

# HEALTHY LIVING OKC

11501 N. Rockwell, OKC, 73162

405-773-6910

www.healthylivingOKC.com

## HOURS

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

Friday: 5:30 AM - 8:00 PM

Saturday: 7:30 AM - 4:00 PM

## Program Directory October 2024

### Longevity 101: Medication Management

Presented by Tracy Loper, M.D.  
OU Health Psychiatrist

Thursday, October 10  
5:00 – 6:00 p.m.

HEALTHY LIVING OKC  
11501 N. Rockwell Ave.  
Oklahoma City

Open to Public



## 50's Dance Rock n Roll Party

ENTRY  
\$5

SODAS AND  
SNACKS \$1

DJ SPINNING  
YOUR FAVORITE  
TUNES



OCT. 17 7 - 8:30 PM  
THURS.

OPEN TO THE PUBLIC

### Vaccine Clinic: Tues., Oct. 1, 11 am - 1 pm

Get your COVID and Flu vaccines here. Bring your insurance cards. Sign up at the Front Desk to ensure Greg at Clyde Pharmacy brings enough vaccines for the day.

HEALTHY LIVING OKC

Indoors!

## Annual Fall Arts & Craft Show

Handmade  
Art & Crafts

October 25th & 26th

Food  
Trucks!

10 am - 3 pm

Open to the public

Healthy Living OKC, 11501 N Rockwell Ave., OKC

Thank you to our Sponsors!



## Medicare is changing in 2025 How do you make informed decisions?

Get the facts. Ray Walker from the Oklahoma Department of Insurance will share insights to help you navigate the Medicare maze.

Thurs., Oct. 10

10 - 11:30 am

Free educational event by:

Arrive early; seating limited





## Kelly's Keynotes

*Make new friends, but keep the old. One is silver, and the other is gold.* Do you remember that song? It's referring to the value of friendship.

How can friendships enrich and improve your life? Friends help you celebrate the good times and support you during the bad. Friendships help us to not feel lonely or isolated.

Friendships can also help:

- Increase your sense of belonging and purpose
- Boost your happiness and reduce your stress
- Improve your self-confidence and self-worth
- Help you cope with stress, such as divorce, illness, job loss or the death of a loved one
- Encourage you to change or avoid unhealthy lifestyle habits

Adults with strong social connections have a reduced risk of health problems, including depression and high blood pressure. Studies have found that those who have friends and social support networks are likely to live longer than those with fewer connections.

Developing and maintaining good friendships requires effort. We all have busy lives. Don't wait for a friend to call you. Reach out to them first.

How can you make new friends? Contact people you've met at social gatherings; connect with neighbors; or introduce yourself to people from classes, events, and activities you attend here at HLOKC.

Once you have some solid friendships, be sure to nurture them. Be kind, open, and a good listener.

Remember, it's never too late to develop new friendships or reconnect with old friends. Investing time in making friends and strengthening your friendships will enrich your life and improve your overall wellness.

— Kelly Nixon, HLOKC Branch Director

## Healthy Living



In last month's Program Directory I asked, "What is healthy living?" I briefly talked about getting started with exercise and how our personal trainers can assist.

This time, consider what exercise does for you and how resistance training is beneficial for healthy

living. In a meta analysis of 16 other studies published in 2019, resistance training was observed to improve both mental and physical health in older adults, those at least 50 years old. From a mental health perspective, benefits included positive scores in emotional role functioning, mental health, vitality, and social functioning. On the physical side, a reduction in bodily pain was observed in addition to the obvious improvements in strength, physical function and general health. A study published in February 2024 showed women who participated in strength training reduced mortality risk by 30%.

Other benefits include: supporting joint health, reducing the risk of falls, controlling blood sugar, and improving mood. Building muscle burns more calories, which assists with weight management.

Our trainers are ready to help you get started with resistance training, geared specifically for you so you can take advantage of these benefits.

Come meet us, ask us questions, sign up for training sessions, and let's work together to live healthy!

- Jeff Bowman, HLOKC Personal Trainer

### Reminder: Free Fitness Orientation Sessions

We offer free fitness orientations **every Friday at 2 pm in the Fitness Center lobby area**. Hear from HLOKC's certified personal trainers; watch equipment demonstrations; and learn about goal setting, strength training, and balance and stability.

There is an **evening option as well**: fourth Thursdays at 6 pm. Still no fee, but please sign up at the information table in the lobby if you plan to attend the evening session. **The next evening session is Oct. 24.**

# Staff Spotlight



## Staff Member: Betty Edmunds

“Be the reason someone smiles today.” That is the mantra aqua fitness instructor Betty Edmunds embodies daily.

Betty discovered water aerobics while on a cruise in 2007. She returned home and joined the YMCA. Within a few months, she had learned to teach it and led classes, first in Bixby, then Oklahoma City. She came to HLOKC when it opened in 2017.

Now, you can find her in the pool every Tuesday and Thursday at 9:30 am. Her Aqua Energy class is a high-spirited workout with fun music. Betty incorporates flexibility, endurance, balance, and strength, using water dumbbells and pool noodles for added resistance.

“Teaching water fitness is my passion, and I love my class members,” Betty said. “It’s important to me that each person knows they are seen and feel welcomed. I value each one and hope I can play a small role in making their day better.”

The fact that Betty’s instructor life was born on a cruise ship is fitting. She was a corporate travel agent for 16 years. She and her husband of 41 years have traveled the world and visited all seven continents, some multiple times.

The couple has a son, a daughter and seven grandchildren. In her free time, Betty enjoys reading, playing Mexican Train dominoes with family, and creating playlists for water aerobics classes.

“People compliment me on my energy, but I get that from my class members,” she said. “I get a charge from seeing people connecting with each other.”

## Staff Fundraiser

### STAFF PUMPKIN DECORATING CONTEST

OCT. 17 – 24, LOBBY



Our HLOKC staff members are decorating pumpkins! Vote for your favorite, and if you really like one, be the highest bidder and you will take it home when the contest ends.  
(No spoilage; these will last for years!)

