

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 November 2024

To all who served
★
Happy Veterans Day

VETERANS DAY CELEBRATION

Monday, November 11
10:00 am - 12:00 pm
Stage/Multipurpose Rooms

- Putnam City High School ROTC Honor Guard
- Key note speaker Chief Master Sgt. (Ret)
- Singalong to patriotic songs performed live
- Bring family and friends (open to the public)
- Cookies and coffee

November is Military Family Appreciation Month

FRI., NOV. 1
11 AM - 1 PM

Change of Seasons Tea Party



TICKETS ON SALE
SOLD OUT

Tea furnished by
Harney & Sons
Fine Teas

Healthy Living OKC will be closed Thurs. and Fri., Nov. 28-29

We will also close early at 3:00 pm on Wed., Nov. 27, the day before Thanksgiving.

We will be open regular hours on Sat., Nov. 30, 7:30 am—4:00 pm.



CAREGIVER FORUM

THURS., NOV. 7, 10AM - 12PM

November is National Caregiver Month

If you are a caregiver for a loved one, we recognize your dedication and support.

If you have a caregiver, come and bring them.

Topics presented:

- VA Caregiver Support Program
- Resources for Caregivers
- 4 Levels of Hospice Care

FREE, OPEN TO THE PUBLIC



Please join us for our annual HLOK

THANKSGIVING DINNER

Thurs., Nov. 21
5:30 - 7:00 p.m.
\$20 per person

Tickets on sale Nov. 1
at the front desk, limited to 100

Catered by Soup Soup



Kelly's Keynotes

Gratitude is a positive emotion that involves being thankful and appreciative for the good things in your life.

It's hard to remember to be grateful as we navigate through turbulent times.

We all know that hard times don't last forever, although in the moment it may seem that way. It's not about the bad things that happen to us, it's about how we respond to those things and what we learn from them.

All of us have things in our lives that we can be grateful for. Take a moment to reflect on some of the things you are grateful for.

Gratitude can increase your mental clarity and help you focus on the positive things in life.

I started a tradition in my family years ago. Throughout the year we write down the good things that happen to us on a note. The notes go into a large jar. On New Year's Day we pour out the notes and read them.

Even when you've had a rough year, it's hard to deny that there are many good things that happen in our lives. It puts things into perspective.

What will you do to identify the things in life you can be grateful for?

I wish everyone a wonderful Thanksgiving season, and thank you for sharing your time with us at Healthy Living OKC.

— Kelly Nixon, HLOKC Branch Director

We're grateful for our new members.

Come to New Member Orientation

**Wed., Nov. 20, 11 am-12 pm,
Meet in the Lobby near the windows.**

Healthy Living



A question I get asked fairly frequently in the gym is, 'how many repetitions (reps for short) should I do?' Or "what is the best number of reps for this exercise?" I'm always going to answer that question with a range, something like 8 to 12 or 10 to 15. But what does

science say? Well, it depends on what you read and the end goal. In most of the literature, the goal is hypertrophy, or larger muscles. The consensus around this question is

anywhere from 5 to 30 reps. After about 30 reps, the benefit becomes indistinguishable. You may have heard the myth of lifting heavier weights for fewer reps is for gaining muscle and lighter weights for many reps is good for "toning". That is sort of true, but not in the way you think. The biggest reason to perform fewer reps with a heavier weight is simply because you may not be strong enough to do more. In fact, some studies have suggested older lifters get more benefit from higher rep ranges, as long as you continue to challenge yourself enough.

Need help in figuring out how many reps to do? Trainers can help! Come meet us, ask 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. **Note: Due to the holidays, there is no evening sessions in November and December. They resume Thurs., Jan. 23, 2025. Sign up for the Jan. session in December.**

Member Spotlight

HLOKC Line Dancer won 10 medals in the Oklahoma Senior Games on Sat., Oct. 19, when they traveled to Tulsa to compete against other senior line teams from around the state. The competition hosted 200+ people for dance and fun! This was not their first year. They have competed for the past three years and won First Place Gold Medals.



The HLOKC Men's 60+ Team named Okie Steppers competed in four divisions: Cabaret, International, Classic Country, and Open, and won First Place in all four divisions. The team consists of John McAboy, Philip Hyde, Cappy Leland, Jack McCallister, Jean Marc Hache, Mike O'Meara, Chuck Thomason, Alvin Davis, Doug Combs, and Ed Kelsay.



