Aquatic Exercise
Make a Splash!
Fridays, 10a-Noon | 9/20 – 10/25

INSTRUCTOR
Cindy Peebles

CLASSES HELD AT
Monteaueru Retirement Community
6800 S Granite Ave

Water offers buoyancy and resistance that reduces pain and stiffness while increasing joint mobility. Improve your cardiovascular fitness, strength, endurance and flexibility in a stress-free, low impact environment without getting your hair wet. You don’t need to know how to swim, but you must be able to enter and exit the pool independently.

NO TESTS. NO GRADES. JUST THE JOY OF LEARNING.

OKLAHOMA CITY COURSES

Enroll at education.okstate.edu/olll or complete and mail the form on page 30.

America the Many
Shining Lights in a Diverse Land
Tuesdays, 10a-Noon | 9/24 – 10/29

INSTRUCTOR
Lloyd Musselman

CLASSES HELD AT
Oklahoma History Center
800 Nazih Zuhdi Dr

Four documentaries detail American diversity: Most Honorable Son, about a Japanese American who volunteered to serve in World War II; The Obama Years: The Power of Words focuses on six seminal speeches; RBG highlights Ruth Bader Ginsburg and the Supreme Court; and The Boys Of ’36 details a win of Olympic gold against all odds.

Living History
Tuesdays, 1-3p | 9/24 – 10/29

INSTRUCTORS
Lynn Shackelford
Tom Lentz
Catharine Thomas
Mike Sherriff
Barbara Byrd

CLASSES HELD AT
Oklahoma History Center
800 Nazih Zuhdi Dr

Listen to living history reenactors as they weave stories about Oklahoma history. One class will take place outside at a working chuck wagon and the final class will include a tour of the Noble Gallery at the Oklahoma History Center and a book review of The Blue Tattoo, which will be available for purchase at the History Center.