## Volunteer Thanks

### Volunteer Breakfast

MON., OCT. 14  
10 – 11:30 AM

RSVP BY FRI., OCT. 4  
TO SUSIE HOUSTON  
SUSIE@HEALTHYLIVINGOKC.COM

Includes trivia  
game and prizes

Pancakes made  
and served by



Thank you to our  
HLOKC volunteers!





# Creative Opportunities in October



Toucan Acrylics

## Art Class Enrollment

Sign up for art classes with a fee at the front desk or on the Glofox app. **If you cancel your class for any reason, a \$5 Cancellation Fee will be deducted from your credit.** To use your art credits, please go to the Front Desk for assistance.

## Painting and Drawing Classes

**Drawing Industrial w/ William**—Mondays in October from 10-12. **Fee \$10, Limit 16.**

**Acrylic on Paper w/ Linda H**—Mondays in October from 10-12. **Fee \$25, Limit 10.**

**Painting Lab**—Mondays in October from 12-3. **Fee \$10, Limit 16.** Additional supply fee of \$10 if you use our supplies.

**Toucan Acrylic Painting w/ Linda H**—Wednesdays in October from 10-12.

**Fee \$25, Limit 10.**

**Acrylics—The Masters w/ Greg**—Fridays in October from 10-12. **Fee \$25, Limit 10.**

**Intro to Watercolor w/ William**—2 options: Thurs., Oct. 3 & 10, OR Thurs., Oct. 24 & 31, from 10-12. **Fee \$20, Limit 10.** This class is for beginners who are new to watercolor.

**Advanced Watercolor w/ Cynthia**—Thursdays in October from 1-3. **Fee \$10, Limit 14.**

*(Prerequisite: Must take Intro to Watercolor and Intermediate Watercolor or have an equivalent amount of watercolor experience before taking this advanced session. This class is for members serious about wanting to improve their watercolor skills. Students bring their own supplies.)*

**Whimsical Watercolors w/ Linda H**—Wednesdays in October from 1-3. **Fee \$15, Limit 16.** Fun class for beginners and advanced students.

**Advanced Drawing Portraits, Part 4 w/ Greg**—Fridays in September from 1-3. **Fee \$10, Limit 12.** *(Prerequisite: Adv Drawing Portraits, Parts 1-3. New series starting in Nov.)*

**Halloween Watercolor w/ Linda B**—Tues., Oct. 1 & 8 from 10-12. **Fee \$10, Limit 16.**

**Fall Watercolor w/ Linda B**—Tues., Oct. 15, 22 & 29. **Fee \$15, Limit 16.**

**Intermediate Oil Painting w/ Edna**—Tuesdays in October from 1-3. **Fee \$25, Limit 10.**

*(Prerequisite: Must have taken at least two prior oil painting classes.)*

**Pumpkin Truck Painting w/ Linda B**—Tues., Oct. 22 & 29 from 6-8. **Fee \$20, Limit 12.**

**Introduction to Acrylic Painting w/ Cheryl**—Wed., Oct. 2, 9, 16 & 23, from 6-8.

**Fee \$20, Limit 16.**



Halloween Watercolor



Intro to Acrylic Painting



Pumpkin Truck Painting



Intermediate Oil Painting



Acrylic on Paper

**FOLLOW US ON FACEBOOK! HLOKC CREATIVE ARTISTS**





Pottery — Sculpting Acorns

# Pottery



**Intro to Pottery w/ Penny**—Wed., Oct. 9, from 4-6 OR Sat., Oct.19 from 10-12. **Fee \$10, Limit 12.** Learn about our pottery program, clay construction methods, and everything you need to know to participate in classes and labs.

***NOTE: Pottery class fees now include ONE firing coupon unless noted. You must have completed Intro to Pottery class prior to taking classes or lessons on the pottery wheel.***

**Sculpting Acorns w/ Jordan**—Thurs., Oct. 3, from 10-12. **Fee \$10, Limit 10.**

**Spiral Succulent Planter**—Thurs., Oct. 10, from 10-12. **Fee \$10, Limit 12.**

**Watercolor Glazing**—Thurs., Oct. 17, from 10-12. **Fee \$15, Limit 12.**

Note: a small round bisque plate is included in fee.

**Leaf Candle Ring**—Thurs., Oct. 31, from 10-12. **Fee \$10, Limit 12.**

**Pottery Labs**—Instructor/volunteer-led labs are on Tuesdays and Thursdays from 1-7, unless a class is scheduled at that time.



**Pottery Wheel Lessons Private 1-on-1 with Dale**

Thursday evenings in October at 4:30 OR 5:30. **Fee \$10**

***Sign up in Glofox or at the front desk.***



Pottery — Leaf Candle Ring

## PLEASE NOTE:

Classes with fewer than five people enrolled one week prior to class date will be canceled. You will be notified by text message, and your account will be credited should this occur.



Pottery — Watercolor Glazing



Pottery — Spiral Succulent Planter



## Late Afternoon, Evening and Saturday Classes

- Intro to Pottery
- Pottery Labs
- Pumpkin Truck Acrylic
- Veterans Card Making
- Intro to Acrylic Painting
- Scarecrow Porch Décor
- Pumpkin Paint Pour
- Intro to Calligraphy
- Calligraphy & Watercolor
- Watercolor Aspens
- Wire and Bead Angels
- Cyantype Printing
- Reversible Porch Sign

**Art classes are a fun way to learn new skills and meet new people!**



# Fused Glass



**Intro to Glass Fusion**—Mon., Oct. 7, OR Oct. 21, from 1-3. **Fee \$20, Limit 8.**

Learn about our fused glass program, how to cut and break glass safely, and how to use the glass tools correctly. You will complete a 4"x4" project.

