

# buddy lafortune community center

**Buddy LaFortune Community Center**  
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The Buddy LaFortune Community Center demonstrates a utilitarian design with elements of creativity and a constant energy that provides the public with a half court gym, meeting rooms and catering facilities.

The facility is consistently active with sports, youth camps, exercise and art classes. The complex maintains a bustling reservation list for its facilities, used for everything from support groups and dance troops to receptions and weddings.

## COMMUNITY CENTER OPERATING HOURS:

**Mon. - Thurs.** ..... 9am - 9pm  
**Fri.** ..... 9am - 5pm  
**Sat.** ..... 10am - 3pm  
**Sun.** ..... Closed

## WE ARE CLOSED DURING THE FOLLOWING HOLIDAYS:

**Martin Luther King, Jr.** ..... Jan. 18  
**Presidents Day** ..... Feb. 15  
**Easter Holiday** ..... Apr. 2  
**Memorial Day** ..... May 31

Call our offices at 496.6220 to register and/or inquire about all the activities listed here.

To ensure that programs are held, please register by the registration deadline (if applicable). A refund will be made only when a class is cancelled due to minimum class size not being met, or loss of instructor.

## ORGANIZATIONS

### TULSA CROQUET CLUB

Learn the art of playing croquet by the official rules. Open practices on Tuesday nights at the Gardens of LaFortune (51st and Hudson). Each year this club sponsors the Tulsa Classic Croquet Tournament. For more information call 258.5661.

### SMOCKING & HEIRLOOM SEWING

Smocking and Heirloom Sewing of Tulsa is a group of women dedicated to promoting the art of smocking and fine hand

sewing, and keeping these skills alive. If you have an interest in learning these stitching techniques, please join us. We meet the first Tuesday of each month from 6 - 8pm.

### LOOSE THREADS

This is an open sewing group that meets to quilt and chat! The group meets on Tuesdays from 4:30 - 9pm.

### TULSA WALKING CLUB

This is a membership meeting that meets on the second Wednesday of each month at 7pm. You do not need to be a member to attend meetings.

### MOTIVATORS

Meeting twice a month this support group offers tips and educational weight loss information in a safe and confidential setting to help keep you motivated. For more information call 510.5078.

**Session.** ..... 2nd & 4th Mon. each month  
**Time** ..... 6:30 - 8:30pm

## SPECIAL EVENTS

### HOW TO WRITE A LIVING WILL

Terry Simonson a Tulsa County Public Information Officer and a certified attorney will present information on creating a living will, power of attorney and a basic will and testament. Free and open to the public.

**Session.** ..... Tues.  
**Date** ..... Jan. 26  
**Time** ..... 7 - 8:30pm

### AN EVENING WITH TULSA COUNTY COMMISSIONER FRED PERRY

Commissioner Perry will give a graphic photo-rich power point presentation on the past history of and leading up to the "New Expo Square". This will cover the new construction that has taken place making the Tulsa County Fairgrounds one of the very best in the nation. Commissioner Perry will also discuss issues concerning Tulsa County District 3 and the County in general. Questions and answer period to follow presentation. This event is open to the public. Please R.S.V.P. by February 16.

**Session.** ..... Tues., Feb. 23  
**Time** ..... 6 - 7pm  
**Fee** ..... Free

### REDUCE, RECYCLE AND REUSE

Have you ever wondered what you could do to be more "green" in today's environment? The Metropolitan Environmental Trust better known as the MET will be sharing tips on composting and ways that you can become more "green".

**Session.** ..... Tues., Mar. 16  
**Time** ..... 3 - 4pm  
**Ages** ..... All ages  
**Fee** ..... Free

### 1950'S SOCK HOP

Come and relive the Wonder Years at our sock hop. You will get to dance to music from some of the biggest names of the 1950's. Music provided by DJ Connection.

**Date** ..... Sat., May 8  
**Times** ..... 3 - 5pm  
**Ages** ..... 50+  
**Fee** ..... \$5

### 1ST FRIDAY CONCERTS

1st Friday Concert dates announced; bands to be announced later. Fridays May 7th, June 4th, July 2nd, August 6th and September 10th.



