

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 February 2025

2025: The Year of Living Well at Healthy Living OKC

Souper Bowl Art Fundraiser

Enjoy a delicious bowl of soup & garlic bread, and **TAKE HOME** the hand-glazed soup mug made by our pottery students!

\$25
Per Person

Open to the public

Thursday, Feb. 6th 11-1

PURCHASE TICKETS ON GLOFOX OR AT THE FRONT DESK

HEALTHY LIVING OKC 11501 N. Rockwell Avenue
Oklahoma City • 405-773-6910



CLASSIC SWING BIG BAND CONCERT & VALENTINE DANCE

SAT., FEB. 15 | 6:30-8:00 PM

NO TICKET PRICE, BUT PLEASE CONSIDER LEAVING A DONATION AT THE DOOR FOR THE MUSICIANS

Sodas & snacks \$1.50 each

Open to members and their guests 50+

Enter doors at west end

Sign up at front desk.

Maximum 100 seats



Longevity 101: Comprehensive Respiratory Health

Keep Your Lungs Healthy

Presented by:
Jeremy Moad, M.D.
OU Health Pulmonologist


Thursday, February 13
5 - 6 p.m.

Open to members and guests 50+

HEALTHY LIVING OKC

11501 N. Rockwell Ave.
Oklahoma City

OU Health



Fitness & Nutrition Forum

Thurs., Feb. 27, 9 am - 12 pm

Ask a Dietician

Fitness 101

Proper Shoe Fit

Adding More Veggies to Meals

Open to members and guests 50+

Thank You to Our Sponsor: **STRETCH ZONE**
STRETCH. WORK. PLAY. REPEAT.

Programming Provided By:

ArchWell HEALTH **HEALTHY LIVING OKC** **Select PHYSICAL THERAPY** **balanced kitchen**
Healthy Meals Made Easy.



Yes, HLOKC is open President's Day, Mon. Feb. 17



Kelly's Keynotes



Did you know heart disease is a leading cause of death in the United States for adults?

Risk factors for heart disease include high blood pressure, high cholesterol, obesity, diabetes/prediabetes, and smoking.

To prevent heart disease:

- Engage in regular physical activity to help lose weight and improve physical health. People who get regular exercise can also lower “bad” LDL cholesterol levels and increase “good” HDL cholesterol levels.
- Quit smoking. Smoking reduces the amount of oxygen to the heart, speeds up the heart rate, and raises blood pressure.
- Follow a heart healthy diet including plenty of fruits, vegetables, lean proteins, and foods high in fiber.

Symptoms of a heart attack can be different in men and women. Women are more likely than men to experience shortness of breath, tiredness, weakness, upset stomach, anxiety, and pain in the shoulders, back, or arm.

While men tend to experience chest pain or discomfort, other symptoms are pain that spreads to the shoulder, arm, back, neck, teeth, and upper belly as well as cold sweats, fatigue, heartburn, or indigestion.

By spreading awareness of heart disease, more people may be encouraged to get screenings and learn about heart-healthy habits.

— Kelly Nixon, HLOKC Branch Director

Welcome!

**New Members
(and those who want to stay informed):**

Come to New Member Orientation

Wed., Feb. 19, 11 am-12 pm

**Meet in the lobby seating area
near the windows.**

Free Fitness Orientation Sessions



Every Friday at 2 pm in the Fitness Center lobby area we offer free fitness and gym orientation sessions.

Evening option: the last Thursday of each month at 6 pm. **The next evening session is Thurs., Feb. 27.**

Please sign up at the information table in the lobby if you plan to attend the evening session.



**Join us on one of
our trips and you're
a member of our
Travel Club!**

Details are on the lobby
information table.

Trip	Dates	Book By
Alaska Land & Cruise	Aug. 20-31	Feb. 20
Iceland's Northern Lights	Oct. 7-13	April 8
Hawaiian Adventure	Oct. 19-28	April 19
Sunny Portugal	Mar. 22-31	Sept. 23

For questions, contact Debra McTaggart.
dmctaggart@healthylivingokc.com 405-470-2677

HLOKC Staff Spotlight



Cody Madison, Personal Training Coordinator

Cody started personal training in 2016 because he always wanted to make a living by helping others. He adopted one of his mom's favorite quotes: "To know even one life has breathed easier because you have lived; this is to have succeeded."