The HLOKC Women's 60+ Team named Heartland Dancers competed in three divisions: International, Classic Country and Open, and won First Place in all three divisions. The team consists of Marilyn Holloway, Kimberly Albee Bauer, Susan Kelly, Cheryl Barlow, Vicki Jolly Huddleston, and Halcy Hall.



The HLOKC Women's 50+ Team named Silver Steppers competed in three divisions: International, Classic Country and Open, winning First Place Gold in two divisions and a Second Place Silver. The team consists of Nancy Pellow, Carole York, Dianne France, Merradyth McCallister, Mary Garrett, Dana Thomason, Dana Davis, Shannan Yates, Jan Lorenz, and Karen Gagliardi.



The choreographer and coach is Nancy Pellow from Dance Makers Studio in Edmond, who teaches line dancing at HLOKC on Monday and Wednesday evenings beginning at 6:30pm.

The winning teams from HLOKC will perform their award-winning dance routines on Sun., Nov. 3, 3-5 pm, at HLOKC in the Stage/Multipurpose rooms. Admission is free and open to the public. Enter through the back/west doors only.

Oklahoma City Mayor David Holt has appointed Neil Garrison, our whittling and bird watching groups leader, as a voting member of the OKC Post-Employment Benefits Trust which oversees the transactions of the investment portfolio of the \$100 million retiree pension funds.

Congratulations, Neil!

Edna Woofter has been nominated for the AARP Oklahoma Andrus Award for Community Service, AARP's most prestigious state volunteer award. She will be recognized live on the AARP Oklahoma Facebook page where the winner will be announced on Wednesday, Dec. 4 at 10 am.

We have benefited from Edna's dedication and service -- she is one of our many volunteers, an art class instructor, and an active pickleball player.

Congratulations, Edna!



Five HLOKC members competed in the 2024 Oklahoma Senior Games Competitive Swimming Meet on Sun., Sept. 15. Pictured left to right: Kelley Lombard, Jay Glatz, Kelle Freels. Not pictured: Susan Smith and Mari Imel.

Many of the competitors swim several times a week at HLOKC, training for these games.

Congratulations to: Jay Glatz won gold in the 50 yard and 100 yard Freestyle in the 70-74 age group. Kelley Lombard won gold in the 50 yard Backstroke and 100 yard Freestyle in the 60-64 age group. Kelle Freels competed in 6 events and won 5 medals in the age group 65-69: 50 yard Backstroke, 100 yard Freestyle (gold), 200 yard Freestyle (gold), 100 yard Individual Medley (bronze) which is 25 yards each in 4 stroke-Butterfly, Backstroke, Breaststroke, Freestyle), 500 yard Freestyle (silver) and 50 Backstroke (bronze). She won 6 medals in the 2023 Senior Games. Susan Smith competed in the 50 yard Freestyle in the age group 70-74. Mari Imel won silver in the 50 yard Breaststroke for the age group 70-74. Susan Smith, Donna Killion, Mari Imel and Kelle Freels took silver in the 200 yard Freestyle Relay. Congratulations swimmers!



Creative Opportunities in November



Acrylics—The Masters w/Greg

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.



Santa Acrylic w/Linda B

Painting and Drawing Classes

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

Santa Acrylic w/Linda B—Sat., Nov. 16, from 12-3. **Fee \$25, Limit 10.**

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

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

Intro to Watercolor w/William—Thursdays in Nov. from 10-12. **Fee \$15, Limit 12.**

Tuscany Watercolor w/ Linda B—Tues., Nov 5, 19, 26 from 10-12. **Fee \$15, Limit 14.**

Intermediate Watercolor w/ William—Thurs., Nov. 7, 14, 21, from 6-8 PM. **Fee \$20, Limit 12.**

Winter Watercolor w/Cheryl—Mondays in Nov. from 6-8 PM. **Fee \$20, Limit 12.**

Advanced Watercolor w/ Cynthia—Thursdays in Nov. 7, 14, 21 & Thurs. Dec. 5, 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—Wed. Nov. 6, 13, 20 from 1-3. **Fee \$15, Limit 16.** Fun class for beginners and advanced students.

