

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 December 2024



Holly Jolly

Free, live performances, open to the public

The JOY Thespians Group presents
Children's Christmas with Santa
Sun., Dec. 8, 3-4:15 pm

Ukulele Christmas
Thurs., Dec. 12, 6:00-7:30 pm

Holiday Music with Jim Ivins
In the Lobby - Fri., Dec. 13, 1 - 2 pm

**Singalong Christmas
with Violins & Mandolins**
Tues., Dec. 17, 6 - 8 pm

Closed Tues.-Wed., Dec. 24-25 and Tues.-Wed., Dec. 31-Jan. 1.

Open Thurs., Dec. 26 from 9 am to 3 pm, open regular hours Dec. 27- 30.

Open 9 am—9 pm on Thurs., Jan. 2. No art classes Dec. 23-Jan. 3.



Kelly's Keynotes

As my first six months as Director comes to a close, I begin thinking about what the new year holds. Most of us set goals and go into a new year with optimism.

- Goals for physical health? Do you need to workout more? Want to meet with one of our personal trainers to set some goals?
- Financial goals? Should you save up for something special, or do you need to cut costs and feel some relief?
- Social goals? Maybe you'd like to get more involved, take a class, learn a new skill, or make new friends?
- Want to travel and see things you've never seen? Check out our available travel club trips and dates scheduled for 2025 on page 12. Watch for an info meeting in January.

In this last month of 2024, reflect on the year and begin looking forward to the next.

Wishing everyone Happy Holidays,

— Kelly Nixon, HLOKC Branch Director

Learn more about all that's offered here.

Come to New Member Orientation

Wed., Dec. 18, 11 am-12 pm

Meet in the Lobby near the windows.



Healthy Living



The advantages of resistance training are myriad. They include things like lowered risk of various comorbidities, improved cognitive performance and vitals (like blood pressure, pulse rate, etc). But how often can you repeat your exercise program during the week? This is

another one of those questions I get frequently. So, imagine you are doing an upper body workout one day and a lower body workout on a different day. As long as you are fully recovered (no muscle soreness), you can repeat that upper or lower body workout during the week. For example, you could do upper on day one, lower on day two, rest day three, upper on day four and lower again on day five.

The real limiting factor is how well you have recovered since the last time you performed that workout. If you are doing a full-body workout twice per week, doing it a third time is fine, if you are not sore.

In general, I like to suggest at least a full day of rest between full-body workouts. If you need help setting up your weekly workout schedule, our trainers can help! Come meet us, ask us questions, sign up for training sessions and lets 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.**

Did you know...?

Here is some interesting information about Healthy Living OKC.

1. Regulating the temperature in our building can be tricky. Our building is 55,000 square feet and has 24 air conditioning units on the roof. Rooms have individual thermostats. The way the system works, keeping room doors closed and not opening outside doors will help to regulate the temperature properly. Of course, dressing in layers including sweaters or jackets will help you regulate your own personal temperature as needed.
2. The definition of a service animal per the Americans with Disability Act (ADA) is a dog who has been trained to do work or perform tasks directly related to a person's disability. HLOKC complies with the ADA, otherwise, HLOKC has a no pets policy.
3. Guests (nonmembers) are welcome here — any age during a guided tour. To attend fitness or art classes, guests must be 50+ and their first visit is free; however, subsequent visits are \$10 per day. If they wish to attend often, they should purchase a monthly membership. An event or activity noted as “open to the public” has no age or membership requirement. An event or activity noted as “members and their guests” means the guests must be 50+. Children are welcome on Grandparents Day or when the event is noted as open to the public.
4. Sidewalks between the rows of parking spaces are provided for your protection. Walking behind parked vehicles is not safe. We know this to be true because of several close calls. While we might have a tendency to exit our vehicle and walk to the back of it, exiting your vehicle toward the front and walking to the sidewalk is best for your safety. And making a mental note of the sidewalk you walked down may help you remember where you parked your car. Also, when backing out, please look left, right, and back. The speed limit is 5 miles per hour so that you can clearly see people and vehicles to avoid accidents.

From the Suggestion Box

We get many notes in the suggestion box at the front desk. Some are meant for our staff and some are messages from members asking us to share with other members. We've listed a few of the most common ones here, and if appropriate our staff's response.

