

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 January 2025

2025: The Year of Living Well at Healthy Living OKC

EAST COAST SWING DANCE CLASSES

4-week series begins

Mon., Jan. 6

5:30 - 6:30 pm

Learn East Coast Swing Dance steps, then dance at the **Classic Big Swing Band** performance on **Sat., Feb. 15**, from 6:30 - 8 pm

For four lessons:
\$40 individual, \$60 couple. Partner preferred.

For members and guests who are 50+
No guest fee

Sign up and pay at front desk by Jan. 2



Sound Bath

Sat., Jan. 4

12:30-1:30 pm

Tickets: \$15 each

Members' guests 50+ also welcome

A deeply immersive, full-body listening experience



Tickets limited

Purchase tickets at Front Desk

Bring blanket, pillow and yoga mat

 **NAMI Greater OKC**
National Alliance on Mental Illness

**8 CLASSES / FREE
LEARN MORE &
CONNECT WITH
OTHERS**

- If you love someone with a mental illness, this class is for YOU! Taught by trained family members who themselves have ill relatives.
- Learn about medications used to treat these brain disorders, problem solving and how to cope, communication with someone who is ill.
- Information on the biology of bipolar, schizophrenia, major depression and more.
- Advice on working with the system, and for looking after yourself as a caregiver.



FAMILY TO FAMILY

January 8 - February 26, 2025

Wednesdays 5:30 - 8:00 pm

Healthy Living OKC

11501 North Rockwell Ave, OKC, 74162

Register

www.namigreaterokc.org 405-408-0886 info@namigreaterokc.org

Register by calling 405-408-0886 or online at:
[this link](#)

Closed Dec. 31 - Jan. 1 (Tues and Wed)

Open 9 am—9 pm on Thurs., Jan. 2. Art classes resume Jan. 4.



Kelly's Keynotes

It's a New Year with New Opportunities

"Change is the only constant in life. One's ability to adapt to those changes will determine your success in life." - Benjamin Franklin

Most of us like change on our own terms, but rarely are we given the choice. Change can be stressful and usually happens just as life seems stable.

The key to change is how we react to it. When change makes our lives better, it's because we have learned to turn a challenging situation into a beneficial one. Many people hate change and yet some look forward to it. You've heard the saying: *Is your glass half empty or half full?* It's all about perspective.

The one thing that is certain about change is that society cannot progress without it. Without change we would all do the same things repeatedly. There would be no new technologies, no new works of art, no advances in medicine. Good or bad, life must keep changing.

Going into a new year with a positive attitude and an open mind will set you up for success. Viewing changes that come our way as opportunities may help alleviate anxiety and disappointment.

Think about the things you want to change in your life and surround yourself with people that will help you achieve those goals. *"Your attitude determines your altitude."* - Zig Ziglar

Wishing everyone a Happy New Year! We hope 2025 will be the best year yet!

— Kelly Nixon, HLOKC Branch Director

Healthy Living

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 increasing balance and stability.

Also learn how you can schedule a one-on-one session with one of our personal trainers.

There is an **evening option as well**: the last Thursday each month at 6 pm. **The next evening session is Thurs., Jan. 30.**

Still no fee, but we ask that you please sign up at the information table in the lobby if you plan to attend the evening session.

New members and those who want a refresher on HLOKC... Learn about all that's offered here and get your questions answered.

Come to New Member Orientation
Wed., Jan. 15, 11 am-12 pm

Meet in the Lobby seating area near the windows.



2025: The Year of Living Well

In 2025 we will focus on living well at Healthy Living OKC. Every time you come to the center and participate in activities and events here, you're living well. Here are all the ways you can live well at HLOKC:



What's Coming in 2025

Staying informed on important topics will help us continue to live well. We're bringing back some of the best educational sessions from 2024 and planning some new ones for 2025. Here are just a few:

- **Longevity 101** with our OU Health doctor partners returns in 2025 with new topics such as nutrition as we age, heart disease, cancer, stroke, osteoarthritis, and memory loss.
- National Alliance on Mental Illness brings back **Family to Family** this month, a free series for people who have loved ones with mental illness to help you learn about the various mental illnesses and treatments, how to talk with your loved one and build trust, and support groups available for the person with mental illness and for you.
- The year long **Diabetes Prevention Program** offered last year returns this month from the Harold Hamm Diabetes Center at the University of Oklahoma. This is for people who are prediabetic.
- Integris Health will be offering a series about **strokes**, how to recognize them and what to do, help for the stroke survivor and their caregiver, including strategies for recovery, resources, and support groups.
- From the Oklahoma Healthy Aging Initiative, Reynolds Section of Geriatrics, OU Department of Medicine comes the workshop/series **Healthy Brain, Healthy Mind**, a return from 2025. They are also bringing us a new five - module series, **Dementia Dialogues**, to educate on the signs and symptoms of Alzheimer's Disease and related dementias. This includes strategies for effective communications, addressing challenging behaviors, and creative problem solving.
- A very popular guest speaker from 2024 returns in June, Dr. Germaine Odenheimer, Geriatric Neurologist and Professor Emeritus at OU, and advisory member of the Oklahoma State Council on Aging, who speaks on **Cognitive Impairment—When to Worry**. She'll cover genetics, diagnosis, treatment, and new therapies.



Creative Opportunities in January



Poppies Acrylic w/ Linda B

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—Mondays in January from 12-3. **Fee \$10, Limit 16.**

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

Lighthouse Acrylic w/ Ursula—Tuesdays in January from 10-12. **Fee \$25, Limit 10.**

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

Sailboat Acrylic w/ Linda H—Wednesdays in January from 10-12. **Fee \$25, Limit 10.**

Poppies Acrylic w/ Linda B—Fri., Jan. 10 and 24, from 1-3. **Fee \$25, Limit 12.**

Acrylic Landscape w/ Greg—Fri., Jan. 10, 17, 24, 31, from 10-12. **Fee \$25, Limit 10.**

Intro to Watercolor w/ William—Thurs., Jan. 9, 16, 23, 30, from 10-12. **Fee \$20, Limit 12.**

Row House Watercolor w/ Linda B—Tuesdays in Jan. from 10-12. **Fee \$20, Limit 14.**

Intermediate Watercolor w/ William—Thurs., Jan 9, 16, 23, 30, from 4-6. **Fee \$20, Limit 12.**

Advanced Watercolor w/ Cynthia—Thurs., Jan 9, 16, 23, 30, from 1-3.

Prerequisites: Intro & Intermediate Watercolor classes. Students use their own paper, paint and brushes. **Fee \$10, Limit 14.**

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

Whimsical Valentines w/ Linda B—Sat., Jan. 18, from 10-12. **Fee \$5, Limit 14.**

Colored Pencil Drawing w/ William—Mondays in Jan. from 10-12. **Fee \$15, Limit 16.**

Intro to Oils w/ Edna—Tuesdays in Jan. from 1-3. **Fee \$15. Limit 10.**



Lighthouse Acrylic w/ Ursula



Row House Watercolor w/ Linda B

PLEASE NOTE:

Any class 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.



Acrylic Houses w/ Linda H



Acrylic Sailboat



Acrylic Landscape w/ Greg



Intro to Oils w/ Edna

FOLLOW US ON FACEBOOK!

HLOKC CREATIVE ARTISTS



Pottery—Sculpting a Bird



Pottery — Intro to Pottery



Pottery — Valentine Hanging



Pottery — Heart Trees

Pottery



You must have completed the Intro to Pottery class prior to taking classes or lessons on the pottery wheel.

Intro to Pottery w/ Penny—Sat., Jan. 18, from 10-12 OR Wed., Jan. 29, from 4-6.

Fee \$10, Limit 12. Learn about our pottery program, clay construction methods, and everything you need to know to participate in classes and labs.

Soup Mug Glazing for Fundraiser—Tues., Jan. 7, 14, 21 or 28 from 1-3. **No Fee.**

Limit 12 per date. No lab these dates.

Valentine Hanging—Thurs., Jan. 9, from 10-12 . **Fee \$10, Limit 12.**

Heart Pockets—Thurs., Jan. 16, from 10-12. **Fee \$10, Limit 12.**

Angel Birds on a Wire Glazing—Thurs., Dec. 12, from 10-12. **Fee \$18, Limit 12.**

(Bisque dinner plate is included in fee.)

