

COMMUNITY-BASED PROGRAMS - DON'T SIT STILL FOR ARTHRITIS PAIN

Type of Physical Activity	Organization	Address	City	State	Phone
EnhanceFitness Program Combines the three key components of fitness: strength training, flexibility, and cardiovascular conditioning. To ensure safety, each exercise was developed by experts in the field of physical therapy, in conjunction with agencies serving older adults.	Ada Senior Center (Ongoing Class)	1005 Chamber	Ada	OK	(405) 436-1007
	Marie Bailey Center (Ongoing Class)	1600 Jack John Circle	Ada	OK	(580) 759-2971
	Seminole Community College	2701 Boren Blvd.	Seminole	OK	(405)-382-9950
	High Rise Senior Living Apartments (Ongoing Class)	101 W. 10th	Shawnee	OK	(405) 640-9708
	Shawnee Community Center (Ongoing Class)	804 S. Park Ave.	Shawnee	OK	(405) 275-3986
	Shawnee Senior Nutrition Center (Ongoing Class)	401 N. Bell	Shawnee	OK	(405) 273-3213
	Shawnee Towers Senior Living Apartments (Ongoing Class)	1130 E. Independence	Shawnee	OK	(405) 640-9708
	Golden Age Senior Senior Center (Ongoing Class)	708 N. 6th Street	Tecumseh	OK	(405) 275-4530
	Tishomingo Senior Siten (Ongoing Class)	1101 W. Ray Branum	Tishomingo	OK	(580) 371-9667
	Pauls Valley Senior Center (Ongoing Class)	107 N. Indian Meridian Road	Pauls Valley	OK	(405) 207-9034
	Purcell Senior Center (Ongoing Class)	703 Sherri Classic Blvd.	Purcell	OK	(405) 527-8855
	Wilburton Senior Nutrition Center (Ongoing Class)	309 West Ada	Wilburton	OK	(918) 465-2122
Chronic Disease Self Management Program This program is attended by people with different chronic diseases. In these classes, they learn how to manage, maintain, and increase their life activities	Planning programs in faith-based organizations in Enid	N/A	Enid	OK	(580) 237-2236
	Pond Creek	N/A	Enid	OK	(580) 237-2236
	Enid Community Clinic	N/A	Enid	OK	(580) 237-2236
	Areawide Agency on Aging	3200 NW. 48th St., Suite 104	Oklahoma City	OK	(405) 942-8500x121
Arthritis Foundation Exercise Program Gentle, joint-safe exercises developed specifically for people with arthritis help relieve stiffness and decrease arthritis pain. Low-impact class can be taken either sitting down or standing. Led by Arthritis Foundation certified instructors.	Chickasaw Nation Family Life Center	229 W. Seabrook Road	Ada	OK	(580) 310-9661
	Northwestern Oklahoma State Univ. (Ongoing Class)	709 Oklahoma Ave	Alva	OK	(580) 327-8150
	Apache Housing Authority (Ongoing Class)	402 Oak	Apache	OK	(580) 588-2905
	Ardmore Village (Ongoing Class)	2401 Village Lane	Ardmore	OK	(580) 223-4174
	Ladies Workout Express	2015 W Broadway, Suite 38	Ardmore	OK	(580) 224-9205
	Wilson Community Center (Ongoing Class)	314 First, S.E.	Ardmore	OK	(580) 473-6828
	Chickasaw Nation Wellness Center	911 Locust	Ardmore	OK	(580)222-2828
	LIFE Senior Services	3106 S. Juniper Ave.	Broken Arrow	OK	(918) 664-9000
	Saint Francis Hospital at Broken Arrow (Ongoing Class)	3000 S Elm Pl	Broken Arrow	OK	(918) 455-3535
	Senior Citizens Center	113 Hoy	Buffalo	OK	(580) 735-2740
	Ascension Lutheran Church	3617 S.E. 29th	Del City	OK	(405) 677-1444
	Duncan Hospital Rehab Services	2000 West Elk	Duncan	OK	(580) 251-8460
	Oakwood Activity Center	401 North Oakwood Road	Enid	OK	(580) 234-4464
	Fairview Fellowship Home & Village (Ongoing Class)	605 E. State Road	Fairview	OK	(580) 227-3783
	Tom Peer Community Center	521 N. Main	Gage	OK	(580) 923-7961
	Center for Creative Living	3501 Dr. Elise Hamm Dr.	Lawton	OK	580) 248-0471
	McAlester Regional Wellness Center	1400 E. Van Buren	McAlester	OK	(580) 421-6600
	Kanza Wellness Center	3201 E. River Road	Newkirk	OK	(580) 362-1444
	The Health Club (Ongoing Class)	3720 W. Robinson Suite 124	Norman	OK	(405) 440-8802
