

MAY
2024

● Healthy Living



Staying Active Has Never Been More Fun!

Make plans to join us for our 24 Karat Gold Senior Prom, Thursday, May 16 from 6:00 to 8:00 pm (see pg. 3 for details). We're also honoring moms with a Mother's Day Tea, Saturday, May 11. Or head to the ballpark with us on May 1 for the Oklahoma City Baseball Club game against Salt Lake. Whether you are Team Dark Side or Team Jedi you will want to join us for Star Wars Day on May 4. All this, plus 38 art classes, 51 fitness classes, and 28 health and special interest classes - including gardening, Asian cooking, a veterans gathering, and drumming! **Please Note: We're closed on Memorial Day, May 27.**

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HEALTHY LIVING NORMAN

602 N. Findlay Ave.

Norman, OK 73069

(405) 857-7390

www.healthylivingnorman.com

A Note From the Branch Manager

Thank you to those who participated in our French Connection programming in April! We were honored to host a tour of our beautiful facility for a delegation from Norman's sister city, Clermont-Ferrand, France, including the city's mayor.

Have you seen the new community bulletin board in the wellness hallway? You are welcome to post information of interest to members - please see the guidelines posted on the board.

May 13 marks our first six months in operation! We look forward to sharing some of the highlights and achievements of our programs as we review how far we have come. And as always, we welcome your ideas for activities at the AWE.

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

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HEALTHY LIVING NORMAN PRESENTS

24 KARAT GOLD

Senior Prom

MAY 16, 2024

6:00 - 8:00 PM

Adult Wellness & Education Center
602 N. Findlay Ave., Norman, OK

LIVE MUSIC BY

• THE MYSTERY DATES •

Join us for an unforgettable night of music, dance and celebration of our 50+ community! Open to the public.

Tickets \$10

Buy yours at the front desk before they sell out!



Mother's Day Tea PARTY

Saturday, May 11, 1-3 pm
Tickets: \$12

An assortment of teas, finger sandwiches, and baked goodies are on the menu for this fun event honoring mothers.

This event is open to the public.
Purchase tickets at the Front Desk.



May Dining Out for a good cause!

Bring your family and friends and a percentage of sales will be donated to Healthy Living Norman to help purchase equipment for our kitchen and cooking classes. Be sure to tell them you are there for the Healthy Living Norman fundraiser.



2050 24th Ave. NW
Norman, OK 73069

Tuesday, May 7
4:00 PM - close

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>



Oklahoma City Baseball Club vs. Salt Lake

Wednesday, May 1

11:00 am - Fee: \$13

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.



Adventure Club

HAPPY

BIRTHDAY

Courtesy of Global Health

Friday, May 3

1:00-2:00 pm



All are welcome as we celebrate members with May birthdays!

MAY THE FOURTH BE WITH YOU!



Saturday, May 4



Join us as we recognize Star Wars Day!

Where were you in 1977 when the groundbreaking Star Wars: A New Hope hit movie screens around the world, launching the franchise phenomenon? In recognition of what has become international Star Wars Day, we are hosting a movie marathon and activities. Whether you are team Galactic Republic/Empire or team Rebel Alliance/New Republic, we can all come together for a day of Star Wars fun!

