



TWC Hotspot now available at Oak Island Recreation Center



Now accepting credit card payments



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

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

Navigator January 2020

“Resolution”ary BINGO

January 2nd-January 31st

FREE!

Stay true to your new year's resolutions at Oak Island Recreation Center in 2020! Pick up a bingo card, attend classes, and earn a chance to win prizes that will have you living your best beach life all year long. There is no limit for completed cards; how many BINGO cards can you complete in January 2020?

Raffle Prizes Include:

- 6 Month Recreation Center Membership
- One Ticket to a Senior Trip
- OKI Recreation Hat or Visor
- 1 Month Recreation Center Membership
- Day Pass to Oak Island Par 3 at South Harbour
- OKI Recreation T-shirt

Yoga for Balance Wednesdays

4:15pm

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

Join Emily for a yoga practice to strengthen the core, legs, ankles, and feet, and build a confident, strong and stable base. Great for experienced students and those new to yoga. Class concludes with breathing exercises and a deeply relaxing savasana.

Evening Candlelight Slow Flow Yoga: Tuesdays- 5:30pm

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

Come wind down from your busy day with this all-levels Slow Flow yoga class. We'll stretch out, do some standing poses, and end with some relaxation to send you home refreshed. New and experienced students are welcome, props and modifications will be offered, and breathing and self-awareness will be emphasized. Yoga is accessible to everyone!

Beginners Tai Chi:

Wednesdays- 10:15am

Fees: \$4 Town of OKI Residents/ \$5 Non Residents

Choose Tai Chi with Caroline; Tai Chi is a gentle form of physical activity that improves health, wellness, and balance for the mind, body, and spirit. One of the most effective exercises for health of the mind and body; it can be easy to learn and soon delivers its health benefits.

Mat Pilates

Thursdays

9am

\$5 Town of Oak Island Residents/ \$6 Island Visitors & Non Residents

This core strengthening class is the ideal opportunity for those looking to mix up their workout. Work to balance all muscle groups' strength and flexibility, and emphasis challenging the core muscles with each movement. Pilates lengthens and strengthens the body by building a stronger core to protect the lower back and increase energy. Classes will blend the classical pilates with exercise variations to provide a modern twist.

Active Senior Yoga

Tues & Thurs

10:45am

\$4 Town of OKI Residents/ \$5 Non Residents

Spend the morning with Mert as islanders enjoy a little peace before the holiday rush at Active Senior Yoga this morning at 10:45am. Islanders come together for a yoga class that inspires the mind, body, and soul!

Zumba Gold: Mon & Fri- 10:30am & Wed- 9am

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

Spice up your workout with Mary Ann at Zumba Gold Using easy-to-follow; participants will improve balance, increase range of motion, and enhance coordination as the worlds of aerobics and dance collide in this inspiring class. This course is a fantastic option for those new to the exercise or seeking low impact fitness opportunities. Groove to your favorite tunes as your cardio workout and dance routine collide!

Mature Aerobics

Tues & Thurs- 7:45am & Sat- 9am

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

This high paced cardio class welcomes all levels and is the perfect way to kick off your day with family and friends. Embrace a heart healthy lifestyle as Debbie this high energy class through an aerobic exercise that is synchronized to top musical hit.

Strength & Conditioning Returns!

Tuesdays & Thursdays

6:30pm

\$4 Town of Oak Island Residents/ \$6 Non Residents

OKI Recreation Center is thrilled to be welcoming back Strength & Conditioning with Yvonne! Just in time to prepare for the summer season; amp up your workout each Tuesday & Thursday as this class helps you achieve your fitness goals! Classes begin at 6:30pm; and is a fantastic option for those who work during the day, but are seeking a fun filled fitness class within our community!

Tap Dancing

Tuesdays

10am

\$6 Town of OKI Residents/ \$8 Non Residents

Tap your feet and feel the beat as Marty puts a fun twist on a classic pastime! Participants will enjoy many classic tunes that have been choreographed to provide one of the week's most entertaining workouts. Welcoming tappers of all experience levels, this fun filled group is sure to have your stomping your feet for more!

Silver Sneakers Circuit

Mon/ Thurs- 9:30am & Tues.- 9:00am

Jamie's Silver Sneakers Circuit Class is getting the most out of their workout at Oak Island Recreation Center! Join Jamie on Mondays, Tuesdays, and Thursdays for a fitness class that combines the best of cardio, community, and circuit training. Participants utilize light weights, resistance bands, and other equipment to provide a low impact workout that increase mobility and balance to maintain an independent lifestyle.

Oak Island Parks & Recreation Exercise Classes and Ongoing Programs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30am S.S. Circuit 10:30am Zumba Gold 1pm Bridge	7:45am Mature Aerobics 9am S.S. Circuit 10am Tap Dance 10:45am Sr. Yoga 5:30pm Candlelight Yoga 5:30pm Tops 6:30pm Strength & Conditioning	9am Zumba Gold 10:15am Tai Chi 10:30am Quilters 12:30 Rummikub 6pm Zumba Gold	7:45am Mature Aerobics 9am Painting Club 9am Mat Pilates 9:30 am S.S. Circuit 10:45am Sr. Yoga 6:30pm Strength & Conditioning 6:30pm Feral Cats (4th Thursday)	8am Table Tennis 9am Art Guild (2nd Friday) 1pm Scrabble Club	9am Mature Aerobics 10:30am Meditation Club

Class schedules subject to change—call 278-5518

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

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 Mardi Gras Festival By The Sea FREE!



Saturday, March 7th 2020
1-4pm

Join Oak Island Parks and Recreation as we celebrate Mardi Gras the "island way". There will be a parade down Oak Island Drive, a festival in the park, kid's activities, costume contest, pet costume contest, food, and live music!

To participant in the Mardi Gras Parade, or to be a vendor at the festival, reach out to Ryan at rgordon@ci.oak-island.nc.us or call (910) 278-4747.

5 Animals of Qi Gong Workshop

Saturday, January 18th
10am-12pm
\$22 per person



Qi Gong (Chee Gong) is based on The 5 Animals Forms, and is sometimes seen in Tai Chi classes. The five animals in the exercises are the tiger, deer, bear, monkey and Bird. The 5 Animal Frolics called Wu Qin Xi, is a complete Qi Gong system, and the most ancient Qi Gong system still practiced today.

This series of exercises not only helps to keep the body sprightly & strong, but it will also engage both the mind and spirit. Fees are per participant, and include instruction, refreshments, practice sessions, and a printed instruction booklet for practice at home. Please wear loose comfortable clothing.

For additional information, contact Caroline at TaiChiwithCaroline@gmail.com.



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.

Oak Island Bird Club

2nd Tuesday of the Month

8:30-9:45am

Non-Club Members- \$4.00 per meeting

Annual Memberships: \$7 Children (12 years & under),
\$10 Individual, \$15 Family Membership



Oak Island is going to the birds! The 2nd Tuesday of each month, you are invited to join OKI Parks and Recreation and Wild Bird and Garden for a new birding opportunity in your "backyard". Member are encouraged to keep an eye on their emails as more details for 2020 are coming soon!

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.



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