

Welcome to the City of Owasso Community Center

We simply ask that you help keep the OCC a SAFE and INVITING place for all citizens.

You can do so by following these Guidelines:

PARTICIPATION:

- ALL participants of the OCC should 1) Sign in as a guest with Guest Relations or 2) Check-in as a member at the Member Check-in Stations, during regular operating hours.
- Returning guests will be asked to fill out an OCC Member Registration Form. Membership with the Community Center is free.
- Members/Guests under 16 years of age will be required to have parent/guardian who is 18 years of age or older present on site while participating in any scheduled program, activity, and/or class, etc. at the OCC.
- Members/Guests will provide their own means of mobility while at the OCC. If assistance is required, the individual will need to make arrangements prior to participating. The OCC staff will not be held responsible for mobility needs of any participant.
- Members/Guests - appropriate dress attire is required, including shirt and shoes while on OCC property .

CUSTODIAL:

- PLEASE notify an OCC Staff member of any FOOD and/or DRINK spills or messes that require necessary clean up.
- PLEASE chew gum RESPONSIBLY and discard in a trash can when finished.

INCLEMENT WEATHER:

- If Owasso Public Schools are cancelled then programming for the OCC will be cancelled.
- If City Hall closes due to inclement then the OCC will be closed.

The safety of our guests and the care of our facility and equipment are of the utmost importance. The OCC Staff and volunteers reserve the right to ask any participant who is not behaving in a respectful manner or violating any of these guidelines to leave the OCC.

Thank you and enjoy your time with us!

Owasso Community Center



OWASSO
The City Without Limits.

PROGRAM GUIDE

SPRING 2016

March - April - May

ISSUE INCLUDES: PROGRAM CALENDAR & INFORMATION, COMMUNITY CENTER INFORMATION, & GUIDELINES



About Us:

Contact Information

301 South Cedar
Owasso, Oklahoma 74055
Telephone: 918-272-3903
Fax: 918-272-1816
Web: cityofowasso.com

Operating Hours

Monday - Friday
8:00 am - 5:00 pm

Membership Info

Membership is FREE. Simply complete a Member Registration Form located just outside the Guest Services window and return to the OCC Office Coordinator. A scan card will then be issued for use at the Member Check-in Stations.

NEW! A Member Scan Card is required for enrollment and participation in programming.



Owasso Community Center
301 South Cedar Street, Owasso
OK 74055 Phone: 918-272-3903

Community Events on Campus

Community Potluck

Community Potluck is a once-a-month gathering around the lunch table with great food, great friends, and great information that is presented to all who attend. Want to be in the know and up to date on what's happening in your community? Well, make plans to attend this fun event!

Who: Everyone is welcome

When: 2nd Friday, Monthly

Where: Rams Room

Time: 11am

Fee: Free (Donations welcome)

Entrée: March: Mexican Casserole

April: Olive Garden

May: Lasagna

Reminder: Don't forget to bring a side dish or dessert to share.



Silver Screenings

Who: Everyone is welcome

When: 4th Friday, Monthly

Where: Rams Room

Time: 12pm

Fee: Free

Silver Screenings is a once-a-month movie event. Free popcorn, water, and lemonade will be provided. Participants are welcome to bring their own non-alcoholic drink and are welcome to invite friends and family to attend as well!



Looking Ahead

Volunteer Training



Are you ready to make a difference in your community?

June 3rd (Friday) 1:30 pm - 2:30pm

Volunteers are always welcome to find their niche at the Community Center. The OCC Staff is looking for volunteers who would like to make a difference in their community. Volunteers play a vital role in the daily function of the OCC, which includes the Guest Relations window, classes and programs, special events, and with the Senior Nutrition Lunch Program. If you would like to be involved in any of these areas please register at Guest Services at least one week in advance of the next Volunteer Training Session.

Summer Programs/Activities



Member Registration Dates

Open Monday May 9th

Close Friday May 27th

Register in-person at the Guest Services window.

Limited Space available!

Dates to Remember

The Community Center is a designated polling site for voters. The following dates include upcoming elections that the center will be open to voters.



March 1

April 5

The Owasso Community Center will be closed in observance of the following date:

Monday, May 30th



Wi Fi: Guest



Password:

OwassoGuestNet



Bingo

Bingo is offered once a week at no charge. Participants get to enjoy the thrill of playing as well as hearing from area sponsors about products and services their businesses offer. Come join the fun!

Mahjong

Mahjong (Mah Jong) is a Chinese game of skill, strategy, and calculation. All OCC members are welcome to join. Playing the game is also beneficial for individuals suffering from dementia, cognitive, and memory difficulties. The game is played by four people around a square table and is played with tiles rather than playing cards.

Pool/Snooker

Whether you're a beginner or Pro, you're welcome to play pool in our clean, friendly environment here at the Community Center. Participants will enjoy a high quality of equipment. Balls, cues, and chalk are available, and participants are also welcome to bring their own cues to play if preferred.

