

APRIL  
2024

# ● Healthy Living



## Celebrate Spring!

This month we have a wealth of program offerings to salute the return of spring. From our Solar Eclipse Patio Party on April 8, our weekly Walk the Parks, and spring-themed art classes, to our garden swap and patio pots class, we're celebrating the season.

We're also celebrating the 30th anniversary of Norman's sister-city agreement with Clermont-Ferrand, France all month with classes on French culture, art, and cuisine, plus a movie series.

And finally, LET'S PLAY PICKLEBALL! Sign up for our April 22 Pickleball Clinic to learn the rules and how to play. Pickleball paddles and balls are available to check out at the Front Desk free of charge.

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# HEALTHY LIVING NORMAN

602 N. Findlay Ave.  
Norman, OK 73069  
(405) 857-7390  
[www.healthylivingnorman.com](http://www.healthylivingnorman.com)

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## A Note From the Branch Manager

Can you believe we are entering our fifth full month of operation since the Adult Wellness & Education Center opened on Nov. 13? I want to give a shout-out to our amazing staff and instructors for their hard work, dedication, and teamwork in planning, organizing, implementing, and maintaining everything we do at this beautiful center to promote wellness for our members and community. I would also like to welcome guest artist Richard McKown, who will present drawing and painting classes as part of our French Connection month of activities. And mark your calendar for May 16 for our first annual Senior Prom! More details to come about this fun social event.

**Be well and have fun!**

*Katherine Leidy*

## Hours of Operation

Mon.-Thurs. 6:30 AM - 8 PM  
Friday 6:30 AM - 7 PM  
Saturday 8 AM - 4 PM  
Closed Sunday

## Staff

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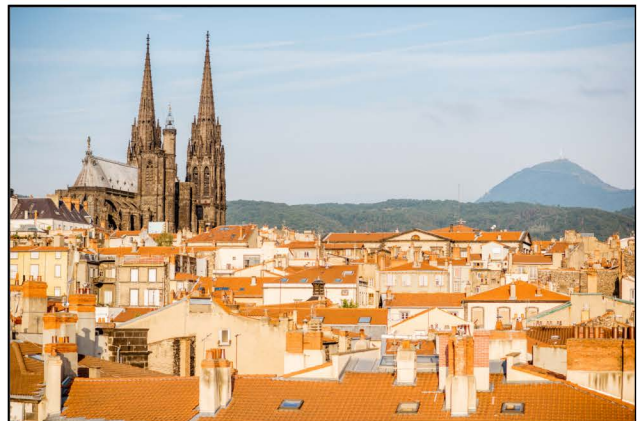
# The French Connection



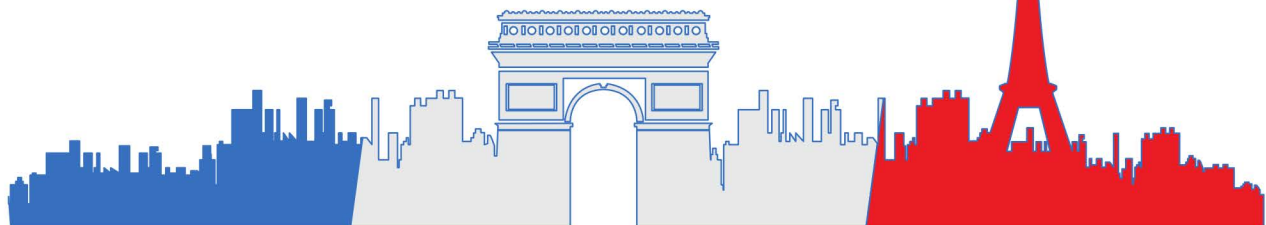
CELEBRATING 30 YEARS OF NORMAN'S SISTER CITY CONNECTION WITH CLERMONT-FERRAND, FRANCE

Enjoy a taste of France this month! Delegates from Norman's Sister City, Clermont-Ferrand, France, along with their Chamber Orchestra, will be visiting our city during the month of April. We are excited and honored to share our hospitality with them and show off the Adult Wellness and Education Center. In celebration, we will be enjoying French pastries and cuisine, French-inspired drawing, painting, and altered art, lectures on the City of Clermont-Ferrand and their culture, and fun French-inspired movie screenings.

All this will culminate with a magnificent chamber orchestra performance at McFarland Memorial United Methodist Church on April 19 at 7:00 pm to celebrate Norman's 30-year Sister City connection. The performance is free and we encourage everyone to go hear this wonderful ensemble.



This year marks the 30th anniversary of the Sister City Agreement between Norman, Oklahoma, and Clermont-Ferrand, Auvergne, France. These two cities, both centrally located in their regions and countries, share many connections that have created a warm partnership over these 30 years. Once connected only by university coalitions, the relationship has grown to one of cultural exchanges, civic engagements, and a mutual admiration of industry and technology.



# The French Connection

## culture

### **The Art & Culture of Norman's Sister City Clermont-Ferrand**

**with Erinn Gavaghan, PhD**

**Thursday, April 11, 6:30-8 pm**

Dr. Erinn Gavaghan, Executive Director of the Norman Arts Council, will guide you through the art and culture of Clermont-Ferrand, France. She has made extensive travels to the city. She curated a Cultural Connections Artist-in-Residence program, exhibition, and artist exchange there, which featured our own Art Coordinator, Ginna Dowling, and two University of Oklahoma art professors.

Dr. Gavaghan curated "We Belong to the Land", a major exhibition hosted in Clermont-Ferrand, which was created to celebrate the 25th anniversary of the sister city relationship between Norman and Clermont-Ferrand. The exhibition presented art works and historical documents that examined Oklahoma's roots, including Native American culture, and represented Norman. She is also a travel and food blogger with extensive knowledge of Clermont-Ferrand and the Auvergne Region. She recently completed her PhD in European Art History, focusing on art history from the Renaissance to Modern Art in Paris.

### **The History of Clermont-Ferrand**

**with Breck Turkington and Theresa Marks**

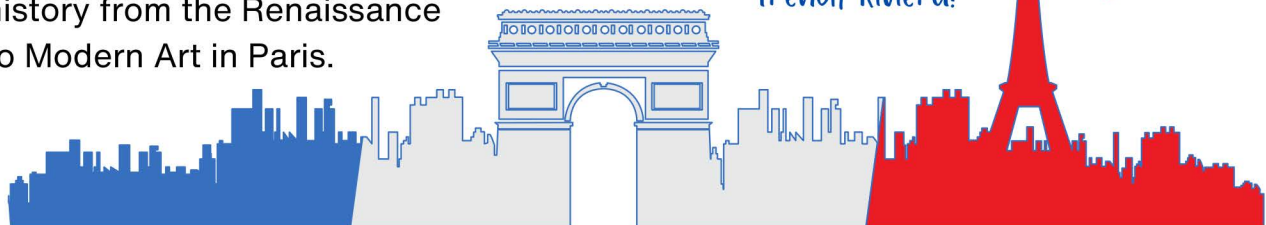
**Wednesday, April 17, 6-7 pm**

Breck Turkington and Theresa Marks will talk about the history of Clermont-Ferrand, France, and the close liaison established with Norman as we celebrate the 30th anniversary of our Sister City agreement.

The University of Clermont Auvergne and the University of Oklahoma have long enjoyed the exchange of students between both campuses, which has resulted in building a rich friendship that has been strengthened and vitalized by the Sister City agreement. Our cities have also enjoyed collaborations with artist exchanges in the fine arts, dance and music.

Breck and Theresa have been involved in leading study abroad programs in Clermont-Ferrand and hosting French students and artists at their home.

Coming in March 2025:  
Group travel to the  
French Riviera!



