

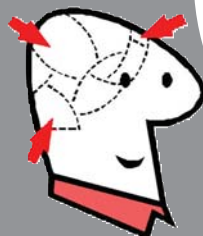
# THE CENTER . . . *creating INDEPENDENCE*

**Winter-Spring Semester 2011**  
*Tue, January 4<sup>th</sup> - Fri, April 29<sup>th</sup>*

**Sign Language -  
beginning to advanced**



**Tour Oklahoma's**



**Neurobics**



**The Center** For Individuals  
With Physical Challenges

[www.tulsacenter.org](http://www.tulsacenter.org)

*Check out the  
new outings!*



Seasons Greetings,

Each year at this time, we look at what is new for the next semester. This Spring there are several new opportunities and old favorites for members to expand their abilities, leisure skills and knowledge through classes, workshops, community activities and special events.

We will have pre-enrollment beginning the week of December 6th. **The semester will begin on Tuesday, January 4th and continue through Friday, April 29th.** The schedule is available online at ([www.tulsacenter.org](http://www.tulsacenter.org)). During pre-enrollment you can sign up at the receptionist area if you are a current member. You must pay when you enroll for your annual membership and the classes you choose. If you wish to meet with a staff person to assist you with your enrollment, there will be a sign-up sheet at the front desk.

***The Center will be closed from Thursday, December 23rd through Monday, January 3rd.***

Just a reminder concerning our inclement weather policy: ***when Tulsa Public Schools are closed due to the weather the Center will also be closed.*** If you any questions regarding The Center being open, call the Hotline at 584-8607 - extension 225, for the most current information.

Membership and classes will continue at the current rate of \$7.00 to \$35.00 on the sliding scale. As always, we will work with any member who has difficulty with our fees. Also, when enrolling please complete an Emergency Information form, we need updated and current information on everyone.

All Members are required to enroll before he/she can participate in Center programs. There will be no exceptions to this requirement.

If you have any concerns or questions, please let us know. We wish you and yours a very happy holiday and all the best in 2011!

# 2011 Winter-Spring Classes

All classes and workshops are on a sliding scale, except where noted

## Brain Fitness



**Brain Booster** [Mon & Wed 11:00a - 11:45a]  
A brain workout with no sweating, JUST FUN! Members will participate in a variety of "brain exercises" to improve alertness, memory, concentration and problem-solving.



**Neurobics** [\$10 - Mon, Wed & Fri, 1:00p OR Mon, Tue & Thu, 11:00a] Personal brain fitness with the Posit Science Brain Fitness program to help increase alertness and working memory, think quicker and develop a sharper focus. Limited space is available. Members must commit to attending 3 sessions a week. See Margie to sign up.

**Current Events** [Tue & Thu 11:00a - 11:45a] Be in the "now!" Everyday is a new day filled with change. This class will review the changing times by discussing the latest news and world developments.



**Memory and Cognition** [Wed, 2:00p - 3:30p, Jan 19 - Apr 21] Improve your memory, thinking skills, concentration and problem solving skills. Increase "brain power" with fun activities that will furnish the building blocks to enhance your memory and cognition.



**Speech & Communication** [Tue & Thu, 9:30a - 10:45a, Jan 18 - Apr 22] Address speech, language, comprehension and word recall difficulties with group discussions, games and fun activities. Provided by TU's Communicative Disorders Clinic.



## Education



**Bible Study** [FREE - Mon, 11:15a - Noon] Join Members in a weekly Bible Study group with a Center volunteer.

**Braille** [FREE - Wed, 2:30p - 4:00p] In this class you will learn to read and write Braille so that you can communicate effectively with the visually impaired community.



### Computer Access for Visually Impaired



[Wed, 10:00a- 1:00p] This class will assist members to learn to utilize screen readers and magnification software. The first half of the class is instruction; the second half is Open Lab.

### Computer Class



[\$1 - Wed, 9:00a - 9:45a] Develop basic computer skills and familiarity with the keyboard, mouse and internet. Develop initial skills for using Microsoft Word and Excel for personal projects.

### Fresh Start: Nutrition & You

[FREE - Tue, Jan 11 - Mar 8, 11:00a] A nutrition program to give you new ideas for improving your diet and making the most of your food dollars. Topics include: choosing healthy snacks, food safety and understanding food labels.



