

HEALTHY LIVING NORMAN

Annual Report to the City of Norman

Board of Parks Commissioners

September 4, 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, 2024 and June 30, 2025, Healthy Living Norman has offered:

- 2455 Fitness classes (attendance: 34,341)
 - Land classes in group fitness room
 - Water classes in the natatorium
 - Pickleball clinics
 - Boot camps & mini camps
 - Line dancing & adult ballet
 - Senior Fitness Challenge program
- 678 Art classes (attendance: 4,610)
 - Fine art: sketching, drawing, painting
 - Pottery
 - Fused Glass
 - Textiles: felting, embroidery, crochet, knitting, quilting
 - Jewelry
 - Basket weaving
 - Specialty classes
 - Crafts
 - Writing
- 660 Educational classes, scheduled game times, and events
 - Music & performing arts
 - Dancing: Contra, English Country 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
 - Floral arranging & container gardening
 - Nutrition education



- Safety
- Cooking & baking classes
- Finance & Legal topics
- Genealogy
- General interest
- Culture
- OU Osher Lifelong Learning lectures
- Monthly Veterans programs
- Indoor & outdoor games
- Singo with ArchWell Health
- Tournaments & competitions

Special Events and Programming have included

- July 2024
 - AWElympics competitions & medal ceremony
 - Open House
 - Bring-a-Grandchild art classes
- August 2024
 - Wellness Expo
 - Beach Bash (dance with live band)
- September 2024
 - Grandparents Day family event (art, games, refreshments)
 - Tailgate party & cookout
 - Pickleball Tournament
- October 2024
 - Hispanic Heritage Month programming
 - Halloween Dance with live band & Thriller flash mob
 - Women's Health Forum
- November 2024
 - First Anniversary Gala
 - Group Travel: Trip to England, Scotland & Wales
 - Veterans Day celebration
 - Collected clothing donations for Nana's Closet (helping grandparents raising grandchildren) and Socks for Seniors OK
- December 2024
 - Holiday Art Market & Workshops
 - Nutcracker Tea Party
 - "Onwards" public art sculpture dedication and art workshops

- Holiday Talent Spectacular (talent show)
- January 2025
 - Elvis Day
- February 2025
 - Black History Month programming
 - Mardi Gras Dance party
 - SOUPer Bowl fundraiser
- March 2025
 - Entry in Norman's Mardi Gras Parade – awarded trophy for best lights!
 - Festival of Colors Month programming celebrating Indian culture
 - Women's History Month tea party & movie screenings
 - Line dancing party
 - Sound Immersion for wellness
 - Group Travel: trip to the French Riviera
- April 2025
 - National Volunteer Month programming
 - Sister City Celebration celebrating 20 years as a sister city with Seika, Japan
- May 2025
 - Senior Prom - Stayin' Alive: Back to the Disco!
 - Mother's Day Tea Party
 - Additional Sister Cities – Japanese cultural programming
 - National Chocolate Chip Day baking contest
 - Launched 6x6 AWEsome Art project
- June 2025
 - Juneteenth Celebration
 - Father's Day Lawn Games & Lunch
 - Showtime at the AWE programs (music, comedy & open mic)
 - Group Travel: trip to the Canadian Rockies & Glacier National Park

Regular Events

- Monthly 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
- Gardening at our Dimensions of Wellness Garden at the Cleveland County Master Gardeners Demonstration Garden
- Veterans coffee socials 2x per month

We hosted several intergenerational and cultural classes and events.

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

Our Transportation Roundtable is advocating 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, securing grant funds for training, and hosting the Senior Fitness Challenge event in October 2025. Members are competing in individual and team events in the 2025 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

- Reach 4000 active members by December 2026.
- Add regular programming in technology literacy and brain fitness in 2026.

We are in the process of transferring our operating agreement with the City of Norman from Healthy Living Center Norman, LLC – dba Healthy Living Norman (through Healthy Living & Fitness, Inc.) to our new, locally-controlled entity Healthy Living Center Norman, Inc. – dba Healthy Living Norman. In short, we are amicably separating from Healthy Living & Fitness, Inc. Our Board of Directors and leadership staff will be conducting a strategic planning retreat within the next few months, resulting in updated goals. The transfer of the operating agreement will not interrupt operations, staff, or programming at the Adult Wellness & Education Center.