# The French Connection

## art

### Lessons in Drawing from the French with Guest Artist Richard McKown

Tuesday, April 9, 3-5 pm

Fee: \$8

In this class, we will pursue drawing from direct observation. This technique was one of the hallmarks of French painting, from Gustave Courbet to Henri Matisse, and made France the epicenter of painting for well over 100 years during the modern era. It attracted artists from all over the world to France to work directly from nature. (*Limit 12*)



### A French Approach to Watercolor with Guest Artist Richard McKown

Tuesday, April 16, 3-5 pm

Fee: \$10

In this class, we will be working from direct observation, painting a still life of flowers in watercolor, slowly building it up following the techniques of Paul Cézanne, in the tradition of working directly from life. (*Limit 12*)



Guest artist Richard McKown started studying art at a young age. He attended the Oklahoma Summer Arts Institute, The Rhode Island School of Design's pre-college program, and holds a BFA in painting from Kansas City Art Institute. He also received a fellowship from Yale University. After working as an artist in France for four years McKown returned to the US to pursue a master's degree in sculpture at Boston University. McKown's painting is about taking the richness of all the visual information that's available and compressing it into a painting.

# The French Connection

## cuisine

### French Baking

with Kathleen Estes

Saturday, April 6, 1:30-3:30 pm

Fee: \$12

France is known for countless iconic baked goods. In this class we will learn how to make two classics – a pain aux raisins made with sweet brioche and clafoutis, a custard-like dessert often filled with cherries. *(Limit 12)*



### French Cooking Class: A Simple Three-Course Meal

with Richard Estes

Tuesday, April 16, 6-8 pm

Fee: \$15

Delicious French cooking does not have to be fancy or complicated! Join us as we demonstrate how to make three dishes for a simple three-course French meal – a salade frisée aux lardons, a sliced chicken roulade, and a simple and decadent mousse au chocolat – in honor of our visitors from Clermont-Ferrand. *(Limit 12)*



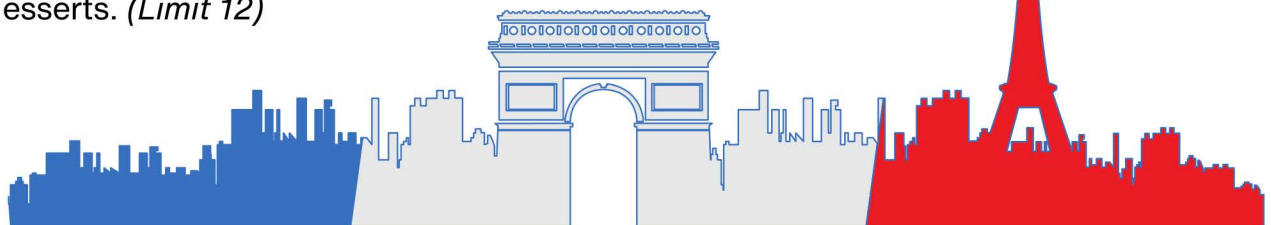
### Springtime Tarts

with Kathleen Estes

Thursday, April 25, 5:30 -7:30 pm

Fee: \$12

Classic French tarts, made with a sweet crust pastry known as pâte sucrée, is the perfect canvas to showcase local spring fruit, especially berries. This class will also feature silky lemon curd and crème patissière (a.k.a. pastry cream) – two perfect complements for most any tart! Join Kathleen Estes as she shows you how to prepare these simple yet elegant desserts. *(Limit 12)*



# The French Connection

## cinema

Join us for a full movie experience relating to our French Connection that is sure to entertain - with no subtitles.

Admission is free!  
Popcorn, snacks and drinks will be available for a donation.

### Chocolat

**Tuesday, April 2, 5:45-8 pm**

Johnny Depp and Juliette Binoche star in this deliciously sweet romantic comedy that swept audiences off their feet and earned 5 Oscar® nominations, including Best Picture, centered around a chocolate shop in a small French village. Directed by Lasse Hallstrom

### Ratatouille

**Saturday, April 6, 10:30 am-Noon**

From the creators of Cars and The Incredibles, a breakthrough comedy that lets you experience Paris from an all-new culinary perspective. Starring Patton Oswalt, Ian Holm, Lou Romano and Brian Dennehy. Directed by Brad Bird.

### Midnight in Paris

**Friday, April 12, 5:30-7 pm**

A romantic comedy about a family traveling to Paris for business. The party includes a young engaged couple forced to confront the illusion that a life different from their own is better. Starring Kathy Bates, Adrien Brody, Carla Bruni, and Marion Cotillard. Directed by Woody Allen.

### Amelie

**Tuesday, April 23, 5:45-8 pm**

Quiet and reserved, Amelie Poulin spends her days as a waitress at a Paris cafe and entertains herself by playing kindhearted practical jokes on her father and her neighbors, finding love in the meantime. Starring Mathieu Kassovitz and Audrey Tautou. Directed by Jean-Pierre Jeunet.

### Triplets of Belville

**Monday, April 29, 3:30-5 pm**

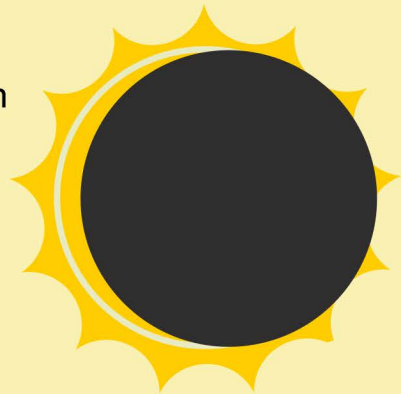
When her bicycle-enthusiast grandson is kidnapped by mysterious henchmen, an ageing woman is aided in her search by her faithful dog and three eccentric divas. Starring Jean-Claude Donda, Michel Robin, and Monica Viegas. Directed by Sylvain Chomet.



## Solar Eclipse Viewing and Patio Party

**Monday, April 8, 1-3 pm**

The Solar Eclipse will be viewable over Norman (94% totality)! Join us on the back patio for music, lawn games, and eclipse viewing. Special protective glasses will be provided to the first 60 people. Bring a lawn chair and enjoy this rare event with your HLN friends!



### **Family Board Games Day with the Oklahoma Board Game Community**

**Saturday, April 20, 12-4 pm**

Join us for a fun afternoon of board games - all ages welcome! Whether you're new to board games and just want to meet people in a relaxed, friendly environment, or an experienced gamer with a collection of games you're eager to play, you'll fit right in! We'll have a library of games available, and volunteers to help teach games and find everyone a table where to play. This is a family friendly and inclusive event—everyone is welcome!

Plus, we're giving away a board game! Everyone who comes gets a free ticket, and just before 4:00 pm, we will draw a random winner!

## Walk the Parks

Each week we will meet at a different Norman park for a Saturday afternoon stroll at 1 pm. See the flyer at the Front Desk for parking lots and specific routes.

**April 6: Ruby Grant Park**

**April 13: Sutton Wilderness**

**April 20: Colonial Estates Park**

**April 27: Brookhaven Park**







# April Dining Out for a good cause!

Bring your family and friends - and the fundraiser flyer available at the Front Desk - to these Norman restaurants on the designated nights and a percentage of sales will be donated to Healthy Living Norman. Funds raised from our dining out nights will help purchase equipment for our demonstration kitchen and cooking classes. Be sure to tell them you are there for the Healthy Living Norman fundraiser.

**Panera**  
B R E A D<sup>®</sup>

**Panera Bread**  
**Monday, April 8**  
**4:00 - 8:00 PM**  
**2200 West Main St.**

A healthy and delicious dinner where 20% of sales will be donated to Healthy Living Norman.

Show the flyer at the register or use code **FUND4U** online, on the app, or at the kiosk.



**Raising Cane's**  
**Wednesday, April 24**  
**4:00 - 9:00 PM**  
**1130 Alameda St.**

A quick and easy dinner with 15% of sales to be donated to Healthy Living Norman.

Mention the fundraiser at the register when you order.

## Aging Services Lunch Program

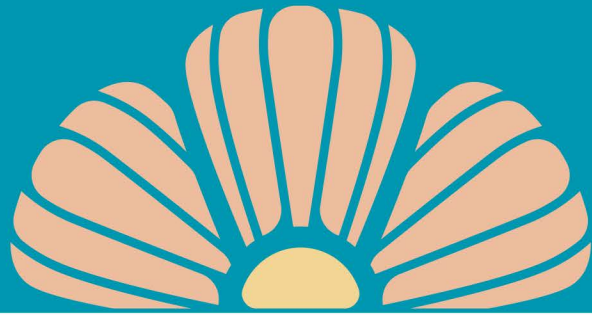
Aging Services Inc. serves a hot lunch through its congregate meals programs weekdays between 11:30 am and noon in the Multipurpose Room. There is no cost for lunch for those 60 and older, however there is a suggested donation of \$2.50. Those 50-59 may purchase a meal for \$5.