### Sign Language

[\$1 - Mon, 10:00a - 10:45a] Learn the basics of sign language. First half of each class will cover beginning instruction; second half will focus on advanced communication. All participants are welcome to stay for the full session

# 2011 Winter-Spring Classes

All classes and workshops are on a sliding scale, except where noted

fitness for ALL Members . . . The Fitness Center is available to Members and their caregivers. Open Monday through Friday, 8:00a - 4:45p, there are several options for working on cardio and strength training machines. Take advantage of this great opportunity to get in shape and achieve your personal fitness goals! **[\$35 FEE]**

## Fitness . . . . . LOW INTENSITY

### Intermediate Yoga [Mon & Wed, 10:00a - 11:00a]

This class is designed to assist Members in developing the mind and body connection through a variety of yoga poses. Participants will learn how the body utilizes oxygen during inhalation and exhalation. *Participants should be able to get up and down from the floor.*



### The Power Within — “Prana” — Breathing Exercises with Poses [1 - Wed, 11:15a - 12:15p]

Join this class to learn and practice basic breathing exercises and yoga poses that will assist you to strengthen muscle groups, increase energy level, increase focus and mental clarity, and generate positive emotions. Taught by Prakash Dave.



### Seated Yoga [Tue & Thu, 2:30p - 3:30p]

This class highlights the role of breathing, demonstrates basic poses with adaptations for flexibility, strength conditioning and stress management. All movements will be from the seated position and participants will need to have adequate balancing ability.



### Total Stretch [Tue & Thu, 11:00a - 11:45a]

Designed to improve the range of motion and increase muscular strength and stability. Exercises target the entire body using stretches and movement throughout the body. All movements will be from a seated position.



## Fitness . . . . . LOW TO MODERATE INTENSITY

### The Biggest Loser [\$10 - Wed, 11:00a - 11:30a, Jan 19, Feb 23, Mar 16 & Apr 20]

Designed to motivate and encourage members to achieve their fitness and weight loss goals while changing lifestyles by exercising and dieting. Instructor will do a pre-assessment, measuring pre-weight, body mass index, body circumference measurement,



estimate calorie burn and give exercise recommendations. Members will be monitoring their exercise regimen and nutritional intake. Post-assessments will be done at the end of the semester. *Participants will earn incentives if they lose 15 to 20 pounds. Participants must be enrolled in the Fitness Center.*

### Arthritis Aquatics [\$75 - Tue & Thu at 12:00p - 12:45p; bus loads at 11:30a at St. John's Health Club]

Therapeutic in nature, allowing participants to increase mobility, flexibility, strength and endurance through a series of warm water exercises. *Participants must be able to participate independently!*



### Arthritis Exercise [Tue & Thu, 1:15p - 2:00p]

This class is specially designed for people who have arthritis. Classes focus on increasing muscular strength, endurance, breathing and relaxation techniques, balance and flexibility. Participants will exercise from a seated and standing position.

# 2011 Winter-Spring Classes

All classes and workshops are on a sliding scale, except where noted

## Fitness . . . . . LOW TO MODERATE INTENSITY

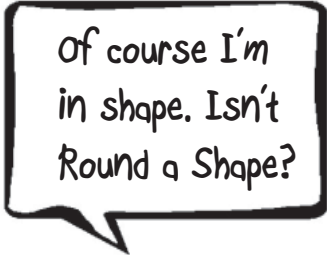
**Chair O'Tonics** [Mon, Wed, Fri, 1:15p - 2:00p] This class uses light dumbbells to improve and enhance flexibility, muscular endurance and stamina. All exercises are performed from a seated position. *Participants will need to have adequate balancing ability in a chair.*



**Seated Abdominal & Trunk Stability** [Mon, Wed, Fri, 2:15p - 3:00p] Improve the strength and flexibility of the abdominal and trunk muscles. These exercises will target muscles around the core of the body. Participants will need to have adequate balancing ability in a chair.



**Center Walking Challenge** [Mon & Wed, 11:00a - 11:45a; meet in the Gymnasium] Join fellow walking enthusiasts who enjoy burning calories with this low impact exercise. Lose inches and pounds and feel good about yourself as you achieve your personal fitness goal.