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

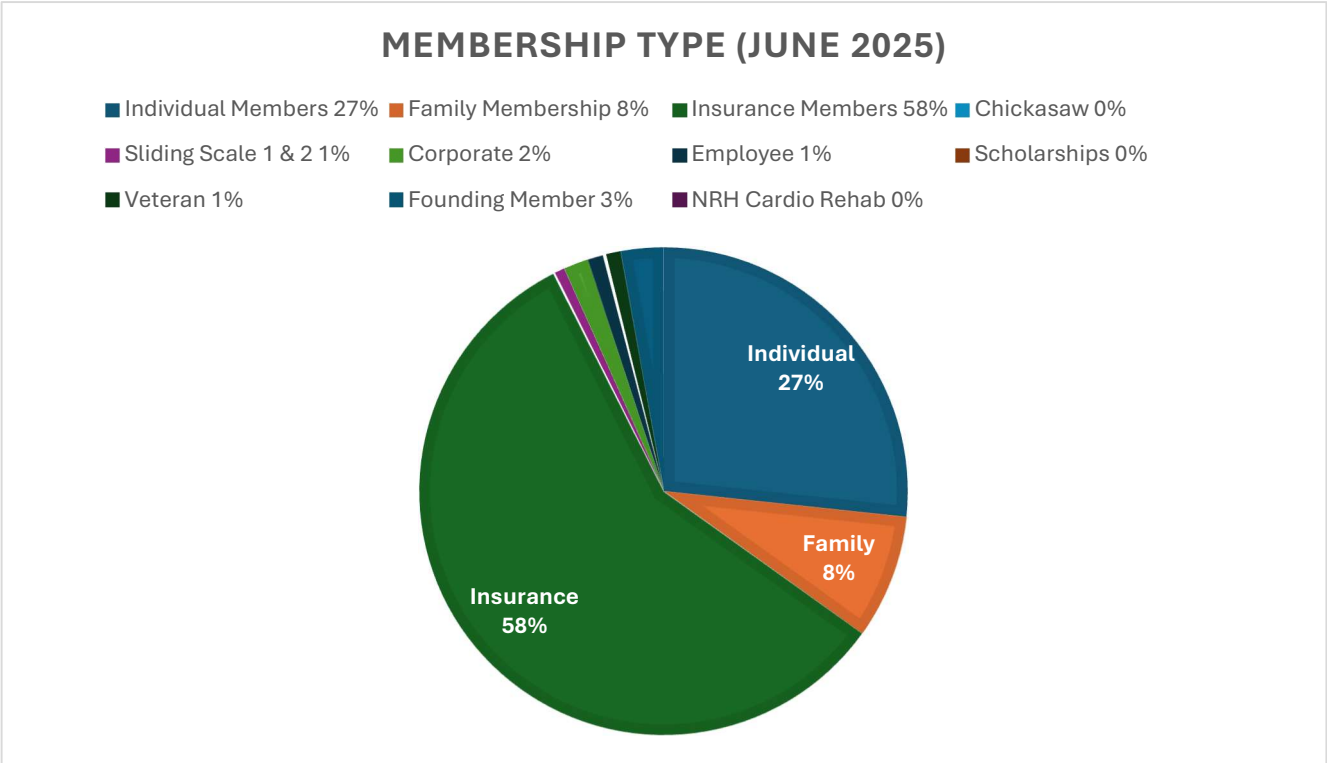
Corporate and Group memberships for those 50+ are available for a negotiated fee based on membership numbers and other factors established by the Board of Directors.