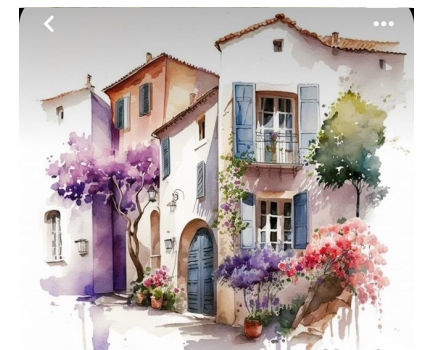
Beginning Drawing w/Cheryl—Wednesdays in Nov. (not Nov. 27) from 6-8. **Fee \$10, Limit 16.**

Drawing Cats & Dogs w/ William—Mondays in November from 10-12. **Fee \$10, Limit 16.**

Intro to Drawing Portraits—Fridays in November (not Nov. 29) from 1-3. **Fee \$10, Limit 12.**



Intermediate WC w/William



Tuscany Watercolor w/Linda B



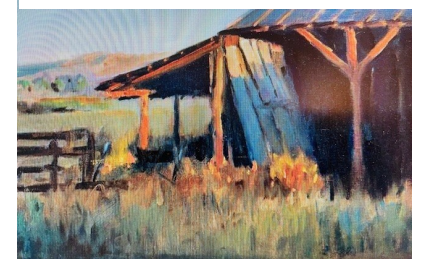
Scratch Art w/Linda H



Drawing Cats & Dogs



Intro to Watercolor



Oil Landscape w/Edna

FOLLOW US ON FACEBOOK!

HLOKC CREATIVE ARTISTS



Intro to Pottery

Pottery



Intro to Pottery w/ Penny—Thurs., Nov. 14, from 10-12 OR Sat., Nov. 9 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.



Pottery — Sculpting a Swan

Sculpting a Swan w/Jordan—Thurs., Nov. 7, from 10-12. **Fee \$10, Limit 10.**

Intermediate Carving w/Loeta—Fri., Nov. 15, from 10-12. **Fee \$10, Limit 10.** (Bring a piece of dry greenware—hand built or thrown—to work on.)

Glazing a Lighted Christmas Tree—Thurs., Nov. 21, from 10-12. **Fee \$35, Limit 12.** (Bisque tree and light kit included in fee.)

Santas—Tues., Nov. 26, 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 — Santas



Pottery Wheel Lessons Private 1-on-1 with Bob

Thursday evenings in November at 4:30 OR 5:30. **Fee \$10**
Sign up in Glofox or at the front desk.

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 — Lighted Christmas Tree Glazing



December Art Class Enrollment Begins Monday, November 25th at 10 AM

Late Afternoon, Evening and Saturday Classes

- Winter Watercolor
- Intermediate Watercolor
- Beginning Drawing
- Felted Wool Ornaments
- Tin Ornaments & Magazine Tree
- Intro to Pottery
- Mixed Media
- Christmas Tie Dye
- Santa Acrylic Painting

Fused Glass



Intro to Glass Fusion—Mon., Nov. 11, 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 Winter Trees—Mon., Nov. 18, from 1-3. **Fee \$30, Limit 10.**

Fused Glass Ornaments—Wed., Nov. 20, from 10-12. **Fee \$30, Limit 10.**

Fused Glass Christmas Frig Magnets—Wed., Nov 27, from 10-12. **Fee \$30, Limit 10.**

Fused Glass Labs— Just in time to make holiday gifts—three labs in November!

Sat. Nov. 2, from 10-12

Mon., Nov. 4, from 1-3

Mon., Nov. 25. 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.



Fused Glass—Trees

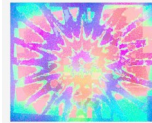


Fused Glass— Christmas Frig Magnets



Fused Glass—Ornaments

Specialty Classes



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

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

Make two cards during each class using supplies provided.

Card Making Labs—Sat., Nov. 2 & 16, from 10-12. **No Fee, No Limit.** Bring your own supplies and create with friends.

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

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

Snowman Front Door Sign w/Cheryl—Sat., Nov. 9 from 10-12 **Fee \$20, Limit 16.**

Moon Glow Acrylic w/Cheryl—Wed. Nov. 6 & 13 from 10-12. **Fee \$15, Limit 14.**

Mixed Media Letter or Cross w/Cheryl—Sat. Nov. 23 from 10-12. **Fee \$20, Limit 14**

Christmas Tie Dye w/Hattie—Sat. Nov. 23 from 1-3. **Fee \$10, Limit 10.** (Please bring ONE white short or long sleeve t-shirt.)

Pinecone Flowers w/Dava—Fri. Nov. 8 from 10-12. **Fee \$10, Limit 12.**

Etched Glass w/Name that Dish—Wed. Nov. 13 from 10-12. **Fee \$35, Limit 8.** (You will etch 2 glass pieces in this fun class.)

