

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

100 E. HIGHLAND
405.273.0700

Follow us on Facebook for details: www.facebook.com/ShawneePR/Splash

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
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 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



United Way of
Pottawatomie County



Explore Shawnee's Area Trails (Daily)