MAY

Art Classes

MON	TUE	WED	THU	FRI	SAT
<p>If you cannot attend a class you signed up for, please call to cancel so another person may attend the class.</p>		<p>1</p> <ul style="list-style-type: none"> *Intro to Acrylic 9-11 *Prom Flowers 12-2 *Intro to watercolor 1-3 	<p>2</p> <ul style="list-style-type: none"> *Intro to Pottery 9-11 *Oil Painting 10-1 *Pottery Lab 12-4 *Felting 2-4 *Bead & Wire 6-8 	<p>3</p>	<p>4</p>
		<p>6</p> <ul style="list-style-type: none"> *Drawing 9-11 *Pottery Lab 9-12 *Calligraphy 6-8 	<p>7</p> <ul style="list-style-type: none"> *Ugly Quilters 9-12 *Embroidery 12:30-2:30 *Fused Glass 1-3:30 *Pottery Mugs 5:30-7:30 *Bird of the Month 6-8 	<p>8</p> <ul style="list-style-type: none"> *Paint & More 9-11 *Watercolor 1-3 *Folk Art Painting 5:30-7:30 	<p>9</p> <ul style="list-style-type: none"> *Pottery Mugs 9-11 *Oil Painting 10-1 *Pottery Lab 12-4 *Felting 2-4 *Mizuhiki 6-8 *Watercolor 6-8
<p>13</p> <ul style="list-style-type: none"> *Drawing 9-11 *Pottery Lab 9-12 *Intro to Fused Glass 1-3:30 	<p>14</p> <ul style="list-style-type: none"> *Embroidery 12:30-2:30 *Neurographics 6-8 	<p>15</p> <ul style="list-style-type: none"> *Paint & More 9-11 *Felting Lab 12:30-2:30 *Watercolor 1-3 *Bead & Wire 6-8 	<p>16</p> <ul style="list-style-type: none"> *Pottery Mugs 9-11 *Oil Painting 10-1 *Pottery Lab 12-4 *Felting 2-4 	<p>17</p> <ul style="list-style-type: none"> *Bird of the Month 12-2 *Paper Mache Clay 12-3 	<p>18</p> <ul style="list-style-type: none"> *Basket Weaving 10-2
<p>20</p> <ul style="list-style-type: none"> *Drawing 9-11 *Pottery Lab 9-12 *Sumie Ink 6-8 	<p>21</p> <ul style="list-style-type: none"> *Embroidery 12:30-2:30 *Fused Glass 1-3 *Resin Art 5:30-8 	<p>22</p> <ul style="list-style-type: none"> *Paint & More 9-11 *Watercolor 1-3 	<p>23</p> <ul style="list-style-type: none"> *Pottery Dish 9-11 *Oil Painting 10-1 *Pottery Lab 12-4 *Felting 2-4 *Jewelry 6-8 	<p>24</p> <ul style="list-style-type: none"> *Paper Mache Clay 12-3 	<p>25</p> <ul style="list-style-type: none"> *Intro to Pottery 9-11 *Bead & Wire Jewelry Lab 12-3 *Pottery Lab 12-3
<p>27</p> <p>CLOSED for MEMORIAL DAY</p>	<p>28</p> <ul style="list-style-type: none"> *Embroidery Lab 12:30-2:30 *Resin Art 5:30-8 	<p>29</p> <ul style="list-style-type: none"> *Paint & More 9-11 *Felt Dyeing 1-4 *Watercolor 1-3 *Paper Beads and Jewelry 5:30-7:30 	<p>30</p> <ul style="list-style-type: none"> *Pottery Dish 9-11 *Oil Painting 10-1 *Pottery Lab 12-4 *Felting Lab 2-4 *Paper Beads and Jewelry 5:30-7:30 	<p>31</p> <ul style="list-style-type: none"> *Calligraphy 2-4 	



MAY 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.

- Level I: Beginners or if it is indicated as a requirement to proceed to another class
- Level II: For those who have taken the Intro or another class in the same subject
- Level III: For those who have taken other classes and want more of a challenge
- All Levels: All skill levels welcome! Beginners to Advanced

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.

Paper Flowers: Prom Corsage or Flowers for your Sweetie with Ginna Dowling

Wednesday, May 1, Noon-2 pm

All Levels Fee: None

Come make a beautiful tissue paper corsage or flowers for someone special. Materials provided.
(Come & go, as space allows)



Basket Weaving: Woven Pencil Holder with Mary Lee

Saturday, May 18, 10 am-2 pm

All Levels Fee: \$15

We will weave a colorful 5" x 4" pencil holder. You will learn how to weave over a mold, use a slotted base, and create a spiral weaving pattern. Bring a small towel, an awl or a flat-head screw driver, and scissors. Participants encouraged to bring a sack lunch.





Mental Health Awareness Month: Connect with Art and Creativity

May is Mental Health Awareness Month. Join us for these special classes to build awareness and benefit our mental well-being.

Paper Maché Clay: Mental Health Awareness Masks with Laura Nelsen

A two-part class

Friday May 17 & 24, Noon-3 pm

All Levels Fee: \$15

Celebrate the best version of yourself or someone you love by creating a blank paper maché mask and then add paint, adornments, or other embellishments.