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

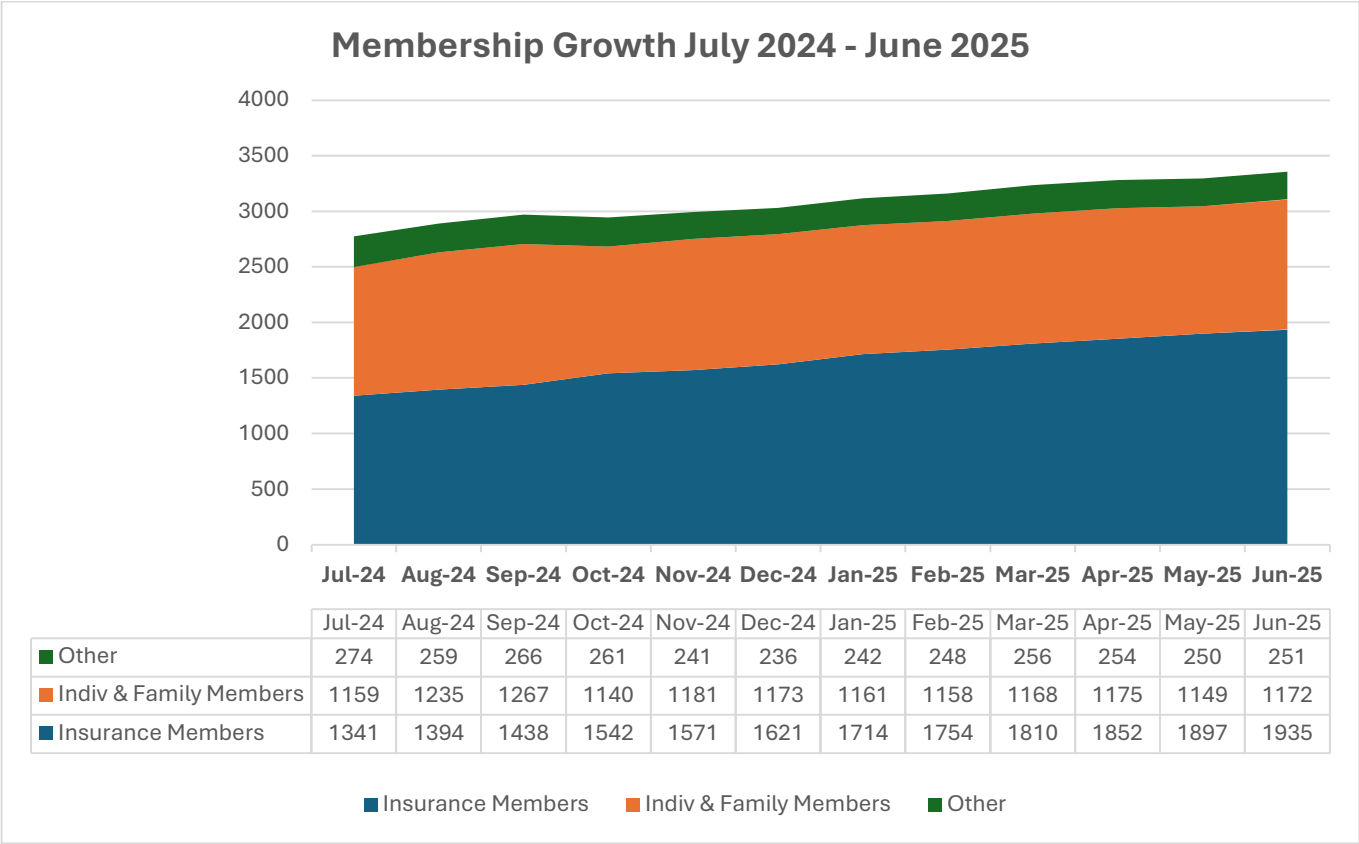
Exceptions to the above policy may be made on a case-by-case basis as determined by the Board President or other Board Appointed Designee.