Reservations are made IN PERSON with Aging Services staff in the Multipurpose Room on Fridays from 11-11:30 am for the following week. Lunch is capped at 60 reservations. If reservations are full, your name can be added to a wait list. For more information, including the month's menu, go to: <https://agingservicesok.org>

# APRIL

# Art Classes

MON	TUE	WED	THU	FRI	SAT
<b>1</b> *Intro to drawing 9-11 *Pottery lab 9-12	<b>2</b> *Quilters 9-12 *Embroidery I 12:30-2:30 *Intro to pottery 6-8	<b>3</b> *Intro acrylic 9-11 *Intro to watercolor 10-12 *Wool dyeing 12:30-2:30 *Painting with paper 6-8	<b>4</b> *Intro to pottery 9-11 *Oil painting portraits 10-1 *Pottery lab 12-4 *Felting I 2-4	<b>5</b> *Art lab 12-4	<b>6</b>
<b>8</b> *Sam's Mon. drawing 9-11 *Pottery lab 9-12 *Calligraphy 12-2	<b>9</b> *Embroidery I 12:30-2:30 *French drawing 3-5 *Intro to bead & wire jewelry 6-8	<b>10</b> *Acrylic II fish & frogs 9-11 *Whimsical watercolor 10-12 *Felting lab 12:30-2:30	<b>11</b> *Pottery birdhouse 9-11 *Pottery lab 12-4 *Felting I 2-4	<b>12</b>	<b>13</b> *Intro to resin 12-3 *Gelli Plate Printmaking 12-3
<b>15</b> *Sam's Mon. drawing 9-11 *Pottery lab 9-12 *Oil painting by obs. 12-3	<b>16</b> Embroidery II 12:30-2:30 *French watercolor 3-5 *Color theory 6-8	<b>17</b> *Acrylic II fish & frogs 9-11 *Watercolor pos/neg 10-12 *Felting lab 12:30-2:30 *Terra Cotta Pot Painting 6-8	<b>18</b> *Pottery birdhouse 9-11 *Oil painting portraits 10-1 *Pottery lab 12-4 *Felting II 2-4 *Whimsical watercolor 6-8 *Bracelets 6-8	<b>19</b> *Paper mache bunny 12-3 *Mixed media bison 1-3	<b>20</b> *Intro to pottery 9-11 *Pottery lab 12-3 *Drawing+ Lab 12-3
<b>22</b> *Sam's Mon. drawing 9-11 *Pottery lab 9-12 *Oil painting by obs. 12-3 *Seed bombs 6-8	<b>23</b> *Embroidery II 12:30-2:30 *Intro to fused glass 1-3:30	<b>24</b> *Bird of the Month 9-11 *Watercolor still life 10-12 *Blingy garden stakes 6-8	<b>25</b> *Pottery birdhouse 9-11 *Pottery lab 12-4 *Felting II 2-4 *Botanical tote bag 6-8	<b>26</b> *Paper mache bunny 12-3 *Mixed media bison 1-3	<b>27</b> *Bead & wire lab 12-3
<b>29</b> *Still life drawing 9-11 *Pottery lab 9-12 *Oil painting lab 12-3 *Cherry blossoms 6-8	<b>30</b> *Heirloom collage 10-12 *Embroidery lab 12:30-2:30 *Intro to fused glass 1-3:30 *Bird of the Month 6-8	<p>Art classes are held in the wet and dry craft rooms. Sign-up in advance is required on the app or at the front desk. Some classes have a fee for supplies.</p> <p><b>If you cannot attend a class you signed up for, please call to cancel so another person may attend the class.</b></p>			



# APRIL ART CLASSES

## Art Class Enrollment

Sign up for art classes in advance at the front desk. Fees are non-refundable unless you have a medical emergency, call 24 hours in advance, or HLN has to cancel the class. You will have 30 days from the date of cancellation to use class credit coupons. Class fees help cover supplies needed for class projects. Class sizes are limited, so be sure to sign-up in advance.

We encourage you to bring your favorite supplies, but all necessary art supplies to complete your class projects will be provided. You don't need to purchase any supplies to create at the AWE unless otherwise stated in the class description.

### Color Theory & Color Wheel with Tauri Sims

Tuesday, April 16, 6-8 pm

All Levels Fee: \$8

Learn how to mix 48 colors from red, yellow, and blue while you learn all about color theory. When you can mix these three primary colors you can customize your own colors. You will also never run out of colors or have to use colors right from a tube. This is the key to color management. *(Limit 15)*

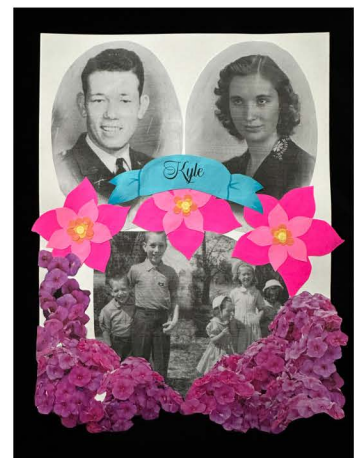


### Heirloom Collages with Laura Nelsen

Tuesday, April 30, 10 am-Noon

All Levels Fee: \$5

Create an heirloom keepsake. Bring photocopies of family photos to create an Heirloom Collage! In this class you will use old magazines, art papers, paint, markers and other materials to embellish the photos and preserve your family history. For all skill levels. *(Limit 12)*



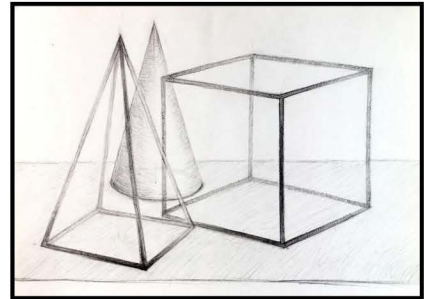
# Drawing

## Intro to Drawing I with Sam Douglas

Monday, April 1, 9-11 am

Level I Fee: \$8

Learn about drawing fundamentals, such as different drawing implements, different styles of mark making, shading and more. This class is for beginners or those who would like to connect with the basics. (*Limit 12*)



## Sam's Monday Drawing Group with Sam Douglas

Monday, April 8, 15, 22, 9-11 am

Level II Fee: \$7.00 each or sign up for all three at the front desk for \$18.00

These classes will progress based on students' needs and will focus on exercises and techniques to further drawing skills and abilities. These classes will vary and can include techniques like lighting, shading, perspective, composition, drawing with color, and more. (*Limit 12*)

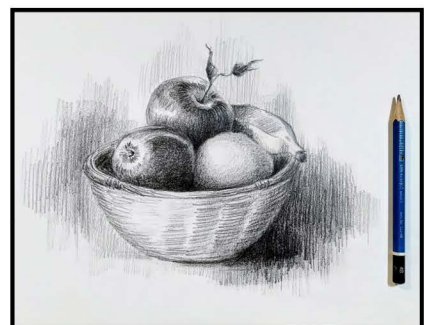


## Still Life Drawing with Sam Douglas

Monday, April 29, 9-11 am

Level III Fee: \$7

Work from a still life and practice depth perception, dramatic shadows, texture, and detail from a still-life of multiple contrasting objects. This is a more challenging class. Anyone who has had a previous drawing class may attend. (*Limit 12*)



## Drawing, Acrylic, Watercolor & Collage Lab

Saturday, April 20, Noon-3 pm - All Levels - Fee: \$7 (*Limit 15*)

This instructor-led lab is great for completing class projects you couldn't finish or starting something new. Finish crafting class projects, draw, paint, collage, ask questions, and experiment with materials, or just hang out with friends and create. We encourage you to bring your own supplies. No oil painting at this lab.