	Cleveland County Family YMCA (Ongoing Class)	1350 Lexington	Norman	OK	(405) 364-9622
	Okay Senior Center (Ongoing Class)	3701 E. 75 th North	Okay	OK	(918) 682-0255
	Epworth Villa (Ongoing Class) (Open to Public)	14901 N. Pennsylvania Ave.	OKC	OK	(405) 936-5684
	Fountains at Canterbury	1404 N. Pennsylvania	OKC	OK	(405) 751-3600
	INTEGRIS Third Age Life Center	4200 S. Douglas Ave, Suite 114	OKC	OK	(405) 644-6456
	Olivet Baptist Church (Español)	1201 N.W. 10th	OKC	OK	(405) 644-6456
	Pacer Fitness Center (Ongoing Class)	5520 N. Independence	OKC	OK	(405) 949-3891
	Village Christian Church	9401 Ridgeview Drive	OKC	OK	(405) 755-0546
	Woodson Senior Center	3401 S. May Avenue	OKC	OK	(405) 681-3266
	Westminster Village (Ongoing Class)	1601 Academy Rd.	Ponca City	OK	(580) 762-0927
	Carl Albert St. College (On going Class)	1507 South McKenna St	Poteau	OK	(918) 647-1278
	Total Health (Ongoing Class)	1810 N. Perkins	Stillwater	OK	(405) 624-6592
	Go Ye Village	1201 W. 4th	Tahlequah	OK	(918) 456-4542
	Tishomingo Wellness Center	821 East 6th	Tishomingo	OK	(580) 387-2711
	Saint Francis Hospital Health Zone (Ongoing Class)	5353 E 68	Tulsa	OK	(918) 494-8245
	Center for Individuals with Physical Challenges (Ongoing Class)	815 South Utica Avenue	Tulsa	OK	(918) 584-8607
	Heatheridge Assisted Living (Ongoing Class)	2130 S. 85th E. Ave.	Tulsa	OK	(918) 622-9191
Montereau in Warren Woods (Ongoing Class - Residents Only)	6800 S Granite Ave	Tulsa	OK	(918) 491-5200	
LIFE Senior Services	5950 E. 31st	Tulsa	OK	(918) 664-9000	
LIFE Senior Services	902 E. Pine St.	Tulsa	OK	(918) 664-9000	
University Village (Ongoing Class)	8555 South Lewis Avenue	Tulsa	OK	(918) 299-2661	
RSVP	518 W. Cherokee	Wagoner	OK	(918) 485-8992	

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Arthritis Foundation Self Help Program In-depth program teaches knowledge and skills needed to better manage arthritis. Classes cover ways to reduce pain and stress, cope with fatigue, use medications wisely and benefit from exercise. Perfect for the newly diagnosed as well as those whose arthritis requires more aggressive management. Developed at Stanford University, the program is led by Arthritis Foundation certified instructors.	First United Methodist Church (Ongoing Class)	1111 Downs Ave	Woodward	OK	(580) 256-5386
	Silver Arrow Estates	2601 S Elm Pl	Broken Arrow	OK	(918) 451-0383
	Rogers County Health Department	2664 North Highway 88	Claremore	OK	(918) 341-3166
	Langston Univserity		Langston	OK	(405) 466-2923
	Love County Health Department	200 C.E. Colston Drive	Marietta	OK	(800) 627-5486 or (405) 936-3366
	Muskogee County Health Department	530 S. 34th St.	Muskogee	OK	(918) 683-0321
	Arthritis Foundation, Oklahoma Chapter	3232 W. Britton Rd., Ste. 200	OKC	OK	(800) 627-5486 or (405) 936-3366
	Mayes County Health Department	111 NE 1 Street	Pryor	OK	(918) 825-4224
	Creek County Health Department	1808 S. Hickory	Sapulpa	OK	(918) 224-5531
	Mary Mahoney Memorial Health Center	12716 N.E. 36th Street	Spencer	OK	(800) 627-5486 or (405) 936-3366
	Cherokee County Health Department	912 S. College	Tahlequah	OK	(918) 456-8826
	Go Ye Village	1201 W. 4th Street	Tahlequah	OK	(918) 456-4542
	Tahlequah Senior Center	230 East First Street	Tahlequah	OK	(800) 400-4526
	Saint Francis Hospital	6161 S Yale Ave	Tulsa	OK	(918) 494-2200
	Tulsa Community College - Northeast Campus		Tulsa	OK	(918) 595-7076
	Wagoner County Health Department	212 N. Pierce Ave	Wagoner	OK	(918) 485-3022
