

MAY 21-27, 2021

AVEDIS  FOUNDATION

# HEALTH WEEK 21

A week-long celebration of healthy fun and fitness activities for the whole family!

MAY  
21-23  
FRI-SUN



12 pm

## SPLASH WATER PARK

Season opening activities

SPONSORED BY SHAWNEE PARKS AND RECREATION

Follow us on Facebook for details: [www.facebook.com/ShawneePR/Splash](https://www.facebook.com/ShawneePR/Splash)

100 E. HIGHLAND  
405.273.0700

MAY  
22  
SATURDAY



8:30-10 pm

## NEON SPLASH DANCE PARTY

at SPLASH Water Park

SPONSORED BY SHAWNEE PARKS AND RECREATION

100 E. HIGHLAND  
405.273.0700

MAY  
25  
TUESDAY



10-11:30 am

## GUEST SPEAKER TERRI WHITE

CEO, Mental Health Assoc. of Oklahoma

PRESENTED BY  
AVEDIS FOUNDATION SPEAKER SERIES

LIFE CHURCH  
5113 N. HARRISON

★ KINDLY RSVP BY MAY 18  
AT [AVEDISFOUNDATION.ORG/RSVP](https://www.avedisfoundation.org/RSVP)  
OR CALL 405.273.4055



6-7 pm

## SUMMER COOKING CLASS AND TASTING

with Andrea Beck, Registered Dietitian

PRESENTED BY SSM HEALTH AND BLUE ZONES PROJECT

BOY SCOUT PARK  
1500 E. MAIN ST.  
405.570.1854

MAY  
26  
WEDNESDAY



8 am - 3 pm (Come and Go)

## NATIONAL SENIOR HEALTH & FITNESS DAY

a day of fitness activities for adults 55+

SPONSORED BY SHAWNEE PARKS AND RECREATION

SENIOR  
RECREATION CENTER  
401 N. BELL STREET  
405.878.1528

MAY  
27  
THURSDAY



9 am

## KICKBALL AT THE Y

Co-ed tournament for youth, adults and seniors

SPONSORED BY SHAWNEE YMCA

Register your team at [sports@shawneeymca.org](mailto:sports@shawneeymca.org) or at 405.273.4386.

700 W. SARATOGA  
405.273.4386



5-7 pm

## FAMILY WATER SAFETY NIGHT

for families and caregivers

SPONSORED BY SHAWNEE PARKS AND RECREATION

100 E. HIGHLAND  
405.273.0700

MAY  
21-27  
DAILY

Instructor-led Fitness Classes (LIVE/Daily)  
LADAWN HLADIK, DIR. OF HEALTH & WELLNESS YMCA



Explore Shawnee's Area Trails (Daily)