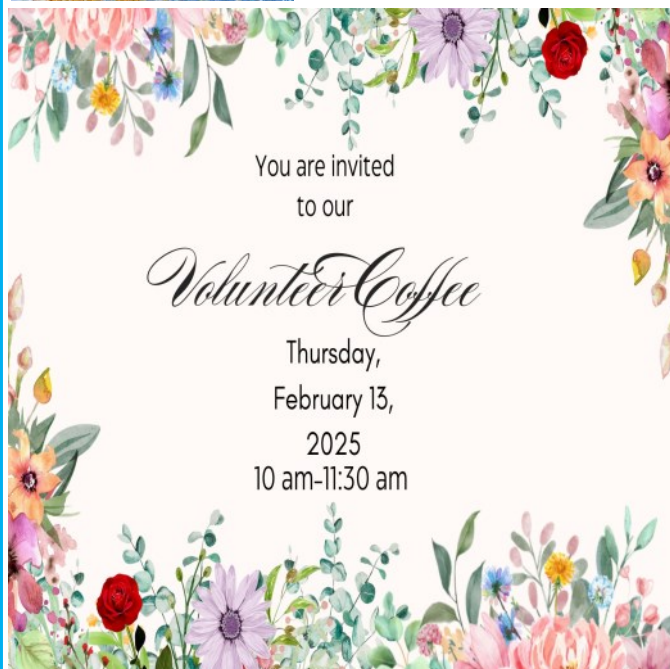
When asked why Cody likes to be here at Healthy Living OKC, he replied, "Being able to work at Healthy Living OKC with our members gives me a feeling of success every day I go home! I tell people I work at a GEM not a Gym because this is a special place for everyone who walks through those doors. I thank God every day for the opportunity to make a difference in our clients' lives; but at the same time they are making a difference in mine through the relationships I'm blessed to build here."

Volunteer Opportunities



Our volunteers are inspiring! Our volunteer program is managed by Susie Houston, our community relations and volunteer coordinator. As a nonprofit with a small staff, we couldn't operate without our 500+ volunteers who gave us 30,897 hours in 2024 by:

- Greeting members and guests at the Front Desk
- Working at the Café, including stocking items for sale
- Giving tours to prospective members
- Providing a ride from the parking lot in the golf cart
- Leading classes and handling tasks in the art rooms
- Setting up and working special events



Saturdays, Feb. 8 and 22

10 am - 12 pm

Like to do crafts like making cards?
Want to volunteer? Donuts provided!

Join us to handmade more than 1,500 Mother's Day Cards for women incarcerated at Mabel Basset Correctional Center.

We will provide the cards to The Education and Employment Ministry (TEEM), one of our partner nonprofits for the Give 5 volunteer program hosted here.

We'll meet the second and fourth Saturdays each month through April.

No cost to you - materials and supplies provided by HLOKC and





Creative Opportunities in February



Watercolor Windows 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 Feb. from 12-3. **Fee \$10, Limit 16.** Additional supply fee of \$10 if you use our paper, brushes, paints, etc.
- [Lady in White Acrylic w/ Linda H](#)—Mondays in Feb. from 10-12. **Fee \$25, Limit 10.**
- [Koi Fish Acrylic w/ Linda H](#)—Wednesdays in Feb. from 10-12. **Fee \$25, Limit 10.**
- [Whimsical Tulips Acrylic w/ Linda B](#)—Fri., Feb. 28, from 1-4. **Fee \$15, Limit 12.**
- [Acrylic Bluebird w/ Greg](#)—Fridays in Feb., from 10-12. **Fee \$25, Limit 10.**
- [Intro to Watercolor w/ William](#)—Thursdays in Feb. from 10-12. **Fee \$20, Limit 12.**
- [Watercolor Windows w/ Linda B](#)—Tuesdays in Feb., from 10-12. **Fee \$20, Limit 14.**
- [Intermediate Watercolor w/ William](#)—Thursdays in Feb. from 4-6. **Fee \$20, Limit 12.**
- [Advanced Watercolor w/ Cynthia](#)—Thursdays in Feb., from 1-3. **Prerequisites: Intro & Intermediate Watercolor classes.** Students use their own paper, paint, brushes, etc. **Fee \$10, Limit 12.**
- [Whimsical Watercolors w/ Linda H](#)—Wednesdays in Feb. from 1-3. **Fee \$15, Limit 16.** Fun class for beginners and advanced students.
- [Colored Pencil Drawing w/ William](#)—Mondays in Feb. from 10-12. **Fee \$15, Limit 14.**
- [Paint with Friends Lab](#)—Mondays in Feb. from 10-12. No Instructor. **Fee \$5.**
- [Oil Landscape w/ Edna](#)—Tuesdays in Feb. from 1-3. **Fee \$25. Limit 10.**



Oil Landscape w/ Edna



Koi Fish Acrylic w/ Linda H

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.