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

**Fused Glass 6"x12" Mummy Tray**—Wed., Oct. 2, from 10-12. **Fee \$30, Limit 10.**

**Fused Glass Sugar Skull**—Wed., Oct. 9, from 10-12. **Fee \$30, Limit 10.**

**Fused Glass Tea Light Candles**—Wed., Oct. 23, from 10-12. **Fee \$30, Limit 10.**

**Fused Glass Bead Party**—Wed., Oct. 30, from 10-2. Help us cut small pieces of glass from scrap and glue to shelf paper to fire for future use in our classes. No fee but must sign up. Also must have taken Intro to Fused Glass. **Limit 15.** (lunch included)

**Fused Glass Labs**—Wed., Oct. 16, from 10-12 AND Mon., Oct. 28, from 1-3.

**Fee per lab is \$30 (6"x12") or \$40 (12"x12") base glass. Limit 10.**

**Labs are for experienced glass students who can work independently and are able to plan and execute their own projects.**

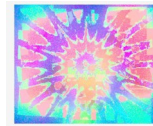


6"x12" Mummy Tray



Sugar Skull

# Specialty Classes



**Jewelry Lab w/ Susan H**—Wednesdays in October from 2-4. **No Fee, No Limit.**

**Card Making Class**—Wednesdays in October from 9:30-12:30. **Fee \$15, Limit 16.**

Make two cards during each class using supplies provided.

**Card Making Labs**—Sat., Oct. 5 & 26, from 10-12. **No Fee, No Limit.** Bring your own supplies and create with friends.

**Holiday Cards for Heroes**—Sat., Oct. 12, from 10-12. Come help us make holiday cards for the American Red Cross to send to Veterans. **No Fee, No Limit.**

**Wood Whittling w/ Neil**—Wednesdays in October from 2-4. **No Fee, No Limit.**

Meet in the lobby to see what you'll need to get started whittling.

**Paint with Friends Lab**—Mondays in October from 10-12. **Monthly Fee \$5, Limit 14.**

Bring your paints and supplies and enjoy creating with friends. No instructor.

**Scarecrow Porch Décor**—Mon., Oct. 6, from 6-8. **Fee \$20, Limit 16.**

**Pumpkin Paint Pour**—Mon., Oct. 14, from 6-8.

**Fee \$5, Limit 16.** (Bring a pumpkin, real or fake, to paint.)

**Intro to Calligraphy**—Mon., Oct. 21, from 6-8.

**Fee \$10, Limit 16.** (Calligraphy pen included in fees.)

**Calligraphy & Watercolor**—Mon., Oct. 28, from 6-8.

**Fee \$10, Limit 16.** (2 cards and envelopes are included)

**Name That Dish**—Friday, Oct. 4 from 10-12. **Fee \$35, Limit 8** (You will engrave two glass items.)

**Watercolor Aspens w/William**—Thursday, Oct. 3, 10, 24, 31 from 6-8 PM. **Fee \$20, Limit 14.**



Tea Light



Scarecrow Porch Decor



Intro to Glass Fusion



## SPECIALTY CLASSES CONTINUED



Wire and Bead Art w/ Pat

**Wire and Bead Art w/ Pat**—Sat., Oct. 5, from 9:30-12:30. Fee \$15, Limit 12.

We will be making an angel.

**Bookbinding w/ Francis**—Wed., Oct. 2 & 9, from 4-6 pm. Fee \$15, Limit 12.

**Wool Felting w/ Francis**—Wed., Oct. 23 & 30, from 4-6 pm. Fee \$15, Limit 12.

**Cyanotype Printing w/ Francis**—Sat., Oct. 5, from 1-3. Fee \$15, Limit 12.

**Intermediate Quilling**—Fri., Oct. 4, from 9-12. Fee \$10. (*Prerequisite: Beginning Quilling*)

**Quilling Lab**—Fri., Oct. 4, from 1-4. **No Fee.**

**Reversible Porch Sign w/ Cheryl**—Sat., Oct. 19, from 10-2 with a break for lunch.

Fall season on one side, winter on the other. Fee \$20, Limit 10.

**Paint a LIFT Project 8"x8" acrylic canvas w/ Cheryl**—for the scholarship fund. Sat., Oct. 19, from 2-4. **No Fee.**



Reversible Porch Sign w/ Cheryl



Cyanotype Printing w/ Francis



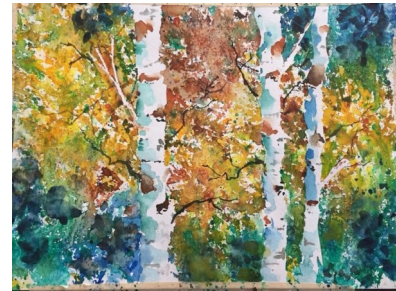
Book Binding w/ Francis



Wool Felting w/ Francis



Fall Watercolor w/ Linda B



Watercolor Aspens w/ William



Painting a Lift Project w/ Cheryl



WC Calligraphy



Acrylic Pour Pumpkins



Wednesday Card Making

**November Art Class Registration begins at  
10 am on Mon., Oct. 28**



# Performing Arts - Theatre, Dance, Instrumental

**JOY Thespians** with Michael | *Fridays from 10 am-12 pm*

Interested in drama? Visit us and speak with Kathy Blackwell. JOY (Just Older Youth) works on performing for their productions and produces performances. New members welcome. No experience? We train you! **Fee \$10/month, no signup required.**

**Starter Dance Class** with Nancy | *Mondays and Wednesdays from 6:30-7 pm. Come to one or both.* Learn simple dances, dance-step terminology, and how to correctly execute each step. Improve your balance, core strength, stamina, and flexibility while dancing safely in a fun environment. If you have never danced or are recovering from illness, injury, or joint replacement, this starter class is for you. Recommended before attending the Line Dancing with Nancy class. This is a series with different lessons each session. Start on the first Monday and progress through the series for best results. **No fee, no signup required.**

**Line Dancing** with Nancy | *Mondays and Wednesdays from 7-8 pm*

Learn basic to intermediate line dances to improve balance, spatial orientation, heart health, rhythm, and overall body strength. Dance along to a variety of country and popular music in an exciting social environment. **No fee, no signup required.**

**Good Time Guitar Group** with 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, no signup required.**

**Ukulele Lessons** with Jeff | ***Beginners meet Mondays from 12:30-1:30 pm. All others meet Mondays from 1:30-2:30 pm.*** Newcomers are welcome to bring your instrument and join in. This group plays popular music that you are sure to love. Many members of this group perform several times a year. **No fee, no signup required.**

**Guitar Jam** coordinated by Mike | *1st, 3rd and 5th Tuesdays from 6-7:30 pm*

Bring your guitar and jam with the 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, no signup.**

**Violins and More** with Nicki | *Fridays from 1-3 pm*

Join us and learn to play the violin or mandolin. Nicki is eager to share her easy-to-learn music techniques with you. Bring your instrument. **No fee, no signup required.**

*JOY Thespians*



*Line Dancers*



*Good Time Guitar Group*





# Educational Opportunities

## **Coin Club**—3rd Tuesday, Oct. 15, from 10-11 am

Join member Gary Parsons to learn more about coins and collecting. Bring your coins and learn more about each one, including its history and value.