Felted Wool Ornaments w/Frances—Wed. Nov. 20 & 27 from 4-6. **Fee \$15, Limit 10.**

Wood Christmas Tree Ornaments w/Cheryl—Tues. Nov. 12 from 10-12. **Fee \$10, Limit 14.**



Intro to Glass Fusion



Snowman Front Door Sign



Glass Etching w/Name That Dish

SPECIALTY CLASSES CONTINUED

[Tin Ornaments & Magazine Tree w/Frances](#) - Wed., Nov. 6 & 13 from 4-6 PM. Fee \$15, Limit 12.

[Painted Galvanized Christmas Bells](#)— Tues., Nov. 26 from 4-6 PM. Fee \$15, Limit 10.

[Wood Christmas Tree Ornaments w/Cheryl](#)—Tues., Nov. 12 from 10-12. Fee \$15, Limit 14.

[Bread Bowl Candle Making w/White Squirrel](#) —Fri., Nov. 22 from 10-12. Fee \$40, Limit 12.

[Beginning Quilling](#)—Fri., Nov. 1, from 10-1. Fee \$25, Limit 10. (You receive a quilling kit with your class fee.)

[Quilling Lab](#)—Fri., Nov. 1 from 1-4. No Fee.



Multimedia Letters or Cross

Happy Thanksgiving!
Healthy Living will close at 3PM on Wednesday, 11/27 and reopen on Saturday, 11/30.



Bread Bowl Candle Making



Card Making



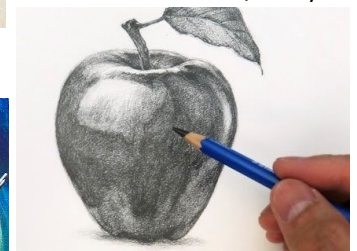
WC Calligraphy



Painted Galvanized Christmas Bell



Winter Watercolor w/Cheryl



Intro to Drawing w/Cheryl



Pinecone Flowers w/Dava



Wool Felted Ornaments



Moon Glow Acrylic w/Cheryl



Painted Wood Ornaments

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 (not Nov. 27) 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 (not. Nov. 27) 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, Nov. 19, 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 Will Rogers Park, 3400 NW 36th Street, starting at the parking lot that is south of the greenhouse. 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.

WriteIT Your Way

Mondays from 10 am-12 pm

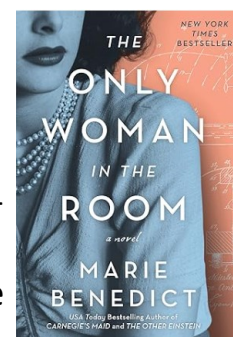
Grammar, punctuation, and spelling errors are the responsibility of the person who finds them. The important thing is the story. Open to all; drop-ins welcome.

"Last Word" Fiction Book Club

Wed., Nov. 20, from 11:30 am-1 pm

The Only Woman in the Room by Marie Benedict

Based on the incredible story of the glamor icon Hedy Lamarr, but did you know she was a scientist?



December book:

The Christmas Boutique by Jennifer Chiaverini

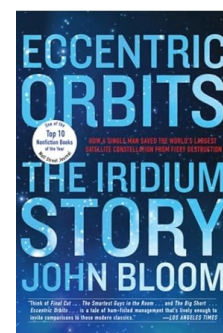
True Stories Nonfiction Book Club

Wed., Nov. 20, from 1-3 pm

Eccentric Orbits:

The Iridium Story by John Bloom

Trace the development of satellite technology, the birth of Iridium, and efforts to top it from being destroyed. A tale of innovation, failure, and one of the greatest deals of all time.



Note: No True Stories book club in December.

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. On Nov. 11 psychologist Anita Walker will talk about the effects of stress. No meeting on Mon., Nov. 25. For information, contact Sharon McKay at adaamore66@gmail.com.

Loud Crowd *Thursdays (not Nov. 14 or 28) 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. This group is full and closed to new participants at this time. Watch for info about an opening soon.

Parkinson's Support Group **Cancelled in Nov., usually 3rd Thursday, 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, Nov. 18, 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 and men's ties for the little angels who go to heaven too early, providing them to 28 hospitals in OK. They need help cutting, sewing, and trimming. Men's ties are needed 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: No ride in Nov.-taking a winter break from the usual Tuesdays 9 am until the first week of April 2025. Angela Coffman at readercoffman@gmail.com is the contact.