### EASTER EGG HUNT

**Date** ..... Sat., Mar. 27  
**Ages** ..... 3 - 8  
**Time** ..... 10am  
**Location** ..... Gardens of LaFortune Park

### HOME SCHOOL ACTIVITIES

#### HOME SCHOOL PHYSICAL EDUCATION

Home school Physical Education will focus primarily on group activities and games that promote teamwork and develop motor skills. All P.E. classes are taught by the recreation staff. Ages 6-18

**Session 1** ..... Mon., 1:30 - 3pm  
**Session 2** ..... Tues., 1:30 - 3pm  
**Session 3** ..... Thurs., 9:30 - 11am  
**Session 4** ..... Thurs., 1:30 - 3pm

#### PET FIRST AID

Your pet is an important part of your life. By knowing basic pet first aid, you could save your pets life when an emergency strikes. This class will teach you how to: know when to call for emergency assistance for an injured animal, determine what is "normal" for your cat or dog, identify signals of breathing emergencies, including choking and provide care for the symptoms you find, recognize and provide care for signs of cardiac arrest, control life-threatening bleeding, recognize and care for signs of sudden illness, including poisoning, seizures, and heat and cold emergencies, moving an injured pet and put together a "pet friendly" first aid kit.

**Session** ..... Wed., May 12  
**Time** ..... 12:30 - 4pm  
**Fee** ..... \$20

### BASIC SEWING

This is for students who have a basic knowledge of sewing or have some sewing experience. Students will work on a variety of projects. Students will need to get the supply list.

**Session** ..... Thurs., Feb. 25 - Apr. 8  
**Time** ..... Noon - 1:30pm  
**Fee** ..... \$10

### SOAP MAKING

Have you ever wondered how they make soap? Have you ever wanted to make your own. Here is your chance! We will be creating a wide variety of soaps. Students will be able to make different shapes and sizes, all with different scents and colors.

**Session** ..... Fri., Mar. 5 - 26  
**Time** ..... 3 - 4pm  
**Fee** ..... \$10

### HOME SCHOOL ART CLASSES

This is a class for all home school students age 7 - 14. Each session is a 6 week lesson and will have a variety of art projects. All art supplies and materials will be provided for the class.

**Session** ..... Tues., Mar. 30 - May 4  
**Time** ..... Noon - 1:30pm  
**Fee** ..... \$65 + \$15 supply fee per session per student  
**Instructor** ..... Amy Rocket-Todd

### OKLAHOMA CURIOSITIES

Quirky characters, roadside oddities and other off beat stuff. This class will explore the last 3 sections of the state and discover some things that are unique and unusual about towns in Oklahoma. Along with these fun facts you can also learn some Oklahoma geography.

**Session 1** ..... Fri., Jan. 22 - Kiamichi Country  
**Times** ..... 1:30 - 2:30pm  
**Fee** ..... None

**Session 2** ..... Fri., Feb. 19 - Frontier County  
**Times** ..... 1:30 - 2:30pm  
**Fee** ..... None

**Session 3** ..... Fri., Mar. 12 - Lake Country  
**Times** ..... 1:30 - 2:30pm  
**Fee** ..... None

### PRESCHOOL ACTIVITIES

#### PRESCHOOL ARTS AND CRAFTS

This is a class that will be in conjunction with the library's story time. Come and let your imagination run wild, while creating a project that goes along with the story.

**Sessions** ..... Wed. Jan. 13  
**Time** ..... 11 - 11:45am  
**Ages** ..... 3 - 5 and their caregiver  
**Fee** ..... \$1/day

**MOMMY & ME PLAY TIME**

Meet other kids and moms while exploring a variety of activity stations with your child.

**Session 1** ..... **Tues., Jan. 12 - Feb. 16**  
**Time** ..... **9:30 - 10:30am**  
**Fee** ..... **50¢/Child**

**Session 2** ..... **Wed., Jan. 13 - Febr. 17**  
**Time** ..... **9:30 - 10:30am**  
**Fee** ..... **50¢/Child**

**Session 3** ..... **Tues., Apr. 6 - May 11**  
**Time** ..... **9:30 - 10:30am**  
**Fee** ..... **50¢/Child**

**Session 4** ..... **Wed., Apr. 7 - May 12**  
**Time** ..... **9:30 - 10:30am**  
**Fee** ..... **50¢/Child**

**YOUTH ACTIVITIES**

**BUDDY LAFORTUNE SUMMER DAY CAMP**

Our campers enjoy a wide variety of activities including field trips, sports and games, swimming, and arts/ crafts. Please register in person at the Buddy LaFortune Community Center. Registration will begin April 1.