## Fitness . . . . . MODERATE TO HIGH INTENSITY



**Burt Ball** [\$1 - Tue & Thu, 10:00a - 10:45a] Have a ball while you exercise your muscles, show your skills, be competitive and have FUN. Enjoy a game of power and energy.

**Muscle Energizer** ([Mon, Wed, Fri, 9:00a - 9:45a] This is a seated and standing exercise class that focuses on total body strength, and consists of a variety of trunk, upper and lower body exercises.



**Step Agility** [Tue & Thu, 9:00a - 9:45a] Work all the major muscle groups by using different adaptive equipment (steps, medicine balls, chairs, etc.) Exercises include stretches, a variety of step combinations and basketball/medicine ball drills. *Participants need to be able to balance/stand and perform with minimal assistance.*



## Personal Training

### What is Personal Training?

The 30 - 45 minutes of one-on-one training involves:

- CARDIOVASCULAR      AGILITY      STRENGTH
- FLEXIBILITY      ABDOMINAL TRAINING

8 sessions	\$ 40
16 sessions	\$ 60
24 sessions	\$ 85
Full Semester	\$100

Participants must be able to endure a moderate to vigorous physical activity with minimal staff assistance.


See Burt and the Fitness Staff for more info or to sign up!!

# Community Outings

**NOTE:** In order to accommodate the number of those interested, Members are limited to only TWO off-campus outings per semester.

**Bowling** [ Every Wed, 12:30p - 4:30p] Have a ball while bowling a few rounds with Center Members at Andy B's. \$35 fee if riding *The Center Bus*; \$10 fee if using own transportation.



 **Explore Tulsa** [Every Tue, 1:00p - 4:00p] Center Members go out into the community for a variety of activities featuring arts, entertainment, culture, local festivities, history or even a shopping trip. \$35 fee if riding *The Center Bus*; \$10 fee if using own transportation.

**Horseback Riding** [Fri, 9:00a - 12:30p] Hippotherapy is a specialized program that is gentle in nature and uses rhythmic movement similar to human gait that improve flexibility, balance and muscular strength. \$10 if riding *The Center Bus*; \$10 if using your own transportation. **NOTE:** 4-week session - \$80; due on the first week of each session; pay to All-Star Therapy Group



**IMAX Theatre** [Thu, Mar 17, Noon - 4:30p] Take a trip to see an IMAX movie in Tulsa. With a great sound system and visual effects, the immense experience for the viewer is nothing short of awesome. Come sit in one of the best seats In Town! \$10 if riding *The Center Bus*; \$10 if using your own transportation. IMAX Admission - \$11

**Luncheon Out** [Thu - 11:00a - 2:30p: Jan 27, Feb 24, Mar 24, Apr 28] Take a trip outside The Center to a variety of delicious restaurants in and around Tulsa. Enjoy good food and fellowship! Bring money for lunch. \$10 if riding *The Center Bus*; \$10 if using your own transportation



**Oklahoma Route 66 Tour** [Thu, April 21, 10:00a to 4:00p] Every Route 66 state has its own unique sights and special contributions to the history and beauty of this historical highway. But only in Oklahoma do the elements of buildings, roadside

attractions, people and history come together in such overwhelming abundance. A passion for food and a love affair with Route 66 led Ms. Marion Clark, our tour guide, on her first journey of discovery along the historic highway. She will share her enthusiasm of Route 66 as we travel West from Tulsa and begin to rediscover our state's many and varied points of interests. The road holds appeal for nostalgia buffs, historians, thrill seekers and families alike. Bring money for lunch at one of those Route 66 famous restaurants and hear good old stories of the Mother Road. \$10 fee if riding *The Center Bus*; \$10 fee if using own transportation.

**Philbrook Museum** [Thu, Feb 10, 1:00p-4:00p] Numerous educational programs for young and old, an outstanding permanent collection, beautiful gardens and intriguing exhibits draw hundreds of visitors each week to Philbrook. You are invited to join The Center for an afternoon tour of this classic Tulsa Attraction. \$10 fee if riding *The Center Bus*; \$10 fee if using own transportation. Admission \$7.50



**The Center** For Individuals  
With Physical Challenges

... *Creating INDEPENDENCE*

All classes and workshops are on a sliding scale, except where noted

## Social & Leisure Interests

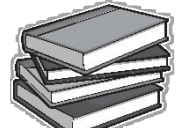


**BINGO** [\$1 - Wed, 10:30a - 11:30a & Fri, 2:00p - 3:00p] Play BINGO with other Center Members, and win prizes too!

**Computer Lab - Open** [\$1 - Tue & Thu, 1:00p - 3:00p; Wed, 2:00p - 4:00p] Spend free time in the computer lab surfing the internet, checking e-mails, etc.