Heart Vase w/ Loeta —Fri., Jan. 10, from 10-12. **Fee \$10, Limit 12.**

Heart Vase Carving or Glazing—Fri., Jan. 24, from 10-12. **Fee \$10, Limit 12.**

Heart Trees—Thurs., Jan. 30, from 10-12. **Fee \$10, Limit 12.**

Pottery Labs—Volunteer-led labs are on Tuesdays and

Thursdays from 1-4, Fridays from 10-3, and Monday nights from 4-7—unless a class is scheduled at that time.

NOTE: Firing coupons are no longer included in pottery fees.



SAVE THE DATE

SOUPER Bowl Art Fundraiser

Thurs., Feb. 6

From 11 am to 1 pm



Pottery — Heart Pockets



Pottery — Heart Vase w/ Loeta

RED BASKET RENTAL

Beginning Jan. 1, we will begin offering the red baskets in the pottery room for \$20 for 6 months on a first-come basis. (That's \$3.33/month). You can rent on GloFox or at the Front Desk.

Fused Glass



Intro to Glass Fusion—Mon., Jan. 6, 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 Mushrooms—Mon., Jan. 13, from 1-3. **Fee \$30, Limit 10.**

Fused Glass Hearts—Wed., Jan. 15, from 10-12. **Fee \$30, Limit 10.**

Fused Glass Succulents—Mon., Jan. 27, from 1-3. **Fee \$30, Limit 10.**

Fused Glass Mosaics—Wed., Jan. 29, from 10-12. **Fee \$30, Limit 10.**

Fused Glass Labs— Wed., Jan. 8, from 10-12; Mon., Jan. 20, from 1-3; OR Wed., Jan. 22, 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—Wednesdays in January from 2-4. **No Fee, No Limit.**

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

Make two cards during each class using supplies provided.

Card Making Labs—Sat., Jan. 4 and 13 from 10-12. **No Fee, No Limit.** Bring your own supplies and create with friends.

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

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

Paper Mache Cats w/ Cheryl and Pam—Mondays in Jan. from 4-6. **Fee \$20, Limit 14.**

Valentine Crafts w/ Cheryl—Wednesdays in Jan. from 6-8. **Fee \$30, Limit 12.**

Basketry with Pauline—Fri., Jan. 31, from 9-12. **Fee \$20, Limit 12.** You will make one heart-shaped basket in this fun class.

Soft Cut Linoleum Prints w/ Frances—Wednesdays in Jan. from 1-3. **Fee \$20, Limit 12.**

Bookbinding w/ Frances—Wed., Jan. 15 and 22, from 4-6. **Fee \$15, Limit 12.**

Silk Scarves w/ Cheryl—Sat., Jan. 11, from 10-12 OR 1-3. **Fee \$25, Limit 8 per class.**

Acrylic Canvas Pour—Sat., Jan. 25, from 10-12. **Fee \$20, Limit 12.**



Fused Glass—Mushrooms



Fused Glass—Hearts



Intro to Glass Fusion



Fused Glass Succulents

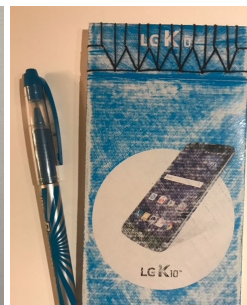


Acrylic Canvas Pour

Silk Scarves
w/ Cheryl



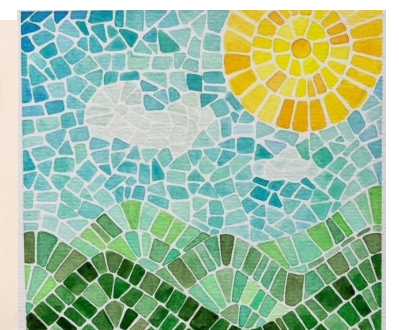
Card Making



Bookbinding



Lino Prints



Fused Glass Mosaics

SPECIALTY CLASSES CONTINUED



Valentine Crafts w/ Cheryl



Basketry w/ Pauline



Whimsical Valentines w/ Linda B



Advanced Watercolor w/ Cynthia



Whimsical Watercolor w/ Linda H



Intro to Watercolor w/ William



Intermediate Watercolor w/ William



Colored Pencil w/ William



Paper Mache Cats w/ Cheryl and Pam

Holiday Hours

We will be closed

Dec. 31 - Jan. 1.

