



OKC PARKS

SOCIAL *and* EDUCATIONAL

Willa D. Johnson Rec. Center

909 Frederick Douglass Ave, Oklahoma City, OK 73117

February

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|---|--|---|
| 29 | 30 | 31 | 1 Resources With Mrs. V (Virtual) 10am-11am | 2 Total Wellness 10am-11:45pm GBNOMO Cooking Skills 3:30pm-5:30pm | 3 |
| 5 Art Exploration 4pm-5pm IMCI Community youth 3:30pm-4:30pm Meal Prep (Adult) 6pm-7pm | 6 Photography 4pm-5pm | 7 Art Exploration 4pm-5pm Kick It Up 4:30 pm Teen Cuisine 5 pm | 8 Resources With Mrs. V (Virtual) 10am-11am | 9 Total Wellness 10am-11:45pm GBNOMO Cooking Skills 3:30pm-5:30pm | 10 |
| 12 Art Exploration 4pm-5pm IMCI Community youth 3:30pm-4:30pm Meal Prep (Adult) 6pm-7pm | 13 Photography 4pm-5pm | 14 Art Exploration 4pm-5pm Kick It Up 4:30 pm Teen Cuisine 5 pm | 15 Resources With Mrs. V (Virtual) 10am-11am W.I.S.E.R Club 5pm-6pm | 16 Total Wellness 10am-11:45pm GBNOMO Cooking Skills 3:30pm-5:30pm | 17 DATE NIGHT DELIGHT Cooking with Love 6pm-8pm |
| 19 Art Exploration 4pm-5pm IMCI Community youth 3:30pm-4:30pm Meal Prep (Adult) 6pm-7pm | 20 Photography 4pm-5pm Pillowcase Project 5pm-6pm | 21 Art Exploration 4pm-5pm Kick It Up 4:30 pm Teen Cuisine 5 pm | 22 Resources With Mrs. V (Virtual) 10am-11am | 23 Total Wellness 10am-11:45pm GBNOMO Cooking Skills 3:30pm-5:30pm | 24 |
| 26 Art Exploration 4pm-5pm IMCI Community youth 3:30pm-4:30pm Meal Prep (Adult) 6pm-7pm | 27 Photography 4pm-5pm Special guest speaker 11 am-12pm Chew and chat 4pm-6pm | 28 Art Exploration 4pm-5pm Kick It Up 4:30 pm Teen Cuisine 5 pm | 29 Resources With Mrs. V (Virtual) 10am-11am | 1 | 2 |

Art Exploration \$5

(free with Gold Membership)

Children will learn how to fill their creative well, finding inspiration and nurturing their creative consciousness in a low-stress atmosphere. Children will create artworks using many styles.

Healthy Lifestyle:

Choices & Meal Preps \$5

(free with Gold Membership)

Let's explore our relationship with food and work on changing our mindset to living a healthy lifestyle. Erase the word diet and not live to eat but eat to live. Join healthy lifestyle: choices and meal preps and explore different ways to prepare snacks, meals and switching for healthier choices.

Photography class

\$5 (free with Gold Membership)

The student will demonstrate proficiency in using digital cameras and will produce color and black and white images which demonstrate a knowledge of basic principles of composition. Students will also demonstrate the ability to use the software program Adobe Photoshop to enhance, retouch, resize, format and store their digital images for use in printing and on the web. This course satisfies the computer proficiency requirement.

Resources With Mrs V (Virtual) Free!

ResLet's focus on age-related changes in the brain, health, and wellness of adults, teens and seniors. This program will address several issues that affect our community such as resources, active lifestyle, memory loss, caretaker support, and establishing a balance with life changes.

GBNOMO Cooking Skills \$5

(free with Gold Membership)

Our GBNOMO Cooking skills programs merge the excitement of cooking with Personal Development and social grace. Get Ready to Embark on Transformative Journey for a brighter future! Youthful cooks offer hands-on culinary training, personal development, proper etiquette and chivalry lessons.

IMCI Community Youth Program \$5

(free with Gold Membership)

The Youth Program of it's my community (IMCI) is dedicated to assisting teenagers aged 14 to 18 in exploring and comprehending crucial and challenging issues that they encounter in their daily lives. The program aims to promote positive attitudes, behavior, and thoughts among the youth by enhancing their self-esteem, communication abilities, and knowledge of practical life skills. The program covers various topics such as financial literacy, improving relationships, leadership skills, and mental health.

SPECIAL EVENTS OF FEBRUARY

Date Night Delight

2/17 6pm-8pm

(\$20/couple or \$15/couple with Gold membership)

Embark on a culinary journey of love and flavor with our 'Date Night Delights' cooking class! This unique experience is designed exclusively for couples seeking a delightful evening filled with shared laughter, delicious aromas, and the joy of preparing a memorable meal together.

Beyond the cooking, our 'Date Night Delights' class fosters an intimate and romantic atmosphere, providing an ideal setting for couples to unwind and strengthen their bond. Celebrate your love through the language of food, savoring every moment as you enjoy the fruits of your labor in a cozy, inviting setting.

Special Guest Speaker

2/27 (Free 11am-12 pm)

Join us for a compelling and enlightening presentation by Ron Graham, Chairman of the Muscogee Creek Freedmen Coalition in Okmulgee, OK. This special event is a tribute to Black History Month, focusing on the rich genealogy and history of families in Indian Territory/Oklahoma Reservation, particularly the Muscogee (Creek) Freedmen.

Pillowcase Project

2/20th (Free 5pm-6pm)

This is a free preparedness program designed for students-it was inspired by the students of Tulane University as they were evacuating for Hurricane Katrina. The program aims to increase awareness and understanding of natural disasters, teach safety and emotional coping skills, as well as the importance of personal preparedness. Through the presentation, students learn the best way to stay safe and how to create their own emergency supply kits by packing essential items in a pillowcase for easy transport during a disaster. It gives kids a way to participate in a valuable way during times of disaster and gives them something they can control during what can be a very scary time. Join us for this fun and free class!

Chew and Chat

2/27 (Free 4pm-6pm)

Welcome to Chew and Chat – a warm and inviting senior get-together from VIP Care. Join us for an evening of delicious food, friendly conversations, and a sense of community that nourishes both the body and the soul. Please RSVP as Soon as Possible!

Contact Info Address: 909 Frederick Douglass Ave, Oklahoma City, OK 73117 Phone#: 405-297-1435 Questions regarding programs please contact Temesgen Hands Call:405-297-3215 or email: temesgen.hands@okc.gov



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