**Lending Library** [FREE - times as posted] Check out a hardback, paperback, books on tape, DVD and/or a video.



**Massage Clinic** [FREE - Tue, 10:30a - 12:30p, Jan 11, Feb 8, Mar 8, Apr 12] Well-trained individuals devote 10 - 15 minutes per session focusing on the upper/lower back, shoulders, hands/fingers and head/neck.

**Morning Glories** - [Mon & Wed, 9:00a - 10:30a] With blessings from Mother Nature, begin your day in an outdoor class-room. Soak in the morning glory as you learn about and care for nature's gift of plants, flowers, birds, and more.



**Movie & Popcorn** [\$1 - 3rd Thu, 1:30p - 4:00p] Join friends to watch a selection of movies that will stir your imagination while you enjoy some freshly popped popcorn!



**My Green Thumb** [Wed & Fri, 2:30p - 4:00p] Do you have a green thumb or just wish you did? The Center's greenhouse is a fun place to learn about planting, cutting and care of indoor plants and cactus.



**Wii Play in the Lounge** [\$1 - Mon, 1:00p - 3:00p] Enjoy Wii sports in the Member Lounge with Member friends.

**Community Service Group** [\$5 - Wed, 9:00a] Do you want to give back to your community? Be a part of this service group that offers service to other community agencies such as Tulsa Food Bank, Catholic Charities and

Parent/Child Center. Activities also include helping and assisting with select tasks at The Center. All are great ways to "give back" to our community.

**Culinary Skills** [Tue, 2:00p - 3:00p] Learn how to make cooking simpler and safer. This "hands on" class will provide you with the knowledge and practice to feel more confident in the kitchen. [Class limited to 10]



**Game Time** [FREE - Tue & Thu 1:15p - 2:00p] Have fun and socialize with other Members while playing old and new games, such as dominoes, Scrabble, Uno, and more!



**Karing K-9's** [FREE - Fri, 11:00a - Noon: Jan 21, Feb 18, Mar 18, Apr 15] Volunteers from Karing K-9 Therapy of Tulsa conduct dog therapy sessions. Various therapeutic techniques will be used to relieve stress, relax the mind and enhance feelings of wellbeing.



# 2011 Winter-Spring Classes

All classes and workshops are on a sliding scale, except where noted

## Expressive Arts .....



**Center Singers** [\$1 - Thu, 9:30a -10:30a] Share your voice and rhythm with others during this musical hour. Participate in singing familiar songs with piano accompaniment.



### **Creative Writing & Vocabulary Enhancement** [\$1 - Mon & Thu, Jan 10

- Mar 31, 1:00p] Ever wanted to try writing poetry, plays, children's books or your own autobiography? This class will focus on two components – exploring your creative thoughts to complete personal projects as well as assisting to develop basic writing skills, word building, and vocabulary.



### **Journaling 101** [\$5 - Mon, 2:00p]

A great way to document changes, an easy and powerful way to accelerate your personal development and an effective tool for managing stress! Journaling provides emotional health benefits along with a creative space for thought, dreams and sketches. You don't have to be a great writer, perfect speller, or creative thinker . . . join us and start your own journey.

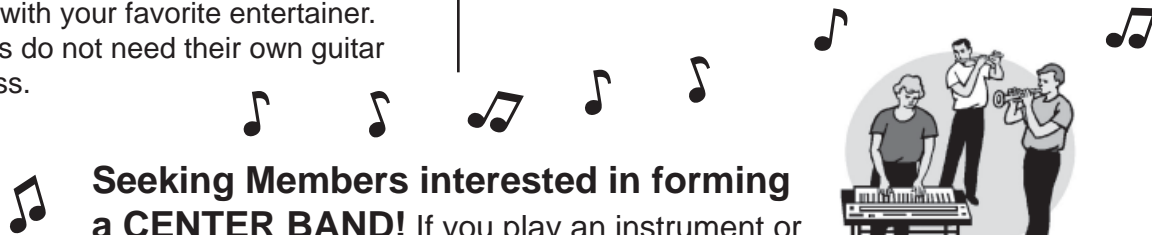


### **Piano Lessons - Individual** [\$7

- sessions scheduled upon enrollment] Learn beginning skills for playing the piano. Whether you are single or double-handed, sign up for a weekly 20 minute session; use The Center's piano for practice.