**Day Camp**

**Days** ..... **Mon. - Fri.**  
**Time** ..... **9am - 4pm**  
**Ages** ..... **6- 11**  
**Fee** ..... **\$50/week**  
**Activity Fee** ..... **\$25/week**

**Early Birds**

**Days** ..... **Mon. - Fri.**  
**Time** ..... **7:30 - 9am**  
**Fee** ..... **\$10/week**

**Extended Play**

**Days** ..... **Mon. - Fri.**  
**Time** ..... **4 - 5:30pm**  
**Fee** ..... **\$10/week**

**JR. COUNSELORS - TRAINING FOR TEENS - DAY CAMP**

The Jr. Counselor program is designed to give more responsibility to our older campers. We will challenge them to lead by example and be eager and reliable sources of help. They will have specific duties assigned to them which will be an integral part of the summer camp experience for themselves and the campers. Jr. Counselors will enjoy all of the camp fun and reap the rewards of their extra efforts. We offer limited Jr. Counselor spots each week. Please register in person at the LaFortune Community Center. Registration begins April 1st.

**Ages** ..... **12-14**  
**Fee** ..... **\$25/week (includes field trip)**  
**T-Shirt:** ..... **\$15/shirt**

**TEAM USA CHEERLEADING**

Learn cheers, chants and pom routines. Team U.S.A Cheer is a fun and exciting cheerleading program for children. This class promotes coordination, confidence and physical fitness. Awards will be given for perfect attendance and good grades in school. This class will teach the basic skills required for middle and high school tryouts. Registration time is the same for your child’s class time and there is a \$5 registration fee. This is a 12 week class. No Classes on April 3rd and 24th. Pom-poms \$13 (Not Required)

**Registration** ..... **Sat., Jan. 16**  
**Session I.** ..... **Jan. 23 – May 1**  
**Time** ..... **1 – 1:45pm**  
**Ages** ..... **4-14**  
**Fee** ..... **\$5/lesson paid weekly**

**TEAM USA SELF-DEFENSE**

This class is designed for self-defense purposes and will not teach “bullying tactics”. Each lesson is taught by a certified black belt instructor. Various basic self-defense/karate techniques and forms will be taught. NO physical contact will be allowed in the beginning class. Students completing the course with perfect attendance will receive a Karate medal. Registration time is the same for your child’s class time and there is a \$5 registration fee. This is a 12 week class No Classes on April 3rd and 24th. Uniforms \$29 (Not Required)

**Registration** ..... **Sat., Jan. 16**  
**Session I.** ..... **Jan. 23 – May 1**  
**Time** ..... **1:45 – 2:30pm**  
**Ages** ..... **4-14**  
**Fee** ..... **\$5/lesson paid weekly**

**MONTHLY STUDENT CAFÉ**

Come and hang out in the reception hall and play Wii, catch a movie, have study group, or just chat with friends. Concessions will be available for purchase.

**Session.** ..... **Thurs.**  
**Dates** ..... **Jan. 14, Feb. 11, Mar. 11, Apr. 8**  
**Time** ..... **4 – 5:30pm**

**ADULT ACTIVITIES**

**POTTERY**

Using clay and hand building techniques you will make objects and sculptures while learning skills that will include hand rolling, carving, and slab work. Limited supplies needed for this class.

**Session.** ..... **Tues. & Thurs.**  
**Dates** ..... **Feb. 2 - Mar. 11**  
**Time** ..... **6:30 - 8:30pm**  
**Fee** ..... **\$45**  
**Ages** ..... **14+**  
**Instructor** ..... **Rene Shepard**

## ART AND WINE WORKSHOP

This is an opportunity to come and enjoy good music, friends, painting and wine. You will paint a pre-designed oil painting in a 2-3 hour format. Just bring your favorite bottle of wine, a "brown bag" lunch, and clothing to paint in. All materials will be provided.

