

**WOODSON PARK
SENIOR ACTIVITY CENTER
3401 S May Avenue
681-3266**

Center Hours

Monday-Friday: 8:00 a.m. - 4:00 p.m.

Center Closed

**Holidays / Saturday and Sunday
July 3, 2009**

Up-Coming Trips

**September 25, 2009
Cheyenne & Pioneer
Life in Western Oklahoma**

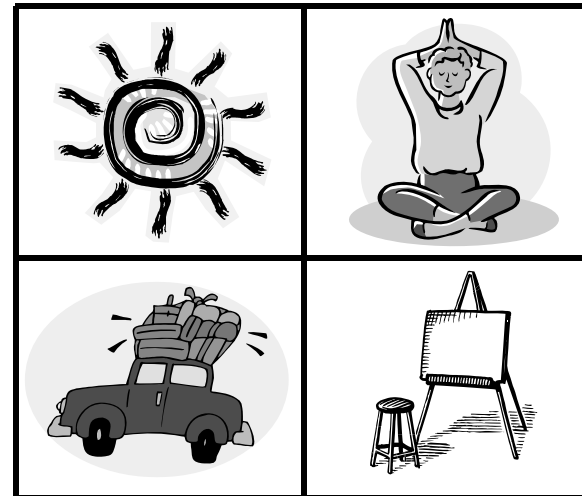
**December 9-12, 2009
Holidays in Salado, Texas
Brazos River Trail
San Antonio**



The City of
OKLAHOMA CITY
Parks & Recreation Department

**WOODSON PARK
SENIOR ACTIVITY
CENTER**

**SUMMER 2009
PROGRAMS AND EVENTS**



**3401 S May Avenue
Tel: 405-681-3266**

**OKLAHOMA CITY
PARKS AND RECREATION**

CREATIVE ARTS

Drawing

Instructional class drawing still lifes and other projects.

Ages 55+ June 1 - August 31 N/C

Monday ~ 10:15 am - 12:00 pm

Art-Oil Painting

Guidance in painting using various methods and styles.

Ages 55+ June 3 - August 27 N/C

Experienced—Tuesday ~ 9:00 am - 12:00 pm

Experienced—Wednesday ~ 9:00 am - 12:00 pm

Beginning—Thursday ~ 9:00 am - 12:00 pm

Valir Crafts

Craft supplies and patterns provided for assembly.

Ages 55+ June 23 N/C

Tuesday ~ 1:30 - 2:30 pm

Woodson Woodcarvers

Share ideas and patterns and work on weekly projects.

Ages 55+ June 3 - August 26 N/C

Wednesday ~ 9:30 am - 12:00 pm

Jewelry Design

Instruction in jewelry design.

Ages 55+ June 3 - August 26 N/C

Wednesday ~ 12:00 - 2:00 pm

Thursday

Biking Group-----8:30 a.m.

Senior Strength Training-----8:30 a.m.

Aerobic Dance-----8:45 a.m.

Beginning Oil Painting-----9:00 a.m.

Dominoes-----9:00 a.m.

Gentle Yoga-----10:00 a.m.

Middle Eastern Dance-----11:15 a.m.

Nutrition Education-----1:00 p.m.

Pinochle-----1:00 p.m.

T.O.P.S. -----1:00 p.m.

Triad-South-----2:00 p.m.

Writing Your Life Story-----2:30 p.m.

Friday

Dominoes-----9:00 a.m.

Open Studio Painting-----9:00 a.m.

Arthritis Exercise-----9:30 a.m.

Local Trips-----10:00 a.m.

Restaurant Rotation-----11:00 a.m.

Monthly Potluck Meal-----11:30 a.m.

BINGO-----1:00 p.m.

Spanish Club-----1:00 p.m.

