

## What other great programs are happening at Central?

### Osher Lifelong Learning Institute

OSU holds continuing education classes at Central. Contact Osher Lifelong Learning Institute for dates and to enroll.  
[www.okstate.edu/education/olli/](http://www.okstate.edu/education/olli/)

### AARP Tax Prep Help

AARP is providing free tax help service Wednesdays & Thursdays through April 11, 9:30 a.m.-3 p.m. Patrons are seen on a first-come-first-serve basis.

Having a wedding, reception, or reunion? Central Center is the venue for you. Central has multipurpose rooms, industrial size kitchen, and auditorium ready to meet your event needs. Contact Central staff for availability.



Central  
Center  
*in Centennial Park*



### BUILDING HOURS

Monday	8:30a.m.-8:30p.m.
Tuesday	8:30a.m.-8:00p.m.
Wednesday	8:30a.m.-7:00p.m.
Thursday	8:30a.m.-8:00p.m.
Friday	8:30a.m.-5:00p.m.
Saturday	9:00a.m.-1:00p.m.

Central is closed April 19 for  
Good Friday & May 27 for  
Memorial Day.

Check out [TulsaParks.org](http://TulsaParks.org) for classes and programs offered for all of our parks and community centers!



Central  
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*in Centennial Park*



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



## Fitness Room

For toning and cardiovascular workout. Ages 18+. Open during building hours. Cost: \$15/20 visits or \$2 drop-in fee. Fifty-five and older are free.

## Square Dance

Enjoy one of America's original folk dance styles with the *Rushing Stars*. 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.

## Tae Kwon Do PLUS

Learn self-defense plus get a great physical workout. Includes instruction in Judo, Ju Jitsu, Hapkido, self-defense against weapons, and more. Tuesdays, 6:30-8 p.m. Cost: \$20/month.

## 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. Saturdays, 10 a.m.-12 p.m. Cost: Free.

## Today I am a Writer

This six-session fiction writing course will provide the kind of stimulus and encouragement you need to get going. Attendees will discover their natural creativity and develop working methods to keep on writing. Instructor: Michael Wright. Tuesdays, March 5–April 9, 3-5 p.m. Cost: \$15 per session. \$80 for advance payment of all 6 sessions. To enroll, contact Michael Wright (918) 344-9318.

## Screenwriting for Those Who Love Movies



A six week course in the craft of story-telling for the big screen. This course will cover script formatting, developing plot and characters, and techniques for developing your individual voice. Instructor: Michael Wright. Tuesdays, April 16–May 21, 6-8 p.m. Cost: \$15 per session. \$80 for advance payment of all 6 sessions. To enroll, contact Michael Wright (918) 344-9318.



**SWEAT.  
SCULPT.  
ROCK.**

Channel your inner Rockstar with this cardio jam session inspired by the energizing, infectious and sweat-dripping fun of playing drums. Free Pound Demo will be held Wednesday, Feb. 27, 5:30-6:30 p.m. Instructor: Angela Schoenrock. Wednesdays, 5:30-6:30 p.m. Cost: \$10 drop-in, \$60 for 9 class visits. First visit Free!

## Tai Chi- for Arthritis for Fall Prevention



Central Center has partnered with Ability Resources to bring this low-impact balance and mental agility exercise class to those 65 and older. This form of Tai Chi is effective in helping older adults reduce their risk of falling. For more information, contact Sandie Sullivan with Ability Resources, (918) 592-1235. There will be a preview session held Monday, Feb. 25, 10-11 a.m. Regular classes begin in March. Mondays and Fridays, 10-11 a.m. Instructor: Linda Trent. Cost: Free. [www.abilityresources.org](http://www.abilityresources.org)

## Ladies Makeover Class

Join demonstrations on how to apply your makeup to bring out and enhance your natural beauty. Bring a towel, your makeup, and a large mirror. Wednesday, March 20, 3-4:30 p.m. Cost: \$5.

## Swing & Line Dance Class

No partner needed, or bring a date or friend. Ages 12-Adult. Mondays 5-8:30 p.m., Thursdays, 5-8 p.m. Cost: \$5 per session.

## Play Reading Group

The group meets every week to read plays aloud and discuss. Open to all adults, 18+. Thursdays, 3-4:15 p.m. Cost: Free.