## **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 \$3** to cover class supplies.

## **Genealogy**—Mondays from 3-5 pm

This is a genealogy laboratory class with Michael McCoy. Spend two hours working on your genealogy using various genealogy websites, which will be on the TV screen, and teaching tools to help you. Laptops or computer notebooks are required. Extension cords will be provided.

**Genealogy Tips and Tricks**—2nd and 4th Saturdays from 10 am-12 pm. David Myers discusses methods of research through a combination of lecture and hands-on application.

## **Birdwatching Field Trip**—Wednesdays, promptly at 9 am offsite adventure. Walk on the treadmill?

Nah! Come walk in the woods! Our group explores a new location each month. We will meet at Stars and Stripes Park, south side of Lake Hefner, 3701 S. Lake Hefner Dr. Look for the silver truck with a flag. Contact Neil Garrison, 405-590-0483, for information.

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

## **"Sewinistas"**—Fridays from 1-3 pm

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

## **Writer's Corner**—Wednesdays from 10:30 am-12:30 pm

Experienced writers present original writings for review. If you would like to join, please contact Trina, group coordinator, at [tleetulsa@sbcglobal.net](mailto:tleetulsa@sbcglobal.net).

## **WriteIT Your Way**

*Mondays from 10 am-12 pm*

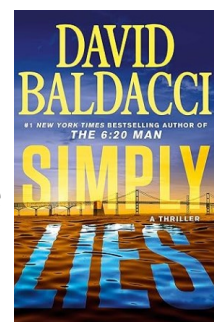
Grammar, punctuation, and spelling errors are the responsibility of the person who finds them. The important thing is the story. Open to all; drop-ins welcome.

## **"Last Word" Fiction Book Club**

*Wed., Oct. 16, from 11:30 am-1 pm*

### **Simply Lies by David Baldacci**

A psychological thriller in which two women, one a former detective and the other a dangerous con artist, go head-to-head in an electrifying game of cat and mouse.



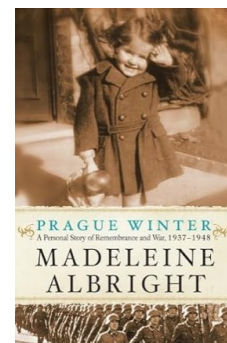
**November book:** *The Only Woman in the Room* by Marie Benedict

## **True Stories Nonfiction Book Club**

*Wed., Oct. 23, from 1-3 pm*

### **Prague Winter: A Personal Story of Remembrance and War, 1937-1948 by Madeline Albright**

An exploration of the past with timeless dilemmas in mind, a journey with universal lessons and a deeply personal memoir.



**November book:**

*Eccentric Orbits: The Iridium Story* by John Bloom

# Support Groups



## **Alzheimer's Support** *2nd and 4th Wednesdays from 1-2 pm*

Tim Smith, Alzheimer's Association facilitator, helps caregivers learn new skills to manage this disease by focusing on meeting the person where they are and providing tools for specific challenges. For

caregivers, spouses, parents, or friends taking care of a loved one with Alzheimer's or other dementias.

## **Diabetes Support** *2nd and 4th Mondays from 1-2 pm*

Members Barbara Brown and Sharon McKay provide education, cooking, encouragement, and guest speakers. Joe McFarlane, P.T., Regional Director for Select Physical Therapy, will talk on how physical therapy can help control diabetes. On Oct. 28, we will make broccoli salad. For information, contact group leader Sharon McKay at [adaarmore66@gmail.com](mailto:adaarmore66@gmail.com).

## **Loud Crowd** *Thursdays from 2-3 pm*

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 sessions where unique and powerful SPEAK OUT!® exercises are performed. For more information, contact Jordan Glasgow at 405-753-9064.

## **Managing the Ups and Downs of Life** *Tuesdays from 1-2:30 pm*

Mental and emotional health is essential to overall wellness—affecting our eating habits, sleep, relationships, work, and physical health. Feelings make life interesting and wonderful, but they can sometimes become overwhelming. Come to the group to share information and resources for ways to manage life's difficult situations. Led by Rose Ann Mann, retired therapist.

## **Mending Hearts (Grief Share)** *Wednesdays from 9:30-10:30*

Rose English, LMFT and grief recovery specialist, assists those who have experienced loss.

## **Men's Support Group** *Tuesdays from 1-2:30*

Phil Hyde, retired psychologist, leads this group just for men to talk through challenges at this stage of their lives.

## **Parkinson's Support Group** *3rd Thursday, Oct. 17, 1-2 pm*

The Oklahoma Parkinson's Alliance and Select Physical Therapy offer a support group to our members to provide encouragement, knowledge, and resources related to Parkinson's disease.

**"Shift Change" for Retired OKC Firefighters** *3rd Monday, Oct. 21, from 6:30-8 pm.* Join this new group if you are a retired OKC firefighter. They will meet monthly, every third Monday, in the Board Room.

# Service

## **Making Angel Gowns for Children's Hospital**

*2nd and 4th Tuesdays from 10 am-2 pm*

This group sews gowns out of wedding dresses for the little angels who go to heaven too early, providing them to 28 hospitals in OK. They need help cutting, sewing, and trimming. No need for men's ties at this time.



## **Mat Weavers for Those Experiencing Homelessness**

*Fridays from 1-3 pm*

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



## Groups



### Seasoned Quilters

*1st, 3rd, and 5th*

*Wednesdays from 1-5 pm*

This group is 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, as well as other service projects, including some of our own. So bring your projects and quilts as you make new friends.



### The Mad Hatters

*Tuesdays from 2-4 pm*

Learn how to weave hats on a simple loom. You need acrylic yarn and a loom. The hats are distributed to cancer patients, City Rescue Mission, and churches who work with the homeless ministry.

