

HEALTHY LIVING NORMAN

Annual Report to the City of Norman

Board of Parks Commissioners

September 3, 2025

Section 1 - Annual Activities

Programming at the Adult Wellness & Education Center is based on the Six Dimensions of Wellness and supporting healthy aging in our community.

Between July 1, 2025 and June 30, 2026, Healthy Living Norman has offered:

- 2908 Fitness classes (attendance: 39,477)
 - Land classes in group fitness room
 - Water classes in the natatorium
 - Pickleball clinics
 - Boot camps & workshops
 - Line dancing & adult ballet
 - Senior Fitness Challenge program
 - Swimming Lessons
- 622 Art classes (attendance: 4,671)
 - Fine art: sketching, drawing, painting
 - Pottery
 - Fused Glass
 - Textiles: felting, embroidery, crochet, knitting, quilting
 - Jewelry making
 - Basket weaving
 - Specialty classes
 - Crafts
- 1154 Educational classes, recreational activities, and events
 - Music & performing arts
 - Dancing
 - Cultural programming
 - Health & mental health
 - Health screenings
 - Support groups
 - Book clubs
 - Opera club & Gilbert & Sullivan Appreciation Society
 - Gardening Club at our Dimensions of Wellness Garden at the Cleveland County Master Gardeners Demonstration Garden
 - Nutrition education
 - Safety



- Cooking & baking classes
- Finance & Legal topics
- General interest
- Culture
- OU Osher Lifelong Learning lectures
- Monthly Veterans programs
- Recreational games
- Singo with ArchWell Health

Special Events and Programming have included

- July 2025
 - Dog Days of Summer programming (art, therapy dogs)
 - Summer games tournaments
 - Tanabata Japanese Star Festival
 - Norman parks photography contest
- August 2025
 - Wellness Expo
 - Summer Beach themed programming
 - Beach Bash (dance with live band)
 - Book signing with local illustrators
- September 2025
 - Healthy Aging Month programming
 - AWEsome 6x6 Art Exhibit kickoff
- October 2025
 - Hispanic Heritage Month programming
 - Halloween Dance with live band
 - Pumpkin decorating contest
 - Opening of AWEsome 6x6 Art Exhibit
 - Floating sound immersion event
- November 2025
 - Second Anniversary Murder Mystery Gala
 - Veterans Day celebration
 - Native American Heritage Month programming
 - National Family Caregivers Month programming
 - Holiday Art Market
 - AWEpera Chorus performance
- December 2025
 - Holiday Art Market & Workshops

- Nutcracker Tea Party
 - Christmas & winter holiday activities
 - Launch of new digital literacy program
- January 2026
 - Elvis Week programming
 - Hygge (Danish practice of cozy togetherness) programming
 - New Year fitness workshops
- February 2026
 - Black History Month programming
 - Mardi Gras Dance party
 - Beatlemania activities
 - Heart Health Month programming
 - SOUPer Bowl fundraiser
- March 2026
 - A Way to Wellness healthy lifestyle series
 - Added Joy in Motion group dance program
 - International Women's Month programming
 - Spring Art & Craft market
 - National Caregivers Appreciation Day
 - Fall Prevention workshops
 - Entry in Norman's Mardi Gras Parade – awarded trophy for best dance group!
- April 2026
 - Awesome 6x6 Community Art Exhibit kickoff
 - Earth Day programming
 - AWEpera Chorus spring performance
- May 2026
 - Senior Prom
 - Mother's Day Tea Party
 - Guys and Dolls Senior auditions (new collaboration with The Sooner Theatre)
- June 2026
 - Juneteenth Celebration
 - Father's Day Car Show & Coffee Social
 - Guys and Dolls Senior performances
 - Health screenings
 - Promoted summer water walking at Westwood Family Aquatic Center

Regular Events

- Mornings with the Professor with OU Osher Lifelong Learning Institute

- Monday night Drummin' Up Wellness African drumming with Tiffany Couch
- Singo with ArchWell Health
- Karaoke
- Open Line Dancing
- Gardening at our Dimensions of Wellness Garden at the Cleveland County Master Gardeners Demonstration Garden
- Veterans coffee socials 2x per month

We are a host site for Aging Services Inc.'s Title III senior congregate lunch program.

