

Social and Education Activities

Monday-Thursday – 6am-7pm | Friday – 6am-6pm | Saturday – 8am-12pm
405-246-3950

103379

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Humana 10:30am-12:00pm Senior Lunch 11:00am-12:00pm	2 Foot Detox 10:00am-1pm Senior Lunch 11:00am-12:00pm	3
4 Closed	5 Chair Massage 10:00am-2:00pm	6 Chair Massage 10:00am-2:00pm Bingo 10:00am-10:45am	7 Diabetes Prevention 10:00am-11:00am	8 Senior Lunch 11:00am-12:00pm	9 Foot Detox 9:00am-1pm Haircuts by Bernarda 11:00am-4:00pm Super Bowl Bash 12:00pm-1:00pm	10
11 Closed	12 Chair Massage 10:00am-2:00pm	13 BCBS 10:30am-12:00pm Chair Massage 10:00am-2:00pm	14 Diabetes Prevention 10:00am-11:00am Valentines Day Social 12:00pm-1:00pm	15 Humana 10:30am-12:00pm Grief Support by Mike 9:30am-11:00pm Triad Mtg 1:30pm-3:00pm	16 Foot Detox 10:00am-1pm 11:00am-4:00pm Haircuts by Bernarda	17
18 Closed	19 Chair Massage 10:00am-2:00am	20 Chair Massage 10:00am-2:00pm Bingo 10:00am-10:45am	21 Haircuts by Bernarda 11:00am-4:00pm	22 Senior Lunch 11:00am-12:00pm	22 Foot Detox 10:00am-1pm Haircuts by Bernarda 11:00am-4:00pm	24
25 Closed	26 Chair Massage 10:00am-2:00am	27 Chair Massage 10:00am-2:00pm	28 Senior Lunch 11:00am-12:00pm	29		



OKC PARKS

February 2024

pete white
HEALTH & WELLNESS CENTER

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Bingo: Come try your luck with a variety of prizes. Bring a prize and win prizes! Rm#143

Chair Massage: Get a neck and shoulder massage from Audrea. Rm#121 Every Monday and Tuesday.

Detox Foot Bath: While sitting with your feet in a Cleanse Detox Machine, you will get a cleansing soak. The Technician will collect a fee. lobby Area

Synergy Homecare: Jordan Perez will Provide information about the program.

Eagle Group John McPherson will discuss how to fine the right health insurance plan.

Valentines Social: Come mingle with friends at the Valentines Social. Enjoy Cake & Punch.

Arch Well Health: Representatives will be here to answer any health insurance questions you may have.

Haircuts by Bernarda: Quick and convenient Haircut for \$5 by a licensed beautician. Come with your hair washed. Lobby Area. M, W, Friday

Oak Street Health & Bingo: Come and play bingo and win cool prizes! Rm #143

Spanish Diabetes Prevention Program: Come out and learn some strategies how to defeat diabetes. This program is sponsored by the Latino Community Development Agency.

Oak Street health: Representative Kim will be here to answer any health insurance questions you may have.

BCBS: Representative Elisa will be her to answer any health insurance questions you may have.

Super Bowl Bash: Come gather sports fans, sport your favorite teams hat or shirt. Take a chance guessing this years game score.

Humana: Representative Elizabeth will be here to answer any health insurance questions, you may have.

Latino Nutrition: The Latino Community Agency will be here to help with all your nutrition needs.

Triad Senior Scams: Be wise to the senior scams going on today in this interesting class.

Natural Grocers: Lisa Loos with Natural Grocers will teach us all about healthy eating.

Grief Support: Come out and learn some coping skills from Mike on how to handle grief.

Food Demo: Come out and learn some cooking tips from Denise Wynn. Denise will show you how to make a watermelon seedless.

Latino Community Development Agency: Come and participate in the free health fair event.

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