Bridge: Mondays and Thursdays (NOT Nov. 28) from 12:30-4 pm. Game that requires communication and memory.

Bunco: 3rd Thursday, Nov. 21, 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 (NOT Nov. 28-29), 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., Nov. 21, 12:30 pm on the patio, weather permitting, or Board Room. Bring snacks! Jeanetta Cooper, 405-626-0142, plants1950@icloud.com.

Gamers: Mondays, Wednesdays, and Fridays (NOT Nov. 29) 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 Nov. and Dec.; will resume first Thurs. (day change), Jan. 2, 1-3 pm. Enjoy this game with friends. Please add your name to the signup sheet in December for Jan. at the information table or contact group leaders Doc Dawkins or Judy Howry at howry@att.net.

Ping Pong: Available sign-up times are on the Stage Room door. Subject to change for special events and as needed.

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.

Special Opportunities



Line Dancers Perform

Sun., Nov. 3, 3-4+ pm
Doors open 2:45



Free, open to the public
Stage Room - enter west doors

TECH TALK TUESDAY

15 Tips & Tricks for Your iPad

Tues., Nov. 12
10-11:30 am

Limit 20 seats

Sign up at the
front desk to
reserve your
seat.



FREE



THE "ELVES" GIFT WRAPPING SERVICE

NOV 18-DEC 23
LEAVE GIFTS & PAY AT
FRONT DESK / PICK UP
WHEN WE CALL-
USUALLY NEXT DAY

\$3-SMALL
\$4-MEDIUM
\$5-LARGE

HEALTHY LIVING OKC

TURNING 65?

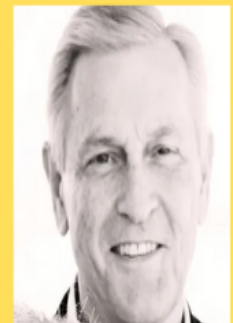
EXPLORING MEDICARE

FOR AGE 65+

Saturdays

Nov. 9 and 23

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.

Special Opportunities

Sound Bath

Sat., Nov. 2, 1-2 pm

\$15-tickets limited

purchase tickets at front desk



*a deeply immersive, full-body
listening experience
(bring blanket, pillow and yoga mat)*

**HEALTHY
LIVING OKC**

11501 N. Rockwell Ave, OKC

Sound bath is a special treat coming to HLOKC. Crystal singing bowls, chimes and other instruments are used to invite gentle yet powerful therapeutic and restorative processes to nurture your mind and body. Wellness practitioners Anna and Mark have been practicing sound healing together for nearly three years. Don't miss this! \$15 in advance available at the front desk. Bring your own blanket, pillow and mat.



Christmas Cards for Sale

Students in Linda Hiller's Whimsical Watercolor class

Painted the images for the Christmas cards for sale at the front desk. Get one card for \$2.00 or four cards in one package for \$5.00. They are darling! Proceeds will go to purchase equipment for the art department.

HEALTHY LIVING OKC
**SHAKE AND
BURN**
SAT., NOV. 30, 9:30-10:30 AM
\$10, OPEN TO THE PUBLIC

Work off all those calories from your Thanksgiving dinner at our dance-athon where 7 instructors will each lead 1-2 songs in a dance-off battle.
Bring your out-of-town guests!



Tues., Dec. 3., 11:30 am - 12:30 pm

Instead of usual date of Nov. 26

The Power of Mushroom Supplements

Session by Jessica Cox,
Nutritional Health Coach

Research is booming that shows mushroom supplements support almost every facet of health, including healthy energy levels, healthy immune system function, glowing skin and hair, and brain, liver, and sinus health. We'll cover reishi, chaga, lion's mane, shiitake, maitake, cordyceps, turkey tail, and agarikon.

Sample some delicious mushroom coffee or hot chocolate.

This class is NOT about psilocybin "magic" mushrooms.

Special Opportunities



KARAOKE
Night

Fri., Nov. 15 | 5:30-7:30 pm



SINGO!

**THURSDAY
NOVEMBER 14
FROM 6:00-7:30 PM**

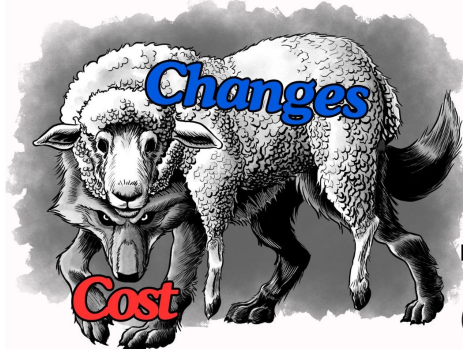
If you like Bingo - - You are going to LOVE Singo!