On Jan.2, we will be open from

9 am - 9 pm.

February enrollment

February art class enrollment
is Mon., Jan. 27.

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 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 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 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 Tuesdays, Jan. 21, 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 Jan. 1), promptly at 9 am (offsite) Come walk in the woods! We explore a new location each month. Meet at Martin Park Nature Center, 5000 W. Memorial Rd. 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 Jan. 1) Experienced writers present original writings for review. If you'd like to join, please contact Trina, group coordinator, at tleetulsa@sbcglobal.net.

WriteIT Your Way

Mondays from 10 am-12 pm

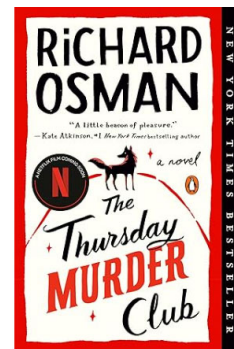
Grammar, punctuation, and spelling errors are the responsibility of the person who finds them. The important thing is the story. Open to all; drop-ins welcome.

"Last Word" Fiction Book Club

Wed., Jan. 15, from 11:30 am-1 pm

The Thursday Murder Club by Richard Osman

In a peaceful retirement village, four unlikely friends meet weekly to discuss unsolved crimes and find themselves with their first live case.



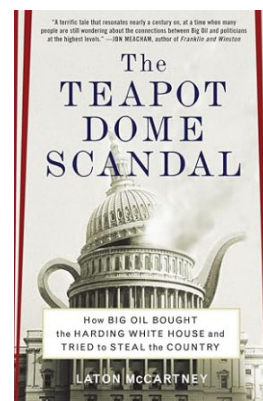
February book: The Paris Apartment by Lucy Foley

True Stories Nonfiction Book Club

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 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. 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 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, Jan. 16, 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, Jan. 20, from 6:30-8 pm in the Board Room.* For retired OKC firefighters.

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. No fee, just come and make new friends. The group is using up bags already donated. They will resume accepting more bags soon. Watch for more info.

No longer needed donations:

→ **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 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. 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. **Donations of acrylic yarn are needed.**

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: *3rd Thursdays, from 2-4 pm, Jan. 16.* 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. 31 and 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: *3rd Thursdays, Jan. 16, 12:30 pm on the patio, weather permitting, or in the Board Room.* Bring snacks! Contact Jeanetta Cooper, 405-626-0142, plants1950@icloud.com.

Gamers: *Mondays, Wednesdays, and Fridays (not 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 Jan. 1).* This is a 19th century game of skill, memory, and strategy with beautiful tiles. We'll teach you!

No-Brainer Bunco: Day change: *Starting in January, meet 1st Thursday each month, Jan. 2, 1-3 pm.* Enjoy this game with friends. Please add your name to the signup sheet 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.

Special Opportunities



TOTAL WELLNESS

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

**Every Tuesday beginning
Jan. 21 and ending
March 11**

**Limited Seating - Pre-register by calling
405-425-4422 or visit www.occhd.org/lose.**

**HEALTHY
LIVING OKC**
11501 N. Rockwell, OKC



Total Wellness is an 8-week series presented by the Oklahoma County Health Department.

You will learn how to:

- Make healthy choices
- Find ways to become more active
- Change unhealthy behaviors
- Lose weight
- And feel great

MEN'S SUPPORT GROUP



We each have our respective journeys in this part of our lives. Our men's support group has grown, and we see the need for a second group. If you are interested in joining a second men's support group at HLOKC, come to this organizational meeting:

Thursday, Jan. 9, 1-2 pm

*Cooking with
Chef Robin:
Soups
Fri., Jan. 3
9 am - 12 pm
\$30*

**Max 10,
sign up
now!**



Special Opportunities



Prevent Type 2 Diabetes Program

Tuesdays starting Jan. 21, 3:30-4:30 pm

One out of three American adults has prediabetes. If you have prediabetes, you can make changes now to improve your health and prevent Type 2 diabetes. The Prevent T2 lifestyle change program can help you lose weight, become more physically active, reduce stress, and delay the onset of the disease by cutting your risk of developing Type 2 Diabetes by more than half.