Our Transportation Roundtable continues to advocate for greater access to transportation to wellness resources for older adults and adults with disabilities.

We are supporting older adults' participation in Oklahoma Senior Games by sharing information about the games, helping organize member teams, and hosting the Senior Fitness Challenge event in October. Members are competing in individual and team events in the 2026 games.

Section 2 - Mission Statement & Goals

MISSION

To promote the health and well-being
of adults aged 50 and older
by providing opportunities for
physical activity, social engagement,
and lifelong learning at the
Adult Wellness and Education Center.

GOALS

- Increase member participation numbers.
- Continue to expand visual art, STEM and performing arts programming in 2026/2027.

Section 3 - Membership Fees

- Individual Membership: \$35 per month
- Family Membership for additional individual in the household: \$25 per month
- Members with Silver & Fit (Global Health, Blue Cross Blue Shield): reimburses Healthy Living Norman \$9 per visit up to \$36 per month (4 visits)
- Members with Renew Active (United Healthcare): reimburses Healthy Living Norman \$3 per visit up to \$30 per month (10 visits)
- Members with Silver Sneakers (Medicare Advantage or Medicare Supplement Plan): reimburses Healthy Living Norman \$3 per visit up to \$21 per month (7 visits)
- Members with HealthChoice insurance: \$30 per month
- Chickasaw Nation Members: free membership paid by the Chickasaw Nation
- Sliding Scale Fee based on Federal Poverty Guidelines:
 - Households below 100% of FPG - \$10 per month
 - Households between 100% and 200% of FPG - \$15 per month
- Veterans: \$30 per month
- A limited number of scholarships are available on a case-by-case basis.
- Day Pass (guests 50+) \$10 per person

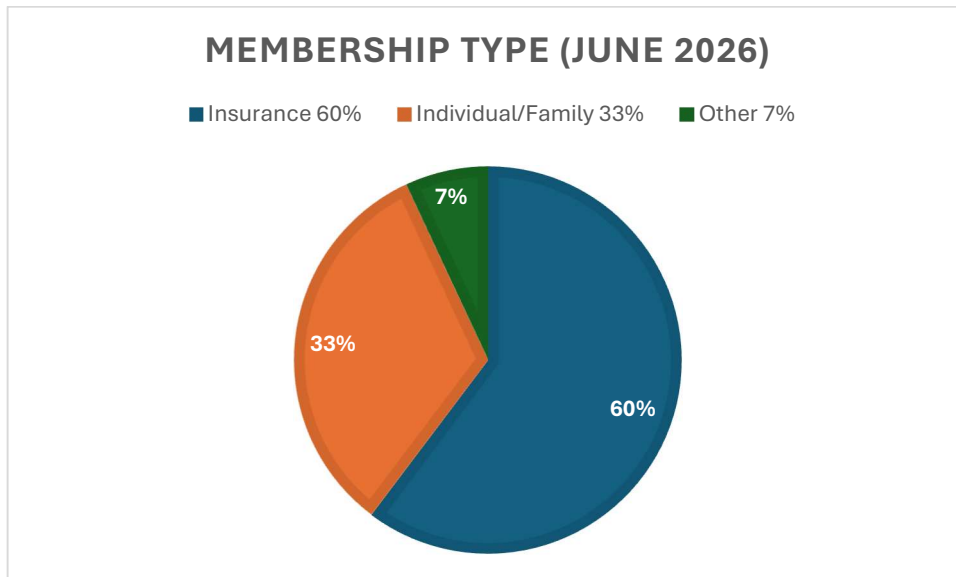
Corporate and Group memberships for those 50+ are available for a negotiated fee based on membership numbers and other factors established by the Board of Directors.

