



Enrollment Sheet

Winter-Spring Schedule 2012

January 4th – May 4th

<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"/> NEUROBICS: Insight – Visual Program Mon & Fri, 11:00 [\$10]
<input type="checkbox"/> Current Events Tue & Thu, 11:00 – 11:45 Jan 17 – Apr 19	<input type="checkbox"/> NEUROBICS: Brain Fitness – Auditory Program Mon & Fri, 1:00 [\$10]
<input type="checkbox"/> Memory & Cognition Wed, 2:00 – 3:30, Jan 18 – Apr 18	<input type="checkbox"/> Speech & Communication Tue & Thu, 9:30 – 10:45, Jan 17 – Apr 19

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"/> Sign Language Mon, 10:00 – 10:45 [Free]
<input type="checkbox"/> Computer Class Wed, 9:00 – 9:45 [\$1]	

FITNESS

<input type="checkbox"/> Boot Camp Workshop Wed, 11:00 – 11:30 Jan 19, Feb 23, Mar 16 & Apr 20 [\$10]	<input type="checkbox"/> Seated Abdominal & Trunk Stability Mon, Wed & Fri, 2:15 – 3:00
<input type="checkbox"/> Chair O-Tonics Mon, Wed & Fri, 1:15 – 2:00	<input type="checkbox"/> Seated Yoga Tue & Thu, 2:30 – 3:30
<input type="checkbox"/> Fitness Center: Mon – Fri, 8:00 – 4:45 [\$35]	<input type="checkbox"/> Step Agility Tue & Thu, 9:00 – 9:45
<input type="checkbox"/> Intermediate Yoga Mon & Wed, 10:00 – 11:00	<input type="checkbox"/> Therapeutic Aquatics Tue & Thu, 12:00 – 12:45 [\$75]
<input type="checkbox"/> Muscle Energizer Mon, Wed, Fri 9:00 – 9:45	<input type="checkbox"/> Therapeutic Exercise Tue & Thu, 2:30 – 3:15
<input type="checkbox"/> Power Within “Prana” [Breathing Exercises with Poses] Wed, 11:00 - Noon [\$1]	<input type="checkbox"/> Total Stretch Tue & Thu, 11:00 – 11:45

ADAPTIVE SPORTS

<input type="checkbox"/> Beach Volleyball: Thu, 10:00 - 10:45 [\$2]	<input type="checkbox"/> Burt Ball Tue, 10:00 – 10:45 [\$2]
<input type="checkbox"/> Boccia Ball: Fri, 3:00 [\$2]	<input type="checkbox"/> Table Tennis Mon, 3:00 [\$2]

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"/> About Town Every Tue, 12:30 – 4:00 [\$35 – Center Transportation; \$10 – own vehicle]	<input type="checkbox"/> Oklahoma City Zoo Thu, Apr 12, 7:30 – 4:30 [\$15 fee plus \$7 adults, \$4 seniors & Lunch \$]
<input type="checkbox"/> Bowling Every Wed, 12:30 – 4:30 [\$35 – Center Transportation; \$10 – own vehicle]	<input type="checkbox"/> Pawnee Bill Ranch Thu, Mar 22, 8:00 – 4:00 [\$15 fee plus \$3 admission & Lunch \$]
<input type="checkbox"/> Luncheon Out Thu, 11:00 – 2:30: Jan 26, Feb 28, Mar 29, Apr 26 [\$10 fee + cost of lunch]	<input type="checkbox"/> Tulsa Air & Space Museum Thu, Feb 9, 1:00 – 4:00 [\$10 fee plus \$12 admission]

SOCIAL & LEISURE INTERESTS

<input type="checkbox"/> BINGO Wed, 10:30 – 11:30 & Fri, 2:00 – 3:00 [\$5]	<input type="checkbox"/> Game Time Tue & Thu, 1:15 – 2:00 [Free]
<input type="checkbox"/> Book Read & Discussion Fri, 9:30 [Free]	<input type="checkbox"/> Lending Library open as posted [Free]
<input type="checkbox"/> Community Service Group Wed, 9:00 [\$5]	<input type="checkbox"/> Morning Glories Mon & Wed, 9:00 – 10:30
<input type="checkbox"/> Computer Lab – Open Tue, Wed & Thu, 1:00 – 3:00 [\$1]	<input type="checkbox"/> Movie & Popcorn 3 rd Thu, 1:30 – 4:00 [\$1]
<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