Brought to us by OU Health Harold Hamm Diabetes Center, the Prevent T2 sessions provide you with:

- A proven program to prevent or delay type 2 Diabetes
- A Centers for Disease Control approved curriculum and trained lifestyle coach
- A year-long program with weekly meetings for the first six months, then once or twice a month for the last six months
- Support from others like you as you learn new skills

You do not have to be a member of HLOKC to be in the program but to participate you must be 50+. You must qualify based on your A1C and BMI. Medicare recipients: Ask your doctor for documentation of your A1C or fasting glucose numbers.

To maintain your progress in Prevent T2, please attend as many of the sessions as you can.

The program is for prediabetic, not those already diabetic.

For questions or to reserve your spot, call 405-421-2959.

HEALTHY LIVING OKC
Travel Club

Want to travel with your HLOKC friends?

Come to a free informational session to learn about our remaining available trips in 2025.

Attend either:
Tues., Jan 14, 10 -11 am
Thurs., Jan. 16, 6 - 7 pm

Alaska Land & Cruise
Aug 20-31, 2025
Iceland's Northern Lights
Oct 7-13, 2025

For more information contact Debra McTaggart

Our travelers leave for Costa Rica on Jan. 13. Hope to see you on a trip soon!

KARAOKE
Night

Monthly every third Friday!
Friday, Jan. 17, 2025
5:30-7:30 pm
Sodas and snacks \$1 each

Special Opportunities



Live Music!

Coffee House Hour

Members Mike Yardley, Don Reed, and Keith Hazelton are 3 guitarists who share a love of The Beatles. They will perform a selection of hits from The Fab Four. Singing along is highly encouraged!

Mon., Jan. 13

1-2pm

in the Lobby



HLOKC Cafe



Tues., Jan. 7
3:30-4:30 pm

Reset & Renew with 30 Days to Healthy Living
Kimberly Albee, Consultant

Learn about clean nutrition and clean living that will last a lifetime and result in:

- * Better sleep
- * Healthier gut
- * More energy
- * Less inflammation
- * Weight loss
- * Less stress

The 30-day program includes:

- * Grocery lists
- * Menus and recipes
- * Free coaching and support

Free samples at the presentation.

Thrive in 2025!

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Sign up at the Front Desk to reserve your seat.

Note: The views expressed in this session are those of the presenter who has rented the room and do not necessarily reflect endorsement by HLOKC.



VETERANS CORNER

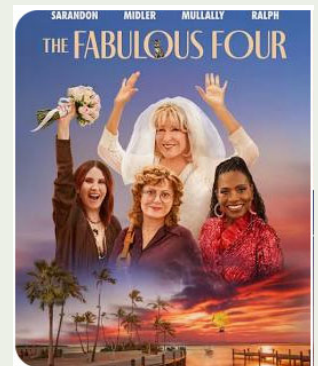
TUES., JAN. 14
10:30 AM - 12:00 PM

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

Movie Goers:

Wed., Jan. 22
2:30-5 pm

The Fabulous Four with Susan Sarandon, Bette Midler, and Michael Bolton



Rated R

Released in July 2024, this is the story of friends with lots of baggage who travel to be bridesmaids in a surprise wedding of their college girlfriend.

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

Popcorn is provided!

Special Opportunities



AARP

DRIVER'S SAFETY COURSE

FRI, JAN. 24
8 AM - 4 PM

Details on information table
Sign up at the Front Desk

HEALTHY
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11501 N. Rockwell Ave., OKC



Tues., Jan. 28, 11:30 am - 12:30 pm

Gut Microbiome and Digestive Discomfort

**Session by Jessica Cox,
Nutritional Health Coach**

Do you experience occasional gas, bloating, and abdominal discomfort? Have irritable bowel syndrome (IBS), Crohn's/Ulcerative Colitis, IBD, SIBO, or SIFO? We know the importance of beneficial bacteria in our gut, but when we have too many or the wrong types of gut bugs, we can experience digestive discomfort and gut dysfunction. In this class, you'll discover the importance of having a healthy microbial balance in the gut, which can support gut comfort and overall health.