Current Corporate Memberships at \$30 per person per month:

- University of Oklahoma
- Norman Regional Health System
- State of Oklahoma
- Norman Public Schools
- NRH Cardio Rehab Patients (membership is for 3 months)

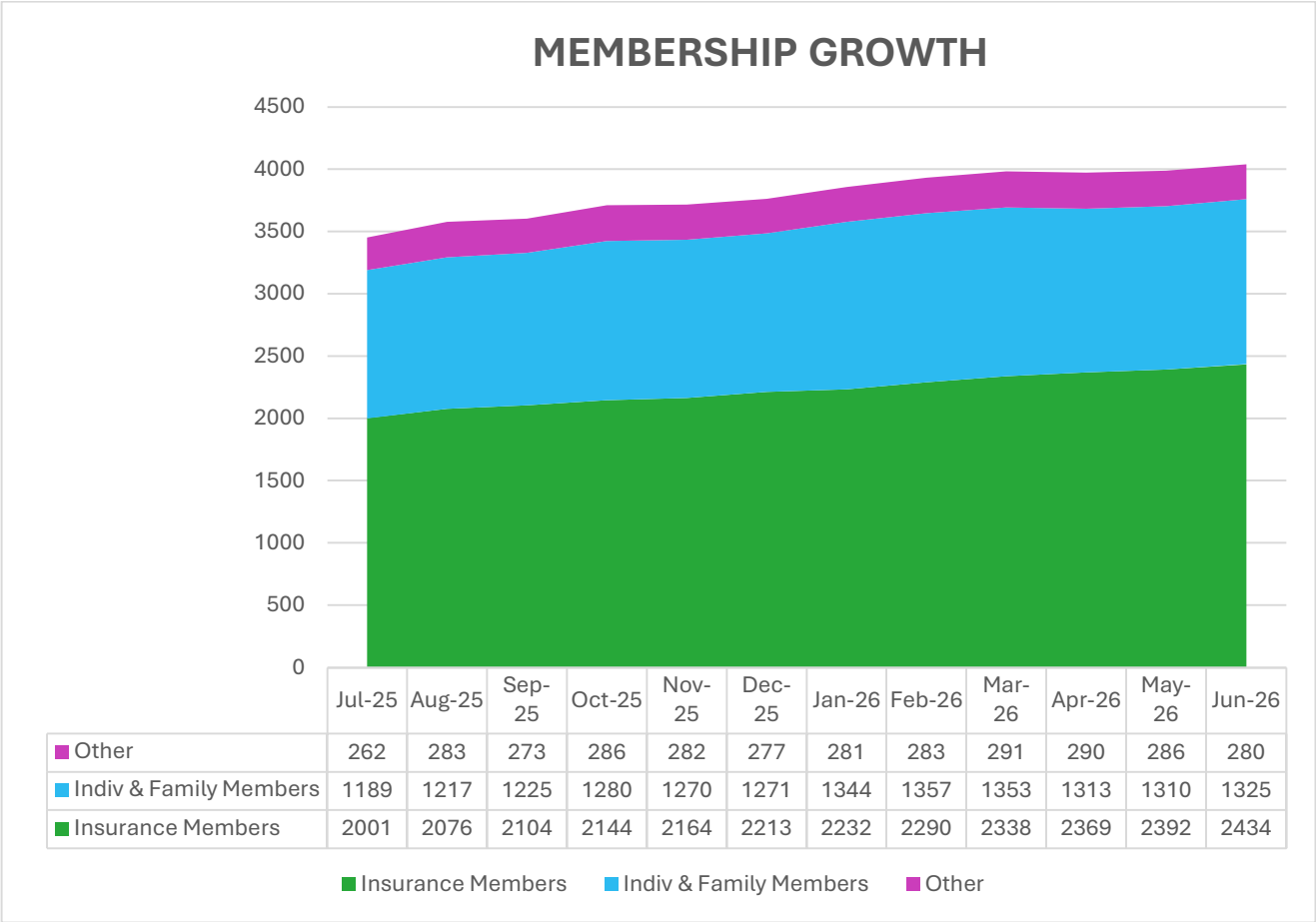
- City of Norman Employee Membership: \$25 per month

