



Enrollment Sheet

Fall / Winter Schedule 2010

September 7th – December 22nd

<hr/> Member Name	
<hr/> Home Phone	<hr/> Other Phone

- Annual Membership Dues: \$7 - \$35** per year.
 Membership entitles access to The Center and all activities tagged **FREE**
All other classes and workshops are on a sliding scale, except where noted

BRAIN FITNESS

<input type="checkbox"/> Brain Booster Mon & Wed, 11:00 – 11:45	<input type="checkbox"/> Memory & Cognition Wed, 2:00 – 3:30, Sept 8 – Dec 1
<input type="checkbox"/> Current Events Tue & Thu, 11:00 – 11:45	<input type="checkbox"/> Speech & Communication Tue & Thu, 9:30 – 10:45, Sept 7 – Dec 3

EDUCATION

<input type="checkbox"/> Bible Study Mon, 11:15 – Noon [Free]	<input type="checkbox"/> Computer Access for Visually Impaired Wed, 10:00 – 1:00
<input type="checkbox"/> Braille Wed, 2:30 – 4:00 [Free]	<input type="checkbox"/> Fresh Start: Nutrition & You Tue, 11:00 Sept 7 – Oct 26 [Free]
<input type="checkbox"/> Computer Class Tue & Wed, 9:00 – 9:45 [\$1]	<input type="checkbox"/> Sign Language Mon, 10:00 – 10:45 [\$1]

FITNESS

<input type="checkbox"/> Arthritis Aquatics Tue & Thu, 12:00 – 12:45 [\$75]	<input type="checkbox"/> Muscle Energizer Mon, Wed, Fri 9:00 – 9:45
<input type="checkbox"/> Arthritis Exercise Tue & Thu, 1:15 – 2:00	<input type="checkbox"/> Power Within “Prana” [Breathing Exercises with Poses] Wed, 11:15 – 12:15 [\$1]
<input type="checkbox"/> Biggest Loser 3 rd Wed, 11:00 – 11:30 Sept 15, Oct 20, Nov 17 & Dec 15 [\$10]	<input type="checkbox"/> Seated Abdominal & Trunk Stability Mon, Wed, Fri, 2:15 – 3:00
<input type="checkbox"/> Burt Ball Tue & Thu, 10:00 – 10:45 [\$1]	<input type="checkbox"/> Seated Yoga Tue & Thu, 2:30 – 3:30
<input type="checkbox"/> Center Walking Challenge Mon & Wed, 10:00 – 10:45	<input type="checkbox"/> Sitting Volleyball Clinic Mon 11:00 – 11:45, Sept 6 – Oct 11
<input type="checkbox"/> Chair O-Tonics Mon, Wed, Fri, 1:15 – 2:00	<input type="checkbox"/> Step Agility Tue & Thu, 9:00 – 9:45
<input type="checkbox"/> Fitness Center: Mon – Fri, 8:00 – 4:45 [\$35]	<input type="checkbox"/> Total Stretch Tue & Thu, 11:00 – 11:45
<input type="checkbox"/> Get Fit Skills Clinic Fri, 10:00 – 10:45 Oct 1 – Nov 5	<input type="checkbox"/> ZUMBA Fri, 10:00 – 10:30 Sept 10 – Sept 24 [\$10]
<input type="checkbox"/> Intermediate Yoga Mon & Wed, 10:00 – 11:00	

COMMUNITY OUTINGS — In order to accommodate the number of those interested, Members are limited to only TWO off-campus outings per semester.