**Guitar Lessons** [\$1 - Wed, 1:00p] Here's your chance to learn some basic notes and chords to strum along with your favorite entertainer. Participants do not need their own guitar for this class.



### **Seeking Members interested in forming a CENTER BAND!**

If you play an instrument or would like to participate, see Margie for more info.



## HYDRO-MASSAGE

This could be YOU . . . relaxing on the HYDRO-MASSAGE Table



*Enjoy the physiological and therapeutic benefits of the Hydro-Massage Table . . . increase circulation, relax muscles, relieve stress and calm the mind!*

*Members currently enrolled in the Fitness Center will be entitled to one session daily. Members not enrolled in Fitness and Non-Members: \$.50 for 5 minutes or \$1.00 for ten minutes. See a Fitness Instructor for more details.*

# Visual Arts & Leisure Crafts.....

**Art Appreciation/Art History [FREE - Tue & Thu, 1:00p - 2:00p]** A discussion class for drawing, painting, sculpture, ceramic sculpture and Intro to Visual Arts where students' completed art is put on display and discussed by fellow art students.

**Art Studio - Open [\$35 FEE]**

Mon & Wed, 10:30a - Noon or 3:30p - 4:45p  
 Tue & Thu, 9:00a - 10:30a  
 Fri, 10:30a - Noon or 2:30p - 4:45p

For Members who are enrolled in one or more visual arts classes. It offers several hours of open studio time each week for students to finish/continue class projects and pursue individual interests.



**Ceramic Sculpture - Beginning [Mon, 1:00p - 3:30p; \$35 FEE]** A great class for Members who like to make things with their hands. Learn hand building techniques including slab construction, coil building and additive/subtractive sculpture. Members will also glaze their own work.



**Ceramic Sculpture - Advanced [Wed, 1:00p - 3:30p; \$35 FEE]** For those who have completed two semesters of Beginning Ceramic Sculpture.

Members will use slab, coil, additive and subtractive techniques to create sculpture.

**Crocheting & Knitting [FREE - Fri, 9:00a - Noon]** Learn crocheting and knitting to make blankets, scarves, hats, etc. *Participants need functional use of hands.*



**Drawing and Painting - Beginning [Tue, 2:00p - 4:45p]** For those with an interest in drawing and painting who have no experience. Students will be instructed in various drawing media such as colored pencils and charcoal and will learn about the painting elements as well.



**Drawing and Painting - Intermediate [Thu, 2:00p - 4:45p]**

To enroll in this class, Students must have two semesters of Beginning Drawing and Painting.

**Glazing - Beginning [Mon, 9:00a - Noon; \$35]** Members will design patterns and apply glaze to greenware and bisque-ware ceramic items that come from molds, including vessel forms, decorative figurines and animals.



**Glazing - Open Studio [Tues, 9:00a - Noon & 1:00p - 4:00p]** For advanced students to work on independent projects.

Members are required to use their own supplies; firing provided by The Center.

**Mixed Craft Studio [\$1 - Wed 9:00a - Noon]** An additional studio time period available for Members already enrolled in open stained glass or open glazing. *Limited to 12 participants; must have pre-approval from Program Coordinator.*

**Open Craft Studio [Fri, 9:30a - 11:00a]** A class to learn & enjoy a variety of individual leisure crafts. Members may choose from ceramic glazing, stain glass, clay, needle crafts, copper tooling, and simple wood crafts



## Visual Arts & Leisure Crafts cont'd



**Sewing Class** [Tues, 1:00p - 2:30p; SLIDING SCALE] Participants will have the opportunity to work on individual or group sewing projects. Some material is available for use; however, members may bring their own patterns and material if desired. Depending on selected projects participants may need to purchase additional materials as needed.

own patterns and material if desired. Depending on selected projects participants may need to purchase additional materials as needed.

**Stained Glass - Beginning** [Thu, 9:00a - Noon] Members will learn how to cut stained glass and assemble it into a pattern or image that will be soldered together.