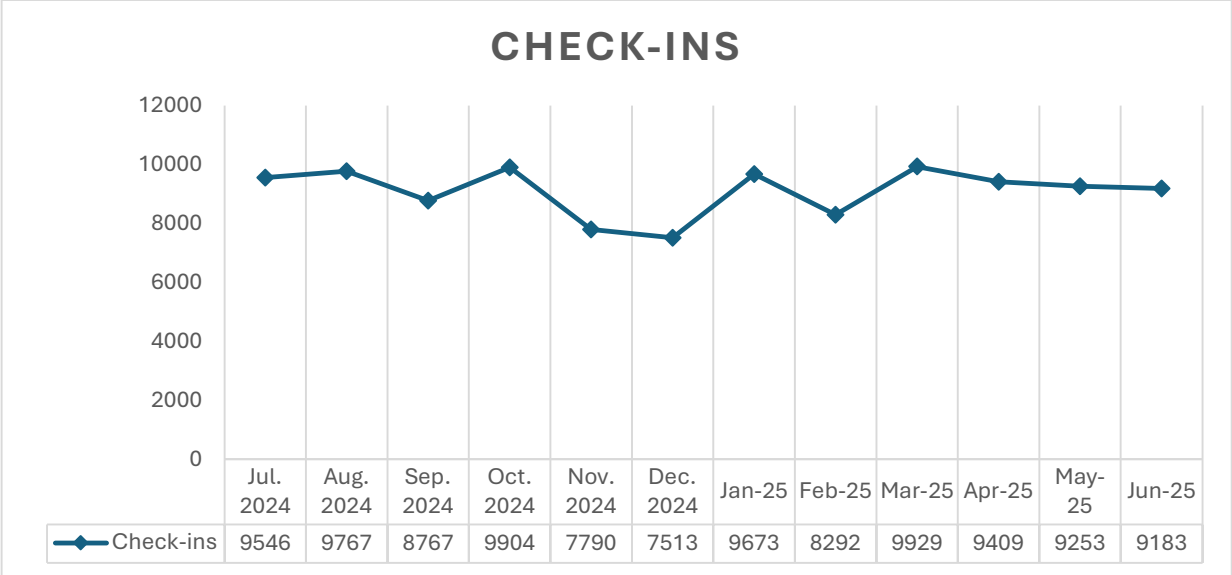


Insurance members include Silver & Fit/Active & Fit, Silver Sneakers, and Renew Active.

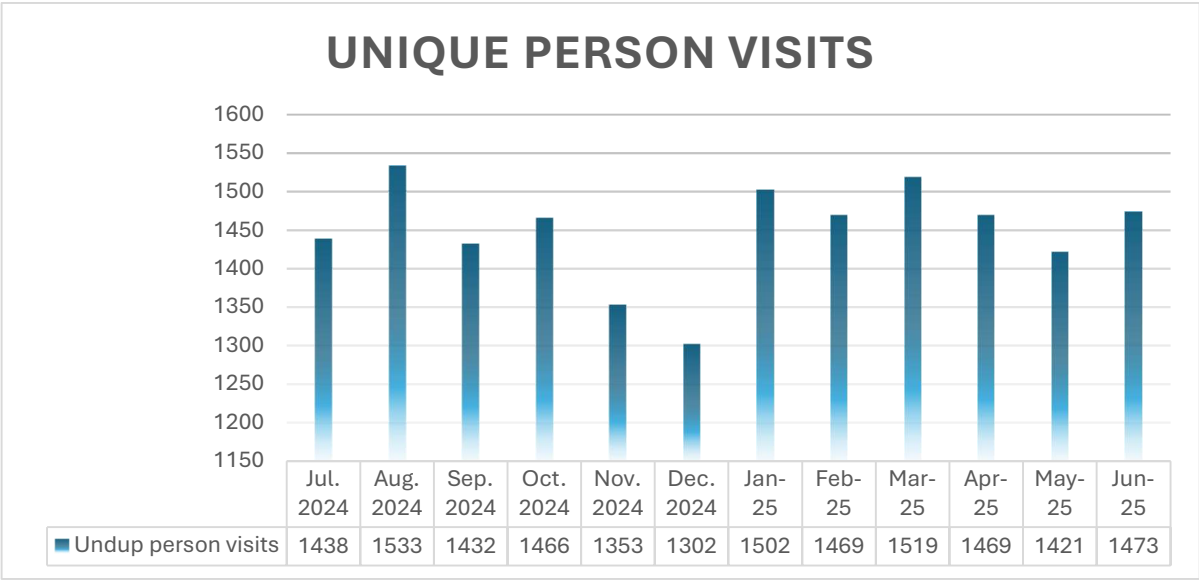
Section 4 – Participation

As of June 30, 2025, we had 3,358 active members.