Intermed. WC



Lady in White Acrylic



Intro to Watercolor



Advanced Watercolor w/ Cynthia



Acrylic Bluebird w/ Greg

FOLLOW US ON FACEBOOK! HLOKC CREATIVE ARTISTS



Pottery—Fairy House

Pottery



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

Intro to Pottery w/ Penny—Thurs., Feb. 13, from 10-12 OR Sat., Feb. 22, from 10-12. **Fee \$10, Limit 6.** Learn about our pottery program, clay construction methods, and everything you need to know to participate in classes and labs.

Fairy House—Thurs., Feb. 20, from 10-12. **Fee \$10, Limit 12.**

Sculpting a Lion w/ Jordan—Tues., Feb. 4, from 10-12. **Fee \$10, Limit 8.**

Bird Bowl Glazing—Sat., Feb. 15, from 10-12. **Fee \$18, Limit 12.** *(Bisque bowl is included in fee.)*

St. Pat's Gnomes—Thurs., Feb. 27, from 10-12. **Fee \$10, Limit 12.**

Glazing Techniques—Tues. Feb. 11, from 1-3. **Fee \$10, Limit 12.** *Learn different glazing techniques for your pottery including: combination glazes, pours, watercolor technique and more. (Bring a piece of bisque—pottery that has been fired once—to work on or you can purchase a piece from HLOKC.)*

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 class fees.*



Pottery—Sculpting a Lion



Pottery—St. Pat's Gnomes



Pottery—Intro to Pottery



Pottery—Glazing Techniques



Pottery—Bird Bowl Glazing

RED BASKET RENTAL

We are now offering the red baskets in the pottery room for \$20 for 6 months (Jan.-June) on a first-come basis. (We prorate based on when you rent.) You can rent on GloFox or at the Front Desk.

Sign up to volunteer at the Souper Bowl event on Feb. 6!

Sign up sheet is on Linda Burgett's office door. Thank you!



Fused Glass



Intro to Glass Fusion—Mon., Feb. 3, 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 Retro Flowers—Mon., Feb. 10, from 1-3. **Fee \$30, Limit 10.**

Fused Glass Crosses—Mon., Feb. 24, from 1-3. **Fee \$30, Limit 10.**

Fused Glass Windchimes (Two-part class)—Wed., Feb. 12, AND Wed., Feb. 26, from 10-12. **Fee \$40, Limit 10.** The first class will be making the glass parts, and the second class will be assembling it with wire and beads to create the windchime.

Fused Glass Labs—Mon., Feb. 17, OR Wed., Feb. 19, 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 Feb. from 2-4. **No Fee, No Limit.**

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

Make two cards during each class using supplies provided.

Card-Making Labs—Sat., Feb. 1 and 15, from 10-12. **No Fee, No Limit.** Bring your own supplies and create with friends.

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

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

Abstract Collage w/ Cheryl—Mon., Feb. 3, 10, and 17, from 4-6. **Fee \$20, Limit 14.**

Landscape Collage w/ Cheryl—Wed., Feb. 5, 12, and 19, from 6-8. **Fee \$20, Limit 14.**

Whimsical Tulips Acrylic w/ Linda B—Fri., Feb. 28, from 1-4. **Fee \$15, Limit 12.**

Origami Cranes w/ Frances—Wed., Feb. 5 and 12, from 4-6. **Fee \$15, Limit 14.**

Paper Bead Jewelry w/ Frances—Wed., Feb. 19 and 26, from 4-6. **Fee \$15, Limit 12.**