(Limit 12)



Neurographics & Exploring Color with Tauri Sims

Tuesday, May 14, 6-8 pm

All Levels Fee: \$8

This is the ideal art therapy approach that relieves stress and helps you relax, and many people find it meditative. You will combine line and free-style drawing and doodling. *(Limit 15)*



Painting Whimsical Folk Art Self-Portraits with Stacey Dinger

Wednesday, May 8, 5:30-7:30 pm

All Levels Fee: \$12

Laughing and painting is always a sure way help your well-being; so is connecting with your creativity. Enjoy the evening while you create a fun and whimsical folk art self-portrait. Stacey has ways to ensure your success in this fun class. *(Limit 12)*



Drawing & Painting

Sam's Monday Drawing Group with Sam Douglas

Monday, May 6, 13, 20, 9-11 am

All levels Fee: \$10 each or sign up for all three at the front desk for \$25

Classes will progress based on students' needs and focus on fun exercises and techniques to expand your drawing skills and abilities. Classes will vary and can include techniques like lighting, shading, perspective, composition, drawing with color, and more. Pieces will be displayed in the AWE hallways. *(Limit 12)*



Intro to Acrylic with Sam Douglas

Wednesday, May 1, 9-11 am

Level I Fee: \$10

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



Paint & More with Sam Douglas

Wednesday, May 8, 15, 22, 29, 9-11 am

All levels Fee: \$10 each class or sign up for all four at the front desk for \$35

Explore acrylic painting and learn fun exercises that can include charcoal, colored pencil, acrylic markers, and collage. The work created will range from loose and free, abstract, to stylistic and more realistic. Pieces will be displayed on walls in the center. *(Limit 12)*



Bird of the Month: Cedar Waxwing with Sam Douglas

Tuesday, May 7, 6-8 pm

Or Friday, May 17, Noon-2 pm

All Levels Fee: \$10 per class

Learn about these wonderful little birds, and create a piece of art about them. Each class will have a different take on this refined and gentle bird. *(Limit 12)*



Watercolor Painting

Watercolor Wednesdays: Intro with Laura Nelsen

Wednesday, May 1, 1-3 pm

Level I Fee: \$10 for each class, or sign up at the front desk for all 5 Watercolor Wednesdays for \$44

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 Wednesdays II: Daisies with Laura Nelsen

Wednesday, May 8, 1-3 pm

Level II Fee: \$10 for each class, or sign up at the front desk for all 5 Watercolor Wednesdays for \$44

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



Watercolor Wednesdays: Whimsical Techniques with Laura Nelsen

Wednesday May 15, 1-3pm

All Levels

Fee: \$10 for each class, or sign up at the front desk for all 5 Watercolor Wednesdays for \$44

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)*



Watercolor Painting

Watercolor Wednesdays: Animal/Pet Portrait (2-part class) with Laura Nelsen

Wednesday May 22 & 29, 1-3 pm

Level III Fee: \$20 for this two-part class, or sign up at the front desk for all 5 Watercolor Wednesdays for \$44

Apply skills obtained in previous classes to create a completed favorite animal or pet painting. Prior attendance at AWE watercolor class required.

(Limit 12)



Watercolor II Evening Class: Daisies with Laura Nelsen

Thursday, May 9, 6-8 pm

Level II Fee: \$10

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



Drawing, Acrylic, Watercolor & Collage Lab with Laura Nelsen

Friday, May 10

Noon-3 pm (All Levels)

Fee: \$12 or \$7 if you bring your own supplies

This instructor-led lab is great for completing class projects you couldn't finish or starting something new. Draw, paint, collage, ask questions, experiment with materials, or just hang out with friends and create.

No oil painting at this lab. *(Limit 15)*

Oil Painting

Painting the Still Life in Oils with Barbara Benton

Thursdays May 2 & 16, 10 am-1 pm

All Levels Fee: \$12 each, or sign up at
the front desk for both classes for \$20

Come paint with friends while learning about composition and oil painting techniques. In this class, Barbara will set up a still life that can be used in either one or two classes, and you will work on developing skills in color mixing, capturing form, and using loose brushwork that creates a sense of movement. (*Limit 12*)