**Session 1** ..... **Thurs., Jan. 28**  
**Time** ..... **7 - 9pm**  
**Fee** ..... **\$35**  
**Ages** ..... **21+**  
**Instructor** ..... **Rene Shepard**

**Session 2** ..... **Sat., Feb. 27**  
**Time** ..... **11:30am - 2:30pm**  
**Fee** ..... **\$45**  
**Ages** ..... **21+**  
**Instructor** ..... **Rene Shepard**

**Session 3** ..... **Sat., Mar. 27**  
**Time** ..... **11:30am - 2:30pm**  
**Fee** ..... **\$45**  
**Ages** ..... **21+**  
**Instructor** ..... **Rene Shepard**

**Session 4** ..... **Thurs. Apr. 22**  
**Time** ..... **7 - 9pm**  
**Fee** ..... **\$35**  
**Ages** ..... **21+**  
**Instructor** ..... **Rene Shepard**

**Session 5** ..... **Thurs., May 20**  
**Time** ..... **7 - 9pm**  
**Fee** ..... **\$35**  
**Ages** ..... **21+**  
**Instructor** ..... **Rene Shepard**



## ART APPRECIATION

This class will have weekly studies of Egyptian, Greek-Roman, Medieval, and Renaissance artwork. Thoughts and critiques discussed in an open format. Please register by January 27th. Feel free to bring artwork of the period that you wish to expand your knowledge on or to share with others.

**Session** ..... **Wed. in Feb.**  
**Dates** ..... **3 - 24**  
**Time** ..... **6:30 - 7:30pm**  
**Ages** ..... **18+**  
**Instructor** ..... **Julie Cohenour**

## INTRO TO SQUARE DANCING

This class will introduce the student to the basic aspects of square dancing. You will learn Yellow Rock, Allemande, Dosado, Ocean Wave Family, and many others. Square dancing is good for your health. A two hour dance program has the equivalent of a four mile walk or an extended aerobic workout. It's easy, great family entertainment, invigorating, and stimulating to the mind, but most of all "It's a whole lot of FUN."

**Session** ..... **Mon. & Thurs.**  
**Dates** ..... **Jan. 11 - Mar. 4**  
**Time** ..... **6:30 - 8:30pm**  
**Fee** ..... **\$.10/person**  
**Instructor** ..... **Brad Eddy**

## OPEN ADULT VOLLEYBALL

**When** ..... **Mon. & Wed.**  
**Times** ..... **7 - 8:45pm**

## DOMINOS AND BRIDGE FOR ADULTS

**Session** ..... **Sat., Jan. 15**  
**Time** ..... **10am - Noon**  
**Fee** ..... **Free**

## SCRAP 'N' SNACK

Come and enjoy great conversation, meet new friends and get some creative ideas for your scrapbook. Just bring your own photos, materials and brown bag lunch.

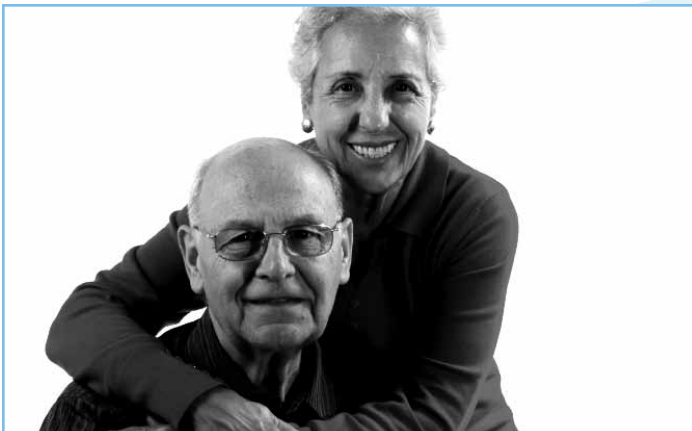
**Session** ..... **Fri.**  
**Dates** ..... **Apr. 9 - 30**  
**Time** ..... **11am - 12:30pm**

## SENIOR ACTIVITIES

### LAFORTUNE BRIDGE

LaFortune Bridge promotes fun and social opportunities. This group is for people ready to step in and play. This is party bridge play and there is no betting or prizes for the winners. This activity is free and open to all.

**Session** ..... **Wed.**  
**Time** ..... **1 - 4pm**



### CHINA PAINTING

This class is for all levels of painters. Beginners will be provided the basics of china painting. The emphasis of this class will be on design and application of paint for an effective grounding in the art of china painting. Flowers, fruits, scenes and a vast array of other subjects are available but students are encouraged to expand their skills as they wish. All painting is done on glazed porcelain and porcelain bisque and all work is fired in a kiln. For more information and to register for this class, please call Doris Harris at 918.496.8919.