EXPRESSIVE ARTS

<input type="checkbox"/> Center Singers Thu, 9:30 – 10:30 [\$1]	<input type="checkbox"/> Guitar Lessons Wed, 1:00 [\$1]
<input type="checkbox"/> Creative Writing Mon, 1:00 [\$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"/> Crocheting & Knitting Fri, 9:00 – Noon [Free]
<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"/> Drawing & Painting – Beginning Tue, 2:00 – 4:45
<input type="checkbox"/> Ceramic Sculpture – Beginning Mon, 1:00 – 3:30 [\$35]	<input type="checkbox"/> Drawing & Painting – Intermediate Thu, 2:00 – 4:45
<input type="checkbox"/> Ceramic Sculpture – Advanced Wed, 1:00 – 3:30 [\$35]	<input type="checkbox"/> Glazing – Beginning Mon, 9:00 – Noon [\$15]
<input type="checkbox"/> Craft Studio – Beginning Fri, 9:00 – 10:30	<input type="checkbox"/> Glazing – Open Studio Tue, 9:00 – Noon and 1:00 – 4:00

VISUAL ARTS & LEISURE CRAFTS – cont'd

<input type="checkbox"/> Craft Studio – Mixed Wed, 9:00 – Noon [\$1]	<input type="checkbox"/> Sewing Class Tue, 1:00 – 2:30
<input type="checkbox"/> Stained Glass – Beginning Thu, 9:00 – Noon	<input type="checkbox"/> Visual Arts – Intro Tue & Thu, 10:30 – Noon
<input type="checkbox"/> Stained Glass – Open Studio Wed, 1:00 – 4:00 & Thu, 1:00 – 4:00	<input type="checkbox"/> Visual Arts – Advanced Mon & Wed, 9:00 – 10:30
<input type="checkbox"/> Sculpture Fri, 9:00 – Noon	<input type="checkbox"/>

WORKSHOPS & SPECIAL EVENTS

<input type="checkbox"/> The Buzz on Honeybees & How They Live Wed, Feb 8, 9:30 [Free]	<input type="checkbox"/> Line Dancing with Lori Wed, 3:15, Jan 18 – Feb 22 [Free]
<input type="checkbox"/> Center Coffeehouse & Talent Show Fri, Mar TBA, 5:30 – 7:30	<input type="checkbox"/> Massage Clinic Tue, 10:30 – 12:30: Jan 10, Feb 14, Mar 18, Apr 10 [Free]
<input type="checkbox"/> Ego T-Shirt Mon, 9:00, Feb 6, 13, 20 & 27 [\$15]	<input type="checkbox"/> Spring Fling Thu, April 5, 1:15 [Free]
<input type="checkbox"/> Karing K-9s Fri, 11:00 – Noon: Jan 20, Feb 17, Mar 16, Apr 20 [Free]	<input type="checkbox"/> Volunteer Recognition Celebration Apr TBA

MEMBER ACTIVITY COMMITTEE [MAC]
 Monthly Meetings: 1st Tuesday at Noon, Classroom 3
 Open to all Members . . . bring a lunch and join the group!!

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 quarterly the fourth Monday at 6:30p in Classroom One; March 26, June 25, Sept 24 and Dec TBA.
<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 first Thu at 2:45p	<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 first Thu at 1:15	<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.

We are here to help . . .

- **Living Well Support Group**
meets the first Thursday of each month 1:15p in Classroom Three

- **Family/Caregivers Support Group**
meets the first Thursday of each month 2:45p in Classroom Three

. . . help us spread the word



The Center's Services:
 Rehabilitative Fitness Services
 Adaptive Recreation Services
 Community Reintegration Services
 Transition Services
 Junior Wheelchair Sports Program
 Support Groups
 Information & Referral

Sliding Scale Rate: _____

Total Due: \$ _____

Received By: _____

Date: _____

Paid by Check No: _____

Cash

PLEASE NOTE: No refunds; no exceptions.