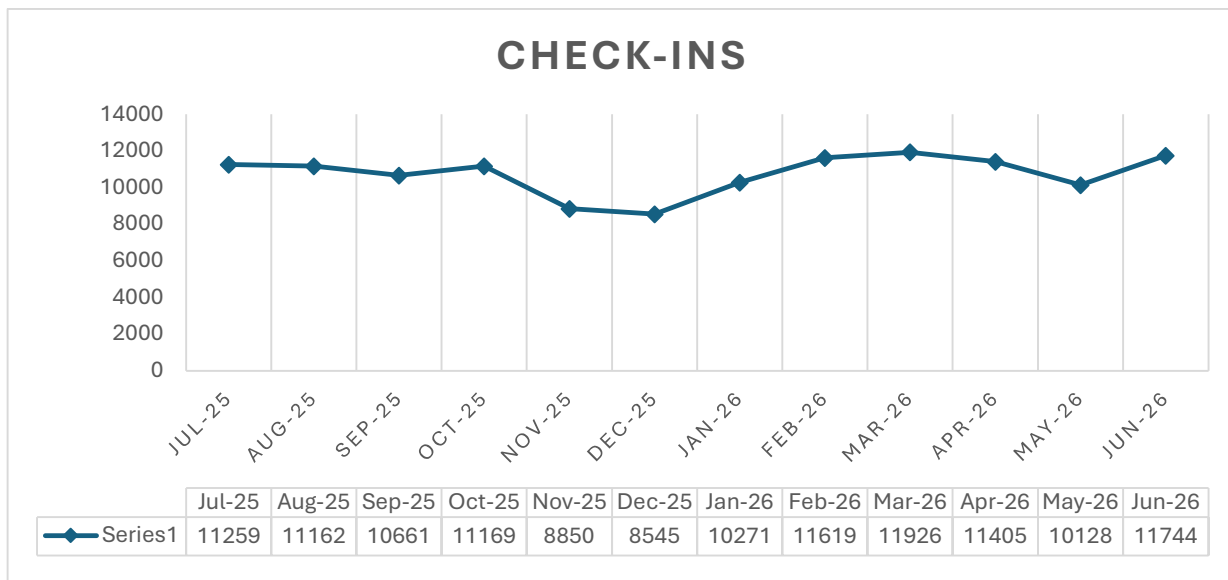
Exceptions to the above policy may be made on a case-by-case basis as determined by the Board President or other Board Appointed Designee.