You'll also sample herbal tea for bloating relief and digestion.

NOTE: The session "The Power of Mushroom Supplements" has been rescheduled to Feb. 25, 11:30 am—12:30 pm.

Coming in February 2025

Safety with Sheryl Presley

Mon., Feb. 3, 10-11 am

Souper Bowl Fundraiser

Thurs., Feb. 6, 11 am - 1 pm

Longevity 101: Nutrition as We Age

Thurs., Feb. 13, 5-6 pm

Volunteer Coffee

Thurs., Feb. 13, 9-11:30 am

How to Recognize a Stroke

Fri., Feb. 14, 10-11 am

Classic Big Swing Band

Sat., Feb. 15, 6:30-8 pm

Singo

Thurs., Feb. 20, 5:30-7 pm

Karaoke

Fri., Feb. 21, 5:30-7:30 pm

Tech Talk Tuesday: iPhone Basics

Tues., Feb. 25, 10-11 am

Natural Grocers: Power of Mushrooms

Tues., Feb. 25, 11:30 am-12:30 pm

"Change is the law of life. And those who look only to the past or present are certain to miss the future."

- John F. Kennedy

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		*** CARDIO DANCE GF June 6:30P			
East Coast Swing MULTI NANCY 5:30-6:30 \$15/30		LINE DANCE MULTI NANCY 7P			
<p>GYM = in main gymnasium GF = group fitness room MULTI = multi-purpose room * = LOW INTENSITY ** = MED ADVANCED *** = HIGH INTENSITY</p>					



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OKC South, Norman, Midwest City,
Edmond, and Shawnee

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		
** STRENGTH/TONE & CARDIO Kelly N 5:30P - 6:30P		** STRENGTH/TONE & CARDIO Kelly N 5:30P - 6:30P		WALKING 5:30P—8:45P	
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 ALL SKILLS 7:30A-10A
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. 31-Jan. 1; open Jan. 2 9am-9pm

AQUATIC FITNESS SCHEDULE

MONDAY * TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

6:30 AM	<u>LAP SWIM ONLY</u> 5:30 AM - 9:00 AM	<i>AQUA WAKE UP</i> <i>Susan</i>	LAP SWIM 5:30-7:30 AM	<i>AQUA WAKE UP</i> <i>Susan</i>	LAP SWIM 5:30 -7:30 AM	Center opens @ 7:30
8:30 AM		<i>AQUA TABATA</i> <i>Dee Ann</i> (45 min)	<i>OPEN SWIM</i> 7:30-9 AM	<i>AQUA CHALLENGE</i> <i>Tina</i>	<i>OPEN SWIM</i> 7:30-9 AM	<i>OPEN SWIM</i> 7:30-9 AM
9:30 AM	<i>AQUA ZUMBA</i> <i>Emily</i>	<i>AQUA ENERGY</i> <i>Betty</i>	<i>AQUA ZUMBA</i> <i>Emily</i>	<i>AQUA ENERGY</i> <i>Betty</i>	<i>AQUA ZUMBA</i> <i>Emily</i>	<i>AQUA ZUMBA</i> <i>Nicci</i>
10:30 AM-3:25 PM					CLOSED 12 - 2	
3:45 PM	<i>AQUAFIT</i> <i>Vanessa</i>		<i>AQUAFIT</i> <i>Vanessa</i>			POOL CLOSED AT 3:30 PM
4:55 PM		<i>AQUA TONE/ CARDIO</i> <i>June</i>		<i>AQUA Interval TRAINING</i> <i>Mady</i>		
6:00 PM	<i>AQUA SPLASH</i> <i>Dina</i>	<i>AQUA EXTREME</i> <i>Jessica</i>	<i>AQUA SPLASH</i> <i>Dina</i>	<i>AQUA Interval TRAINING</i> <i>Mady</i>		
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.



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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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