At-A-Glance

Mondays

Senior Strength Training-----	8:30 a.m.
Dominoes-----	9:00 a.m.
Intermediate Spanish-----	9:00 a.m.
Gentle Yoga-----	10:00 a.m.
Drawing-----	10:15 a.m.
Arthritis Exercise -----	11:15 a.m.
Skip-Bo-----	1:00 p.m.
Line Dancing-----	1:00 p.m.
Beginning Spanish-----	1:00 p.m.
Dog Obedience Training-----	2:15 p.m.

Tuesdays

Senior Strength Training-----	8:30 a.m.
Balance Ball Exercise-----	8:45 a.m.
Dominoes-----	9:00 a.m.
Experienced Oil Painting-----	9:00 a.m.
Gentle Yoga-----	10:00 a.m.
BINGO-----	1:00 p.m.
Pinochle-----	1:00 p.m.

Wednesdays

Senior Strength Training-----	8:30 a.m.
Balance Ball Exercise-----	8:45 a.m.
Dominoes-----	9:00 a.m.
Experienced Oil Painting-----	9:00 a.m.
Woodson Woodcarvers-----	9:30 a.m.
Gentle Yoga-----	10:00 a.m.
Tai Chi-----	10:30 a.m.
Jewelry Design-----	12:00 p.m.
Red Hat Club-----	2:30 p.m.
Wednesday Afternoon Social Club-----	2:30 p.m.

Writing Your Life Stories

Express creativity and tone up writing expression.

Ages 55+

June 4 - August 27

N/C

Thursday ~ 2:30 - 3:45 pm

Open Studio

Artists meet to work on projects started in class.

Ages 55+

June 5 - August 28

N/C

Friday ~ 9:00 am - 12:00 pm

PERFORMING ART

Line Dancing

Beginning steps taught in group line dancing class.

Ages 55+

June 1 - August 31

N/C

Monday ~ 1:00 - 2:00 pm



FITNESS / ATHLETICS

LIFT Strength Training Class and Study

Strength training program and study for seniors led by UCO students.

Ages 55+

May 20 - November 20

N/C

Call for details 681-3266

FITNESS / ATHLETICS

Senior Strength Training

Improve muscular strength and bone density through stretching and weight techniques.

Ages 55+ June 1 – August 31 N/C

Monday-Thursday ~ 8:30 - 9:45 am

Gentle Yoga

Learn relaxing and flexible movements and stretches to improve breathing and balance.

Ages 55+ June 1 – August 31 N/C

Mon/Tues/Thurs ~ 10:00 - 11:00 am

Arthritis Exercise

Exercise class targeted to person with arthritis.

Ages 55+ June 8 – July 27 N/C

Monday ~ 11:15 am - 12:15 pm
Friday ~ 9:30 - 10:30 am

Balance Ball Exercise

Beginning level class to improve agility, balance and strength.

Ages 55+ June 2 - August 26 N/C

Tues/Wed ~ 8:45 - 9:15 am

Tai Chi

Instruction to benefit flexibility, postural strength and balance.

Ages 55+ June 3 - August 26 Donation

Wednesday ~ 10:30 - 11:30 am

Historic Theater Tour

This will be an overnight bus trip visiting Historic Theaters in Oklahoma.

Ages 55+

Cost: \$175

Thursday & Friday
June 11 & 12, 2009



Monthly Potluck Meal

June 26 - **Nichole Giulano, National Weather Center**
"Severe Weather Forecasting & Safety"

Fried Chicken, Potato Salad and Ice Cream **Cost \$5**

July 24 - **Woodson Performing Arts** **Bring a dish**
Bread and Drinks Provided

August 21 - **Karen Holp, KGOU**
"Public Radio in Oklahoma"

Summer Salads and Frozen Dessert **Cost \$5**

Ages 55+



Fridays
11:30 am - 1:30 pm

Restaurant Rotation and Local Outing Day

Participants will visit various selected local attractions and cultural exhibits in the metro area. Information will be announced at a later date.