**Stained Glass - Open Studio** [Wed, 1:00p - 4:00p & Thu, 1:00p - 4:00p] For those who have completed two semesters of Beginning Stained Glass and are able to work independently or with the assistance of a Caregiver. Members provide their own supplies, but may use the Center's grinders.

**Sculpture** [Fri, 9:00a - Noon] A class for individuals who enjoy making things with their hands. Projects will be constructed with many different materials, including wood, plaster, paper-mache, fabric, glass, and found objects. *Prerequisite is one semester of art class.*

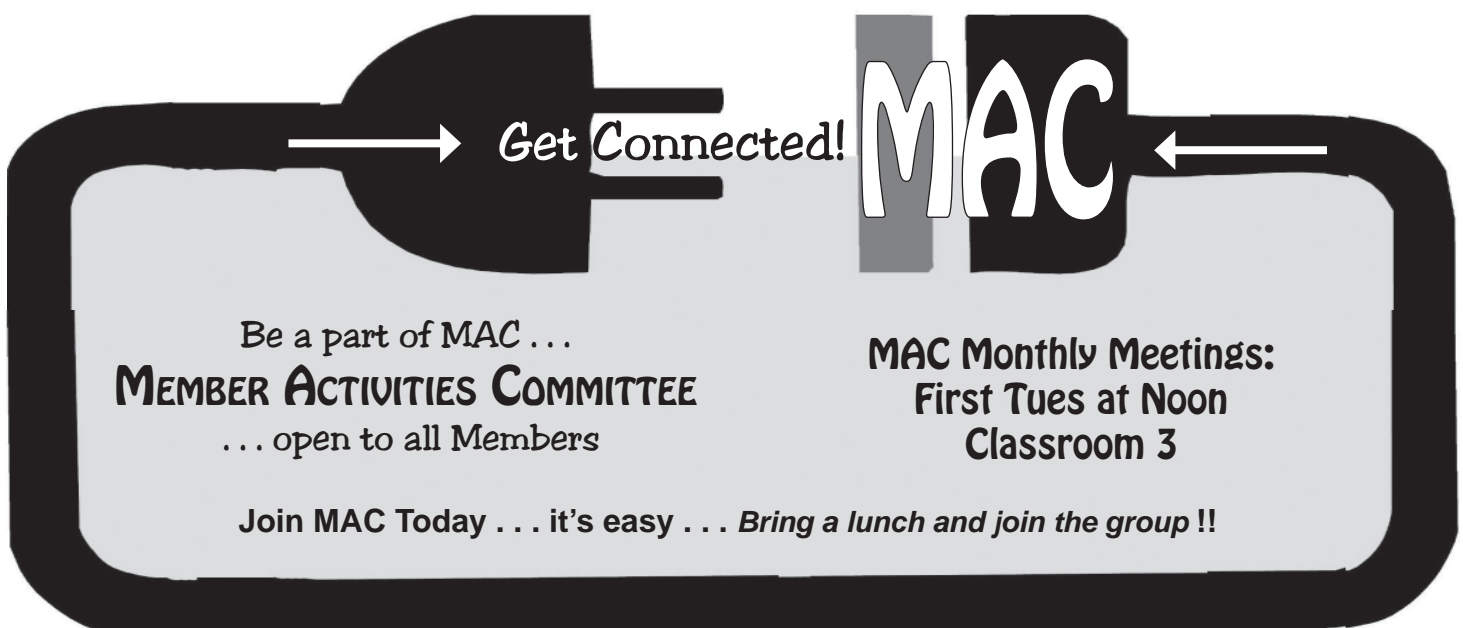


**Visual Arts - Introduction** [Tue & Thu, 10:30a - Noon] This is an art class for beginners. Students will gain experience in a variety of visual arts and media, including drawing, painting and sculpture.



**Visual Arts - Advanced** [Mon & Wed, 9:00a - 10:30a] For Members who have taken at least two semesters of any visual art class and are ready for more independent study. Students will be encouraged to pursue their favorite visual arts discipline: drawing, painting and sculpture.





**Get Connected!**

Be a part of MAC ...