Laid-Back Oil Painting Boot- Camp with Michael Wilson

Thursdays, May 9 & 23, 10 am-1 pm

Level II Fee: \$12 each, or sign up at the
front desk for both classes for \$20

In this class Michael will teach a series of challenging and fun oil painting problems that gently push your thinking and painting skills. (*Limit 12*)



Oil Painting Lab with Michael Wilson

Thursday, May 30, 10 am-1 pm - All Levels - Fee: \$10 (*Limit 12*)

This instructor-led lab is great for completing oil painting class projects or work on something new. 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

Thursday, May 2, 9-11am

Saturday, May 25, 9-11am

Level I Fee: \$12

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



Pottery Project: Mugs (2-part class) with Grace Doner

Thursday, May 9 & 16, 9-11 am

Level II Fee: \$24 *(Limit 12)*



Pottery Project: Mugs (single class) with Grace Doner

Tuesday, May 7, 5:30-7:30pm

Level II Fee: \$12 *(Limit 12)*

Pottery Project: Candy Dishes (2-part class) with Grace Doner

Thursdays, May 23 & 30, 9-11 am

Level II Fee: \$24 *(Limit 12)*



Pottery & Ceramics Lab

Mondays 9 am-Noon; Thursdays Noon-4 pm; Saturday, May 25, 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. *(Limit 15 participants)*

Fused Glass & Resin

Intro to Fused Glass with Mike Tower

Monday, May 13, 1-3:30 pm

Level I Fee: \$25

You must sign up for one Fused Glass Intro class before taking any other fused glass classes. 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)



Fused Glass: Magnets with Mike Tower

Tuesday, May 7, 1-3:30 pm

Level II Fee: \$25 (Limit 10)

Fused Glass: Garden Stakes with Mike Tower

Tuesday, May 21, 1-3:30 pm

Level II Fee: \$30 (Limit 10)



Resin Art (2-part class) with Sarah Fenner King

Tuesday, May 21 & 28, 5:30-8 pm

All Levels Fee: \$25

Learn about resin and its uses in arts and crafts. You will mix resin and pour it into molds with items like dried flowers or glitter to create colorful and shiny designs and shapes that can be made into coasters, jewelry, key chains, and more. (Limit 10)



Embroidery & Felting

Embroidery with Darci Lenker

Tuesday, May 7, 14, 21, 12:30-2:30 pm

All Levels Fee: \$7 or all three classes for \$17

This month's focus is embroidered flowers. Darci will teach each student based on their skill level, starting with the most basic embroidery stitches and working her way through a wide variety of different techniques. Students will develop a comprehensive knowledge of embroidery to feel comfortable tackling any project.

(Limit 12)



Felting: Landscapes (2-part class) with Darci Lenker

Thursdays, May 2 & 9, 2-4 pm

All Levels Fee: \$14 or you may sign up for both 2-part felting classes at the front desk for \$24

These classes will focus on landscapes. Perfect your skills in a technique that is easy for all hands.

(Limit 12)



Felting: Wet & Dry Felted Octopus or Jellyfish (2-part class) with Darci Lenker

Thursdays, May 16 & 23, 2-4 pm

All Levels Fee: \$14 or you may sign up for both 2-part felting classes at the front desk for \$24 (Limit 12)



Embroidery Lab

Tuesday, May 28, 12:30-2:30 pm

Level II & III - Fee: \$7

Felting Lab

Wednesday May 15; 12:30-2:30pm

Thursday May 30, 2-4pm

Level II & III - Fee: \$7 each

These labs are not for instruction or beginners. You must have had a previous embroidery or felting class to come to the lab. Complete a class project or work on one of your own. (Limit 15 per lab)

Specialty Classes

Felt Dyeing: Kettle Dyeing Wool with Darci Lenker

Wednesday, May 29, 1-4 pm

Level II and III Fee: \$10

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



Calligraphy with Hono Noda

Monday, May 6, 6-8 pm or

Friday, May 31, 2-4 pm

All Levels Fee: \$6 each

Calligraphy is one of the traditional Japanese cultures 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)*



Sumi-e Ink Painting with Hono Noda

Monday, May 20, 6-8 pm

All Levels Fee: \$6

Sumi-e is a style of monochrome painting characterized by the use of just two things, black ink (sumi) and water. Based on the philosophy that there are five colors in ink, a significant feature of sumi-e is the expression of three-dimensionality and color sensation through variations in the intensity of ink, wetness, and the use of gradation. *(Limit 12)*