Sock Gnomes w/ Cheryl—Sat., Feb. 8, from 10-12. **Fee \$20, Limit 12.**



Fused Glass—Retro Flowers



Fused Glass—Crosses



Intro to Glass Fusion



Fused Glass Windchime



Origami Cranes w/ Frances



Sock Gnomes w/ Cheryl

SPECIALTY CLASSES CONTINUED



Whimsical Tulip Acrylic w/ Linda B



Abstract Collage w/ Cheryl



Card Making



Colored Pencil Drawing



Origami Cranes w/ Frances



Paper Bead Jewelry w/ Frances



More Paper Beads



Whimsical Watercolor w/ Linda H



Landscape Collage w/ Cheryl



POP-UP
STAND CASE

Art Brush Set w/ Case now available: \$20

Performing Arts - Theatre, Dance, Instrumental

JOY Thespians with Michael | *Fridays from 10 am-12 pm (no class Feb. 17)*

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.**

*** NEW* Ballroom Dance Lessons** with Keri | *Mondays in Feb. from 5:30-6:30 pm*

Starts Feb. 3. Learn Waltz and Foxtrot, dance-step terminology, and how to correctly execute each step of long, flowing movements across the dance floor. Helps improve balance, core strength, stamina, and flexibility. And then come to our Senior Prom to show off your new steps on Thurs., April 3, from 6-8:30 pm. For 4 weekly lessons, \$40 individual/\$60 couple. **Sign up at the Front Desk by Feb. 3 (no refunds).**

***NEW* Salsa and Rumba Dance Lessons** with Keri | *Wednesdays in Feb. from 5:30—6:30 pm*

Starts Feb. 5. Learn Salsa (with energetic rhythms) and Rumba (the “dance of love”) to improve endurance, aerobic fitness, heart health, and overall body strength. In addition to our Senior Prom on Thurs., April 3, we will have other dance events in the future where you can show off your new footwork. For 4 weekly lessons, \$40 individual/\$60 couple. **Sign up at Front Desk by Feb. 5 (no refunds).**

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.**

Ukuleles with Jeff | ***NEW* Beginner Ukulele** meets *Thursdays from 12-1pm*

Beginners are welcome to bring your instrument and join in. **No fee, no signup required.**

Performance Ukulele meets *Mondays from 12:30-2:30 pm.*

This group plays popular music. Many members of this advanced 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.**



Meet Keri, our new dance instructor. Keri is a nationally certified dance instructor with over 27 years of experience teaching ballroom and other dances (Waltz, Foxtrot, Tango, Cha Cha, Rumba and Salsa). She has taught private lessons, training classes for new professionals, choreography for shows and competitions, classes for developmentally disabled, and seniors. She taught East Coast Swing at HLOK in January.

Educational Opportunities

Coin Club—3rd Tuesdays, Feb. 18, from 10-11 am
Bring your coins and join member and expert Gary Parsons to learn about coins and collecting, including your coins' histories and values.

Basic Spanish *NEW* Thursdays from 1-2
Join Puerto Rican native Cynthia Rivera to learn basic Spanish if you've never been in Cynthia's class or feel you are at a beginner level. **Monthly fee \$3** to cover class supplies.

Intermediate Spanish (*NAME CHANGE*) formerly called Introduction to Spanish Mondays from 3-4 pm
This group has been learning from Cynthia Rivera and continues at an intermediate level. Cynthia has started a new Basic Spanish class (see above) just for beginners. **Monthly fee \$3** to cover class supplies.

Genealogy Lab—Mondays from 3-5 pm
Michael McCoy helps you work on your genealogy using various genealogy websites, shown on a large screen, and teaching tools to help you learn. 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) Come walk in the woods! We explore a new location each month. Meet at Lake Overholser (east side, parking lot near the Boathouse Cafe and kayak rental, 3115 E. Overholser Dr.). 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.

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., Feb. 19, from 11:30 am-1 pm

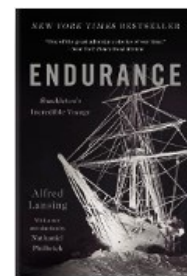
The Paris Apartment by Lucy Foley
Set in a Paris apartment building in which every resident has something to hide, Jess is searching for her missing brother.



March book:
The Husbands
by Holly Gramazio

True Stories Nonfiction Book Club
Wed., Feb. 26, from 1-3 pm

Endurance:
Shackleton's Incredible Voyage
by Alfred Lansing
The harrowing tale of British explorer Ernest Shackleton's 1914 miraculous attempt to reach the South Pole.