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# Painting & Mixed Media

## Bird of the Month: Heron with Sam Douglas

Wednesday, April 24, 9-11 am

Or Tuesday, April 30, 6-8 pm

All Levels Fee: \$7

Each of these classes will have a different take on the majestic Blue Heron. Study, draw, and use acrylic to paint these beautiful birds. *(Limit 12 per class)*



## Intro to Acrylic I with Sam Douglas

Wednesday, April 3, 9-11 am

Level I Fee: \$8

Learn to paint with acrylic and explore the basics, such as color mixing and techniques. *(Limit 12)*



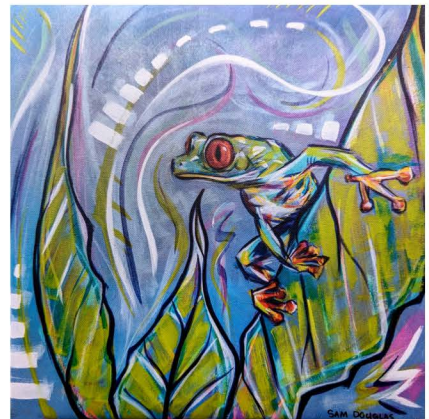
## Acrylic II, Fish & Frogs with Sam Douglas

Wednesday, April 10, 9-11 am

or Wednesday, April 17, 9-11 am

Level II Fee: \$8

Further your color mixing, blending, techniques, and composition skills, and learn to integrate subject matter and backgrounds. *(Limit 12 per class)*



## Mixed Media & Acrylic: Bison

### Two-Part Class with Sam Douglas

Friday, April 19 & 26, 1-3 pm

All Levels Fee: \$16

In this two-part class, we will create a unique bison piece on wood. Learn how to transfer an image, tape off your surface, and use simple stencils and cutouts to develop a scene. Next you will paint and collage elements and use some small detail brushes to complete your layered piece. *(Limit 12)*



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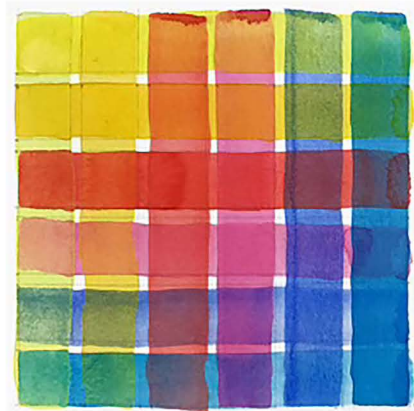
# Watercolor Painting

## Intro to Watercolor with Laura Nelsen

Wednesday, April 3, 10 am - Noon

**Level I Fee: \$10 or sign up for Watercolor Level I, II, & III at the front desk for \$25**

Learn basic watercolor techniques and color mixing, using primary colors, to build confidence and skills. Focus on wet on wet, wet on dry, and color lifting techniques. Ideal for beginners or those looking to strengthen their foundation in watercolor. *(Limit 12)*



## Watercolor Positive/Negative Spaces with Laura Nelsen

Wednesday, April 17, 10 am - Noon

**Level II Fee: \$10 or sign up for Watercolor Level I, II, & III at the front desk for \$25**

Previous attendance at an AWE watercolor class required. Build on techniques, and expand color palette while exploring positive/negative space. *(Limit 12)*



## Watercolor Still Life with Laura Nelsen

Wednesday, April 24, 10 am - Noon

**Level III Fee: \$10 or sign up for Watercolor Level I, II, & III at the front desk for \$25**

Apply skills obtained in your previous classes to create a completed watercolor still life painting. Prior AWE watercolor class required. *(Limit 12)*



## Whimsical Techniques Watercolor with Laura Nelsen

Wednesday, April 10, 10-Noon

Or Thursday, April 18, 6-8 pm

**All Levels Fee: \$10**

Embrace the painting process and focus on the enjoyment rather than the end result. Discover the playful techniques of watercolor to enhance your skills. *(Limit 12)*



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# Oil Painting

## Painting the Portrait in Oils: Two-Part Class with Barbara Benton

Thursday, April 4 & 18, 10 am-1 pm

All Levels Fee: \$22

Come paint with friends while learning about composition and oil painting techniques as Barbara guides all levels of students, from beginner to advanced, through the process of painting the portrait in oils from a live model. In this two-part course beginning on April 4, students will first learn portrait painting techniques and how to mix flesh tones. On April 18th, you will be joined by a live model who will pose for the portrait. (*Limit 12*)



## Oil Painting by Observation with Michael Wilson

Monday, April 15, Noon - 3 pm

OR Monday, April 22, Noon - 3 pm

All Levels Fee: \$12

Sign up for one or both of these classes. Michael will have a still life of flowers to paint from observation. She will teach the use of space in composition, careful consideration of value, and the simplification of the subject matter, because she believes this gives you room for freedom of expression. This wonderful opportunity is offered to students of all levels. (*Limit 12 per class*)

### Instructor-Led Oil Painting Lab with Michael Wilson

Monday, April 29, Noon - 3 pm - All Levels - Fee: \$12 (*Limit 12*)

This lab is for all oil students who would like to finish class projects or work on anything of their own. Michael will be here to assist you, answer questions, offer suggestions, or get you on track if you are having difficulties. We encourage you to bring your own supplies.

# Pottery & Ceramics

An Intro to Pottery designated class is required before taking other classes and working independently in pottery labs. All items fired require firing coupons.

## Intro to Pottery with Grace Doner

Tuesday, April 2, 6-8 pm

Or Thursday, April 4, 9-11 am

Or Saturday, April 20, 9-11 am

Level I Fee: \$10

Learn about our pottery program, clay construction methods, and everything you need to know before participating in any other classes and labs. You must take this intro class before you can sign up for any other classes. *(Limit 12 per class)*



## Pottery: Build a Birdhouse Three-Part Class with Grace Doner

Thursday, April 11, 18, 25, 9-11 am

Level II and above Fee: \$30

Build a delightful clay bird house, just in time for nesting birds in this three-part hand-building clay class. Firing coupons included in cost of the class. You must have completed an intro class to sign up for this class. *(Limit 12)*



## Pottery & Ceramics Lab

**Mondays 9 am-Noon; Thursdays Noon-4 pm; Saturday, April 20, Noon-3 pm**

**Level II & III Fee: designated number of firing coupons for your project**

***Sign-up is required for lab time.***

An instructor will be present to answer questions and get supplies, but this is not an instruction class. Firing coupons must be purchased to cover the cost of your clay, glaze, and the firing of your piece. Firing coupons are \$35 for 10 and must be purchased at the Front Desk. The number of coupons needed for a piece depends on its size. See the charts in the clay room for prices. If there are no firing coupons on the piece, it won't be fired. You must have taken the Intro to Pottery class before participating in pottery labs. If you leave the lab early, please sign out so another member may participate in the lab. *(Limit 15 participants)*



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# Specialty Classes

## Introduction to Resin Art with Sarah Fenner King

Saturday, April 13, Noon-3 pm

All Levels Fee: \$15

Come learn about resin art, a form of arts and crafts that uses resin (epoxy or casting) as one of its main supplies. You will mix resin and pour it into molds with items like dried flowers or glitter to create colorful patterns, designs, and shiny shapes that can be made into jewelry, key chains, and more. *(Limit 10)*



## Gelli Plate Printmaking with Tauri Sims

Saturday, April 13, Noon-3 pm

All Levels Fee: \$12

In this wonderful printmaking technique, you'll learn how to make monoprints using a Gelli plate and acrylic paint. You can even add collage to it. No experience is required for this class. The Gelli printing plate is made of a gel-like substance with a sensitive surface that invites endless experimentation and re-use. Bring some different sizes of leaves, lace, or even flat stencils that will give you a variety of items to print with. *(Limit 15)*



## Fused Glass Intro with Mike Tower

Tuesday, April 23 & 30, 1-3:30 pm

Level I Fee: \$25

Join us in our new Intro to Fused Glass class. You may sign up for one of these two intro classes this month to allow for others to take this class. This class must be taken before taking any other fused glass classes we will offer in the future. Learn about our program and how to cut and break glass safely and use the glass tools correctly. You will complete a 4" x 4" project. *(Limit 8)*