<input type="checkbox"/> Bowling Every Wed, 12:30 – 4:30 [\$35 – Center Transportation; \$10 – own vehicle]	<input type="checkbox"/> Oklahoma Zoo Trip Thu, Sept 9, 7:30 – 4:00 [\$15 fee + Admission - \$7, Seniors \$4]
<input type="checkbox"/> Explore Tulsa Every Tue, 1:00 – 4:00 [\$35 – Center Transportation; \$10 – own vehicle]	<input type="checkbox"/> Oklahoma Music Hall of Fame & Museum Thu, Nov 11, 10:30 – 4:30 [\$15 fee + \$3 Admission and cost of lunch]
<input type="checkbox"/> Hayride & Picnic Thu, Sept 18, 9:00 – 1:30 [\$10 fee]	<input type="checkbox"/> Tulsa Air & Space Museum Thu, Dec 9, Time TBA [\$10 + Admission - \$12, Seniors \$9]
<input type="checkbox"/> Horseback Riding Fri, 9:00 – 12:30 [\$10 fee]	<input type="checkbox"/> Tulsa State Fair Thu, Oct 7, 10:00 – 4:30 [\$10 + bring money for lunch]
<input type="checkbox"/> Luncheon Out Thu, 11:00 – 2:00: Sept 23, Oct 28, Nov 18, Dec 16 [\$10 fee + cost of lunch]	

SOCIAL & LEISURE INTERESTS

<input type="checkbox"/> BINGO Wed, 10:30 – 11:30 & Fri, 2:00 – 3:00 [\$1]	<input type="checkbox"/> Lending Library open as posted [Free]
<input type="checkbox"/> Computer Lab – Open Tue, Wed & Thu, 1:00 – 3:00; Fri, 10:00 – Noon [\$1]	<input type="checkbox"/> Massage Clinic Tue, 10:30 – 12:30, Sept 14, Oct 12, Nov 9, Dec 14 [Free]
<input type="checkbox"/> Community Service Group Wed, 9:00 [\$5]	<input type="checkbox"/> Movie In Fri, 1:30 – 4:00 [Free]
<input type="checkbox"/> Community Weaving Project Mon, 2:00 [\$1]	<input type="checkbox"/> Morning Glories Mon & Wed, 9:00 – 10:30
<input type="checkbox"/> Culinary Skills Tue, 2:00 – 3:00 <i>Limited to 10 attendees</i>	<input type="checkbox"/> My Green Thumb Wed, Fri, 2:30 – 4:00
<input type="checkbox"/> Game Time Tue & Thu, 1:15 – 2:00 [Free]	<input type="checkbox"/> Wii Play in the Lounge Mon 1:00 – 3:00 [\$1]
<input type="checkbox"/> Karing K-9s Fri, 11:00 – Noon: Sept 17, Oct 15, Nov 19, Dec 17 [Free]	

EXPRESSIVE ARTS

<input type="checkbox"/> Art of Creative Living Tue, 9:30 Oct 19 – Nov 30 [\$2.50]	<input type="checkbox"/> Guitar Lessons Wed, 1:00 [\$1]
<input type="checkbox"/> Center Singers Thu, 9:30 – 10:30 [\$1]	<input type="checkbox"/> Piano Lessons <i>scheduled at enrollment</i> [\$7]

VISUAL ARTS & LEISURE CRAFTS

<input type="checkbox"/> Art Appreciation / Art History Tue & Thu, 1:00 – 2:00 [Free]	<input type="checkbox"/> China Painting Mon, 1:30 – 4:00
<input type="checkbox"/> Art Studio – Open [\$35] Mon & Wed, 10:30 – Noon or 3:30 – 4:45 Tue & Thu, 9:00 – 10:30 Fri, 10:30 – Noon or 2:30 – 4:45	<input type="checkbox"/> Crocheting & Knitting Fri, 9:00 – Noon [Free]
<input type="checkbox"/> Ceramic Sculpture – Beginning Mon, 1:00 – 3:30 [\$35]	<input type="checkbox"/> Drawing & Painting – Beginning Tue, 2:00 – 4:45