March book:
Vanderbilt: The Rise and Fall of an American Dynasty
by Anderson Cooper

Support Groups



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

Tim Smith, Alzheimer's Association facilitator, helps caregivers learn new skills by focusing on meeting the loved one where they are and providing tools for 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 Feb. 10, Kim Watson will answer questions about bloodwork. On Feb. 24, the recipe is avocado, tomato, and chili guacamole. For information, contact Sharon McKay at adaamore66@gmail.com.

SPEAK OUT! (formerly called 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 issues. A licensed speech language pathologist provides support and encouragement through sessions with unique and powerful exercises. 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 pm Phil Hyde, retired psychologist, leads this group just for men to talk through challenges at this stage of their lives. This is the first group that formed, max 12.

***NEW* Men's Support Group 2.0:** Thursdays from 10:30-12:00 pm This is the second group that has formed due to popular demand. This group is open to new members up to a maximum of 12. **No fee/signup, just come.**

Parkinson's Support Group: 3rd Thursday, Feb. 20, 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, Feb. 17, 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 and provides them to 35 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 the Salvation Army, 842 N. Pennsylvania)**

Groups



Seasoned Quilters

1st, 3rd, and 5th Wednesdays from 1-5 pm For members with sewing knowledge. The group has a wonderful time visiting while making quilts for POSITIVE TOMORROWS, a school for children experiencing homelessness, as well as other service projects, including some of our own. Bring your projects and quilts and make new friends.

The Mad Hatters



Tuesdays from 2-4 pm

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

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, Feb. 20.* The group is full at this time but could open up in the future. Watch for info.

Chess: *Saturdays from 12-4 pm.* Put your mind to the test with this strategic board game. We'll teach you!

***NEW* Cribbage:** *Wednesdays from 6-7 pm.* Come learn and play a simple game involving 2 players, a unique scoring board, and fun!

Dominoes: *Daily Monday thru Friday, 12-4 pm in the lobby.* This come-and-go group meets in the lobby almost daily. If you would like to join us, just stop in.

Garden Club: *3rd Thursdays, Feb. 20, 12:30 pm on the patio, weather permitting, or in the Board Room.* Snacks provided! See more info on page 14. Contact Jeanetta Cooper, 405-626-0142, plants1950@icloud.com.

Gamers: *Mondays, Wednesdays, and Fridays from 1-5 pm and Saturdays from 12:30-3:30 pm (On the 4th Monday, this group meets from 9 am-12 pm.).* Play card games while visiting and laughing with friends. \$5 monthly for supplies.

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.* This is a 19th century game of skill, memory, and strategy with beautiful tiles. We'll teach you!

No-Brainer Bunco: **Day change:** *1st Thursdays, 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.

COME TO GAME NIGHT FEB. 27! MORE INFO ON PAGE 13.

Special Opportunities

*Cooking with Chef Robin: Italian**
 Fri., Feb. 7
 9 am - 12 pm
 \$30

Max 10, sign up now!

*Butternut Squash Ravioli and Bolognese Lasagna

HEALTHY LIVING OKC

ONLINE **FUNDRAISER**
FEBRUARY 3-9

LOCAL HANDCRAFTED CANDY

NATIONWIDE SHIPPING & PICK-UP AVAILABLE

CLASSIC CONFECTIONS WITH A MODERN PALATE

GO TO: WWW.MOLLYCODDLEDHASHSLINGER.NET
 PLACE AN ORDER &
 ENTER CODE: **HEALTHYLIVINGOKC** AT CHECKOUT

12100 N. ROCKWELL AVE, STE. 7, OKLAHOMA CITY - (405) 506-9207
MUST ENTER CODE AT CHECKOUT FOR ORGANIZATION TO RECEIVE CREDIT FOR ORDER.

BE AWARE!!!

romance SCAMS

MON., FEB. 3
 10-11 AM

SAFETY WITH SHERYL PRESLEY *

*Sheryl is TRIAD Coordinator & works closely with OK Co. Sheriff's Dept. to educate seniors.

RESCHEDULED FROM Dec. 3.

Tues., Feb. 25
11:30 am - 12:30 pm
The Power of Mushroom Supplements
 Session by Jessica Cox,
 Nutritional Health Coach

Research 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.