1. **“Separate bathrooms for men and women please!!”** Staff response: While there are single bathrooms near the workout gym lobby, there are separate men's and women's bathrooms just a few steps away in the locker rooms and main hallways. In the single bathrooms near the workout gym lobby, we ask that everyone be courteous to others and clean up any “spills” on toilets or the floor.
2. **“Please avoid phone calls on speaker and in earshot of others. We don't want to hear your conversations, especially doctor appointment calls. Please move to a private area.”**
3. **“When cancelling classes or building closures, please put it on the website, send an email blast, and send text messages.”** Staff response: We currently communicate cancellations and closures on our Facebook pages. Soon we will also add a message to our website home page. Watch for information after the first of the year. We will begin sending an email blast (like the Friday Update email we currently send). Keep in mind it takes a bit of time for the system to disperse email to 6,000+ members. Our previous texting service became too costly. We are checking into other texting services. In the meantime, if you don't have the Facebook app downloaded on your phone, you can go to facebook.com/healthylivingokc/ and see our public page. The season for ice and snow is approaching. Therefore, keep in mind if you know there is inclement weather in our area, there is a good possibility we may open later, close early, close for the day, or cancel activities. We don't always follow the same closures as school districts.



Creative Opportunities in December



Fox Acrylic w/Linda H

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

Painting Lab w/Linda H—Mon., Dec. 2, 9, 16 from 12-3. **Fee \$10, Limit 16.**

Additional supply fee of \$10 if you use our supplies.

Polar Bear Acrylic w/ Linda H—Mon., Dec. 2, 9, 16 from 10-12. **Fee \$20, Limit 10.**

Fox Acrylic w/ Linda H—Wed., Dec. 4, 11, 18 from 10-12. **Fee \$20, Limit 10.**

Snowman Acrylic w/Linda B—Sat., Dec. 21, from 10-1. **Fee \$20, Limit 10.**

Acrylics—The Masters w/Greg—Tuesday, Dec. 3, 10, 17, from 1-3.

Fee \$20, Limit 10.

Intro to Watercolor w/William—Thurs., Dec. 5, 12, 19 from 10-12. **Fee \$15, Limit 12.**

Tuscany Watercolor w/ Linda B—Tues., Dec. 3, 10, 17 from 10-12. **Fee \$15, Limit 14.**

Intermediate Watercolor w/ William—Thurs., Dec. 5, 12, 19 from 4-6, Dec. 12 and 19 from 1-3. **Fee \$15, Limit 12.**

Advanced Watercolor w/ Cynthia—(Continued from November) Thurs., Dec. 5, from 1-3. **Class was filled in Nov.**

Whimsical Watercolors w/ Linda H—Wed. Dec. 4, 11, 18 from 1-3. **Fee \$15, Limit 16.** Fun class for beginners and advanced students.

Beginning Drawing w/Cheryl—Wed., Dec. 4 & 11 (continued from November) from 6-8. **Class was filled in Nov.**

Drawing a Christmas Hearth w/ William—Mon., Dec. 2, 9, 16 from 10-12. **Fee \$10, Limit 16.**

Paint with Friends Lab—Monday, Dec. 2, 9, 16 from 10-12. **Fee \$5, Limit 14.** (Bring your own supplies and paint with friends—no instructor.)



Snowman Acrylic w/Linda B



Tuscany Watercolor w/Linda B



Acrylic Polar Bear w/Linda H



Acrylics—The Masters



Intermediate Watercolor w/William

FOLLOW US ON FACEBOOK!

HLOK C CREATIVE ARTISTS



Intro to Pottery



Pottery — Sculpting a Bird



Pottery — Angel Wings



Pottery — Snowman

Pottery



Intro to Pottery w/ Penny—Wednesday, Dec. 4 from 4-6 OR Sat., Dec. 21 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 a Bird w/Jordan—Tues., Dec. 10 from 10-12. **Fee \$10, Limit 10.**

Glazing a Lighted Santa—Thurs., Dec. 5, from 10-12. **Fee \$20, Limit 12.** (Bisque Santa and light kit included in fee.)

Angel Wings—Thurs., Dec. 12, from 10-12. **Fee \$10, Limit 12.**

Beginning Carving w/Loeta—Fri., Dec. 20, from 10-12. **Fee \$10, Limit 12.**

Pottery Labs—Volunteer led labs are on Tuesdays (not Dec. 24/31) and Thursdays (Dec. 26 10-2) from 1-7, unless a class is scheduled at that time.

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 Santa Glazing

End of Year Clean Up



DEADLINE
The deadline to have glazed pottery fired and completed by Christmas is Friday, **December 6th.**

We will be closing the Art & Pottery Rooms the week of December 30th to clean and organize. Sign up to help us get ready for a new year of creativity!
Sign Up Sheet is on Linda B's door.