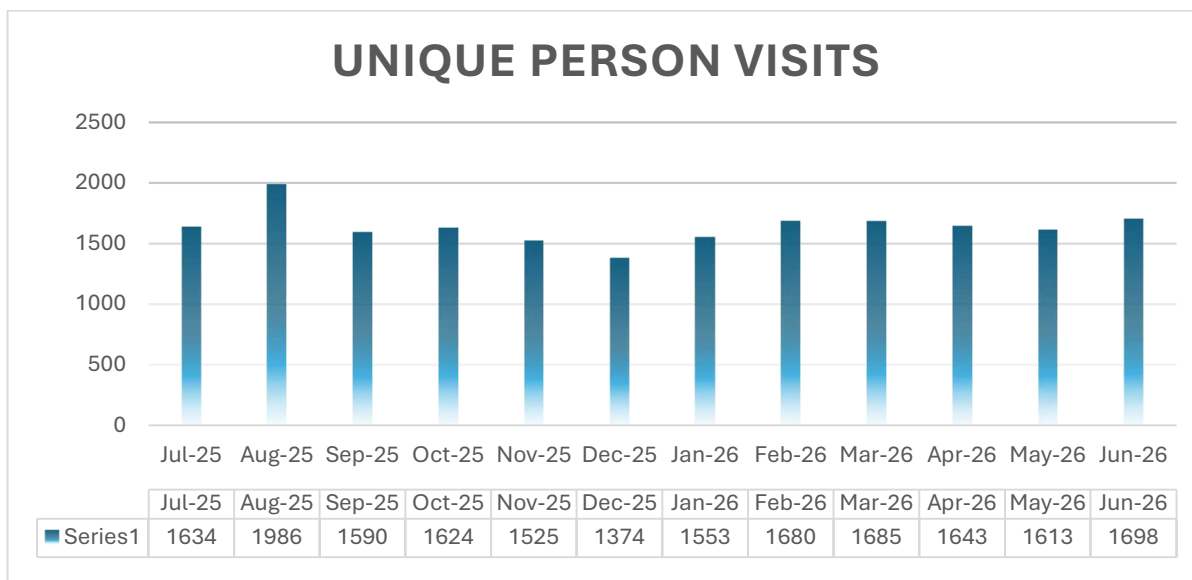
Section 4 – Participation

As of June 30, 2026, we had 4,039 active members (ahead of our goal of reaching 4,000 members by December 2026).



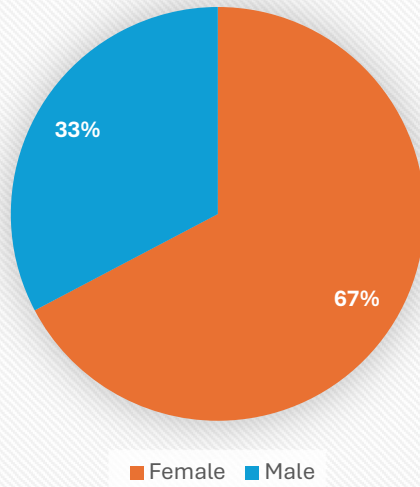


There were a total of 128,739 check-ins between July 1, 2025 and June 30, 2026.



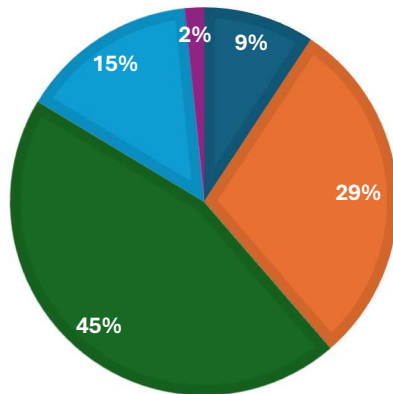
This chart represents unduplicated individual member visits by month. Average 43% of membership.

Gender



MEMBERS BY AGE (MEDIAN AGE 71)

■ 50–59 (9%) ■ 60–69 (29%) ■ 70–79 (45%) ■ 80–89 (15%) ■ 90–99 (2%)



Section 5 - Revenue

See attachment.

Section 6 - Beginning & Ending Fund Balance

Healthy Living Center Norman, Inc.

Balance sheet

As of Jun 30, 2026

	TOTAL
Assets	
Current Assets	
Bank Accounts	
1000 United Business Free (8570) - 1	123.94
United Business Free (7600) - 2	88,004.62
Total for Bank Accounts	\$88,128.56
Accounts Receivable	\$0.00
Total for Current Assets	\$88,128.56
Fixed Assets	
1200 Furniture and Equipment	19,067.42
Total for Fixed Assets	\$19,067.42
Total for Assets	\$107,195.98
Liabilities and Equity	
Liabilities	
Current Liabilities	
Other Current Liabilities	
2000 Payroll Liabilities	-113,529.22
2200 Deferred Revenue - Grants	0.00
2210 Deferred Revenue - Corporate Sponsorships	0.00
2220 Deferred Revenue - Chickasaw	94,785.00
Total for Other Current Liabilities	-\$18,744.22
Total for Current Liabilities	-\$18,744.22
Total for Liabilities	-\$18,744.22
Equity	
3200 Retained Earnings	54,023.95
Net Revenue	71,916.25
Total for Equity	\$125,940.20
Total for Liabilities and Equity	\$107,195.98

Section 7 - Annual Budget

See attachment.

Section 8 – Officers & Expenditure Authorization

Current record of officers:

- Lynne Miller, President
- William Scanlon, Vice-President
- Paulette Black, Secretary
- Linda Price, Treasurer

President Lynne Miller, Treasurer Linda Price, Executive Director Katherine Leidy, and Business Manager Tricia Forbes have authorization for expenditures.

