

LOCAL NEWS

MAPS Senior Wellness Centers are Well Underway

By Michael Palacios

Photo Editor

The MAPS initiative is giving senior citizens more places to connect and engage in community activities by developing two new senior wellness centers. These new centers have been designed to revitalize older communities that are often left behind because of their age.

Despite unexpected delays, the construction of the two new centers have progressed by leaps and bounds.

"The wellness centers should be complete by February of 2023," said MAPS Program Manager David Todd.

Previous projections for the completion of the senior wellness centers were aiming for fall 2022.

These centers will offer community members ages 50 and older with opportunities to participate in programs that will offer physical health and creative expression.

"Making friends at my age is hard," said Eartha Wigfall, a member at Healthy Living and Fitness. "Here, I have folks that want to listen. Spending time at Healthy Living, I've been learning how to paint ... I have never painted in my life; it's fun." Members find themselves in a diverse community.

Some of the activities provided at the new facilities will come equipped with all-inclusive exercise rooms, large gymnasiums with basketball and pickleball courts and heated swimming pools. The centers will also include art rooms, culinary kitchens meant for instruction and rooms designed to offer classes like group fitness, art rooms and culinary kitchens meant for instruction.

The centers will create a space for the mid-

dle-aged and elderly to spend leisure time, as well. The surrounding areas will have gardens and pathways for the members to relax and enjoy.

The centers are currently finishing construction and will serve as an expansion to the already established senior wellness centers to create a city-wide outreach for the elderly to connect and find inclusive hobbies. Memberships for those interested will begin at \$30 per month but are subject to change depending on age and financial status to aid with affordability.

Two senior wellness

"Making friends at my age is hard. Here, I have folks that want to listen."

-Eartha Wigfall

centers have already been completed as part of the MAPS 3 plan.

The first center is located at 11501 N. Rockwell Ave. Operated by Healthy Living and Fitness. The second is The Pete White Health and Wellness Center located at 4021 S. Walker Ave. and is operated by Health and Wellness OKC.

The third will also be a senior wellness center run by Langston University. It will be located at NE 36th Street and Lincoln Boulevard and is expected to be complete by February 2023.

The fourth and final senior wellness center will be located at 13660

S. Western Ave. in cooperation with YMCA of Greater Oklahoma City helping aid in the operation of the facility. This center is also scheduled to be completed by February 2023.

The MAPS project has a goal of strengthening the economy of the Oklahoma City landscape. Funding for the wellness centers, in particular, were drawn from both MAPS 3 and MAPS 4 implementation plans.

With two centers already in service, the MAPS 3 initiative has provided a projected \$55.5 million in order to construct these much needed senior wellness centers. The goal of the MAPS project is to strengthen the economy of the Oklahoma City landscape; and it's doing just that.



Construction of the MAPS project continues with two new senior wellness centers. (Photo by: Michael Palacios)



The new MAPS site under construction near NE 36th Street and Lincoln Boulevard. (Photo by: Michael Palacios)

CROSSWORD PUZZLE

- ACROSS
- 1 General Agreement of Tariffs and Trade (abbr.)
 - 5 Turk. title
 - 9 Federal Aviation Admin. (abbr.)
 - 12 Oriental maid
 - 13 Pinafore
 - 14 Sleeveless Arab cloak
 - 15 Firebug
 - 17 Mine (Sp.)
 - 18 Indo-Chin. language
 - 19 Moles
 - 21 Revise
 - 24 Suspend
 - 27 Soak
 - 30 Terrapin
 - 32 Pleasant
 - 33 Cost of living index (abbr.)
 - 34 Household gods
 - 36 Exclamation

- 37 Arm bone
- 39 Starnose
- 40 Indian ground salt
- 41 Spirits of the dead
- 43 Son of Leah
- 45 Adjective-forming (suf.)
- 47 River into the North Sea
- 50 Vigor
- 52 Free
- 56 "Fables in Slang" author
- 57 Bird
- 58 East
- 59 Sleep
- 60 Headland
- 61 Elide

- DOWN
- 1 Hiatus
 - 2 Starch (pref.)
 - 3 Edible root
 - 4 Oar's fulcrum

ANSWER TO PREVIOUS PUZZLE

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- 5 Luzon people
- 6 Cotton machine
- 7 Fr. exclamation
- 8 Bent
- 9 Brazen
- 10 Mother of Hezekia
- 11 Shoe size
- 16 Emulate
- 20 Vein (pref.)
- 22 Muslim holy man
- 23 Alps
- 25 Yearn
- 26 Affirmative
- 27 Slimy stuff
- 28 Wide-mouthed vessel
- 29 Seal
- 31 Proofreader's mark
- 35 Cut
- 38 Atomic Energy Commission (abbr.)
- 42 Black buck of India
- 44 Epic by Homer
- 46 Rounded projection
- 48 Cold alpine wind
- 49 Norse mythical hero
- 50 Old Doric name of Zeus
- 51 Artificial language
- 53 Power (Lat.)
- 54 Curve
- 55 No (Scot.)

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MAMA BEARS

A FILM BY DARESHA KYI

Q&A to follow with
Sara Cunningham
Founder of Free Mom Hugs



In conjunction with the
LGBTQIA2+
Pop Culture Colloquia
@ Rose State College



Tuesday, October 25
Lecture Hall
5:30 p.m.

Spread across the country but connected through private Facebook groups, over 30,000 mothers in America—many from conservative, Christian backgrounds—fully accept their LGBTQ+ children. And they call themselves "mama bears" because while their love is warm and fuzzy, they fight ferociously to make the world kinder and safer for all LGBTQ+ people. MAMA BEARS explores the journeys of two mama bears and a young lesbian whose struggle for self-acceptance exemplifies why the mama bears movement is vitally important.

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