



TWC HotSpot now available at Oak Island Recreation Center



Now accepting credit card payments



The Town of **Oak Island**
Parks & Recreation Dept.

Navigator January 2019

oakisland.recdesk.com • 3003 E. Oak Island Dr. • Oak Island, NC 28465 • 910-278-5518

Resolutionary Community Clubs

Make Oak Island part of your New Years resolution for 2019! With community club opportunities that will appeal to a wide variety of interests; there is always something exciting in store .

Bridge Club

Meets Mondays

1:00pm

Meet a group that is dedicated to the game of duplicate bridge. Each week; participants will find a ACBL sanctioned game as this long standing group keeps you on your toes through comradery and friendly competition. Please be sure to bring a partner; or to be paired with another play simply call (910) 477-9259.

TOPS Club

Meets Tuesdays

5:30pm

Maintaining a healthy and active lifestyle can be a challenge without inspiration and motivation. Join TOPS at OKI Recreation Center. This spirited group focuses on inspiring one another to achieve their own lifestyle goals while offering encouragement to one another through personal challenges.

Quilting Club

Meets Wednesdays

10:30am

Grab your favorite fabric, your sewing supplies, and become part of the Rec Center's largest clubs! The Quilting Club offers a close knit community that works on both group and independent quilting projects. Have fun, swap ideas, and exchange your best quilting tips as you find a compassionate group in your very own neighborhood!

Painting Club

Meets Thursdays

9:00a.m.

Make painting part of your week with Painting Club. Join a fun loving group of artists who love to get together and get creative! Meet other local artists and exchange tips and ideas during a fun filled morning of painting. Participants must provide their own tools and supplies for this club.

Strength & Balance Club

Meets Wednesdays

11am

Find your center with OKI's brand new Strength and Balance club as participants work to increase range of motion and maintain independence through gentle exercises.

Scrabble Club

Meets Fridays

1:00pm

Expand your vocabulary and show off your skills with Scrabble! This brand new group is welcoming to adults of all walks of life to beat the heat for a fun filled afternoon of Scrabble!

Become a Fitness Fanatic

Active Senior Yoga

Tuesdays/ Thursdays- 10:45am

\$4 Town of Oak Island Residents/ \$5 Non Residents

Meet Mert on the mat to reach new goals and create meaningful friendships with Active Senior Yoga. This popular class offers high quality instruction that increases strength, flexibility, and balance.

Zumba Gold

Mondays- 10:30am & 6:00pm

Wednesdays-9:00am & 6:00pm

\$2 Town of Oak Island Residents/ \$3 Non Residents

Using easy- to-follow choreography; Mary Ann leads participants to improved balance, increased range of motion, and enhanced coordination as the worlds of aerobics and dance collide in this inspiring class. This course is an fantastic option for those new to exercise or seeking low impact fitness opportunities

Silver Sneakers Circuit

Mondays/ Thursdays- 9:30am

Tuesdays- 9:00am

\$3 Town of Oak Island Residents/ \$4 Non Residents

This class in FREE with active Silver Sneakers Membership

Maintain an active lifestyle and live your fullest life at Silver Sneakers Circuit! Through the use of light weights, resistance bands, and low impact cardio; this course is sure to offer results that improve strength, balance, and heart health. This fun loving groups fosters a sense of community as participants build each other up to obtain personal goals.

Mature Aerobics

Tuesdays/ Thursdays- 7:45am

Saturdays- 9:00am

\$2 Town of Oak Island Residents/ \$3 Non Residents

Fall in love with Debbie's high energy aerobics class! This animated group is just the thing to start your day with music and movement! Utilizes dance and a variety of cardio exercises, this class will be sure to have you excited for more.

Table Tennis

Fridays- 8:00am

FREE!

Have fun, meet friends, and make lasting memories with Oak Island Table Tennis! This excitable group encourages each other to reach individual goals through comradery and competition.

Meditation

Saturdays- 10:30am

FREE!