Section 9 – Books & Records

Those responsible for maintaining Healthy Living Norman books and records:

Katherine Leidy

Executive Director
Healthy Living Norman

Tricia Forbes

Business Manager
Healthy Living Norman

Section 10 - Tax Affirmation

Healthy Living Norman is filing yearly tax returns.

Section 11 - Board Members

Healthy Living Center Norman, Inc.

226/2027 Board of Directors

Lynne Miller, President

(term expires 2027)

Retired, Former Mayor of Norman, OK

801 48th Ave. SE

Norman, OK 73026

405-834-3009

lmillerstuart@gmail.com

Greg Heiple, Director

(term expires 2028)

Financial Planner

218 E. Eufaula St.

Norman, OK 73069

405-447-5535

gregheiple@gmail.com

Bill Scanlon, Vice President

(term expires 2027)

Retired, Former Norman City Councilor

3001 Harwich Ct.

Norman, OK 73071

405-579-1679

scanlonwa@aol.com

Gale Llewellyn Hobson, PhD, Director

(term expires 2029)

Psychologist

517 S. Flood Ave.

Norman, OK 73069

405-202-5557

gale_hobson_phd@hotmail.com

Paulette Black, Secretary

(term expires 2027)

420 Tecumseh Ridge Ct.

Norman, OK 73071

405-823-4912

pauletteblack828@gmail.com

Elaine Purvis, Director

(term expires 2028)

VP & Chief Strategy Officer

Norman Regional Health System

3300 Healthplex Pkwy.

Norman, OK 73072

405-307-2210

epurvis@nrh-ok.com

Linda Price, Treasurer

(term expires 2027)

Retired, City of Norman City Planner

Norman, OK

405-306-0372

ljrprice@gmail.com

Jason Olsen, City of Norman Liaison

Director

Parks & Recreation Department

City of Norman

201 W. Gray St., Building C

Norman, OK 73069

405-366-5472

Jason.olsen@normanok.gov

Patrick Chesley, Director

(term expires 2029)

Attorney

2213 Westpark Dr.

Norman, OK 73069

405-364-6962

patrickchesley51@gmail.com

Katherine Leidy

Executive Director

Healthy Living Norman

602 N. Findlay Ave.

Norman, OK 73071

405- 857-7390

katherine@healthylivingnorman.com

Amy Davenport, Director

(term expires 2028)

University of Oklahoma

1401 Asp Ave., Room 170

Norman, OK 73019-2142

405-209-2842

amydavenport@ou.edu

Member Feedback

“The atmosphere when you walk in the building is among the most powerful antidotes to depression and loneliness.” – Ben Keppel, 66

“It gives me a place to go to feel connected and included. Also a place to nurture a healthy lifestyle. Garden Club has opened avenues that have allowed me to expand my participation in the community and increase my social network.” – Charlotte Trout, 69

“Coming to the AWE means friendship, activities, structure, and freedom. I am a social person and love to be involved with people.” – Richa Barnes, 88

“What I like best about participating in activities at the AWE is making new friends, fellowship, getting stronger, limber, and moving better. I went from a walker to a cane to no assistance.” – Carmen Laredo, 66

“Coming to the AWE means doing what you love no matter your age.” – Barbara Ozinga, 90

“My husband and I joined together almost 2 years ago. We did a variety of activities. My love of 44 years passed in March. I have continued to come to the AWE to stay connected as my grief journey is difficult. Thank you for the support here.” - Pam Cook, 81

“I wasn’t going out hardly at all. Once I joined I was socializing & getting exercise both! Made a big difference in my well being.” - Virginia Dembinski, 69

“I am stronger and healthier than when I started. It is a wonderful community.” - Peggy Alexander, 72

“AWE has added to my husband’s and my life with a joyful and welcoming environment. Since his stroke he has agreed to accompany me to various art classes and that has opened us both up to new adventures.” - Stephanie McCullough-Lawler, 61