Jewelry Classes

Mizuhiki: The Art of Knot Tying with Hono Noda

Thursday, May 9, 6-8 pm

All Levels Fee: \$9

Mizuhiki (水引, lit. 'water-pull') is an ancient Japanese artform of knot-tying, often used on packages for special occasions or for jewelry and hairclips. These beautiful knots are created by twisting lengths of paper cords together. (Limit 12)



Jewelry: Tsumamizaiku Pinched Fabric Flowers with Hono Noda

Thursday, May 23, 6-8 pm

All Levels Fee: \$10

Hono first taught this wonderfully popular class during our Japan Winter Festival, and everyone loved it, so we are bringing it back this month! Tsumamizaiku pinched fabric flowers is a wonderful Japanese tradition used for making key chains and earrings with these beautiful little fabric flowers. (Limit 12)



Bead & Wire Jewelry: Window Charm Suncatchers with Debby Williams and Ginna Dowling

Thursday, May 2, 6-8 pm

All Levels Fee: \$12

Create these delightful window charms. This may be a challenge for an intro-level student, but if you are daring, come join us! (Limit 12)



Specialty Classes

Bead & Wire Jewelry: Dragonflies with Debby Williams and Ginna Dowling

Wednesday, May 15, 6-8 pm

Level II and III Fee: \$12

In this class we will get out the jewelry jigs and create dragonflies for earrings and jewelry. *(Limit 12)*



Paper Beads and Paper Bead Jewelry with Stacey Dinger

Wednesday, May 29, 5:30-7:30 pm

Thursday, May 30, 5:30-7:30 pm

All levels Fee: \$18 for both classes, or sign up for just one at the front desk for \$10

Back by popular demand! The beads need to dry overnight before making them into earrings or bracelets. Or you can just make as many paper beads as you can on both nights and then bring them to a jewelry lab to make them into earrings, bracelets, or necklaces. Paper will be provided, but you can order pre-cut bead making paper from Amazon.com to make even more. *(Limit 12)*



Bead and Wire Lab

Saturday, May 25, Noon - 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)

MAY

Education & Entertainment

MON	TUE	WED	THU	FRI	SAT
<p>See descriptions on pages 20-26 for sign-up & fee information.</p>		<p>1 NO KARAOKE *OKC Baseball Game 11AM *Ask a Librarian 12-3 *Peacemaker 1-3 *Medicare 101 1:30-2:30</p>	<p>2 *CASA Volunteer Opportunity 10-11 *Matter of Balance 3-4:30 *Parkinson's Group 6:30-7:30</p>	<p>3 *CASA Volunteer Opportunity 10-11 *Tech Sesh 11:30-1:30 *Birthday Party 1-2 *Fitness Center Orient. 2 PM</p>	<p>4 *Live Music in the Lounge 1-2 May the Fourth: Star Wars Day</p>
<p>6 *Stroke Awareness 1:30-2:30 *Drumming 6-7:30</p>	<p>7 *Gardening Club 10-11 Bad Daddy Burger Fundraiser</p>	<p>8 Karaoke 12-1pm *Sanctuary Garden 1-2 *New Member Orient. 2:30</p>	<p>9 *Chronic Pain Group 10-11 *Mental Health & Aging 1-2:30 *Matter of Balance 3-4:30</p>	<p>10*Blood Pressure Screening 9:30-11 *Tech Sesh 11:30-1:30 *SINGO 2-4 *Fitness Center Orient. 2 PM</p>	<p>11 *Live Music in the Lounge 1-2 Mother's Day Tea Party 1-3</p>
<p>13 *Estate Planning 10-11 *Bocce Ball 2:30-3:30 *Drumming 6-7:30</p>	<p>14 *Women's Health 9-10 *Genealogy 6-7:30</p>	<p>15 Karaoke 12-1pm *Morning's with the Professor 9:30-11 *Ask a Librarian 12-3 *Peacemaker 1-3</p>	<p>16 *SALT 10-11 *Matter of Balance 3-4:30 SENIOR PROM 6-8</p>	<p>17 *Veteran's Gathering 9:30-11 *Fitness Center Orient. 2pm</p>	<p>18 *Live Music in the Lounge 1-2</p>
<p>20 *Powers of Atty Etc. 10-11 *Fitness Center Orient. 6 *Drumming 6-7:30</p>	<p>21 *Alzheimer's Talk 10-11</p>	<p>22 Karaoke 12-1pm *New Member Orientation 2:30 PM</p>	<p>23 *Composting 10-11 *Matter of Balance 3-4:30</p>	<p>24 *Fraud Protection 2-3 *Bocce Ball 2:30-3:30 *Fitness Center Orient. 2PM</p>	<p>25 *Live Music in the Lounge 1-2</p>
<p>27 CLOSED for MEMORIAL DAY</p>	<p>28 *Asian Cooking 5:30-7:30</p>	<p>29 Karaoke 12-1pm *Ask a Librarian 12-3 *New Member Orientation 2:30 PM</p>	<p>30 *Fiction Book Club 10-11 *Matter of Balance 3-4:30 *Asian Cooking 5:30-7:30</p>	<p>31 *Mystery Book Club 1:30-2:30 *Fitness Center Orient. 2PM</p>	