Ages 55+ **Friday ~ 11:00 am - 2:00 pm** Event &
Meal Cost

June 19 - Red Pin, Bowling & Lunch

July 10 - Warren Theaters, Afternoon Movie & Lunch

August 14 - World of Wings Pigeon Center & Lunch
at Carican Flavors

CONTINUED**T.O.P.S. (Take Off Pounds Sensibly)**

Weight loss support group.

Ages 55+ June 5 - August 28 N/C

Thursday ~ 1:00 - 2:00 pm**Spanish Club**

Meet and practice speaking, reading and writing Spanish.

Ages 55+ June 5 - August 28 N/C

Friday ~ 1:00 - 3:00 pm**Legal Assistance For Seniors**

Elder Law Attorneys will be here to aid in completion of legal documents.

Ages 55+ June 5 N/C

Friday ~ 9:00 am - 12:00 pm**SPECIAL EVENTS****Kayak Lesson \$ Ride**

Participants will get a basic lesson in Kayaking and a short ride to an area restaurant. The group will be given a ride back to their own transportation.

Ages 55+ \$25/per person

**Friday
June 5, 2009
9:30 am - 12:30 pm****Biking Group**

A physical exploration of the local area on bike paths.

Ages 55+ June 4 - July 2 N/C

Thursday ~ 8:30 am - 12:00 pm**Aerobic Dance**

Aerobic dance steps set to music.

Ages 55+ June 4 - August 27 N/C

Thursday ~ 8:45 - 9:15 am**Middle Eastern Dance**

Beginning belly dance to tone and condition the entire body.

Ages 55+ June 4 - August 27 N/C

Thursday ~ 11:15 am - 12:15 pm**Nutrition Education**

Nutrition awareness and health including label reading, easy quick meal preparation, diet analysis, etc.

Ages 55+ June 11 - July 29 N/C

Thursday ~ 1:00 - 2:00 pm**Bone Density Testing**

Ages 55+ June 19 N/C

**Friday ~ 9:00 am - 12:00 pm
Call to reserve a time 681-3266.**

SPECIAL INTEREST**Dominoes**

Meet daily to play Dominoes.

Ages 55+ June 1- August 31 N/C

Monday-Friday ~ 9:00 am - 12:00 pm

Spanish

Instruction given for conversational Spanish.

Ages 55+ June 8 - August 6 Book

Intermediate—Monday ~ 9:00 - 10:00 am
Beginning—Monday ~ 1:00 - 2:00 pm

Dog Obedience Training

Utilize basic commands of sit, stay, no and special needs of owners.

Ages 55+ June 1 - August 31 Donation

Monday ~ 2:15 - 3:15 pm

Skip-Bo

Meet weekly to play Skip-Bo.

Ages 55+ June 1 - August 31 N/C

Monday ~ 1:00 - 3:00 pm

BINGO

Meet twice monthly to play BINGO.

Ages 55+ June 1 - August 21 N/C

1st Tuesday and Potluck Friday ~ 1:00 - 2:00 pm

Pinochle

Meet twice a week for a game of Pinochle. Instructions will be given for double Pinochle.

Ages 55+ June 2 - August 27 N/C

Tuesday and Thursday ~ 1:00 - 3:00 pm

Wednesday Afternoon Social Club

If your summer travel plans are limited, come hear stories and see photos from these exciting adventures.

Ages 55+ **Wednesday ~ 2:30 - 3:30 pm** N/C

June 3 - Darrell Farley
The Drive From Oklahoma to Alaska
 July 1 - Neil Garrison
Camping in Big Bend National Park
 August 5 - Aurora Agger
Elvis and Barbie Conventions '09
 Refreshments will be served

Red Hat Club

Monthly organizational meeting of Red Hat Society.

Ages 55+ June 24, July 29 & August 26 N/C

Last Wednesday each month ~ 2:30 - 3:45 pm

TRIAD—South

Representatives from the OKC Police and Sheriff's Departments present programs and give community news relating to senior concerns.

Ages 55+ June 16, July 16 & August 20 N/C

3rd Thursday each month ~ 2:00 - 3:30 pm