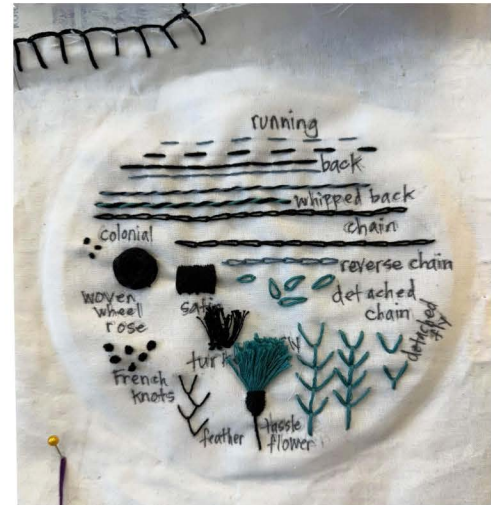
# Embroidery & Felting

## Embroidery I with Darci Lenker

Tuesday, April 2 & 9, 12:30-2:30 pm

All levels Fee: \$7 for each class or you may sign up for both classes at the front desk for \$10

Darci will introduce embroidery to beginning students and also work with intermediate students in these classes. She will start with the most basic embroidery stitches for beginners and offer a wide variety of different techniques for intermediate students. You must take an introductory/level I embroidery class with Darci to continue to the next level. *(Limit 12)*

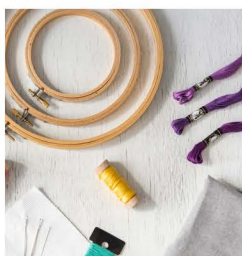


## Embroidery II with Darci Lenker

Tuesday, April 16, 23, 12:30-2:30 pm

Level II & III Fee: \$7 for each class or you may sign up for both classes at the front desk for \$10

You must have attended a previous embroidery class at the AWE to take either of these classes. Students will develop a comprehensive knowledge of embroidery to feel comfortable tackling any project. *(Limit 12)*



## Embroidery Lab *(Limit 15)*

Tuesday, April 30, 12:30-2:30 pm

Level II & III - Fee: \$5

This Lab is not for instruction or beginners. You must have had previous embroidery classes to come to the lab. Complete a class project or work on one of your own. Darci will be here to help.

# Embroidery & Felting

## Felting I with Darci Lenker

Thursday, April 4 & 11, 2-4 pm

All levels Fee: \$7 for each class or you may sign up for both Level I classes at the front desk for \$10

This fiber technique class is becoming a big hit at the AWE for both beginning and returning students - ranging from beginning to advanced skill levels. Come see what the buzz is all about. Darci's students will learn how to create amazing three-dimensional objects, portraits, and scenes from wool roving in a technique that is easy for all hands. Perfect your skills of using both wet felting and needle felting techniques.

*(Limit 12)*



## Felting II with Darci Lenker

Thursday, April 18 & 25, 2-4 pm

Level II & III Fee: \$7 for each class or sign up for both Level II classes at the front desk for \$10

You must have taken a previous felting class with Darci to take these classes. *(Limit 15)*



## Felting - Kettle Dyeing Wool with Darci Lenker

Wednesday, April 3, 12:30-2:30 pm

Level II & III Fee: \$10

Learn how to kettle dye your own wool roving for use in your felting. You must have had a previous felting class at the AWE to take this class. *(Limit 12)*



### Felting Lab *(Limit 15)*

Wednesday, April 10 & 17, 12:30-2:30 pm - Fee: \$5 for one lab, or both for \$7

This lab is not for instruction or beginners. You must have had previous felting classes to come to the lab. Complete a class project or work on one of your own.

# Jewelry Classes

## Jewelry Bead & Wire Intro with Debby Williams & Ginna Dowling

Tuesday, April 9, 6-8 pm

Level I Fee: \$12

Learn the basics of bead and wire jewelry making in this introductory class. Learn about tools, gauges of wire, materials, how to do basic wire connectors, and a few of our bead and wire simple techniques. You must have this class to take any of the other advanced classes.

*(Limit 12)*



## Bead & Wire: Bracelets! with Debby Williams & Ginna Dowling

Thursday, April 18, 6-8 pm

Level II & III Fee: \$12

This is an intermediate class. You must have attended the intro or one previous bead and wire jewelry class to take this class. In this class we will make bead and wire bracelets. *(Limit 12)*



## Bead and Wire Lab

Saturday, April 27, Noon to 3 pm

Fee: \$12

or bring your own wire and Beads and pay only \$7.50

This Lab is for students who have had at least one bead and wire class. Come work on your own projects, or we can get you started on a new one. We encourage you to bring your own supplies. While this is not an instruction class, we will be there to help you and give you any supplies you may need. Come put all your bead and wire learned skills together and make wonderful creations!

*(Limit 15)*

# Specialty Classes

## Botanical Natural Dyeing with Avocado: Tote Bags with Hono Noda

Thursday, April 25, 6-8 pm

All Levels Fee: \$15

Learn how to dye cotton fabric tote bags with a natural botanical dyeing process using both the pits (stones) and skins which would otherwise be discarded after consuming the avocado. If you'd like to save some avocados to use in this class, clean the skins and pits and try to leave as little flesh on the skins/stones as possible to get the brightest shades. Dry them on a sunny windowsill and freeze them or store in a paper bag or shoe box. Fresh skins and pits are best. *(Limit 12)*

**Art Lab**  
**Friday, April 5**  
**Noon-4 pm**  
**All levels Fee: None**  
Independent drawing,  
painting, collage, and crafts.  
Bring your own supplies.



## Calligraphy with Hono Noda

Monday, April 8, Noon-2 pm

All Levels Fee: \$5

Calligraphy is one of the traditional Japanese art forms that expresses characters artistically using the brush and ink. In calligraphy, it is said that the concentration on each stroke and character promotes a relaxing effect as one focuses their mind and consciousness. *(Limit 12)*



## Tissue Paper Cherry Blossoms with Hono Noda

Monday, April 29, 6-8 pm

All Levels Fee: \$5

Create your own beautiful cherry blossom bouquet using tissue paper, florist tape, and bleach for fading and blending the colors. These are perfect for putting in a vase and displaying or using for other crafts. *(Limit 12)*



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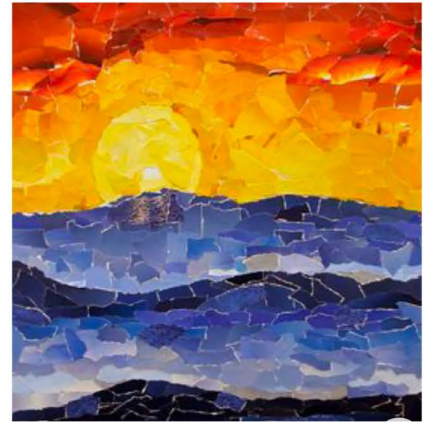
# Specialty Classes

## Painting with Paper with Stacey Dinger

Wednesday, April 3, 6-8 pm

All Levels Fee: \$5

This fun collage technique uses the color in magazines and junk mail to paint your image. Come with colorful junk mail and magazines, or use what we have on hand, and learn how to paint with paper! *(Limit 15)*



## Terra Cotta Pot Painting with Stacey Dinger

Wednesday, April 17, 6-8 pm

All Levels Fee: \$10

Celebrate spring! Learn how to paint your terra cotta pots in whimsical ways! Examples and templates will be available, or you can create your own designs. *(Limit 15)*



## Seed Bombs for Gardening with Stacey Dinger

Monday, April 22, 6-8 pm

All Levels Fee: \$10

It's Earth Day! Celebrate by embarking on an artful journey that combines creativity, sustainability, and the joy of gardening. Learn the art of transforming small spheres of clay, soil, and seeds that promote biodiversity, restore habitats, and attract beneficial wildlife, all while adding vibrant bursts of color to your surroundings. *(Limit 15)*



## Blingy Fairy Garden Stakes with Stacey Dinger

Wednesday, April 24, 6-8 pm

All Levels Fee: \$15

Learn how to make some bling for your potted plants or garden. We will use wire stakes, beads and other found objects to create a colorful stake for luring fairies into your garden. *(Limit 15)*



# Specialty Classes

## Papier Mâché Bunny 3-D Art Two-Part Class with Laura Nelsen

Friday, April 19 & 26, Noon-3 pm

Level: All Levels Fee: \$14

Celebrate the official arrival of spring and create a cute bunny sculpture out of paper mâché! This cute little critter can be for indoor or outdoor décor!

