

Social and Education Activities

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3 Closed	4 Chair Massage 10:00am-2:00pm	5 Chair Massage 10:00am-2:00pm National Pound Cake Day 3:00pm -4:00pm	6 Diabetes Prevention 10:00am-11:00am	7 Oklahoma County Senior Lunch Program 11am-12pm	8 Foot Detox 9:00am-1pm Haircuts by Bernarda 11:00am-4:00pm Medicare and You 10:30-11:30	9
10 Closed	11 Chair Massage 10:00am-2:00am	12 BCBS 10:30am-12:00pm Chair Massage 10:00am-2:00pm Bingo 10:00am-10:45am	13 Diabetes Prevention 10:00am-11:00am	14 Grief Support by Mike 9:30am-11:00pm	15 Foot Detox 10:00am-1pm Haircuts by Bernarda 11:00am-4:00pm	16
17 Closed	18 Chair Massage 10:00am-2:00am	19 Chair Massage 10:00am-2:00pm OHAI-Communicate Effectively With Your Provider Noon-1:00pm	20 Haircuts by Bernarda 11:00am-4:00pm Natural Grocers-Maximize Your Healthspan - Noon	21 Humana 10:00-12:00pm Triad Mtg 1:30pm-3:00pm	22 Foot Detox 10:00am-1pm Haircuts by Bernarda 11:00am-4:00pm	23
24/31 Closed	25 Chair Massage 10:00am-2:00am	26 Chair Massage 10:00am-2:00pm Bingo 10:00am-10:45am	27 Haircut by Bernarda 11:00am-4:00pm	28 Easter Egg Hunt 1:00pm-2:00pm	29 Haircut by Bernarda 11:00am-4:00pm	30



OKC PARKS

March 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 find the right health insurance plan.

National Pound Cake Day: Come enjoy A great slice of pound cake.

Blue Cross Blue Shield: Representative Elisa will be here to answer any health insurance questions you may have.

Oklahoma Healthy Aging Initiative: Nile' Burge Will discuss, How to Communicate Effectively With Your Healthcare Provider.

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 nutritional needs.

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

Natural Grocers: Lisa Loos with Natural Grocers Topic: Maximize Your Healthspan is all about learning how to put health back into your years, so you can live life to the fullest.

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

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

Medicare And You: Sarah Rogers will be here to inform you about New Benefits for 2024.

Senior Lunch: Senior Lunches are served, Mon-Fri, 11:00 – Noon.