Community Programs

<u>PROGRAM</u>	<u>SCHEDULE</u>	<u>LOCATION AND FEE</u>
<u>SOCIAL ACTIVITIES / GAMES</u>		
Bingo	Tues, Weekly 9:30am - 10:30am	Timmy & Cindy Room No
Bridge Club	Thurs, Weekly 9pm - 11:30pm	Timmy & Cindy Room No
Canasta / Cards	Mon - Fri, Weekly 8:00am - 4:30pm	Timmy & Cindy Room No
Mahjong	Thurs, Weekly 1:30pm - 4pm	Varies No
Mexican Train (Dominoes)	2nd Wed, Monthly 11:30am - 4:30pm	Timmy & Cindy Room No
Pool / Snooker	Mon - Fri, Weekly 8:00am - 4:30pm	Recreation Room No

Community Programs

<u>PROGRAM</u>	<u>SCHEDULE</u>	<u>LOCATION AND FEE</u>
<u>EDUCATION / SUPPORT GROUPS</u>		
AARP Smart Driver	Sat. April, 16th 9am - 3:30pm	Timmy & Cindy Room \$15 Member \$20 Non Member
Dave Ramsey Financial Peace (Brandy Fitzloff)	Wed, Weekly 6pm - 8pm	Timmy & Cindy Room Cost of Materials
Parkinson's Support Group	4th Thursday, Monthly 1pm - 3pm	Rams Room No
<u>COMMUNITY SERVICES</u>		
AARP Tax Aide	Tues & Thurs, Weekly 8:30am - 4:00pm (Thurs, April 14th will be the final day offered)	Eagles Room No
THD - Food Handler's Course	Tuesday - April 5 9am & 2pm	Rams Room \$13 Cash Free for Volunteers
VNA - Foot Clinic	2nd Weds. Monthly 8am - 2pm	Timmy & Cindy Room \$20 (age 60 and up, Owasso, Collinsville Resident)

Smart Driver Course

Learn how to refresh your driving skills, save money, volunteer, and find useful information at aarp.org/driversafety. Register in person at Guest Relations.



Tax Aide

AARP Foundation Tax-Aide offers free, individualized tax preparation. Don't forget to bring your important documents to the site. For all tax related questions follow www.aarp.org/money/taxes/aarp_taxaide/.



Food Handler's

Food Safety Training Class Information
Owasso classes have moved from the Tulsa Technology Center to the Owasso Community Center. Temporary cards for these classes will continue to be sold at the Collinsville Health Center.

Please arrive 30 minutes prior to class time for registration. Late arrivals may NOT be admitted once class begins. Class length is approximately 2 hours.

For more info, www.tulsa-health.org.





Group Fitness

Group fitness classes for seniors are designed to help active older adults maintain their cardiovascular health, strength and flexibility. *Group fitness* classes for seniors also provide an opportunity for *seniors* to meet other *senior citizens* who share similar life experiences and interests.

Tai Chi

Tai Chi originated in China as a martial art. It is a mind and body activity, sometimes called moving meditation. Tai chi is slow, relaxed movements flowing into one another. Practitioners focus on posture and deep breathing.

Line Dancing

Line dancing is a type of country and western dancing in which dancers line up in a row without partners and follow a choreographed pattern of steps to music. Benefits of line dancing include teaching you to actually move your body, improve your balance, helping you find the beat, utilizing basic footwork, improving your confidence, improving your coordination, provides an outlet whether you have a partner or not, and provides a regular time and space to practice.

Community Programs

PROGRAM	SCHEDULE	LOCATION AND FEE
<u>HEALTH / FITNESS</u>		
NEW! Early Bird Fitness Exercise for Seniors (Norma Cleary)	Mon, Weds, Fri, Weekly 8:30 am - 9:20pm	Rams Room No
Groovy Fitness Exercise for Seniors (Velma Siemens)	Mon, Wed & Fri, Weekly 9:30am - 10:30am	Rams Room No
NEW! Beg. Tai Chi For 60+ (Rowena Posey)	Tues, Thurs Weekly 9am - 9:30am	Rams Room No
Inter. Tai Chi For 60+ (Rowena Posey)	Tues, Thurs Weekly 9:30am - 10:30am	Rams Room No
Beg. Line Dancing (OK Mitchell)	Tues & Thurs Weekly Jan 12th - Mar 31st May 2nd - June 30 3pm - 4:30pm	Timmy & Cindy Room No
Line Dancing (Barbara Craig)	Mon, Wed & Fri, Weekly 1pm - 2:30pm	YMCA No

Community Programs

PROGRAM	SCHEDULE	LOCATION AND FEE
<u>CREATIVE ACTIVITIES / CRAFTS</u>		
NEW! Scrapbooking	2nd Mon, Monthly 12:30pm - 2:30pm	Rams Room No
Scrapbooking	Last Wed, Monthly 12:30pm - 2:30pm	Rams Room No
Writer's Club	1st Thurs, Monthly 1pm - 4pm	Rams Room No
<u>NUTRITION</u>		
Senior Nutrition Lunch	Mon - Fri, Weekly 11am (24 hr. advance notice required to receive a meal)	Rams Room No fee for 60+ (Suggested \$2 Donation)
Food Distribution	Fridays, Weekly 10:30am or 11:30am (Except Fri. before the 3rd Sat.)	Timmy & Cindy Room No

Scrapbooking



Participants can now enjoy an additional date each month as Scrapbooking will meet on 2nd Mondays monthly. Anyone interested should plan to bring their materials with them knowing that there is plenty of space to spread out and create.

Senior Nutrition Lunch

Participants of the Senior Nutrition Lunch Program will need to request box lunches, as the program will not be serving on the following dates.

March 25th

April 5th

Requests can be placed with Jean Patterson (OCC Staff) at least one week in advance of listed dates.

Food Distribution

NEW: Participants of the food distribution program will need to provide their own personal carrier (lunch box, cooler, etc.) for items that need to remain chilled. An ice machine and dispenser are available to fill personal carriers or totes for transport.