(Limit 12)



## “Ugly” Quilters Group

Tuesday, April 2, 9 am-Noon

Fee: None

Volunteer to create quilts! No experience necessary. Come help hand-tie and finish multiple quilts per session. Quilts are donated to community members in need.



## Drummin’ Up Wellness! With Tiffany Couch, LMFT, LADC-S

Mondays, April 1, 8, 15, 22, 29; 6-7:30 pm - Fee: none - sign up required

Drumming is an excellent stress buster and a unique and powerful team building experience. No musical talent or know-how is needed; it is easy and FUN! Experience how drumming is used for health and well-being. Learn engaging, layered rhythms, including class favorites *Ara Mi Le* (I am Well) and *Fanga!* (Liberian Welcome Song). We will be using authentic West African djembes and ashikos as well as a variety of other percussion instruments that foster inclusivity for those with physical limitations. Sign-up required. (Limit 30)



# APRIL Education & Entertainment

MON	TUE	WED	THU	FRI	SAT
<b>1</b> *Arthritis Talk 1:30-2:30pm *Drumming 6-7:30pm	<b>2</b> *Movie: Chocolat 5:45-8 pm	<b>3</b> Karaoke 12-1pm *Gardening 10-11am *Ask Librarian 12:00pm *Medicare Donut Hole 1:30pm <b>Bake Sale</b> 10:30-1:30	<b>4</b> *Parkinson's Support Group 6-7:30pm	<b>5</b> *Sam Noble Museum Talk 10-11am *Tech Sesh 11:30-1:30pm *Singo 2:00pm *Fitness Center Orient. 2pm	<b>6</b> *Live Music in the Lounge 1-2pm *Walk the Parks 1pm *French Baking 1:30-3:30p *Movie: Ratatouille 10:30-12 pm
<b>8</b> *Solar Eclipse Event 1-3pm *Drumming 6-7:30pm <b>DINNER FUNDRAISER @ PANERA 4-8 PM</b>	<b>9</b> *Genealogy 6-7:30pm	<b>10</b> Karaoke 12-1pm **New Member Orient. 2:30pm	<b>11</b> *Chronic Pain Support Group 10-11am *Art and Culture Talk 10-11 am	<b>12</b> *Tech Sesh 11:30-1:30 pm *Fitness Center Orient. 2pm *Movie: Midnight in Paris 5:30-7pm	<b>13</b> *Live Music in the Lounge 1-2pm *Walk the Parks 1pm <b>NATIONAL SCRABBLE DAY</b>
<b>15</b> *Drumming 6-7:30pm	<b>16</b> *Alzheimer's Talk 10-11am *Matter of Balance 3-4:30pm *French Cooking 6-8pm	<b>17</b> Karaoke 12-1pm *Mornings W/ Prof. 9:30-11am *Ask a Librarian 12-3 *New Member Oreint. 2:30 pm *Art History 6-7	<b>18</b> *SALT 10-11am *Feed Your Brain 1-2pm	<b>19</b> *Fitness Center Orient. 2pm	<b>20</b> *Live Music in the Lounge 1-2pm *Walk the Parks 1pm <b>BOARD GAME EVENT 12-4PM</b>
<b>22</b> *Earth Day garden swap 8-11 *Pickleball Clinic 9-11am *Drumming 6-7:30pm	<b>23</b> *Matter of Balance 3-4:30 pm *Movie: Amelie 5:45-8pm	<b>24</b> Karaoke 12-1pm *Medicare 101 1:30-2:30 *New Member Orient. 2:30pm <b>DINNER FUNDRAISER @ CANES 4-8PM</b>	<b>25</b> *Fiction Book Club 10-11am *Springtime Tarts 5:30- 7:30 pm	<b>26</b> *Mystery Book Club 1:30-2:30pm *Fitness Center Orient. 2pm *Karaoke 5:30-6:30pm	<b>27</b> *Live Music in the Lounge 1-2pm *Walk the Parks 1pm
<b>29</b> *Drumming 6-7:30 pm *Fitness Center Orient. 6pm *Movie: Triplets of Belleville 3:30-5:30 pm	<b>30</b> *Matter of Balance 3-4:30 pm *Patio Pots 6-8pm	<b>See descriptions on pages 25-28 for sign-up &amp; fee information. If you cannot attend a class you signed up for, please call to cancel so someone on the wait list may attend the class.</b>			



# Educational Opportunities



## “My Feet Hurt!”

### Common Arthritic Conditions of the Foot and Ankle

with Ortho Central’s Brian Clowers, MD

Monday, April 1, 1:30-2:30 pm

Dr. Clowers will provide an overview of the most common arthritic conditions of the foot & ankle. He will discuss non-surgical and surgical options for treatment. Dr. Clowers will be available to answer audience questions so this is a great opportunity to talk with a fellowship-trained orthopedic surgeon. We will provide a door prize and Ortho Central giveaway items.

## Understanding Alzheimer’s and Dementia

with The Alzheimer’s Association

Tuesday, April 16, 10-11 am

Alzheimer’s is not normal aging. It is a disease of the brain that causes problems with memory, thinking and behavior. Join us to learn about:

- The impact of Alzheimer’s.
- The difference between Alzheimer’s and dementia.
- Alzheimer’s disease stages and risk factors.
- Current research and treatments available to address some symptoms.
- Alzheimer’s Association resources.

## Parkinson’s Support Group

with Midge Gerber

Thursday, April 4, 6:30-8 pm

The Norman Parkinson’s Support Group meets monthly (except July and January) to provide a place for people living with Parkinson’s and their caregivers, family, and friends to gather for education, emotional support, and fellowship.

## A Matter of Balance: Managing Concerns about Falls

with Cat Willis

Tuesday, April 16, 23, 30, 3-4:30 pm

This is an 8-week series from April 18-May 30. The evidence-based program equips people who have a fear of fall with tools and strategies to prevent falls from happening in the first place. This class is free and encouraged for those who want to work on their balance, address fall stressors, and make changes to better their lives. You must sign up for the entire 8-class series; no individual classes offered. **Space is limited - sign up to reserve your spot.**

## Feed Your Brain

with Natural Grocers

Thursday, April 18, 1-2 pm

Nutrition for concentration and focus. Is your brain starved for better nutrition? Do you find it hard to concentrate or focus? Do you feel irritable or moody for no discernible reason? Are you absentminded or suffer from periodic brain fog? Then this class is for you. Learn the secrets of a better brain at any age.

# Educational Opportunities



## **Mornings with the Professor: Saint-Paul de Vence, A Little Corner of Paradise in the South of France**

with **Dane McDowell**

**Wednesday, April 17, 9:30-11 am**

Forever, the Mediterranean shores have offered dazzling panoramas to painters and inspired a great number of English and American writers. This class will guide you to this serene commune on the Riviera, pausing at strategic sites to give you a taste of the glamour, sometimes tainted with despair, of this magic stretch of land.

**Fee: \$5 (mail in with registration)**

**\*Sign up is with the Osher Lifelong Learning Institute at OU. Registration forms may be found at the Front Desk.**

OLLI courses range from single lectures to longer, more specific courses, like Senior Seminars. <https://pacs.ou.edu/olli>

## **Vegetable Gardening 101**

with **Jerry Meynard**

**Wednesday, April 3, 10-11 am**

Join the Cleveland County Master Gardener Association for an introductory level gardening presentation. Learn the perfect recipe for your garden with site selection, garden planning, preparing the soil, crop selection, planting, nurturing and harvesting!

## **Ask a Librarian**

**Wednesdays, April 3 & 17, Noon-3 pm  
in the Lounge**

Pioneer Library System librarians will be on hand for:

- Résumé assistance
- Book recommendations
- Research
- Technology assistance
- eBooks and digital resources
- Library Apps

## **Seniors & Law Enforcement Together (SALT)**

with **Lt. Kim Lopez**

**Thursday, April 18, 10-11 am**

**(Third Thursday each month)**

SALT truly is a key core community group overseen by the sheriff to include police and our senior community at large to focus on preventing and reducing crime.