Educational Opportunities



Stroke Awareness

With Dr. Lane Tinsley

Monday, May 6, 1:30-2:30 pm

Learn what happens to the brain during a stroke, what to expect for testing and treatment, how to prevent strokes, and what to do if you suspect a stroke. Dr. Tinsley is a Board Certified Neurologist and Norman Regional's first dedicated Neurohospitalist. She is the medical director of the Norman Regional Stroke Program. She was born and raised in Norman, and attended The University of Oklahoma for undergraduate college, Medical School and Neurology Residency.

Healthy Living for Your Brain and Body

With The Alzheimer's Association

Tuesday, May 21, 10-11 am

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how lifestyle choices may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Parkinson's Support Group

with Midge Gerber

Thursday, May 2, 6:30-7:30 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.

Chronic Pain Support Group

with Penni Pace Mix

Thursday, May 9, 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.

Pelvic Floor Physical Therapy: It's More than Kegels

With Lynn Smith, PT, Select Physical Therapy

Tuesday, May 14, 9-10 am

Learn how physical therapy can help or completely resolve issues such as urinary or fecal leakage, sexual/erectile dysfunction, constipation, tailbone or SI joint pain, or upcoming or past urogynecological or prostate surgery. Plus find out what treatments are involved to improve your quality of life.

Blood Pressure Screening

Courtesy of Inspire Hospital
Friday, May 10, 9:30-11 am



Educational Opportunities



Mornings with the Professor: Robert Frost in Oklahoma with Lisa Seale

Wednesday, May 15, 9:30-11 am

America's favorite poet Robert Frost lectured widely from the 1920s onward and even made two visits to Oklahoma. Many who heard Frost lecture were struck by his easy going delivery of his own and others' poems and by his witty commentary about contemporary events. Let's take a look at the poems he read here in Oklahoma and at newspaper coverage of his talks here. Bring your own favorite Robert Frost poem, too!

**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>

Mental Health As We Age With Karen Orsi

Thursday, May 9, 1-2:30pm

An overview of mental health and how aging affects mental health. This presentation will include topics on how disorders develop, loneliness, depression, ageism, treatment and recovery, and resources.

Medicare 101 With Coyote Insurance

Wednesday, May 1, 1:30-2:30 pm

Medicare 101 is the basics of Medicare made easy to understand. Learning the difference between A, B, C, D, and even F & G. You will learn what Medicare covers and what it does not as well as possible expected out-of-pocket expenses. Medicare Advantage, Medicare supplements, and prescription drug plans will be simplified. You will gain valuable knowledge necessary to make informed decisions on your Medicare options and which plan fits your needs.

*Sign-up is required.

Make a Difference in the Life of Child: Volunteer Opportunities with CASA With Sherrie Marsico, South Central CASA of Oklahoma Thursday, May 2, 10-11am & Friday, May 3, 10-11am

Learn how Court Appointed Special Advocates improve the lives of children in Oklahoma foster care and how you can get involved. CASA volunteers provide a positive, stable influence for abused and neglected children while ensuring they have a voice in the courts and the services they need for a stable future.