ArchWell HEALTH HEALTHY LIVING OKC

Navigating Medicare

Nov. 6, 1-3 pm, UHC Members Meeting
Nov. 15, 2-4 pm, UHC Members Meeting
Nov. 22, 9-11 am, UHC Members Meeting
Nov. 30., 10 am -12 pm, Truth and Changes

BE AWARE OF THE MEDICARE 2025 CHANGES



PRESENTED BY
**Navigating
MEDICARE**
A Non-Government Entity

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.)

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, 6-7 pm
(last Thurs. each month)**

Resumes Thurs., Jan. 30

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

New HLOKC merchandise for sale in the Café!

Water bottles* \$6
Hats \$20
Fanny bag \$20
Short sleeve \$20
2X-4X \$22
Long sleeve \$25
2X-5X \$28
Sweatshirt \$35
2X-5X \$28

Get yours before we
sell out!

* Use water bottles at our
bottle fillers!



Special Opportunities



Discover How
Simple Applying
for Medicare Can Be!



Global Health sessions in November

Thurs., Nov. 7, 1-3 pm
Wed., Nov. 13, 5-7 pm
Mon., Nov. 18, 4-6 pm
Mon., Nov. 18, 4-6 pm

Note that the views expressed in these sessions are those of the presenters who have rented the room and do not necessarily reflect endorsement by HLOKC.

Move Your Money and make more!

Great Certificates

Great Savings



Federally insured by NCUA

 **Communication**
FEDERAL CREDIT UNION

Coming in December

Silent Auction

Dec. 1—7

Safety with Sheryl Presley

Mon., Dec. 2, 10-11 am

Volunteer Lunch

Thurs., Dec. 5, 11-12:30

JOY Christmas Performance

Sun., Dec. 8, 3-4:15 pm

Writer's Corner Book Fair

Mon., Dec. 9, 9-12, Lobby

Longevity 101: Urology for Women

Thurs., Dec., 12, 5-6 pm

An Ukulele Christmas

Thurs., Dec. 12, 6-7:30 pm

Singalong Christmas with Violins and Mandolins

Tues., Dec. 17, 6-8 pm

CLOSED

Tues.-Wed., Dec. 24-25 & Dec. 31-Jan. 1

OPEN 9 am—3 pm

Thurs., Dec. 26

OPEN 9 am—9 pm

Thurs., Jan. 2

Nov. 1-30 we're collecting Socks for Seniors for holiday gifts for seniors in nursing homes who don't usually receive holiday gifts. Please donate men's and women's socks, new please (no used socks or any other clothing items). Pick up a flyer and place your donated items in the designated basket on the information table in the lobby. Thank you!

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	* Balance—Stability- Mobility GF - DEE ANN 9:-00	** 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	* CHAIR YOGA GYM (45min) - DEE ANN 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	** POWER PUMP GF - DONNA 10A	* 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		* CLASSIC TAI CHI GF - DEBRA 11A	* 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	** FITCYCLE GYM - NIKKI 12P	* 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	
* 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

NOTE: Closed at 3 pm, Wed., Nov. 27; closed Thurs.-Fri., Nov. 28-29; open regular hours, Sat., Nov. 30



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
* FIT WALK Kelly N 4:55P - 5:25P	BASKETBALL & WALKING 4:00p - 8:45p	*FIT WALK Kelly N 4:55P - 5:30P	BASKETBALL & WALKING 4:00 P - 8:45P	WALKING 5:30P—8:45P	
** 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 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		
NEW RULES ON PB INFO BOARD		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.

NOTE: Closed at 3 pm, Wed., Nov. 27; closed Thurs.-Fri., Nov. 28-29; open regular hours, Sat., Nov. 30

AQUATIC FITNESS SCHEDULE

MONDAY * TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

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

NOTE: Closed at 3 pm, Wed., Nov. 27; closed Thurs.-Fri., Nov. 28-29; open regular hours, Sat., Nov. 30

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



**Call (405) 753-9064
for appointments.**

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

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405.721.0747

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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Kip Prichard:
405-249-0758

DINKS!!

(play pickleball)



DONKS!!

(pet donkeys)



DAMMUSO'S!!

(stay in a grain bin)