## Social

**Bike Riders:** *Tuesdays at 9 am at the bike rack, weather permitting. Angela Coffman at [readercoffman@gmail.com](mailto:readercoffman@gmail.com).*

**Bridge:** *Mondays and Thursdays from 12:30-4 pm.*

Enjoy this game that requires communication and memory.

**Bunco:** *3rd Thursday, Oct. 17, from 2-4 pm.*

The group is full at this time but could open up in the future.

**Chess:** *Saturdays from 12-4 pm*

Put your mind to the test with this strategic board game.

**Dominoes:** *Daily Monday thru Friday, 12-4 pm in the lobby*

This come-and-go group meets in the lobby almost daily.

If you would like to join, just stop in.

**Garden Club:** *Thurs., Oct. 17, 12:30 pm on the patio*

Will prepare agenda for future meetings. Bring snacks!

Jeanetta Cooper, 405-626-0142, [plants1950@icloud.com](mailto:plants1950@icloud.com).

**Gamers:** *Mondays, Wednesdays, and Fridays from 1-5 pm and Saturday from 12:30-3:30 pm (On the 4th Monday in other months, this group meets from 9 am-12 pm because of diabetes support group.)*

Play card games while visiting and laughing with new friends.

**Life in Color:** *Tuesdays from 1-3 pm. No instructor.*

This group enjoys coloring and conversations to reduce stress and anxiety and to improve motor skills. Bring your materials.

**Mahjong:** *Wednesdays from 9 am-12 pm*

A 19th century game of skill, memory, and strategy with beautiful tiles.

**No-Brainer Bunco:** *Cancelled for Oct., Nov. and Dec.; will resume Thurs., Dec. 26, 1-3 pm. Enjoy this game with friends.*

Please add your name to the signup sheet in **December** at the information table or contact group leaders Doc Dawkins or Judy Howry at [howry@att.net](mailto:howry@att.net).

**Ping Pong:** *Available sign-up times are on the Stage Room door. Times may change due to special events and unforeseen needs for last-minute room changes.*

**Sticks and Strings:** *Fridays from 10 am-12 pm. No instructor*

A time for anyone who knits, crochets, embroiders, or works with fiber to come together. Hosts Melinda Rice, Sherry Irvin, and Judy Bland.

**Spades:** *Thursdays from 1-3 pm in the lobby*

Come meet some new friends and challenge yourself in this game of strategy.

# Pool Tournament

Early on Saturday morning, Aug. 17, over two dozen billiards players converged at HLOKC for another pool tournament. The competitors played APA-rules 8-Ball in best-of-three match play. Tournament co-organizers were Frank Cain and Karen Alexander, with JD Colbert overseeing check-in and entry fees.

HLOKC's long-time star player, Gary "G-Man" Stephenson, exhibited his skills through the winners bracket to the final match for the championship. Gary was challenged by Michael "Lefty" Roberts who had won the April tournament. After a fierce competition, Gary came away as the tournament champion.

Gary was born and raised in OKC and has been a member of HLOKC for six years. He said, "I promised myself I wouldn't just sit at home after my retirement." Gary played some pool in high school but got serious about the game when he was around 35, and he loves the competition. He plays almost daily, and has an indisputable reputation as one of HLOKC's top players.



## Special Opportunities

Want to travel with your HLOKC friends?

Join the  
**HLOKC Travel Club**  
**Information Meeting**  
Tues., Oct. 8, 10-11:30 am

You'll learn about:

- ✓ Alaska Land and Cruise
- ✓ Iceland's Northern Lights
- ✓ Christmas on the Danube

Open to members and their friends  
Light refreshments served



Iceland's Northern Lights



Alaska Land and Cruise



**HEALTHY LIVING OKC**

### Vaccine Clinic

## Get your Covid and flu shots at HLOKC!

Tuesday, October 1  
11:00 am - 1:00 pm

Please sign up at the Information Table in the Lobby to ensure enough vaccine is here.

Bring all insurance cards.

Brought to HLOKC by  
Clyde Pharmacy

### CPR for Members

**Friday, Oct. 4, 10 am-2 pm**

Fee \$25. Sign up at the Front Desk

### New Member Orientation

**Wed., Oct. 16, 11 am-12 pm, Lobby**

**TOASTMASTERS INTERNATIONAL**

### PCBC Toastmasters

**Thurs., Oct. 10, 12—1 pm**

- Fellowship
- Engaging speakers
- Chance to offer impromptu speech
- Free food and drinks

Food and drinks sponsored by



# Special Opportunities



## VETERANS CORNER

TUES., OCT. 8  
11 AM - 12:30 PM

Calling all veterans and caregivers! Join us to hear from representatives from the Oklahoma Department of Veterans Affairs for the latest information about veteran benefits. Get your questions answered. Learn how to navigate the VA system.



PRESENTS  
**Education Power Hour**  
Education series for those 50 and older or those that care for them.



Tues., Oct. 29  
10-11 am

Education Partners:

- Medicare Prepare  
Medicare 101, the new Oklahoma Birthday Rule, and Q&A
- Nerve Renewal  
Peripheral Neuropathy

Light refreshments will be served. Open to the public



**LIVE MUSIC**

## Ukuleles Rock The Beatles and Elvis

Fri., Oct. 11, 6-7:30 pm  
Free, open to the Public



FRI., NOV. 1  
11 AM - 1 PM

## Change of Seasons Tea Party

**TICKETS ON SALE OCT. 1**

Tea furnished by Harney & Sons Fine Teas



# Special Opportunities



Fri., Oct. 18 | 5:30-7:30 pm

**Mon., Oct. 7**  
**1-2 pm in the Lobby**



**Coffee House Hour**  
**with Beatles Music**

## Fitness Orientation

Meet in the Fitness Center Lobby  
to hear from Healthy Living OKC  
Certified Personal Trainers

**Every Friday at 2 pm**

Equipment Demonstration \* Goal Setting  
Strength Training \* Balance and Stability

**Evening Option**

**Thurs., Oct. 24, 6-7 pm**

No fee, but please sign up at the  
information table in the lobby.

