A - 11:45A	BASKETBALL & WALKING 11A - 2P	OPEN 11A - 11:45A	
*ROLL & RELEASE NIKKI 12P - 12:30P		*FIT FORMULA NIKKI 12P - 12:30P		**FITCYCLE Nikki 12P - 12:30P	
*HEALTHY BK/CORE Nikki 12:30P - 1:30P		*HEALTHY BK/CORE Nikki 12:30P - 1:30P		*HEALTHY BK/CORE Nikki 12:30P - 1:30P	
BASKETBALL & WALKING 1:30P - 4:30P	PERSONAL TRAINING 2P - 3:30P	BASKETBALL & WALKING 1:30P - 4:30P	PERSONAL TRAINING 2P - 3:30P	2ND FRIDAY - BEGINNER PICKLEBALL LESSON 2P - 4P OTHER FRIDAYS ARE OPEN TIME	ALL SKILLS PICKLEBALL 1:30P - 3:45P
*THE BEAT	BASKETBALL & WALKING 5P - 8:45P	*THE BEAT	BASKETBALL & WALKING 5P - 8:45P	ALL SKILLS PICKLEBALL 4P - 6P	
**STRENGTH/TONE & CARDIO Kelly N 5:30P - 6:30P		**STRENGTH/TONE & CARDIO Kelly N 5:30P - 6:30P			
WALKING 6:30P - 8:45P		WALKING 6:30P - 8:45P		WALKING 6:30P - 8:45P	

Blank Areas = 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
	RESERVE COURT TIME 10:30A-12P	LEVEL 2 10:30A-2P	LEVEL 3 10A-12P	RESERVE COURT TIME 10:30A-12P	LEVEL 1 10A-12P	LEVEL 3 10A- 12P
	LEVEL 2 12P-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 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.

AQUATIC FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNES- DAY	THURSDAY	FRIDAY	SATUR- DAY
6:30 AM	LAP SWIM ONLY 5:30AM - 9:00am	<i>AQUA WAKE UP</i> <i>Susan</i>		<i>AQUA WAKE UP</i> <i>Susan</i>		
7:30 AM						
8:30 AM		<i>AQUA TABATA</i> <i>Dee Ann</i>		<i>AQUA ZUMBA</i> <i>Kelly R</i>		
9:30 AM	<i>AQUA ZUMBA</i> <i>Emily</i>	<i>AQUA ENERGY</i> <i>Betty</i>	<i>AQUA ZUMBA</i> <i>Emily</i>	<i>AQUA ENERGY</i> <i>Betty</i>	<i>AQUA ZUMBA</i> <i>Emily</i>	<i>AQUA EXTREME</i> <i>Jessica</i>
10:30 - 3:25p					CLOSED 12 - 2	
3:30 PM	<i>AQUAFIT -</i> <i>Vanessa</i>		<i>AQUAFIT -</i> <i>Vanessa</i>			POOL CLOSED AT 3:30 PM
4:30 PM						
5:00 PM		<i>AQUA TONE/ CARDIO Kelly N</i>		<i>AQUA ROTATION</i>		
6:00 PM	<i>AQUA ENERGY</i> <i>Betty</i>	<i>AQUA EXTREME</i> <i>Jessica</i>		<i>AQUA MANIA</i> <i>Mindy</i>		
7:15 PM						
POOL CLOSURES AT 8:30PM MONDAY - THURSDAY						

RULES :

GRAY AREAS ARE FOR OPEN SWIM WITH 2 LANES FOR LAP SWIM....LAP LANES ARE FOR LAP SWIMMING ONLY

NO LAP OR OPEN SWIM DURING CLASSES!

LAP LANES WILL BE REMOVED 15 MINUTES BEFORE CLASSES START

Please respect your pool instructors and other members by not talking during class.



Starting Thursday, June 1 at 10:00am
Join DeeAnn in this 45 minute workout as she drops a groovy beat using drumsticks or a tambourine. It is a fun total body workout as your listen to your favorite tunes.



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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.

Jamn' Beat: Jam to a groovy beat using drumsticks of a tambourine! It's a total body workout as you listen to your favorite tunes.

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: Energetic arms, abs, and cardio workout to the music you love to sing to.

Aqua Rotation: Rotation of different instructors and class styles.



Come get the latest updates on the economy and interest rates. Learn what it means for CD's, Bonds, and other investments.

Monday, June 5 from 10:30-12:30

Edward Jones®



Joshua A Cain
Financial Advisor
17730 N Macarthur Blvd C
Edmond, OK 73012
405-330-5881

Sandwiches and other refreshments will be provided if you register on the sign-up sheet on the information table by Saturday, June 3. Limit 30



Thank you for supporting the arts through your attendance, purchases & volunteering for the 2023 Celebrate the Arts! We raised over \$700 for the Art Department!



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