

CENTRAL CENTER

Fall Guide 2019



**1028 East 6th St.
Tulsa, OK 74120
Phone: (918) 596-1444**



BUILDING HOURS

Monday	9 a.m. - 8:30 p.m.
Tuesday	9 a.m. - 8 p.m.
Wednesday	9 a.m. - 7 p.m.
Thursday	9 a.m. - 8 p.m.
Friday	9 a.m. - 5 p.m.
Saturday	9 a.m. - 1 p.m.

**Central Center will be closed:
September 2 for Labor Day
November 11 for Veteran's Day
November 28 & 29 for Thanksgiving**

Check out www.TulsaParks.org for classes and programs offered for all of our parks and community centers!



"Central Center in Centennial Park"

Central Center in Centennial Park Event Space

Having a wedding, reception, birthday, or corporate event? Central Center is the venue for you. Central Center has multi-purpose rooms, industrial size prep kitchen, and auditorium ready to meet your event needs. Hourly rates and package rates available. Contact Central staff for more information on booking.

For Rental Rates and Rules & Regulations, visit us online at www.tulsaparks.org



Health & Fitness

Fitness Room

For your toning and cardiovascular workout. Ages 18+. Open during regular building hours.
Cost: \$15/20 visits or \$2 drop-in fee. Patrons age 55+ are free.

Tae Kwon Do PLUS

Grow in agility, strength, and personal physical fitness through the ancient art of Tae Kwon Do. This class includes instruction in Judo, Ju Jitsu, Hapkido, self-defense against weapons, and more.
Tuesdays, 6:30-8 p.m.
Cost: \$20/month.

Beginner's Yoga

Learn and enjoy the movements of yoga in this inspiring class. Using the techniques taught, you can experience greater relaxation, more energy, and joy. For more information, contact the instructor at afriendandyoga@gmail.com. All ages welcome.
Instructor: Jennifer Frazier
Saturdays, 10-11 a.m.
Cost: \$5 drop-in



Channel your inner Rockstar with this cardio jam session inspired by the energizing, infectious and sweat-dripping fun of playing drums.
Instructor: Angela Schoenrock.
Wednesdays, 5:30-6:30 p.m.
Cost: \$5 drop-in, \$40 for 10 class visits. First visit Free!

We are just a  away from Downtown!

Dance

Square Dance

Come and swing your partner with the *Rushing Stars* square dance group. Enjoy the fun of America's original folk dance style. Partners and singles welcome.

Ages 16 and over.

Wednesdays, 1-3 p.m. Cost: \$3.

Ceili Irish Dance

Learn traditional Irish dances with this fun group! Live music. All ages welcome.

Mondays, 7-8:30 p.m. Cost: Free.

Swing Dance Class

Learn the steps and moves to become a great swing dancer with this no frills, easy-to-follow dance class. No partner needed, or bring a date or friend. Ages 12 to adult.

Instructor: Pam Butler

Mondays, 5-8:30 p.m., Thursdays, 5-8 p.m. Cost: \$5 per session

Leisure

Woodcarvers

This is an activity for the novice to the pro. Participants work on various projects. Supplies are not included.

Thursdays, 6-8 p.m. Cost: Free.

Accordion Band

Accordion players welcome. Learn new songs and share your interest.

Wednesdays, 10 a.m.–12 p.m. Cost: Free.

Arts

Calligraphy for Beginners

Learn the classic style of writing in calligraphy in this beginners class. This course is taught by Lauren Mitchell with local greeting card company "A Pinch of Ginger". This fun and inspiring class will show you the path of beautiful penmanship. There are 3 class dates to choose from, but feel free to enroll in them all. Materials are provided.

Saturday, Sept. 14, 10-11 a.m.

Saturday, Oct. 5, 10-11 a.m.

Saturday, Nov. 9, 10-11 a.m.

Cost: \$10



Join in as we carve up some fun at Central Center's Pumpkin Carving Contest. For ages 6 to 12. Show off your carving skills and you could win a prize. All contestants must be accompanied by a parent (Parents are encouraged to lend-a-hand when needed). Carving supplies and pumpkin included.

Monday, Oct. 28th, 6-7:30 p.m.

Cost: \$10 per contestant. *Must register at Central Center by Monday, Oct. 14.*



Educational

Today I am a Writer

Another summer gone and your plan to start that novel, memoir or poetry collection just didn't happen? This class is a jump start for new or continuing work. Utilizing exercises and in-class projects, this writing course will have you moving forward on your dream project.

Instructor: Michael Wright.

Tuesdays, Sept. 3 - Oct. 8, 6-8 p.m.

Cost: \$15 per session. \$80 for advance payment of all 6 sessions.

Payments are made to the Instructor.

Becoming a Real-Estate Agent

If you have ever thought about "moving in" to the real-estate business, then this is the course for you! Featuring guest speakers, this three-session course will give you the information on what you need to begin selling homes. Must pre-enroll to attend.

Instructor: Brandi Pond, Realtor

Thursdays, Oct. 3-17, 1-2 p.m.

Cost: \$15 for all 3 classes

QPR

Question, Persuade, Refer

Recognizing the warning signs of suicide, knowing the risk factors, and learning the skills to help may just save the life of a friend, a family member, a co-worker, or even a stranger. We can all play a role in prevention. Instructed by members of Mental Health Association Oklahoma.

Must pre-register to attend.

Monday, Oct. 21, 6-7 p.m.

Cost: Free

What Else is Happening at Central...

Osher Lifelong Learning Institute

OSU holds continuing education classes at Central Center. Contact Osher Lifelong Learning Institute for schedules, classes, and to enroll.

www.okstate.edu/education/olli/

Jitsata Foundation Monthly Meditation

The Thai Buddhist Monthly Meditation is a class that shows and instructs the proper methods of meditation. Participants are welcome to bring snacks. Pre-enrollment is requested, but not required. To enroll, please text (918) 388-7654.

Tuesday, Aug. 20, 6-8 p.m.

Tuesday, Sept. 17, 6-8 p.m.

Tuesday, Oct. 15, 6-8 p.m.

Cost: Free

For more information about the class and program, visit their website

www.jitsata.org.