Session..... Tues.  
 Time ..... 1 - 3:30pm  
 Fee ..... \$11/session  
 Instructor ..... Doris Harris

### SENIOR BASKETBALL 50 +

Session..... Thurs.  
 Time ..... 7 - 8:45pm

### WII BOWLING

Experience the same physical activity as you would in a regular bowling without the added weight of the ball. League play will be held on one of the days listed below.

Session 1 ..... Mon., Jan. 11 - Mar. 8  
 Time ..... 9 - 10:15am  
 Fee ..... Free

Session 2 ..... Tues., Jan. 12 - Mar. 9  
 Time ..... 1 - 2:15pm  
 Fee ..... Free

### OPEN SENIOR PICKLE BALL

Pickle Ball is a mini tennis game that is played with 2-4 players. Using wooden paddles individuals/teams will volley a plastic ball back and forth over a net. Pickle Ball is a combination of Ping-Pong, Tennis, and Badminton.

Session..... Tues.  
 Time ..... 10:30am - Noon  
 Fee ..... Free

### SENIOR ACTIVITY DAY

Come and enjoy a morning of activities including board games, card games, dominos, brain teasers, Wii activities and sports. Please call the Friday before to let us know your coming.

Session..... Mon. starting Jan. 11  
 Time ..... 10am - 12pm  
 Fee ..... Free

### EXERCISE CLASSES

#### STRETCH AND TONE

Stretch and tone your body using various choreographed routines.

Session..... Mon., Wed., & Fri.  
 Time ..... 8 - 9am  
 Fee ..... \$12/month  
 Instructor ..... Cherrie Lewallen

#### YOGA

Yoga develops strength, flexibility and stamina in the body. It also creates focus and clarity in the mind, while releasing tension and stress. Bring your mat. Yoga blocks and strap are optional but occasionally used. Each class is taught by Janet Parachin and is \$25/month for one day, \$48/month for two days. \$8 drop in fee per class.

Session 1 ..... Tues.  
 Time ..... 8:30 - 9:30am

Session 2 ..... Thurs.  
 Time ..... 8:30 - 9:30am

Session 3 ..... Tues.  
 Time ..... 6:30 - 7:25pm

#### ZUMBA

Zumba embraces all the fundamental principles of fitness, the extraordinary secret behind Zumba is how magically motivates the body to efficiently burn calories, tone all muscle groups, incorporate full range of motion, and improve the cardiovascular system. Zumba dances seamlessly flow from one move to the next. Rhythms include Salsa, Merengue, Samba, Belly Dancing, Cumbia, Flamenco, Reggaeton, and many more.

Sessions..... Mon., Thurs.  
 Time ..... 6 - 7pm  
 Fee ..... Single class: \$5 or a Punch Card: 8 classes for \$28  
 Instructor ..... Christy Hays

Session..... Sat.  
 Time ..... 10 - 11am  
 Fee ..... Single class: \$5 or a Punch Card: 8 classes for \$28  
 Instructor ..... Christy Hays

### BASIC BELLY DANCE CLASS

Contour your body and bolster your spirit with Basic Belly Dance. Learn to move in ways you never imagined. Curious? Novice? Dedicated? All are welcomed.

<b>Session 1</b> .....	<b>Tues., starting Jan. 5</b>
<b>Time</b> .....	<b>1:30 - 3pm</b>
<b>Fee</b> .....	<b>\$30/8 classes or \$5/class</b>
<b>Session 2</b> .....	<b>Wed., starting Jan. 6</b>
<b>Time</b> .....	<b>7:30 - 9pm</b>
<b>Fee</b> .....	<b>\$30/8 classes or \$5/class</b>
<b>Instructor</b> .....	<b>Marva</b>

### THEATRE DANCE ACADEMY

This class is designed for dancers who want to have fun but who also want to take their dance towards a professional level. Dance types include Jazz and funk-hop L.A. style. Each dancer will be able to display their talents in a performance mid-year.