HEALTHY LIVING OKC Fundraising Event

Thursday, February 27th ALL DAY

Order Online:
 PPandaExpress.com or the App.
 Enter 3832258 in the fundraiser code box

Order In Person:
 Bring paper flyer or show it on your smartphone

Participating Location:
 7700 Nw Expressway
 Oklahoma City OK 73132
 (405) 720 - 6668

20% OF EVENT SALES WILL BE DONATED!

Special Opportunities

BALLROOM DANCE CLASSES

4-week series begins
Mon., Feb. 3, 2025
5:30 - 6:30 pm

Learn Waltz and Foxtrot steps,
 (then dance at the Senior Prom on
 Thurs., Apr. 3, 6:00 - 8:30 pm)

For four weekly lessons:
 \$40 individual, \$60 couple

Sign up & pay at front desk by Feb. 3 (no refunds).

For members and guests who are 50+ (guests will not be charged the daily guest fee).



SALSA AND RUMBA DANCE CLASSES

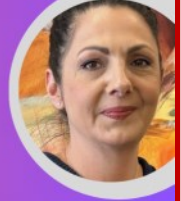
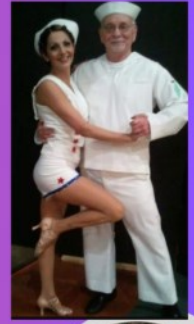
4-week series begins
Wed., Feb. 5
5:30 - 6:30 pm

Learn Salsa and Rumba steps,
 (then dance at the Senior Prom on
 Thurs., Apr. 3, 6:00 - 8:30 pm)

For four lessons:
 \$40 individual, \$60 couple

For members and guests who are 50+
 (guests will not be charged the daily guest
 fee)

Sign up and pay at front desk by Feb. 5.




SINGO!

THURS., FEB. 20
5:30-7:00 PM

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

Sponsored by:





KARAOKE Night

Monthly every third Friday!
Friday, Feb. 21
5:30-7:30 pm
 Sodas and snacks \$1.50 each




Let's Laugh & Play with Friends and Make New Friends

GAME NIGHT

THURSDAY FEB. 27
6 - 8 PM


CARD GAMES - BILLIARDS - BRIDGE - CHESS - MAHJONG - DOMINOES - SPADES - PUZZLES

SODAS AND SNACKS \$1.50 EACH
 FOR MEMBERS AND THEIR GUESTS 50+ (NO GUEST FEE)



SELF DEFENSE WITH JIM BUTIN

6-week class starting
 Thurs., March 6
 (through Apr. 10)
 from 10:00-11:00 am
 Fee is \$35
 Sign up NOW at the front desk.



www.beyondthefighting.com

Jim is a Grand Master 10th Degree Black Belt. He will teach defense against grabbing assaults, such as front and rear chokes, wrist and arm grabs, bear hugs, punch attacks, and weapons attacks.

Special Opportunities

HLOKC GARDEN CLUB

SOIL SISTERS & MISTERS

Thurs., Feb. 20, 12:30 – 1:30 pm
in the Boardroom

“Spring Dreaming” will get you in the gardening mood! That is our topic for February.

Bring your seed catalogs and plant books and let's browse and daydream!

Snacks provided!

No fee/no signup



How to Recognize a Stroke

Wed., Feb. 26
10 – 11 am

brought to us by a
Community Stroke
Educator, Integris James
Daniel Stroke Center

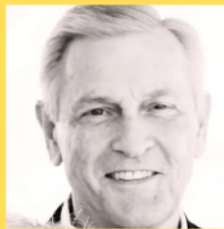


TURNING 65?

EXPLORING MEDICARE FOR AGE 65+

Sat., Feb. 22, 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.

Applications are being
accepted now!



6-week Series Begins Tues., March 18
9 am—4:30 pm

Retired and want to volunteer your time to a nonprofit in OKC but don't know where to start? In Give 5 you will tour and learn about 14 nonprofits to find one or more where you'd like to volunteer. No cost, lunch and transportation to the nonprofits is provided. See lobby info table.

Give 5 is funded by:



Give 5 is hosted in OKC by: **HEALTHY LIVING OKC**

Movie Goers:

Wed., Feb. 26
2:30-5 pm

Fly Me to the Moon

With Scarlett Johansson, Channing Tatum, and Woody Harrelson.

Marketing maven Kelly Jones wreaks havoc on NASA launch director Cole Davis's already difficult task.