## Navigating Medicare

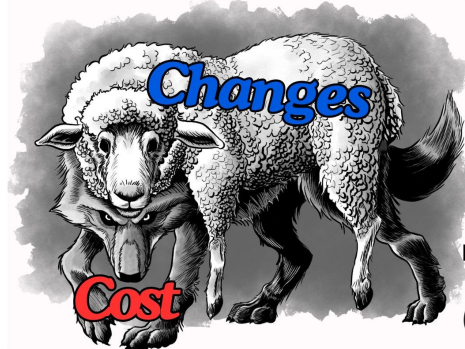
Wed., Oct. 16, 3:30-5:00

Sat., Oct. 19, 1:30—3:00

Wed. Oct. 23, 3:30—5:00

Sat. Oct. 26, 1:30—5:00

## BE AWARE OF THE MEDICARE 2025 CHANGES



PRESENTED BY



**WHO WILL BE IMPACTED?**  
**MEMBERS THAT HAVE SUPPLEMENTS, MEDICARE  
ADVANTAGE, PRESCRIPTION DRUG PLAN, GROUP  
COVERAGE, VA AND INSURANCE COMPANIES**

**CALL 405-842-0494 OR SCAN THE  
QR CODE TO REGISTER FOR A SEMINAR**

*(Please note the views expressed in this session are those  
of the presenters who have rented the room and do not  
necessarily reflect endorsement by HLOKC.)*

## Movie Goers: *A League of Their Own*

**Wed., Oct. 23**  
**2:30-5 pm**



Starring Tom Hanks, Geena Davis, and Madonna. This  
is a fictionalized account of the real-life All-American  
Girls Professional Baseball League.

The movie plays on a large screen, and closed-  
captioning will be turned on.

**Popcorn is provided!**



# Special Opportunities




## Women's Health Forum

Thursday, October 24  
10:00 AM-12:00 PM

Power of Cancer Rehabilitation  
Strength After Breast Cancer  
Pelvic Floor Disorder

October is Breast Cancer Awareness Month



## Health by Chocolate

Tues., Oct. 29, 11:30 am - 12:30 pm

Session by Jessica Cox, Nutritional Health Coach

Hooray! Chocolate can actually be good for us. Learn how to use quality chocolate to enhance your food...and your health. We will share some of the health benefits of chocolate or 'food of the gods.'

You'll also get recipes and samples of some of our favorites.

### TURNING 65?

## EXPLORING MEDICARE FOR AGE 65+



Saturdays  
Oct. 19 and 26  
9-11 am

**FACILITATED BY JOHN CLEMENT,  
MEDICARE SPECIALIST, CFP**

*Please note that the views expressed in this session are those of the presenter who has rented the room and do not necessarily reflect endorsement by HLOKC.*

## Coming in November

**Fall Tea**  
Fri., Nov. 1, 11:30 am - 1 pm

**CPR for Members**  
Fri., Nov. 1, 10 am - 2 pm

**Line Dancers Perform**  
Sun., Nov. 3, 3 pm

**Caregiver Forum**  
Thurs., Nov. 7, 10-12 pm

**Veterans Day Celebration**  
Tues., Oct. 8, 10-11 am

**Thanksgiving Dinner**  
Thurs., Nov. 21, 5:30-7 pm

**Day Before Thanksgiving Close 3 pm**  
Thurs., Nov. 27

**Closed Thanksgiving Day & Day After**  
Thurs./Fri., Nov. 28/29

## NOTICE

# ★ PICKLEBALL ★

Pickleball lessons will be taking a break.  
**Monday, Sept. 23, 2-4 pm on Mondays was changed to All Skills.**

Starting Sept. 30, Mondays 2-4 pm will be replaced with Round Robins.  
Men's and Women's RR will rotate each Monday beginning with Men's RR.

Starting Oct. 7, Mondays 2-4 pm will be Women's Round Robin

Round Robin sign up sheets will be posted in the pickleball gym.

## Group Fitness Schedule

MONDAY *	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
** INTERVAL CIRCUIT GF - PATTI 6:30A	** ZUMBA GYM LAURA 9A	** POWER PUMP GF - JANE 6:30A	** ZUMBA GYM - MADHU 9A	** MAT PILATES GF - PATTI 7:45A	Center opens @ 7:30
** MAT PILATES GF - PATTI 7:45A	** KICKBOXING GF - IRENE 9A	** MAT PILATES GF - JANE 7:45P	** YOGA SCULPT GF - TERRI 10A	* CHAIR TABATA GYM - DONNA 8:45A	** ZUMBA - GYM MADHU 9A
** LEVEL UP GYM - IRENE 8:45 A	** YOGA FLEX GF - NIKKI 10A	* CHAIR FIT COMBO GYM - DEE ANN 8:45A	** INTERVAL CIRC GF - TERRI 11:15A	* CHAIR YOGA GYM (45min) - DEE ANN 10A	** YOGA - GF - IRENE/DIANA 9A
** POWER PUMP GF - DEE ANN 9A	* ZUMBA GOLD GF - LAURA 12:30P	** FIT MIX - GF - IRENE 9A	* ZUMBA GOLD GYM - LAURA 12:30P	** POWER PUMP GF - DONNA 10A	** MUSCLE WKND GF - IRENE 10A
* CHAIR YOGA GYM (45min) - IRENE 10A	* BEG TAI CHI GF-BEV 1:30P	• CHAIR YOGA GYM (45min) - DEE ANN 10A	• * BEG TAI CHI GF - BEV 1:30P	* CLASSIC TAI CHI GF - DEBRA 11A	* INTERMEDIATE TAI CHI GF - BEV 12:15P
* CLASSIC TAI CHI GF - LARRY 11A	* INTERMEDIATE TAI CHI GF - BEV 2:30P	* SMOOTH YOGA GF - DIANA 10A		** FITCYCLE GYM - NIKKI 12P	* INTRO TO TAI CHI GF - BEV 1P
** FITCYCLE GYM - NIKKI 11:25A	* EASY YOGA GF (45min) - MONICA 4:45P	* CLASSIC TAI CHI GF-LARRY 11A	* INTERMEDIATE TAI CHI GF - BEV 2:30P	* HEALTHY BK&CORE GYM - NIKKI 12:40P	* BEG TAI CHI GF - BEV 1:30P
** ROLL & RELEASE GYM - NIKKI 12P	*** YOGA FLOW GF - MONICA 5:30P	* CHAIR YOGA 2 GYM (45min) - DONNA 11A	** YOGA SLOW FLOW GF - DONNA 4:45P		
* HEALTHY BK&CORE GYM - NIKKI 12:40P		** FIT FORMULA GYM - NIKKI 12P			
* THE BEAT GYM - KELLY N 4:55P		* HEALTHY BK&CORE GYM - NIKKI 12:40P			
** STRENGTH/TONE & CARDIO GYM - KELLY N 5:30P		* FIT WALK GYM - KELLY N 4:55P			
** ZUMBA GF EMILY 6:30P		** STRENGTH/TONE & CARDIO GYM - KELLY N 5:30P			
LINE DANCE MULTI - NANCY 7P		*** ZUMBA GF EMILY 6:30P			
		LINE DANCE MUL- TI - NANCY 7P			