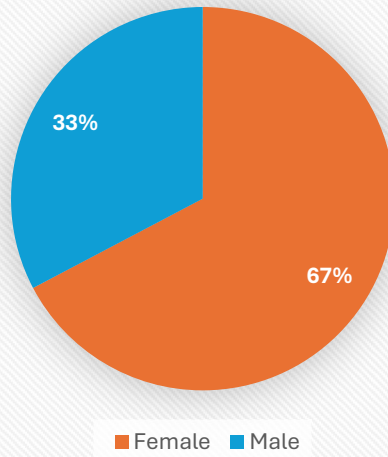


There were a total of 109,026 check-ins between July 1, 2024 and June 30, 2025.

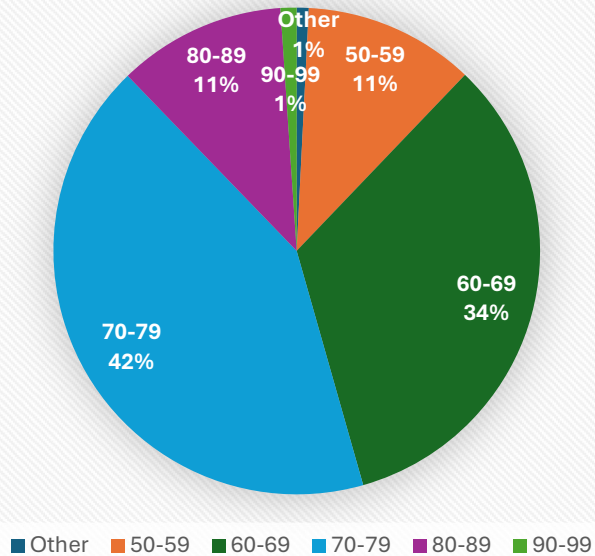


This chart represents unduplicated individual member visits by month.

Gender



Members by Age



- “Other” indicates members who are under 50 years old. They include those with family memberships and Healthy Living Norman employees.
- One member is 100 years old and comes to exercise in the pool at least two times per week.

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7100 Employee Benefits	5,840.70	5,734.12	5,734.12	5,877.60	5,764.64	5,764.64	5,764.64	4,622.56	4,245.02	4,187.40	4,315.88	4,393.16	8,125.03	60,747.79
7200 Dues & Subscription	140.36	140.36	310.38	140.36	140.38	140.38	140.38	326.66	140.38	140.38	140.38	214.38	186.40	2,484.89
7300 Professional Fees	380.00	210.00	424.00	2,855.50	1,730.00	228.00	228.00	721.00	1,691.00	585.00	586.00	555.00	540.00	6,081.50
7400 Contract Labor Expense	2,726.86	3,110.50	1,155.00	962.50	1,550.00	1,550.00	1,550.00	450.00	793.79	1,050.00	608.00	482.50	525.00	13,647.87
7500 Accounting Fees				195.00							1,945.18			1,945.18
7700 Equipment Expense		108.73											901.55	415.38
7800 Post Supplies		249.80		186.81					223.86			178.16		1,131.25
7900 Legal Fees									600.00				1,025.00	6,882.00
9000 Payroll Taxes	2,842.46	3,088.11	2,853.97	3,487.55	3,321.64	3,143.17	3,143.17	2,717.17	2,785.79	3,270.66	1,613.84	4,743.96	3,900.24	37,035.15
Uncategorized Expense									1,284.00					1,284.00
Total for Expenses	58,740.96	78,287.16	55,840.71	68,506.56	66,979.54	73,687.63	73,687.63	51,813.66	58,445.13	62,499.70	60,258.87	53,887.56	53,432.60	\$746,688.87
Net Operating Income	2,875.33	-4,664.63	-2,189.41	-1,335.02	1,129.87	-13,237.41	-13,237.41	26,297.18	-589.21	-1,817.50	2,158.52	11,587.24	-1,721.70	\$16,387.27
Other Income														
Net Other Income	0.00	0.00	0.00	6.00	8.88	8.88	8.88	6.68	0.80	0.00	8.88	0.00	0.00	8.88
Net Income	2,875.33	-4,664.63	-2,189.41	-1,335.02	1,129.87	-13,237.41	-13,237.41	26,297.18	-589.21	-1,817.50	2,158.52	11,587.24	-1,721.70	\$16,387.27

Account Reconciled Thursday, August 28, 2025 03:20 PM GMTZ

Section 6 - Beginning & Ending Fund Balance

Balance Sheet

Healthy Living Center Norman, Inc.