## **Genealogy Basics**

with **Cleveland Co. Genealogical Society**

**Tuesday, April 9, 6-7:30 pm**

Are you curious about your family's history? Eager to unravel the mysteries of your ancestors? Join the Cleveland County Genealogical Society in our genealogy class and embark on an exciting journey through time! What You'll Learn:

- Introduction to Genealogy: Understand the fundamentals of tracing your family tree.
- Research Techniques: Learn how to explore historical records, census data, and vital records documents.
- Online Resources: Navigate genealogical databases and websites effectively.
- Documenting Your Findings: Organize and record your discoveries.

# Educational Opportunities

## Medicare Donut Hole

with **Coyote Insurance**

**Wednesday, April 3, 1:30-2:30 pm**

Medicare Donut Hole - what is it? How one gets in the donut hole and what happens next. Strategies to help maintain medications throughout the year. An interactive approach with education and games.

## Medicare 101

with **Roger McDaniel**

**Wednesday, April 24, 10-11 am**

Medicare 101 is an educational session about Medicare and the options available. This will include step-by-step instructions on how to order the official Medicare & You Handbook, instructions on how to look at plans available, and explanations of some of the plans. There will also be a time to ask questions.

## Pickleball Clinic

with **Eddy Roberts**

**Monday, April 22, 9-11 am**

During this beginner friendly clinic you will receive a brief introduction of pickleball to include rules, pickleball specifically for seniors, drills, serves and returns and finishing up with game time. Please wear athletic clothing and bring water. *(Limit 12)*



## Discover Sam Noble Museum

with **Sarah Caldwell**

**Friday, April 5, 10-11 am**

Dig into the past with this special presentation by the Sam Noble Oklahoma Museum of Natural History. Uncover the museum's origins and evolution from pre-statehood to the present, including information about permanent gallery exhibits and their exciting schedule of temporary exhibits coming in 2024. Explore the diverse array of program offerings that cater to a wide range of interests and ages. Discover the enriching benefits of becoming a museum member and explore rewarding opportunities as a volunteer or docent. This presentation will also include a hands-on learning activity, complete with real specimens from the museum's education collection.

## Chronic Pain Support Group

with **Penni Pace Mix**

**Thursday, April 11, 10-11 am**

The American Chronic Pain Association's mission is to facilitate peer support, education, hope, and motivation for individuals living with pain and those treating pain conditions.



Sponsored by **Archwell Health**

**Friday, April 5, 2-4 pm**

Come have some fun and enjoy great music and prizes!

# Educational Opportunities

## Patio Pots with Tricia Forbes

Tuesday, April 30, 6-8 pm

Fee: \$30

Let's BLOOM together! Learn how to plant an outdoor planter using summer annuals suited for sun to partial sun. Create your own patio container using blooming and foliage plants. You will be guided from start to finish on: plant varieties, placement/spacing, soil, and drainage material to keep your container healthy through the season. A reusable 12-inch plastic pot, soil, and plant material provided. Bring gloves and wear comfy clothes you don't mind getting dirty.



(Limit 20)

## TECH SESH with Mac

Fridays, April 5 & 12

11:30 am-1:30 pm

In the Lounge

By appointment.

Free technology assistance for those who need help with their electronic devices.



## LIVE MUSIC IN THE LOUNGE

SATURDAYS

1:00-2:00 PM

with Gary Lehman

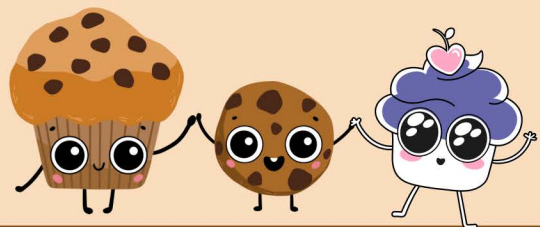


## Bake Sale

Wednesday, April 3

10:30 am - 1:00 pm

A variety of delicious baked goods will be available for a donation. Proceeds benefit Healthy Living Norman's kitchen and education programs.



## New Member Orientation

Wednesdays at 2:30 PM



*Come make some new friends and have some fun!*

### **Canasta**

Mon., Wed., Fri., 1-4 pm  
(Multipurpose Room B)  
&  
Saturdays, Noon-3 pm  
(in the Lounge)

### **Bridge**

Mondays, April 8 & 22, 1-4 pm  
-Second & fourth Mondays-  
(Multipurpose Room A)

### **Chess**

Tuesdays, 9-11 am  
(in the Lounge)

### **Scrabble**

Tuesdays, 1-4 pm  
(in the Lounge)

### **Mahjong**

**&**

### **Mexican Train Dominoes**

Tuesdays & Thursdays, 1-4 pm  
(Multipurpose Room A)

### **Ping Pong**

Mondays & Wednesdays, 8-11 am  
Thursdays 4:30-6:30 pm  
(Multipurpose Room B)  
Paddles and balls are available  
to check out at the front desk  
at no charge.

### **Billiards**

(Open play in the Lounge)  
Games are played on a first come,  
first served basis. Please be aware  
that others may be waiting  
for their turn to play.

### **Pickleball**

### **Bocce Ball**

### **Cornhole**

(In the back outdoor area)  
Equipment is available to check out  
at the front desk at no charge.  
Games are played on a first come,  
first served basis. Please be aware  
that others may be waiting  
for their turn to play.

## British Landscapes Group Tour England, Scotland & Wales

Oct. 20 -29, 2024

Join us for this fun 10-day European adventure! Friends and family are welcome. Brochures are available on the information table in the lobby.

For costs, itinerary, hotels, travel tips and more go to:

<https://gateway.gocollette.com/link/1234221>

**Initial payment due: April 21**

**Final payment due: August 21**



## Adventure Club

Meeting to review planning of upcoming outings.

**Wednesday, April 10, 10-11 am**



## OKC Baseball Club vs. Salt Lake

**Wednesday, May 1, 11:00 am**

**Fee: \$13**

The first Adventure Club trip takes off in May! Join us for an Oklahoma City Baseball Club Game. Tickets include a hat and a sack lunch! Accessible seating is included. Transportation not included. Sign up at the Front Desk.

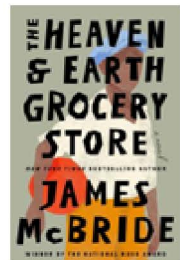
## Book Clubs

### Fiction Book Club

**Thursday, April 25, 10-11 am**

This month's book is *The Heaven & Earth Grocery Store* by James McBride.

This club meets the last Thursday of each month.

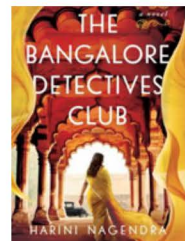


### Mystery Book Club

**Friday, April 26, 1:30-2:30**

This month's book is *The Bangalore Detectives Club* by Harini Nagendra.

This club meets the last Friday of each month.



You will need to provide your own book.

# EARTH DAY

**Monday, April 22  
8-11 am**

Seeds, pots, tools, and more!  
Help us celebrate Earth Day  
with a Gardening Supplies  
Exchange. Have too many  
seeds? Don't need that pot?  
Bring it all in and trade it out!



# KARAOKE

Share your  
vocal talents  
on the stage!

Wednesdays  
Noon-1:00  
(during lunch)

Friday  
April 26  
5:30-6:30 pm



## Fitness Center Orientation

*With Drew Simmons*

**Fridays at 2:00 PM  
&  
Monday, April 29, 6:00 PM**

Learn proper techniques,  
gym etiquette, and how to use the  
equipment in the Fitness Center.