<b>Session 1</b> .....	<b>Tues., starting Feb. 2</b>
<b>Time</b> .....	<b>.4 - 5pm</b>
<b>Ages</b> .....	<b>.8+</b>
<b>Fee</b> .....	<b>.\$125/10 weeks or \$15/class</b>
<b>Instructor</b> .....	<b>Martina Aumua</b>
<b>Session 2</b> .....	<b>Tues., starting Feb. 2</b>
<b>Time</b> .....	<b>.5 - 6pm</b>
<b>Ages</b> .....	<b>.8+</b>
<b>Fee</b> .....	<b>.\$125/10 weeks or \$15/class</b>
<b>Instructor</b> .....	<b>Martina Aumua</b>
<b>Session 3</b> .....	<b>Thurs., starting Feb. 4</b>
<b>Time</b> .....	<b>.4 - 5pm</b>
<b>Ages</b> .....	<b>.8+</b>
<b>Fee</b> .....	<b>.\$125/10 weeks or \$15/class</b>
<b>Instructor</b> .....	<b>Martina Aumua</b>
<b>Session 4</b> .....	<b>Thurs., starting Feb. 4</b>
<b>Time</b> .....	<b>.5 - 6pm</b>
<b>Ages</b> .....	<b>.8+</b>
<b>Fee</b> .....	<b>.\$125/10 weeks or \$15/class</b>
<b>Instructor</b> .....	<b>Martina Aumua</b>

### 65+ EXERCISE

Enjoy low impact exercises. Exercises will use weights, resistance bands, and chairs. This class will work on strength for the upper and lower body and help to improve balance and flexibility

<b>When</b> .....	<b>Mon., Wed., &amp; Fri.</b>
<b>Time</b> .....	<b>10:30 - 11am</b>
<b>Ages</b> .....	<b>.65+</b>
<b>Fee</b> .....	<b>.\$8/month</b>

### TAI CHI

Tai Chi is an internal martial art practiced for health purposes as well as for it's martial arts aspects. It promoting flexibility and balance. Classes will be composed of warm-ups using gentle stretching and Chi Kung (breathing exercises) followed by form movements and a cool-down of more Chi Kung breathing.

<b>Session</b> .....	<b>Sat.</b>
<b>Time</b> .....	<b>10 - 11am</b>
<b>Fee</b> .....	<b>.\$60</b>
<b>Instructor</b> .....	<b>Joyce Gossom</b>

### TAI CHI CHIH

Learn how to de-stress, energize your life, and create the emotional balance you want. Tai Chi Chih consists of 20 gentle, easy-to-learn movements that help bring about physical, mental, emotional, and spiritual well-being. Specific benefits include better physical balance and concentration, improved immune system, increased bone density and a decrease in blood pressure, pain, and symptoms of arthritis. Tai Chi Chih is a contemporary Qigong-like discipline based on oriental Chi theory and principles - not a martial art. Certified instructors Barbara Dinehart and Mary Cameris will co-teach this class. Contact Barbara at 499.1441.

<b>Session 1</b> .....	<b>Wed., Jan. 11 - Mar. 3</b>
<b>Time</b> .....	<b>.6 - 7pm</b>
<b>Fee</b> .....	<b>.\$60</b>
<b>Session 2</b> .....	<b>Wed., Mar. 10</b>
<b>Time</b> .....	<b>.6 - 7pm</b>
<b>Fee</b> .....	<b>.\$40/month</b>

### GOLF STRENGTH AND CONDITIONING FOR SENIORS

This is an exercise class for golfers who want to improve core body strength and flexibility. This class will increase the length of your life and your drive.

<b>When</b> .....	<b>Mon. &amp; Wed.</b>
<b>Time</b> .....	<b>11:10am - Noon</b>
<b>Fee</b> .....	<b>.\$10/month</b>
<b>Instructor</b> .....	<b>Jordan Doak</b>

### BABY BOOT CAMP

A premier fitness class that helps expectant women and new moms get fit and spend time with their babies. Dads, grandparents and caretakers are always welcome. To register for this class call Elizabeth at 918.269.9782, or email [elizabeth.hazel@babybootcamp.com](mailto:elizabeth.hazel@babybootcamp.com)

<b>Session</b> .....	<b>Tues.</b>
<b>Time</b> .....	<b>.6 - 7pm</b>
<b>Fee</b> .....	<b>.\$25/month</b>