As of June 30, 2025

DISTRIBUTION ACCOUNT	TOTAL
Assets	
Current Assets	
Bank Accounts	
1000 United Business Free (8570) - 1	868.85
Total for Bank Accounts	\$868.85
Accounts Receivable	
1100 OKC Salary Reimbursement Receivable	
Total for Accounts Receivable	0
Other Current Assets	
Total for Current Assets	\$868.85
Fixed Assets	
1200 Furniture and Equipment	15,456.60
Total for Fixed Assets	\$15,456.60
Other Assets	
Total for Assets	\$16,325.45
Liabilities and Equity	
Liabilities	
Current Liabilities	
Accounts Payable	
Credit Cards	
Other Current Liabilities	
2000 Payroll Liabilities	-27,818.41
2200 Deferred Revenue - Grants	
2210 Deferred Revenue - Corporate Sponsorships	
2220 Deferred Revenue - Chickasaw	97,200.00
Total for Other Current Liabilities	\$69,381.59
Total for Current Liabilities	\$69,381.59
Long-term Liabilities	
Total for Liabilities	\$69,381.59
Equity	
3200 Retained Earnings	-88,923.08
Net Income	35,866.94
Total for Equity	-\$53,056.14
Total for Liabilities and Equity	\$16,325.45

Section 7 - Annual Budget

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Section 8 – Officers & Expenditure Authorization

Current record of officers:

- Lynne Miller, President
- Lee Hall, Vice-President
- Bill Scanlon, Secretary/Treasurer

President Lynne Miller, Secretary-Treasurer Bill Scanlon, 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. Board of Directors

Lynne Miller, President

Retired, Former Mayor of Norman, OK
801 48th Ave. SE
Norman, OK 73026
405-834-3009
lmillerstuart@gmail.com

Lee Hall, Vice-President

Retired, Former City Councilor
648 S. Lahoma Ave.
Norman, OK 73069
405-650-9088
lee.p.hall@gmail.com

Bill Scanlon, Secretary-Treasurer

Retired, Former City Councilor
3001 Harwich Ct.
Norman, OK 73071
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scanlonwa@aol.com

Amy Davenport, Director

Director
University of Oklahoma
Fitness & Recreation
1401 Asp Ave., Room 170
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Greg Heiple, Director

Director
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gregheiple@gmail.com

Brian Hill, Director

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405-513-3503
blhill77@yahoo.com

Elaine Purvis, Director

VP & Chief Strategy Officer
Norman Regional Health System
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Jason Olsen, City of Norman Liaison

Director
Parks & Recreation Department
City of Norman
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Katherine Leidy

Executive Director
Healthy Living Norman
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katherine@healthylivingnorman.com

Member Feedback

“I love going there for just quiet time or social time. Lots of my friends go. I love the physical fitness opportunities. I can do something new or familiar.” – Lorrie S.

“I am feeling better physically and mentally because of the variety of classes and activities offered.” – Lise S.

“Some of my friends have started calling me athletic - which has never happened before. I love keeping active when I would normally be sitting around.” – Patrice M.

“The Center has enhanced my overall view of life and made it more positive.” – Dale D.

“I have needed this outlet for body, mind and spiritual growth for years! Meeting and becoming reacquainted with my Norman family has brought me pleasure.” -- Paulette A.

“I have needed this outlet for body, mind and spiritual growth for years! Meeting and becoming reacquainted with my Norman family has brought me pleasure.” – Amy T.

“I have cerebral palsy and must do all I can to keep my feet and legs a part of my mobility regime. Your pool is essential and unique to that effort. I may stay in Norman when I retire because of the Wellness Center.” – Ben K.

“Gets me out of the house and committed to staying physically fit after having been recently widowed. It's good for me mentally and physically.” – Brenda S.

“I feel stronger, my balance and energy have improved, and I've made new friends.”
– Andrea C.