Educational Opportunities



Genealogy: Treasures in the US Federal Census

with Cleveland Co. Genealogical Society

Tuesday, May 14, 6-7:30 pm

Learn about the 1790-1950 census records, how to locate them, and the important and surprising information they contain.

Seniors & Law Enforcement Together (SALT)

with Lt. Kim Lopez

Thursday, May 16, 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. Open to the public.

Ask a Librarian

Wednesdays, May 1, 15, 29, 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

Estate Planning Basics

With Brian Hill of Ball, Morse, Lowe

Monday, May 13, 10-11 am

The presentation will cover concepts such as Revocable Trusts, Last Will & Testament, and Probate. Additionally, we will discuss the pros and cons of each. Finally, we will discuss if all of the "short-cuts" really work, and what is the risk of trying to do this on your own. This is a great starting place for people who don't even want to think about Estate Planning!

Powers of Attorney and Advanced Directive

With Brian Hill of Ball, Morse, Lowe

Monday, May 20, 10-11 am

The presentation will cover concepts such as Power of Attorney of the Property, Power Attorney of the Person, and Durable Power of Attorney. Additionally, we will cover Oklahoma's Advance Directive. This presentation is geared towards preparing for the final stages in life when we need help.



Sponsored by Archwell Health

Friday, May 10
2-4 pm

Come have some fun and enjoy great music and prizes!

Educational Opportunities



“Ugly” Quilters Group

Tuesday, May 7, 9 am-Noon

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.



Fraud Protection

with AARP

Friday, May 24, 2-3 pm

Have you ever been approached with a fraudulent offer or been a victim of identity theft? The AARP Fraud Watch Network is working to empower you in the fight, with proven resources and tools to help you spot and avoid identity theft and fraud. By taking a few practical steps, you have the power to fight back against fraud.

Join AARP Oklahoma and Healthy Living Norman for a presentation which will arm you with the latest data on fraud trends and provide tips and resources to protect yourself and your family.

This presentation is open to the public.

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

Mondays, May 6, 13, 20; 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*)



Educational Opportunities

Asian Cooking

With Pioneer Library System

Tuesday, May 28, 5:30-7:30 pm

Or

Thursday, May 30, 5:30-7:30 pm

Fee: \$10 per class

Eating healthy can be easy and delicious. Join us to learn the art of healthy cooking and eating. Lizzy, Chris, and Donna from the Pioneer Library System will demonstrate several culinary techniques and discuss various fillings used to make Asian dumplings. Pot stickers, wontons, and dipping sauces will be on the menu for the interactive demonstration. Afterwards, enjoy samples of the delicious offerings. *(Limit 12 per class)*

Veterans Gathering

With Veteran Affairs

Friday, May 17, 9:30-11 am

Join the Department of Veterans Affairs as they share a panel and place to gather. Topics discussed will include benefits, Oklahoma Veterans Homes, OKVET works, OK Step, the Farmer Veteran Coalition, mental health, women veterans program, and burial benefits.

LIVE MUSIC IN THE LOUNGE

SATURDAYS

1:00-2:00 PM

with Gary Lehman



TECH SESH with Mac

Fridays, May 3 & 10

11:30 am-1:30 pm

In the Lounge

By appointment.

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

New Member Orientation

Wednesdays at 2:30 PM



**Tuesday, May 7
10-11 am**

Join us for an informational meeting regarding ways to garden with Healthy Living Norman. We are partnering with the Cleveland County Master Gardeners to create a Dimensions of Wellness Plot at the OSU Extension Garden at the Cleveland County Fairgrounds. At this meeting we will plan how to incorporate the dimensions of wellness into our plot, plan work days, and discuss ways you can get involved without going to the garden.



Sanctuary Garden

With Lois Cox Marshall

Wednesday, May 8, 1-2 pm

We all know that being in nature has a wonderful effect on our well-being. However, there are certain features that you can add to a garden to make it even more of a sanctuary for you to go to throughout your day and week. This class will discuss what those elements are to add to your existing garden or to create a new garden.



Composting

With OKC Beautiful

Thursday, May 23, 10-11 am

During this class, we will explore sustainability topics such as composting and gardening and how they are connected. With a hands-on worm bin activity, we can better understand how we can better support the recycling of nutrients for healthier plants and an overall healthier environment.