Fused Glass



Intro to Glass Fusion—Mon., Dec. 9, 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 Cardinals—Mon., Dec. 2, from 1-3. **Fee \$30, Limit 10.**

Fused Glass Snowmen—Wed., Dec. 11, from 10-12. **Fee \$30, Limit 10.**

Fused Glass Labs—

Wednesday, December 4, from 10-12

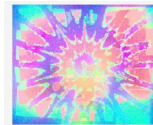
Monday, December 16, from 1-3

Wednesday, December 18, from 10-12

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.

Specialty Classes



Jewelry Lab w/ Susan H—Wed., Dec. 4, 11, 18 from 2-4. **No Fee, No Limit.**

Card Making Class—Wednesdays in December from 9:30-12:30. **Fee \$15, Limit 16.** Make two cards during each class using supplies provided.

Card Making Labs—Sat., Dec. 7 & 21, from 10-12. **No Fee, No Limit.** Bring your own supplies and create with friends.

Wood Whittling w/ Neil—Wednesdays in December from 2-4 (not Dec. 25, Jan. 1). **No Fee, No Limit.**

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

Seeded Paper & Bowls w/Cheryl—Mon., Dec. 2, 9, 16, from 6-8 **Fee \$10, Limit 16.**

Pinecone Flowers w/Dava—Fri., Dec. 6, from 1-3. **Fee \$15, Limit 12.**

Basketry with Pauline—Fri., Dec. 6, from 9-12. **Fee \$20, Limit 12.** You will make one Christmas basket in this fun class.

Gelli Prints w/Frances—Wed., Dec. 4, 11, 18, from 4-6. **Fee \$15, Limit 10.**

Painted Wood Ornaments w/Linda B—Fri., Dec. 20, from 10-12. **Fee \$15, Limit 14.**

Flower Arranging w/LilyGrass—Fri., Dec. 13, from 10-12. **Fee \$25, Limit 14.**



Flower Arranging w/LilyGrass



Fused Glass—Cardinals



Fused Glass— Snowmen



Intro to Glass Fusion



Pinecone Flowers w/Dava



Seeded Paper & Bowls

SPECIALTY CLASSES CONTINUED



Gelli Prints w/Frances



Basketry w/Pauline



Card Making



Drawing a Hearth w/William



Wood Christmas Ornaments w/Linda B



Intro to Watercolor w/William



Whimsical Watercolor w/Linda H

Holiday Hours

We will be closed
December 24-25 and
December 31-January 1.
We will be open from 9AM—3PM on
Dec. 26 & 9AM—9 PM on Jan. 2.

January enrollment

Jan. enrollment is Mon., Dec. 23.

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 Dec. 25/Jan. 1) from 6:30-7 pm.*

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 Dec. 25 /Jan. 1) 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 (not Dec. 24) 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 (not Dec. 31) 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, Dec. 17, 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 (not Dec. 25/Jan. 1), promptly at 9 am (offsite). Come walk in the woods! We explore a new location each month. Meet at Mitch Park, 1501 W. Covell Rd, Edmond. Look for the silver truck with an orange 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 (not Dec. 25/Jan. 1) 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

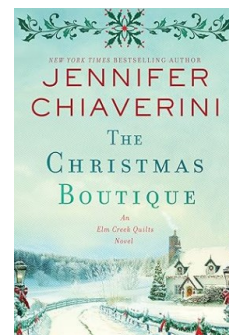
Grammar, punctuation, and spelling errors are the responsibility of the person who finds them. The important thing is the story. Open to all; drop-ins welcome.

"Last Word" Fiction Book Club

Wed., Dec. 18, from 11:30 am-1 pm

***The Christmas Boutique* by Jennifer Chiaverini**

A delightful story of quilting and friendship, this is a wonderful holiday mix of family legacy, reconciliation, and shared experiences.



January book:

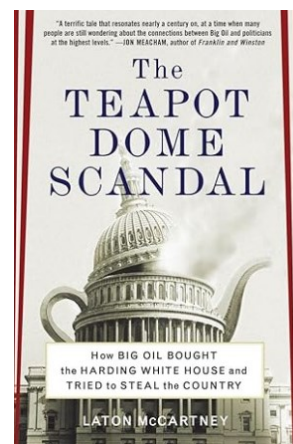
***The Thursday Murder Club* by Richard Osman**

True Stories Nonfiction Book Club

No book club in December.