Take the idea of coastal living to new levels through meditation on our island paradise! Create a sense of self awareness and inner calm with low intensity time of reflection of self and the environment around you can offer decreased stress and anxieties that accumulate throughout one's hectic week. Meet like-minded individuals and trade strategies and ideas with other meditation enthusiasts.

Oak Island Parks & Recreation Exercise Classes and Ongoing Programs

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
9:30am S.S. Circuit	7:45am Mature	9am Zumba Gold	7:45am Mature	8am Table Tennis	9am Mature Aerobics
10:30am Zumba Gold	Aerobics	10:15am Quilters	Aerobics	9am Art Guild (2nd	10:30am Meditation
1pm Bridge	9am S.S. Circuit	11am Strength &	9:30 am S.S. Circuit	Friday)	Club
6pm Zumba Gold	10:45am Sr. Yoga	Balance Club	10:45am Sr. Yoga	1pm Scrabble Club	
	10:30am Tap Dance	6pm Zumba Gold	12:30pm Crochet		
	12:30pm Rummikub		5pm Yoga		
	5pm Yoga		Foundations		
	Foundations		6:30pm Strength &		
	6:30pm Strength &		Conditioning		
	Conditioning		6:30pm Feral Cats		
	5:30pm Tops		(4th Thursday)		

Recreation Center Hours
 6:30am-8pm Mon.- Thurs.
 6:30am-6pm - Friday
 9am-2pm Saturday
 Closed on Sunday
 910-278-5518

Class schedules subject to change—call 278-5518

Oak Island Community Center—102 SE 47th St.

Youth Activities ages 9 & up

Fridays from 4-6pm, Saturdays from 10am-5pm (indoor & outdoor games for kids and family fun!) Ping Pong, Foosball, Pool, Video Games, Corn hole & more)



Seniors On The Go!

Tuesdays, Wednesdays, Thursdays Lunch 11:45am—partnered with BSRI, Rummikub

Tuesdays & Thursdays Bingo 12:30pm
 1st & 3rd Thursdays Chair Yoga 11am
 2nd & 4th Thursdays Sit & Be Fit 11am
 Wednesdays Jewelry Making 11am
 Senior Trips – Call 910-278-6552 for more information

Oak Island Boys Country Music January 18th AND February 22nd

**6:00pm
 FREE**

Oak Island's very own "Oak Island Boys Country Music" will be holding a performance at the Oak Island Recreation Center.

This event is free for all interested parties, and will certainly contribute to making this one evening to remember!



Get Fit OKI

Begins January 2019

Challenge yourself, and fall in love with OKI Parks and Recreation in 2019! The race north begins this January as we renew our New Year's Resolution to offer a fun and meaningful fitness program to the residents of Oak Island. Get Fit OKI sets a long term goal that helps promote living a healthy and active lifestyle that will have your friends and family noticing! Reach out to Eric Falkenhagen at efalkenhagen@ci.oak-island.nc.us for more information, and let's get fit together!



Rec Center Fitness Facility News!

You can now pay your fees online for use of the weight and cardio rooms! Go to oakisland.recdesk.com, create an account and go to the memberships tab. Items available for online payment are indicated with an enroll button.



Oak Island Par 3 Course at South Harbour

4188 Vanessa Drive, South Harbour Village



Come take a swing at our 18 hole family friendly course

Course open daily 8am to 6pm, rental clubs and golf carts available.
For daily rates and tee times call 454-0905.

Salt Water Fishing School

**February 2nd OR February 9th
 9am-4:30 w/ lunch included
 \$65 advance/ \$75 at Door (if available)**

Registration for Captain Jerry's Salt Water Fishing Schools are now open! Oak Island Parks and Recreation and Captain Jerry will be partnering to provide TWO sessions featuring strategies and tips for catching red and black drum, sheepshead, Spanish and King Mackerel, offshore bottom fish, throwing/casting nets, and more. For more information call Captain Jerry at 910-279-6760 or email captjerry@captjerry.com



TWC Hotspot now available at Oak Island Recreation Center



Now accepting credit card payments