**GYM** = in main gymnasium    **GF** = group fitness room    **MULTI** = multi-purpose room

\* = LOW INTENSITY

\*\* = MED ADVANCED

\*\*\* = HIGH INTENSITY



**Nerve Renewal**  
NEUROPATHY CLINIC

405-563-9655

Multiple locations



# MAIN 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	WALKING 7:30A - 8:30A
** LEVEL UP - Irene 8:45A- 9:45A	* ZUMBA - Laura 9A - 10A	* CHAIR FIT COMBO Dee Ann 8:45A - 9:45A	* ZUMBA - Madhu 9A - 10A	* CHAIR TABATA Donna 8:45A-9:45A	* ZUMBA 9A - 10A
*CHAIR YOGA - Irene 10A - 10:45A	BASKETBALL & WALKING 10:15 A - 1P	* CHAIR YOGA Dee Ann 10 - 10:45A	BASKETBALL & WALKING 10:15 A - 1P	* CHAIR YOGA Dee Ann 10A - 10:45A	BASKETBALL & WALKING 10:15A - 1:30P
** FITCYCLE - Nikki 11:25A - 12P		*CHAIR YOGA 2 Donna 11A - 11:45A		WALKING 11A - 11:45A	
* ROLL & RELEASE Nikki 12P - 12:30P		* FIT FORMULA Nikki 12P - 12:30P	** FITCYCLE Nikki 12P - 12:30P		
* HEALTHY BK/CORE Nikki 12:40P - 1:40P		* HEALTHY BK/CORE Nikki 12:40P - 1:40P	* HEALTHY BK/CORE Nikki 12:40P - 1:40P		
BASKETBALL & WALKING 2:00 P - 4:30P	PICKLEBALL ALL SKILLS 1P—4 PM	BASKETBALL & WALKING 2:00 P - 4:30P	PICKLEBALL LEVEL 1 1P—4P	ALL SKILLS PICKLEBALL 2P-5:30P	ALL SKILLS PICKLEBALL 1:30P - 3:45P
* THE BEAT Kelly N 4:55P - 5:30P	BASKETBALL & WALKING 4:00p - 7:45p	*FIT WALK Kelly N 4:55P - 5:30P	BASKETBALL & WALKING 4:00 P - 7:45P	WALKING 5:30P—7:45P	
** STRENGTH/TONE & CARDIO Kelly N 5:30P - 6:30P		** STRENGTH/TONE & CARDIO Kelly N 5:30P - 6:30P			
WALKING 6:30P - 7:45P		WALKING 6:30P - 7:45P			

WALKING NOT ALLOWED DURING UNDESIGNATED TIMES

## Pickleball Gym Schedule

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

MONDAY *	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ALL SKILLS 5:30A-10:30A	ALL SKILLS 5:30A-10:30A	ALL SKILLS 5:30A-10A	ALL SKILLS 5:30A-10:30A	ALL SKILLS 5:30A-10A	OPEN @ 7:30a
RESERVE COURT TIME 10:30A-12P	LEVEL 1 & 2 10:30A-12P	LEVEL 3 10A-12P	RESERVE COURT TIME 10:30A-12P	LEVEL 1 10A-12P	LEVEL 3 10A-12P
LEVEL 2 12P-2P	LEVEL 3.5 12P-2P	RESERVE COURT TIME 12P-2P	LEVEL 3 12P-2P	LEVEL 2 12P-2P	LEVEL 2.5 & 3 12P - 1P
ROUND ROBIN 2P- 4P	LEVEL 2.5 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	CLOSE @ 3:45P SAT
LEVEL 3 6P - 8:45P	ALL SKILL LEVELS 5P-8:45P	RESERVE COURT TIME 6P-7:30P	ALL SKILL LEVELS 6P-8:45P		
		ALL SKILLS 7:30P-8:45P	CLOSE @8:45 MON-THURS	CLOSE @7:45P FRI	

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

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

SEE NEW RULES ON THE PICKLEBALL INFORMATION BOARD

# AQUATIC FITNESS SCHEDULE

MONDAY \*      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY

6:30 AM	<b>LAP SWIM ONLY</b>	<i>AQUA WAKE UP Susan</i>	LAP SWIM 5:30-7:30 AM	<i>AQUA WAKE UP Susan</i>	LAP SWIM 5:30 -7:30 AM	Center opens @ 7:30
8:30 AM	5:30 AM - 9:00 AM	<i>AQUA TABATA Dee Ann (45 min)</i>	<i>OPEN SWIM 7:30-9 AM</i>	<i>AQUA CHALLENGE Tina</i>	<i>OPEN SWIM 7:30-9 AM</i>	<i>OPEN SWIM 7:30-9 AM</i>
9:30 AM	<i>AQUA ZUMBA Emily</i>	<i>AQUA ENERGY Betty</i>	<i>AQUA ZUMBA Emily</i>	<i>AQUA ENERGY Betty</i>	<i>AQUA ZUMBA Emily</i>	<i>AQUA ZUMBA Nicci</i>
10:30 AM- 3:25 PM					<b>CLOSED</b> 12 - 2	
3:45 PM	<i>AQUAFIT Vanessa</i>		<i>AQUAFIT Vanessa</i>			<b>POOL CLOSED AT 3:30 PM</b>
4:55 PM		<i>AQUA TONE/ CARDIO Kelly N</i>		<i>AQUA Interval TRAINING Mady</i>		
6:00 PM	<i>AQUA SPLASH Dina</i>	<i>AQUA EXTREME Jessica</i>	<i>AQUA SPLASH Dina</i>	<i>AQUA Interval TRAINING Mady</i>		
7:15 PM						
<b>POOL CLOSED AT 8:30 PM MONDAY - THURSDAY, 7:30 PM FRIDAY</b>						
<b>RULES :</b>	GRAY = TIME FOR OPEN SWIM WITH 2 LANES FOR LAP SWIM. <u>LAP LANES ARE FOR LAP SWIMMING ONLY</u>		<b>NO <u>LAP OR OPEN SWIM</u> DURING CLASSES!</b>		***LAP LANES WILL BE REMOVED 10 MINUTES BEFORE CLASSES START***	