# APRIL 2024

## GROUP FITNESS SCHEDULE

45-min. classes	MON	TUE	WED	THU	FRI	SAT
<b>8:30 AM</b>	*Senior Fitness (Deb)		*Senior Fitness (Deb)		*Senior Fitness (Deb)	
<b>9:00 AM</b>		***Power Sculpt (Deb)		***Power Sculpt (Deb)		
<b>9:30 AM</b>	*First Step Tai Chi (Art)				*Stretch & Strength (Laura)	
<b>10:30 AM</b>	*First Step Tai Chi (Art)	*Movement & Mindfulness (Sandy)	*Tai Chi Better Balance (Brenda)	*Tai Chi Better Balance (Brenda)	*Gentle Silver Sneakers Chair Class (Laura)	
<b>11:30 AM</b>	*Chair Aerobics (Kristi)	**Line Dance (Denise)	*Chair Aerobics (Kristi)	**Line Dance (Denise)	**Abs & More (Denise)	**Step Cardio (Courtney)
<b>12:30 PM</b>	**Hi/Low Intervals (Kristi)	*Gentle Somatic Yoga (Sandy)	**Zumba (Denise)	**Pilates (Denise)	*Arthritis Exercises (Kristi)	*Foam Roll/Stretch/Yoga Core Mix (Courtney)
<b>1:30 PM</b>	**Zumba (Denise)	**Pilates (Denise)	**Tai Chi & Qi Gong (Rocie)		*Tai Chi & Qi Gong (Rocie)	
<b>2:30 PM</b>		***Tai Chi (Chock)			***Tai Chi (Chock)	
<b>6:00 PM</b>	*Adult Ballet (Jeri) <i>75 min. class</i>	**Step Cardio (Patti)	*Gentle Somatic Yoga (Sandy)	**Step Cardio (Linda)		

**\*Low Intensity    \*\*Medium Intensity    \*\*\* High Intensity**

**See group fitness class descriptions on pages 34 & 35**



# APRIL 2024

## AQUA FITNESS SCHEDULE

45-min. classes	MON	TUE	WED	THU	FRI	SAT
<b>8:00 AM</b>		*Aqua Zumba (Denise)	**Aqua Kick Tabata (Linda)	*Aqua Zumba (Denise)		
<b>9:30 AM</b>	**Aqua Cardio & Core (Kristi)		**Aqua Cardio & Core (Kristi)		***Aqua Tabata (Kristi)	***Aqua Tabata (Kristi)
<b>10:30 AM</b>	***Aqua Tabata (Kristi)	***Water Circuit Training (Kristi)	*Aqua Arthritis (Kristi)		*Aqua Zumba (Denise)	**Aqua Cardio & Core (Kristi)
<b>5:30 PM</b>	**Water Aerobics (Pennie)		**Water Aerobics (Pennie)			
<b>6:00 PM</b>		**Water Interval (Lynnette)		**Water Interval (Lynnette)		

\*Low Intensity \*\*Medium Intensity \*\*\* High Intensity

See aqua class descriptions on page 31

Please review pool rules hanging on the wall by the natatorium door.

**NO LAP SWIM OR OPEN SWIM DURING CLASSES**

**POOL CLOSSES AT**

**7:30 PM Mon-Thu**

**6:30 PM Fri, 3:30 Sat**

**OPEN SWIM & LAP SWIMMING**

Allowed between classes. Lap lanes are for lap swimming only.

1-2 people per lane.

\*Lap lanes will be removed 15 minutes before classes start.

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# Fitness Class Descriptions

**\*Senior Fitness:** Moderate exercise and strength training for seniors.

**\*Chair Aerobics:** Chair workout can strengthen your arms, core, hips, and legs. It's great for older adults with balance issues or injuries.

**\*Gentle Silver Sneakers Chair:** Gentle movement & functional exercises using a chair, ball, tubes & dumbbells to improve leg, arm & core strength, coordination, balance & stamina.

**\*Stretch & Strength:** Chair based class with stretching, yoga and balance.

**\*First Step Tai Chi:** Gain knowledge of the basic steps, postures, and movements used by all five styles of Tai Chi, enabling you to improve balance and core strength while progressing into more advanced Tai Chi at your own pace.

**\*Tai Chi Better Balance:** Strengthens the body, focuses the mind, and helps build balance. (LEVEL 1).

**\*\*Tai Chi & Qi Gong:** Slowly move, breathe, relax & stretch to improve balance, coordination & body awareness. Introduction of 24 Form Tai Chi Chuan. (LEVEL 2 - Recommended you take Level 1 first).

**\*\*\*Tai Chi:** (LEVEL 3 - Recommended you take Level 2 first).

**\*Movement & Mindfulness:** Gentle movements that can be done sitting in a chair, stress reduction and relaxation techniques, and guided meditation.

**\*Gentle Somatic Yoga:** Improve your ability to move through mindful, gentle movements that can help alleviate chronic pain and tension and increase range of motion.

**\*Foam Roll/Stretch/Yoga Core Mix:** Foam rolling is a DIY myofascial release technique where you push your muscles against a hard surface that rolls to alleviate muscle tension and soreness along with working your abdominals and a great body stretch.

**\*\*Pilates:** The main focus is on core however, you can expect to see strength gains in your arms and legs. Positions and movements used to activate core rely on extremities to control &/or apply loads to the core and likewise will benefit from Pilates.

**\*\*Hi/Low Intervals:** This class is high cardio but low impact. You get a great aerobic workout, while controlling the intensity based on your fitness level. Perform manageable, low-impact movements between periods of high intensity.

**\*\*Adult Ballet:** This class starts with joint releasing and concentrates on building balance skills and strength. For those who may have danced before, are still dancing, or are new to ballet who wants to learn new skills or retain or regain balance and strength in their daily lives. This class is 75 minutes.

## Fitness Class Descriptions

### Continued

**\*\*Step Cardio:** Heart-pumping step aerobics routines combined with strength training intervals. An excellent cross-training class for all skill and fitness levels.

**\*\*Zumba:** A dance fitness party with Latin-inspired dance moves and music providing a healthy dose of aerobic activity, and a fun way to build and tone muscles, improve cardiovascular output, promote flexibility and decrease stress.

**\*\*Abs & More:** This class is designed for building a strong mid-section and great looking abs.

**\*\*Line Dance:** Choreographed dance in which a group of people dance along to a repeating sequence of steps while arranged in one or more lines or rows.

**\*\*\*Power Sculpt:** An intense combination of core training and cardio workout using weights. Upbeat and challenging, this class will keep you moving, and get you motivated.

**\*Exercises for Arthritis:** Improve range of motion, flexibility, muscular strength, balance and coordination. Exercises are done slowly and deliberately and can even be done seated.

### Interested in personal training?

See the Front Desk for information about training with Drew Simmons and Denise Winn.

## Aqua Class Descriptions

**\*\*\*Aqua Tabata:** Get your blood pumping and shed those calories in the quick paced aqua routine.

**\*\*Aqua Cardio and Core:** A shallow water, low impact, cardiovascular challenge to improve your core strength & balance.

**\*Aqua Zumba:** It's a pool party! The water's resistance cushions your feet, knees, and back as you dance the time away.

**\*\*Water Interval:** Alternating "very-hard" segments with "easy" recovery periods using an interval approach.

**\*\*\*Water Circuit Training:** Fast paced class moving through different exercise "stations" each having a specific timed movement targeting different muscle groups

**\*Aqua Arthritis:** Help increase flexibility, range of motion and endurance while reducing stiffness by taking advantage of the buoyancy and gentle resistance of being in the water.

**\*\*Water Aerobics:** Aerobic exercise done mostly vertically and without swimming, typically in waist deep or deeper water. Includes a warm-up, cardio and strength-training exercises, and a cool down.

**\*\*\*Aqua Kick Tabata:** a dynamic aquatic fitness class that combines the invigorating elements of kickboxing with the rhythmic movements of aerobics. It works your core as you maintain proper form and balance, yet it is gentle on your joints, making it suitable for participants of all fitness levels.

# HEALTHY LIVING NORMAN

Our mission is to promote the health and well-being of adults aged 50 and older by providing opportunities for physical activity, social engagement, and lifelong learning at the Adult Wellness and Education Center.

Please be sure to scan your barcode tag when you arrive at the **Adult Wellness & Education Center.** **Tracking attendance numbers is essential for operations and grants so we may continue to enhance and expand programming for our community.**

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