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

No fee/Sign up at the front desk so we have enough popcorn!



Love Songs

with Jim Ivins

Fri., Feb. 14
2:00-3:00 pm
in the Lobby



Special Opportunities

Sound Bath

Sat., March 1

12:30-1:30 pm

Tickets: \$15 each

on sale Mon., Feb. 10

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

TECH TALK TUESDAY

iPHONE BASICS

Tuesday, Feb. 25

@ 10-11:00 am

Whether you're new to using your iPhone or you've recently upgraded, come learn some of the basics to get the most out of your phone.

Sign up at the front desk to reserve your seat, max 20. No fee.

Coming in March:

Sound Bath

Sat., March 1, 12:30—1:30

Cribbage in the Lobby

Wednesdays 6-7 pm

Self-Defense w/Jim Butin

Thurs., March 6, 10-11 am

Healthy Living OKC Open House Showcase

Fri.-Sat. March 7-8, 11 am

Fraud & Older Adults

Tues., March 11, 10-11 am

Give 5

Tues., March 18, 9 am—5 pm (6 weeks)

Pancake Breakfast

Sat., March 22, 9-11 am

HOW TO KEEP TREES HEALTHY

Hatcher Tree Service

TUES., FEB. 4, 10-11 AM

- Proper care of trees
- Importance of trimming
- Nutrients & organic insecticides
- Types of trees & best ones to plant
- Drawing for \$750 of tree service (enter drawing at the lobby information table)

FOR MEMBERS & GUESTS 50+

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.

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 - EMILY 12:30P	* CHAIR YOGA EXPRESS GYM (30min) - 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			
		*** CARDIO DANCE GF June 6:30P			
GYM = in main gymnasium	GF = group fitness room	MULTI = multi- purpose room	* = LOW INTENSITY	** = MED ADVANCED	*** = HIGH INTENSITY



Nerve Renewal
NEUROPATHY CLINIC

405-563-9655

Multiple locations in OKC North,
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
* THE BEAT 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-10:30A	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 10:30A-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
LESSONS 1ST & 3RD MONDAY 2P- 4P	LEVEL 2.5 2P-3P	LEVEL 2 2P-4P	LEVEL 2 2P-4P	LEVEL 3 2P-4P	LEVEL 2 1P-3:45P
ROUND ROBIN 2ND & 4TH MONDAYS	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 3.5 4P - 6p	ALL SKILL LEVELS 5P-8:45P	RESERVE COURT TIME 6P-7:30P	ALL SKILL LEVELS 6P-8:45P		
LEVEL 3 6P—8:45P		ALL SKILLS 7:30P-8:45P	CLOSE @8:45 MON-THURS	CLOSE @7:45P FRI	NEW RULES ON PB INFO BOARD

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>Mahdu</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		
3:30 PM	<i>AQUAFIT</i> <i>Vanessa</i>		<i>AQUAFIT</i> <i>Vanessa</i>			POOL CLOSED AT 3:30 PM	
4:55 PM			<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.



Select

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Fitness Class Descriptions

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

Balance—Stability-Mobility: A dowel is used to learn the exercises that help with your daily living.

Beginning Tai Chi: Yang style tai chi short form. No experience needed. Slow movements to improve balance and stability.

Cardio Dance: Inspired by Latin dance moves.

Chair Fitness Combo: A breakdown of strengthening, balance, and stretching with the aid of a chair.

Chair Tabata: Short interval exercise focusing on cardio and muscle strength.

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

Classis Tai Chi: First part using breath control for stretching; second part choreography of Wu and Yang styles. Develop coordination, flexibility, and balance.

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 daily living: improve posture, stretch/strengthen spine and core muscles.

Intermediate Tai Chi: Practice of the 24 form Yang style Tai Chi long form.

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: 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 to work on alignment, balance, 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, high energy workout using weights and noodles, for ab work and upper body strength.

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: Alternate high intensity bursts of cardio followed by lower intensity exercises to recover.

Aqua Fit: Combination of intense cardiovascular conditioning, strengthening, and stretch.

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



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We're excited about our partnership with Donable® Cares, an app that gives back to nonprofits through blood donations! For every blood donation made through our link, Donable® Cares will donate \$15 to our organization and **\$100 FOR ALL FIRST TIME BLOOD DONORS!**

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4 Up to \$100 is donated to Healthy Living OKC every time!
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