4th Wed., Jan. 22, from 1-3 pm

***The Teapot Dome Scandal: How Big Oil Bought the Harding White House and Tried to Steal the Country* by Laton McCartney**



February book:

Endurance:

Shackleton's

***Incredible Voyage* by Alfred Lansing**

Support Groups



Alzheimer's Support 2nd and 4th Wednesdays (not Dec. 25) 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 Group 2nd and 4th Mondays from 1-2 pm

Members Barbara Brown and Sharon McKay provide education, cooking, encouragement, and guest speakers for those with Diabetes. On Dec. 9 everyone bring a diabetic friendly dish and the recipe. No meeting Dec. 23. For information, contact Sharon McKay at adaamore66@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 (not Dec. 24 or 31) 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 (not Dec. 25/Jan. 1) 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 pm 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. **If interested in attending, a meeting to form a second group has been scheduled for Thurs., Jan. 9, 1-2 pm. No sign up, just come.**

Parkinson's Support Group 3rd Thursday, Dec. 26, 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, Dec. 16, from 6:30-8 pm in the Board Room. For retired OKC firefighters.

Service

Making Angel Gowns for Children's Hospital

Not meeting in Dec. Will resume 2nd and 4th Tuesdays in Jan. 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.

No longer needed donations:

- Acrylic yarn for the hat weavers
- Brown paper bags (donate directly to Salvation Army, 842 N. Pennsylvania Ave.)

Groups



Seasoned Quilters

1st, 3rd, and 5th Wednesdays (not Jan. 1) 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 (not Dec. 24/31) 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: Group is taking a winter break from the usual Tuesdays at 9 am until the first week of April 2025. Angela Coffman at readercoffman@gmail.com is the contact.

Bridge: *Mondays and Thursdays from 12:30-4 pm.* This game requires communication and memory. We'll teach you!

Bunco: *Usually 3rd Thursday, from 2-4 pm, but not in Dec.* 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. We'll teach you!

Dominoes: *Daily Monday thru Friday (not Dec. 24-25, 31 & Jan. 1) 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., Dec. 19, 12:30 pm on the patio, weather permitting, or in the Board Room.* Bring snacks! Contact I Jeanetta Cooper, 405-626-0142, plants1950@icloud.com.

Gamers: *Mondays, Wednesdays, and Fridays (not Dec. 25/Jan.1) from 1-5 pm and Saturdays from 12:30-3:30 pm (On the 4th Monday beginning in Jan. this group meets from 9 am-12 pm.)* Play card games while visiting and laughing with 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 own materials.

Mahjong: *Wednesdays from 9-12 pm (not Dec. 25/Jan. 1)* This is a 19th century game of skill, memory, and strategy with beautiful tiles. We'll teach you!

No-Brainer Bunco: *Not in 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 new friends and challenge yourself in this game of strategy.

More Holly Jolly



**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

ONLINE SILENT AUCTION

Sun., Dec. 1 - Sat., Dec. 7 (midnight)

Login, view all items, bid, win, and pick up Dec. 9 at HLOKC. Giftwrapped for free!

Use QR code:



Or visit website:

<https://www.32auctions.com/hlokcsilentauction2024>

Preview items at front desk.



KARAOKE Night

Holiday Edition

Fri., Dec. 20 | 5:30-7:30 pm

Wear your holiday hat or sweater

Give the Gift of Travel in 2025

Alaska Discovery Land & Cruise, 8/20-31
Reserve by Feb. 20, 2025

Discover Canyon Country, 9/12-19
Reserve by Mar. 12, 2025

Iceland's Magical Northern Lights, 10/7-13
Reserve by Jul. 8, 2025

See Lobby information table for more info.



**Cooking with Chef Robin:
Unique Holiday Sides**

**Fri., Dec. 6
9 am - 12 pm
\$30**

Max 10, sign up now!

You will prepare and take home 2 meals, including a protein.

Special Opportunities

Longevity 101: Female Pelvic Bladder Health

Presented by Adam Hare, M.D.
OU Health Urogynecologist

Thursday, Dec. 12
5 - 6 p.m.

HEALTHY LIVING OKC

11501 N. Rockwell Ave.
Oklahoma City



FOR HLOKC VOLUNTEERS

Volunteer LUNCH

Thursday, December 5
11:00 - 12:30 pm
Email your RSVP by Nov. 27 to
Susie@healthylivingokc.com

Writers Corner 4th Annual
WRITERS BOOK FAIR

Monday, Dec. 9
9:00 am - 12:00 pm
In the Lobby

Great gift!
Authors available to sign
purchased books

VOLUNTEER WITH US!