**ALL CLASSES ARE ONE HOUR UNLESS OTHERWISE NOTED.**  
**Please respect your pool instructors and other members by not talking during class.**



**Physical and Aquatic Therapy**

**Call (405) 753-9064**

**for appointments.**



## Fitness Class Descriptions

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

**Beginning Tai Chi:** Learn the Yang style tai chi short form. No experience needed. Slow and low-impact movements that are easy to follow. Helps to improve balance and stability.

**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 and Chair Yoga 2:** All the benefits of a stretch/yoga class with the assistance of a chair.

**Classis Tai Chi:** A 2-part class; first using breath control for stretching; second choreography of Wu and Yang styles. Develop coordination, flexibility, strength, balance and improved energy flow.

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

**Fitness Formula:** Variety of total body strength and cardio exercise designed to change regularly.

**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:** Brief intro to tai chi and its health benefits. If you can walk, you can do tai chi.

**Kickboxing:** Basic kickboxing moves in 30 minutes.

**Level Up:** Bored with your old routine? Take it up a notch! Weight training, balance and movement, plus fun!

**Mat Pilates:** Improve posture, muscle strength and flexibility with expert breathing and cueing.

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

**Power Pump:** Strengthening with a full body weight training workout using weighted body bars.  
\*\*Must be able to get up and down from the floor.

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

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

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

**The Beat:** 30 minutes of drumming that tones your arms and builds coordination. #1 rule: 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 Flow:** A higher level vinyasa style yoga. Must be able to move from standing to floor and back.

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

**Yoga Slow Flow:** Slow paced yoga that focuses on holding postures for a longer period, allowing more time to work on alignment and balance and improve flexibility and strength.

**Zumba:** A cardio fitness class that's inspired by Latin dance moves. Its easy to follow and fun!

**Zumba Gold:** Lower intensity of a regular Zumba class.

## Aqua Class Descriptions

**Aqua Energy:** Fun, fast-paced, high energy workout to music. Use weights and noodles, do ab work and upper body strength, with 5-minute cool-down stretches.

**Aqua Challenge:** Exercises for all levels designed to energize and challenge the body and the mind.

**Aqua Early Flow:** Aqua aerobics working the whole body.

**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 Fit:** Combination of intense cardiovascular conditioning, upper body strengthening, and total body stretching and conditioning.

**Aqua Interval Training:** Moving through various movements at your chosen intensity to focus on your core.

**Aqua Splash:** A little cardio, core, and stretching.

**Aqua Tabata:** 20 seconds of vigorous exercise and 10-second rest; repeat.

**Aqua Tone and Cardio:** With weights and noodles.

**Aqua Zumba:** The water's resistance cushions your feet, knees, and back as you dance the time away.

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**HEALTHY LIVING OKC**

**10% OF SALES FROM TO-GO & DINE-IN ORDERS WILL BE DONATED TO HEALTHY LIVING OKC**

**NIGHT AT**

*Ted's*  
**BETTER MEXICAN FOR A BETTER CAUSE**

**TUESDAY OCTOBER 8**

**5 P.M. - CLOSE**

**150TH & N. PENN  
15124 LLEYTON'S COURT, SUITE 118  
OKLAHOMA CITY, OK  
(405) 286-3676**

Must present flyer on date/time listed. We're unable to attribute online orders or 3rd party deliveries towards fundraiser night revenue. If you plan to order to-go, please give us a call.

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(405) 562-6000

**PLEASE SLOW DOWN**



**IN THE PARKING LOT**

Thank you to two new sponsors of our Give 5 Oklahoma City volunteer program!

**GOLD SPONSOR**



**SILVER SPONSOR**





## Art - Specialty Classes

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Name That Dish—Friday, Oct. 4 from 10-12. **Fee \$35, Limit 8** (You will engrave two glass items.)

Watercolor Aspens w/William—Thursday, Oct. 3, 10, 24, 31 from 6-8 PM. Fee \$20, Limit 14.  
(Photo is on page 7)

### Special Opportunities



**DRIVERS SAFETY COURSE**

**FRIDAY, OCT. 18, 8:00-3:30**

\$20 for AARP Members &  
\$25 for Non-AARP Members

Sign up at Front Desk

**Coming in November**

**Senior Prom**

Thursday, Nov. 7, 6:00 – 9:00 pm



## Discover How Simple Applying for Medicare Can Be!



### We're hosting a Medicare ADVANTAGE Seminar!

OCTOBER 15	3:30-5:00PM	HEALTHY LIVING OKC 11501 N. ROCKWELL AVE. OKLAHOMA CITY, OK 73162
OCTOBER 18	2:30-4:00PM	
OCTOBER 22	10:30-12:00PM	
OCTOBER 30	3:30-5:00PM	

### Get expert advice and learn more about:



Medicare Part A & B Benefits



Medicare Advantage (Part C) Plans



Prescription Drug Coverage (Part D)



Medicare Supplement Insurance (Medigap)

We'll have refreshments for all our attendees.

### Reserve your spot today!

KIMBERLY WOODALL (855) 455-7066 [www.GlobalHealthMedicare.com](http://www.GlobalHealthMedicare.com)

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