**MEMBER ACTIVITIES COMMITTEE**

... open to all Members

**MAC**

**MAC Monthly Meetings:**  
First Tues at Noon  
Classroom 3

Join MAC Today ... it's easy ... *Bring a lunch and join the group !!*

# Workshops & Special Events.....

## Center

### Coffeehouse & Talent Show

[Fri, Mar 4, 5:30p] Join Center friends for an evening of talents, song and humor while



savoring some Java and snacks. Sign up to share a memorable moment of music, comedy, magic or dance. Invite friends and family to share in an evening of fun, camaraderie and friendship.

### Communicating Effectively with Difficult People

[FREE, Tue, Jan 25, 1:00p] A session to assist participants in recognizing techniques to effectively communicate with others. Participants will discuss difficult scenarios and practice presented techniques to assist with improving individual use of communication strategies.



### DaySpring Behavioral Health Services

[FREE - Wed, Feb 9, 9:30a] A session to help members gain insight into personal strategies for managing individual moods and stressors. If desired, information can be obtained regarding affordable counseling services.




### Decorative Clay Tiles

[\$5 - Tue, Feb 15, 1:00p - 4:00p] Participants will use polymer and glaze to make a raised design on a clay tile. No experience with glazing necessary, but patience and concentration is required to obtain desired decorative effect on tile.



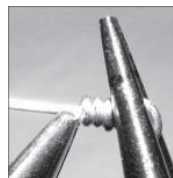
**Life-Size Human Sculpture** [\$10 - Tue, Jan 4 - Feb 22, 10:00a - Noon] Students will construct paper mache sculpture of life-size human figures. *Prerequisite of at least one previous art class.*

**Spring Fling** [FREE, Thu, Apr 7, 1:15p] Join fellow Members for refreshments and entertainment to celebrate Spring. 



**Tulsa County Pharmacy** [FREE - Wed, Jan 19, 9:30a] Learn about services offered by the Tulsa County Pharmacy including medication recycling for consumers who qualify.

**Volunteer Recognition Celebration** [April TBA] A celebration recognizing Center volunteers for their valuable contributions of time and effort to Center events and programming. *Specific celebratory activities will be scheduled for the week of 4/11 - 4/15.*



**Wire Wrapping** [\$3.50 - Fri, Feb 11, 9:30a] Learn basics of wire wrapping for earrings, bracelets and necklaces. *Participants need functional use of hands.*



# Transition Services

Transition Services are available to individuals who currently need assistance, but who may become independent with instruction. This is a short-term program which focuses on community re-entry skills to facilitate independence at the Center.

This program is available on Monday, Wednesday and Friday from 1:00p - 4:00p and Tuesday and Thursday from 9:00a. to Noon. Fees are set, per a sliding scale, based on household income, not to exceed \$30 per day. For more information on Transition Services, please contact Vickie Holler, Director of Member Services, at 918-584-8607 or [vholler@tulsacenter.org](mailto:vholler@tulsacenter.org).



*THE CENTER'S  
TRANSITION  
SERVICES STAFF  
ARE HERE TO  
ASSIST YOU IN  
ACQUIRING YOUR  
INDEPENDENCE!*



**Share your  
talent at  
the "Center  
Coffeeshouse  
& Talent Show"  
Fri, March 4th  
5:30p - 7:30p  
at The Center**



*Contact Margie Crossno for details: 584-8607 or [mcrossno@tulsacenter.org](mailto:mcrossno@tulsacenter.org)*

# Support Group Meetings at The Center



*The Center for Individuals with Physical Challenges is pleased to host several support groups that offer additional opportunities to Center Members, their families and the general community for education, discussion and development of a social network for individuals with a similar life event. Please give your support and help spread the word . . . share this information with your friends, neighbors, colleagues and church members who might be in need of these services . . . it is also a great way to introduce them to The Center!*

ALS – Amyotrophic Lateral Sclerosis or Lou Gehrig’s Disease: Meets the second Thursday of each month at 6:30p in Classroom One.

Aphasia Support Group: Meets the second Wednesday of each month at 9:30a in Classroom Three.

Family/Caregivers Support Group – Meets the third Friday of each month, 3:00p - 4:30p in Classroom Three.

Living Well Support Group: This group focuses on discussing affective issues that arise due to a physical challenge. The group meets the third Friday of each month from 1:30p - 3:00p in Classroom Two.

MDA – Muscular Dystrophy Association: Meets the fourth Monday of each month at 6:30p in Classroom One.