REGIONAL FOOD BANK OF OKLAHOMA
TUES., DEC. 10 | 9 - 12
Meet at Healthy Living OKC to Carpool.
Sign up at the information table in the lobby.

Writers featured in the Writers Book Fair, Mon., Dec. 9, 9 am—12 pm in the Lobby

Linda McDonald writes contemporary mysteries and thrillers taking place in Oklahoma and likes to include historical artifacts. Check out her latest of nine novels, *Otherwise Decent People*. **Mike Fry**, an apprentice builder of weird and fantastic worlds, writes about Medicine Men, albinos, seductive robots and spiritual animals. He has written *Veetch*, *The Lipstick Case from Outer Space*, and *Medicine Odds* which is set near El Reno. **Robert Williams** writes of every day things in a very special way and will have two books of poetry available. **Trina Lee** recently published her first book of poetry and has been published in several journals as well. **Julian**, our newest member of Writers Corner will have two collections of short stories.


Special Opportunities



Holly Jolly
The JOY Thespians Present
Children's Christmas with Santa
Sunday, December 8
3:00 - 4:15 pm
Doors open 2:45
Free, open to the public
Enter far west doors
(other parts of the building will not be accessible)



Holly Jolly
UKULELE
CHRISTMAS
Special Guest Performers:
The Golden Girls from Spanish Class
THURS., DEC. 12, 6-7:30 PM
FREE, OPEN TO THE PUBLIC



NATURAL GROCERS
Tues., Dec. 3., 11:30 am - 12:30 pm
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, shitake, maitake, cordyceps, turkey tail, and agarikon.

Sample some delicious mushroom coffee or hot chocolate.

Note: This class is NOT about psilocybin "magic" mushrooms.



Holly Jolly
Sing-along with
Violins and
Mandolins
Tues., Dec. 17, 6-8
Free, Open to the Public



Holly Jolly
Holiday Songs with Jim Ivins
In the Lobby
Fri., Dec. 13
1-2 pm

↑ Jim will be singing, but that's not him.

Special Opportunities



Discover How
Simple Applying
for Medicare Can Be!



Global Health Fri., Dec. 6, 3-5 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.

TURNING 65?

**EXPLORING MEDICARE
FOR AGE 65+**

Sat., Dec. 2, 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.



**S&B's Burgers
Give Back night**

Thurs., Dec. 11, 5 pm-close

Location: 7640 NW Expressway only

Eat at S&B's Burger Joint and they will donate 20% of total sales to HLOKC, as long as you drop your receipt in the FUNdraiser box at the end of your meal. Enjoy a great gourmet burger or sliders and fries with dipping sauce and help HLOKC at the same time!

4,159 Holiday Cards for Heroes!

Thank you to everyone who wrote a private message in a holiday card for our servicemembers. We delivered 4,159 cards to the American Red Cross. This year our cards are being sent to troops who are overseas. Thank you to all of our card-making groups and members who took the time!

Coming in January 2025

Sound Bath

Sat., Jan. 4, 12:30-1:30 pm

National Alliance on Mental Illness

Family to Family Class

8-week series

Wednesdays, starting Jan. 8, 5:30-8 pm

Longevity 101 with OU Health

Thurs., Jan 9, 5-6 pm

Veterans Corner

Tues., Jan. 14, 10:30-12 pm

Karaoke

Fri., Jan 17, 5:30-7:30 pm

Total Wellness

8-week series

Tuesdays, starting Jan. 21, 1:30-3 pm

Diabetes Prevention Program 2025

12-month program

Tues. Jan 21, 3:30-4:30 pm through Nov. 25

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)

Not Dec.; resumes Thurs., Jan. 30

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

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	** 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 June 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



HLOK is closed
 Tues.-Wed., Dec. 24-25
 Open Thurs. Dec. 26, 9 am - 3 pm
 Closed Tues.-Wed., Dec. 31-Jan. 1
 Open Thurs., Jan. 2, 9 am - 9 pm

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 Dec. 24-25 and Dec. 31-Jan. 1; open 9am-3pm on Dec. 26 and 9am-9pm on Jan. 2.

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 <u>LAP OR OPEN SWIM</u> DURING CLASSES!		***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.



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



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 Tues.-Wed., Dec. 24-25
 Open Thurs. Dec. 26, 9 am - 3 pm
 Closed Tues.-Wed., Dec. 31-Jan. 1
 Open Thurs., Jan. 2, 9 am - 9 pm

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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