Be a Peacemaker: How to De-Escalate a Contentious Encounter

Wednesday, May 1 & 15, 1-3 PM

Have you ever been in a tense situation with someone or witnessed one nearby? Have you ever been in this kind of situation and wanted to speak your truth; however, you stood silent and regretted it later? Or you did and it turned into a heated argument?

This training involves two 2-hour sessions in which you will learn how to listen and react in a peaceful manner to people with different viewpoints, how to keep the discussion from becoming disrespectful, and how to safely de-escalate a contentious encounter.



Learn How to Play BOCCE BALL with Michel LaPointe

Monday, May 13,
2:30-3:30 PM
Friday, May 24,
2:30-3:30 PM

Pickleball Clinics

with Eddy Roberts

Fee: \$10



Check for a sign at the front desk with a list of 2-hour beginner pickleball clinics available in May. Includes a brief introduction of pickleball, rules, pickleball specifically for seniors, drills, serves and returns and game time.

Fitness Center Orientation

With Drew Simmons

Fridays at 2:00 PM
Monday, May 20, 6:00 PM

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



KARAOKE

Wednesdays, Noon-1:00
in the Multipurpose Room

British Landscapes Group Tour England, Scotland & Wales

Date Change: Oct. 13- 22, 2024

Join us for this fun 10-day European adventure! Friends and family are welcome.

Brochures are available in the lobby.

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

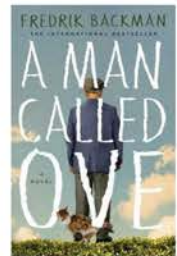
<https://gateway.gocollette.com/link/1234221>



Book Clubs

Fiction Book Club

Thursday, May 30, 10-11 am
This month's book is "A Man Called Ove" by Fredrick Backman. This club meets the last Thursday of each month.



Mystery Book Club

Friday, May 31, 1:30-2:30
This month's book is "Murder at King's Crossing" by Andrea Penrose. This club meets the last Friday of each month.



You will need to provide your own book.



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, 1-4 pm
(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.

MAY 2024

GROUP FITNESS SCHEDULE

45-min. classes	MON	TUE	WED	THU	FRI	SAT
8:30 AM	*Senior Fitness (Deb)		*Senior Fitness (Deb)		*Senior Fitness (Deb)	
9:00 AM		***Power Sculpt (Deb)		***Power Sculpt (Deb)		
9:30 AM	*First Step Tai Chi (Art)		*Total Body Tone (Laura)		*Stretch & Strength (Laura)	
10:30 AM	*First Step Tai Chi (Art)	*Movement & Mindfulness (Sandy)	*Tai Chi Better Balance (Brenda)	*Tai Chi Better Balance (Brenda)	*Gentle Silver Sneakers Chair Class (Laura)	
11:30 AM	*Chair Aerobics (Kristi)	**Line Dance (Denise)	*Chair Aerobics (Kristi)	**Line Dance (Denise)	**Abs & More (Denise)	**Step Cardio (Courtney)
12:30 PM	**Hi/Low Intervals (Kristi)	*Gentle Somatic Yoga (Sandy)	**Zumba (Denise)	**Pilates (Denise)	*Arthritis Exercises (Kristi)	*Foam Roll/Stretch/Yoga Core Mix (Courtney)
1:30 PM	**Zumba (Denise)	**Pilates (Denise)	**Tai Chi & Qi Gong (Rocie)		*Tai Chi & Qi Gong (Rocie)	
2:30 PM		***Tai Chi (Chock)			***Tai Chi (Chock)	
6:00 PM	*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 30 & 31

MAY 2024

AQUA FITNESS SCHEDULE

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

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.

*****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.**

Thank You **Founding Partners**



**NORMAN
REGIONAL**
Health System



**ORTHO
CENTRAL**

HAVENBROOK
Funeral Home

Archwell Health

Katherine Barwick
Coyote Insurance
Greg Heiple

United Healthcare

Nancy McCall,
Dillard Cies Real Estate
OG&E

with special thanks to:

NORMAN
parks & recreation

**Rayford &
Candice Young**

The logo for the Norman Arts Council, featuring a stylized graphic of three overlapping circles in red, blue, and yellow, with the text "Norman Arts COUNCIL" below it.

Norman Arts
COUNCIL