Stroke Support Group: Meets the second Thursday of each month at 3:30p in Classroom One for discussion, education and socialization to caregivers and stroke survivors.

TAGS – Tulsa Amputee Support Group: Meets the first Monday of each month at 6:30p. in Classroom One to discuss various topics of interests, provide support, education and socialization.

VISTA – Visually Impaired Seeking Technique Alternatives: Meets each Wednesday at 1:00p in Classroom Two. Meetings feature dialogue concerning community resources, adaptive equipment, social activities and supportive interactions.

*Copy this page and post to share this information.*

////////////////////////////////////  
Tours of The Center facility are available. If your group is interested, contact Lori, Marcia or Sherry at 584-8607 to make arrangements.  
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**The Center** For Individuals  
With Physical Challenges

815 South Utica Avenue  
Tulsa, OK 74104

Phone: 918-584-8607 Fax: 918-584-8646

[www.tulsacenter.org](http://www.tulsacenter.org)



**Sliding Fee Scale**  
based on Income & Family Size

% pay	# OF FAMILY MEMBERS 1		# OF FAMILY MEMBERS 2		# OF FAMILY MEMBERS 3	
	Monthly	Annually	Monthly	Annually	Monthly	Annually
20%	0 - 969	0 - 11,628	0 - 1306	0 - 15,672	0 - 1,643	0 - 19,716
40%	970 - 1,163	11,629 - 13,956	1,307 - 1,568	15,673 - 18,816	1,644 - 1,972	19,717 - 23,664
60%	1,164 - 1357	13,957 - 16,284	1,569 - 1,828	18,817 - 21,936	1,973 - 2,300	23,665 - 27,600
80%	1,358 - 1,551	16,285 - 18,612	1,829 - 2,090	21,937 - 25,080	2,301 - 2,628	27,601 - 31,536
100%	>1,552	>18,613	>2,091	>25,081	>2,629	>31,537

% Pay	# OF FAMILY MEMBERS 4		# OF FAMILY MEMBERS 5		# OF FAMILY MEMBERS 6	
	Monthly	Annually	Monthly	Annually	Monthly	Annually
20%	0 - 1,979	0 - 23,748	0 - 2,316	0 - 27,792	0 - 2,653	0 - 31,836
40%	1,980 - 2,376	23,749 - 28,512	2,317 - 2,780	27,793 - 33,360	2,654 - 3,185	31,837 - 38,220
60%	2,377 - 2,772	28,513 - 33,264	2,781 - 3,243	33,361 - 38,916	3,186 - 3,715	38,221 - 44,580
80%	2,773 - 3,168	33,265 - 38,016	3,244 - 3,707	38,917 - 44,484	3,716 - 4,245	44,581 - 50,940
100%	>3,169	>38,017	>3,708	>44,485	>4,246	>50,941

General Membership	Transition Services
20% = \$ 7	20% = \$ 6
40% = \$14	40% = \$12
60% = \$21	60% = \$18
80% = \$28	80% = \$24
100% = \$35	100% = \$30



Rehabilitative Fitness Services  
 Adaptive Recreation Services  
 Community Reintegration Services  
 Transition Services  
 Junior Wheelchair Sports Program  
 Support Groups  
 Information & Referral

For the past 50 years, The Center has remained true to its mission:

*Provide opportunities for persons with physical disabilities to enhance the quality of their lives.*

[www.tulsacenter.org](http://www.tulsacenter.org)



**The Center** For Individuals  
 With Physical Challenges

| *Creating Independence*

815 S Utica Ave Tulsa, OK 74104 Ph: 918-584-8607 Fax: 918-584-8646



**THANK YOU**

The Center Staff says 'THANKS" for  
being a part of The Center's activities!

David Armstrong, Fitness Instructor  
Janice Bawden, Art Instructor  
Donna Bridenstine, Receptionist  
Margie Crossno, Program & Volunteer Coordinator  
Bradley Forbes, JWCS & Fitness Instructor  
Marcia Graham, Director of Development  
Angielyn Hughes, Administrative Assistant

Vickie Holler, Director of Member Services  
Lori A. Long, Executive Director  
Haylee McDorman, Transition Services  
Darlene McGrail, Recreation Therapist  
Burt McLachlan, Program Coordinator  
Sherry Setters, Director of Community Relations



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