

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

Type of Physical Activity	Organization	Address	City	State	Phone
<p align="center">EnhanceFitness Program</p> <p>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.</p>	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
	Antlers Nutrition Center (Ongoing Class)	248 NW "A" Street	Antlers	OK	(918) 465-4840
	Broken Bow Nutrition Center (Ongoing Class)	210 N. Broadway	Broken Bow	OK	(918) 465-4840
	Clayton Nutrition Center (Ongoing Class)	3rd and Cherokee	Clayton	OK	(918) 465-4840
	Connerville Senior Nutrition Center	6700 N. US Hwy 377	Connerville	OK	(580) 795-9790
	Duncan Senior Nutrition Center	1901 W. Plato	Duncan	OK	(580) 795-9790
	Garvin Nutrition Center (Ongoing Class)	117 North Hawkins	Garvin	OK	(918) 465-4840
	Idabell Nutrition Center (Ongoing Class)	304 East Main	Idabell	OK	(918) 465-4840
	Kiowa Nutrition Center (Ongoing Class)	104 North Harrison	Kiowa	OK	(918) 465-4840
	McAlister Nutrition Center (Ongoing Class)	801 North Ninth	McAlester	OK	(918) 465-4840
	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
	Seminole Community College	2701 Boren Blvd.	Seminole	OK	(405) 382-9950
	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
	Talihina Nutrition Center (Ongoing Class)	Hwy. 2 & Railroad Street	Talihina	OK	(918) 465-4840
	Golden Age 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
	Valient Nutrition Center (Ongoing Class)	311 Johnson Street	Valient	OK	(918) 465-4840
Wilbuton Senior Nutrition Center (Ongoing Class)	309 West Ada	Wilburton	OK	(918) 465-2122	
<p align="center">Chronic Disease Self Management Program</p> <p>This program is attended by people with different chronic diseases. In these classes, they learn how to manage, maintain, and increase their life activities.</p>	Midwest City Library	Reno and Midwest Blvd.	Midwest City	OK	(405) 942-8500
	Candlelake Senior Center	3540 NW 56th Street	OKC	OK	(405) 949-1120
	Hillcrest Senior Center	2325 SW 59th Street	OKC	OK	(405) 420-8712
	Classen Senior Center	913 NW 12th Street	OKC	OK	(405) 272-0476
	Mary Mahoney Memorial Health Center	12716 NE 36th Street	OKC	OK	(405) 769-3301
	Memorial Christian Church	1915 N. Meridian Ave	OKC	OK	(405) 946-6701
	OSU Cooperative Extension Service	930 N. Portland	OKC	OK	(405) 713-1125
	<p align="center">Arthritis Foundation Exercise Program</p> <p>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.</p>	Chickasaw Nation Family Life Center	229 W. Seabrook Road	Ada	OK
The Homestead		901 Homestead	Alva	OK	(580) 327-4080
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
Daily Family YMCA of Bixby		7910 E. 134th St. S	Bixby	OK	(918) 369-9622
LIFE Senior Services		3106 S. Juniper Ave.	Broken Arrow	OK	(918) 664-9000
Senior Citizens Center		113 Hoy	Buffalo	OK	(580) 735-2740
Ascension Lutheran Church		3617 S.E. 29th	Del City	OK	(405) 677-1444
Duncan Regional 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
No Man's Land Senior Center		515 E. 15th street	Guymon	OK	(580) 338-5049
Center for Creative Living		3501 Dr. Elise Hamm Dr.	Lawton	OK	(580) 248-0471
Comanche Nation Elder Center		1107 SW H Ave	Lawton	OK	(580) 492-6434
McAlester Regional Wellness Center		1400 E. Van Buren	McAlester	OK	(580) 421-6600
Cleveland County Family YMCA (Ongoing Class)		1350 Lexington	Norman	OK	(405) 364-9622
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, Ste 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) (Residents Only)		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
Tishomingo Wellness Center		821 East 6th	Tishomingo	OK	(580) 387-2711
Carver Senior Center		1208 E Pine St	Tulsa	OK	(918) 585-3307

Type of Physical Activity	Organization	Address	City	State	Phone	3/18/2009
Arthritis Foundation Exercise Program, cont. 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.	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	
	Muskogee Swim and Fitness	566 N. 6th St.	Tulsa	OK	(918) 681-4733	
	Saint Francis Hospital Health Zone (Ongoing Class)	5353 E 68	Tulsa	OK	(918) 494-8245	
	University Village (Ongoing Class)	8555 South Lewis Avenue	Tulsa	OK	(918) 299-2661	
	RSVP	518 W. Cherokee	Wagoner	OK	(918) 485-8992	
	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.	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	
Muskogee County Health Department		530 S. 34th St.	Muskogee	OK	(918) 683-0321	
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	
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 Health Zone		5353 E. 68th St. S., Tulsa	Tulsa	OK	(918) 494-1671	
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	(580) 310-9661
	Northwestern Oklahoma State University	709 Oklahoma Ave	Alva	OK	(580) 327-8150	
	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	
	Daily Family YMCA of Bixby	7910 E. 134th St S.	Bixby	OK	(918) 369-9622	
	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	
	Transformation Fitness	14701 N. Kelly	Edmond	OK	(405) 752-1233	
	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	
	NEO A & M College	200 "I" Street N.E.	Miami	OK	(918) 540-6325	
	Midwest City YMCA (Ongoing Class)	2817 Woodcrest Drive	MWC	OK	(405) 733-9622	
	Norman Regional Hospital Physical Prf. 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	
	Epworth Villa (Residents Only)	14901 N. Pennsylvania Ave.	OKC	OK	(405) 752-1200	
	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	
	ConocoPhillips Aquatic Center (Employees & Retirees Only)	Contact Allison Van Natter	Ponca City	OK	(580) 767-4203	
	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	
	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	
	Class 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 Ctr - 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		
Redbud Physical Therapy	817 W. Cherokee	Wagoner	OK	(918) 485-3100		
Great Plains Family YMCA (Ongoing Class)	1400 N. Airport Rd.	Weatherford	OK	(580) 772-0202		