VISUAL ARTS & LEISURE CRAFTS – cont'd

<input type="checkbox"/>	Ceramic Sculpture – Advanced Wed, 1:00 – 3:30 [\$35]	<input type="checkbox"/>	Drawing & Painting – Intermediate Thu, 2:00 – 4:45
<input type="checkbox"/>	Glazing – Beginning Mon, 9:00 – Noon [\$35]	<input type="checkbox"/>	Stained Glass – Beginning Thu, 9:00 – Noon
<input type="checkbox"/>	Glazing – Open Studio Tue, 9:00 – Noon and 1:00 – 4:00	<input type="checkbox"/>	Stained Glass – Open Studio Wed, 1:00 – 4:00 & Thu, 1:00 – 4:00
<input type="checkbox"/>	Mixed Craft Studio Wed, 9:00 – Noon [\$1] <i>Limited to 12 attendees; must be pre-approved</i>	<input type="checkbox"/>	Sculpture Fri, 9:00 – Noon
<input type="checkbox"/>	Open Craft Studio Fri, 9:30 – 11:00 <i>Limited to 12 attendees</i>	<input type="checkbox"/>	Visual Arts – Intro Tue & Thu, 10:30 – Noon
<input type="checkbox"/>	Quilting Tue, 1:00 – 2:30 [\$1]	<input type="checkbox"/>	Visual Arts – Advanced Mon & Wed, 9:00 – 10:30