	Arthritis Foundation Aquatic Program Incorporates the buoyancy of water and the soothing warmth of a heated pool to make a safe, ideal environment for relieving arthritis pain and stiffness. Gentle movements increase joint flexibility and range of motion, while restoring or maintaining muscle strength. The ability to swim is not required. Led by Arthritis Foundation certified instructors.	Chickasaw Nation Family Life Center	219 W. Seabrook Road	Ada	OK
Northwestern Oklahoma State University		709 Oklahoma Ave	Alva	OK	(580) 327-8150
Ardmore Family YMCA (Ongoing Class)		920 15th Ave N.W.	Ardmore	OK	(580) 223-3990
Jane Phillips Physical Therapy Center (Ongoing Class)		3500 E. Frank Phillips Blvd.	Bartlesville	OK	(918) 331-1512
Bethany YMCA (Ongoing Class)		3400 N. Mueller	Bethany	OK	(405) 789-0231
Claremore Super Recreation Center (Ongoing Class)		595 Veterans Parkway	Claremore	OK	(918) 341-4516
Southeastern Oklahoma State University		1405 N. 4th Ave	Durant	OK	(580) 745-2871
Texas County Family YMCA (Ongoing Class)		1602 N. Oklahoma Street	Guymon	OK	(580) 338-5720
Vernie Snow Aquatic Center		Kingfisher Park	Kingfisher	OK	(405) 375-3318
Lawton Family YMCA (Ongoing Class)		5 S.W. 5th Street	Lawton	OK	(580) 355-9622
Mannford Activity Center (Ongoing)		100 Cimmaron Ave.	Mannford	OK	(918) 865-6891
McAlester Regional Wellness Center		1400 E. Van Buren	McAlester	OK	(580) 421-6600
Midwest City YMCA (Ongoing Class)		2817 Woodcrest Drive	MWC	OK	(405) 733-9622
Kanza Wellness Center		3201 E. River Road	Newkirk	OK	(580) 362-1444
Norman Regional Hospital Physical Performance Ctr (Ongoing Class)		724 24th Avenue NW	Norman	OK	(405) 447-1571
Cleveland County Family YMCA (Ongoing Class)		1350 Lexington	Norman	OK	(405) 364-9622
Fountains at Canterbury		1404 N. Pennsylvania	OKC	OK	(405) 751-3600
Jim Thorpe Rehab (Ongoing Class)		4319 S. Western	OKC	OK	(405) 644-5293
The Lighthouse (Ongoing Class)		3333 W. Hefner Road	OKC	OK	(405) 751-3344
North Side YMCA (Ongoing Class)		10000 N. Penn	OKC	OK	(405) 751-6363
OCOM (Ongoing Class)		8100 South Walker #B	OKC	OK	(405) 602-6565
Valir Health Rehab Hospital (Ongoing Class)		700 N.W. 7th Street	OKC	OK	(405) 553-1050
Earlywine Park YMCA (Ongoing Class)		11801 S. May	OKC	OK	(405) 378-0420
George Nigh Rehabilitation/OUHSC (Ongoing Class)		900 E Airport Road	Okmulgee	OK	(918) 756-9211
Bosa Center		208 Bosa Avenue	Pauls Valley	OK	(405) 238-1238
Perry YMCA (Ongoing Class)		101 N. 7th Street	Perry	OK	(580) 336-4411
Pyor Creek Recreation Center (6-week)		1111 SE 9th St	Pryor	OK	(918) 825-6909
Salvation Army Boys & Girls Club (Ongoing Class)		4403 S. 129 W. Ave	Sand Springs	OK	(918) 245-2237
Salvation Army Boys & Girls Club (Ongoing Class)		1721 S. Hickory St.	Sapulpa	OK	(918) 224-4415
Seminole State College		2701 Boren Blvd.	Seminole	OK	(405) 382-9950
Shawnee Family YMCA		700 W. Saratoga	Shawnee	OK	(405) 273-4386
Warm Water Pool for Total Health (Ongoing Class)		1514 Cimarron Plaza	Stillwater	OK	(405) 377-4422
Maryetta School (Ongoing Sept. Through Early May)		Rt 4 Box 413	Stilwell	OK	(918) 696-2285
Center for Individuals with Physical Challenges		Class at YWCA 1910 S. Lewis	Tulsa	OK	(918) 584-8607
Hillcrest Kaiser Rehab Center (Ongoing Class)		1125 South Trenton Ave.	Tulsa	OK	(918)579-7100
Inverness Village (Ongoing Class - Residents Only)		3800 W 71	Tulsa	OK	(918) 447-9333
Redbud Physical Therapy (Ongoing Class)	4716 E 40	Tulsa	OK	(918) 622-4278	
Saint Francis Hospital - Health Zone (Ongoing Class)	5353 East 68	Tulsa	OK	(918) 494-1671	
St. John Medical Center - Seigfried Health Club (Ongoing Class)	1819 E. 19	Tulsa	OK	(918) 744-2484	
YWCA East Center	8145 E. 17	Tulsa	OK	(918) 628-1030	
PJW YWCA	1910 S. Lewis Ave.	Tulsa	OK	(918)749-2519	
Great Plains Family YMCA (Ongoing Class)	1400 N. Airport Rd.	Weatherford	OK	(580) 772-0202	