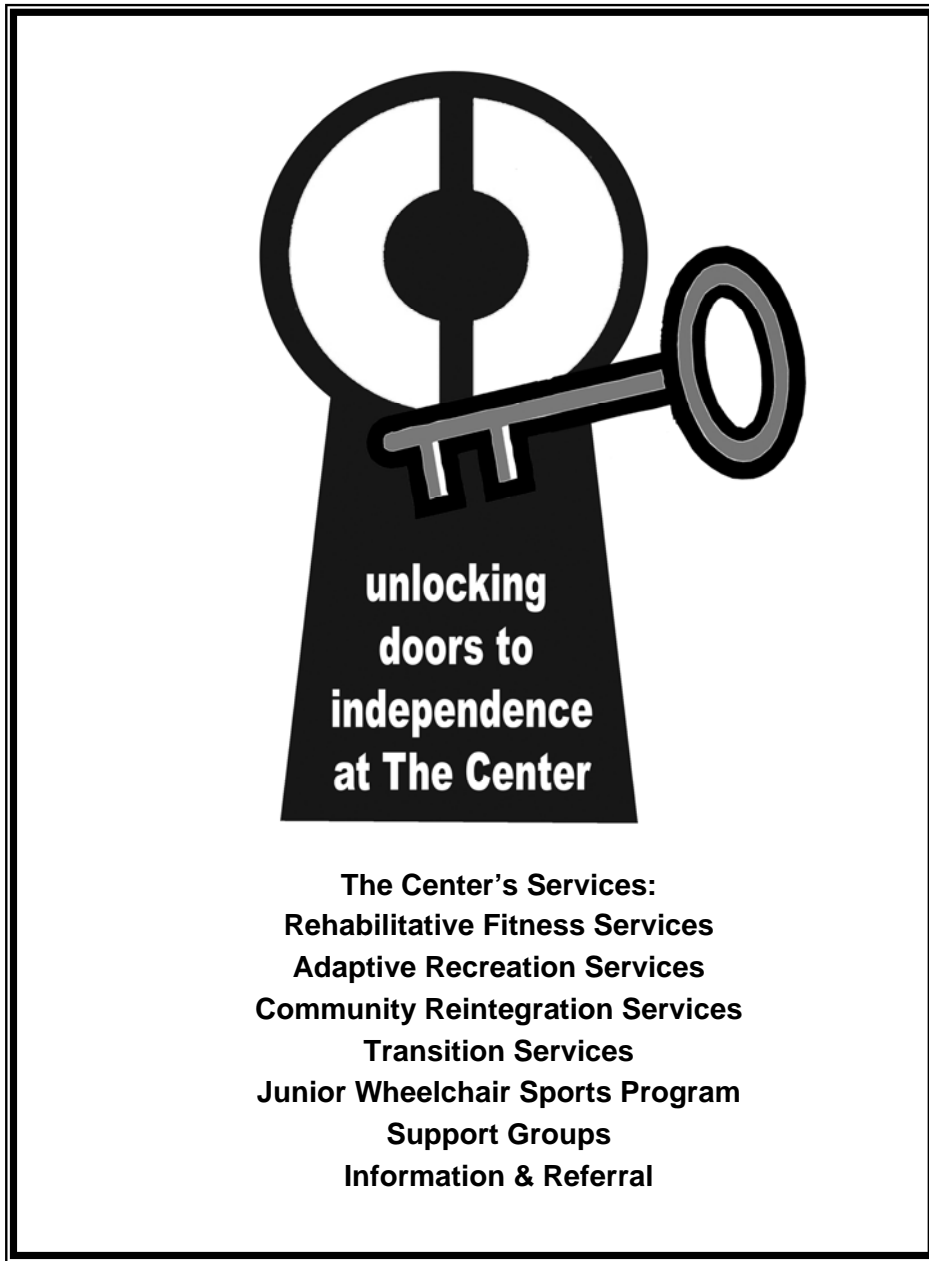
WORKSHOPS & SPECIAL EVENTS

<input type="checkbox"/>	Autumn Dance Fri, Oct 8, 5:30	<input type="checkbox"/>	Thanksgiving Baskets Nov 1 – 19
<input type="checkbox"/>	Day of Caring [United Way] Fri, Sept 10, 9:30	<input type="checkbox"/>	Textured Painting (Impasto) Tue, 10:00a Sept 7 – Sept 28
<input type="checkbox"/>	Feathered Friends Wed, Sept 28, 1:00	<input type="checkbox"/>	X-Factor Store Wed, Nov 3, 9:30 - Noon
<input type="checkbox"/>	Flu Shots Wed, Oct 6, 10:30 – Noon	<input type="checkbox"/>	Transit Talks Wed, 9:30 – 10:30 <i>weekly sign up; limited to 10 people</i>
<input type="checkbox"/>	Holiday Dinner Thu, Dec 2 <i>Member Activity Committee will be selling tickets</i>		

SPECIAL EVENT: Center Holiday Mart 2010: Sat, Nov 20 at The Center, 9:30 – 2:30
\$10/Table, first-come first-serve; table reservation info available

SUPPORT GROUPS *Meetings are held monthly, except where noted, and are FREE*

<input type="checkbox"/>	ALS – Amyotrophic Lateral Sclerosis or Lou Gehrig's Disease: Meets the second Thu at 6:30p	<input type="checkbox"/>	MDA – Muscular Dystrophy Association: Meets the fourth Mon at 6:30p
<input type="checkbox"/>	Aphasia Support Group: Meets the second Wed at 9:30a	<input type="checkbox"/>	Stroke Support Group: Meets the second Thu at 3:30p for the purpose of discussion, education and socialization to caregivers and stroke survivors
<input type="checkbox"/>	Family / Caregivers Support Group – Meets the third Fri at 3:00p	<input type="checkbox"/>	TAGS – Tulsa Amputee Support Group: Meets the first Mon at 6:30p to discuss various topics of interests, provide support, education and socialization.
<input type="checkbox"/>	Living Well Support Group: This group will focus on discussing affective issues that may arise due to a physical challenge. Meet the third Fri from 1:30p – 3:00p.	<input type="checkbox"/>	VISTA – Visually Impaired Seeking Technique Alternatives: Meets each Wed at 1:00p. Meetings feature dialogue concerning community resources, adaptive equipment, social activities and supportive interactions.



Sliding Scale Rate: _____

Total Due: \$ _____

Received By: _____

Date: _____

Paid by Check No: _____

Cash

PLEASE NOTE: No refunds; no exceptions.