



Now accepting credit card payments

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

OKI Mardi Gras Festival by the Sea

Saturday, March 7th
1:00pm

Join Oak Island Parks and Recreation as we celebrate Mardi Gras the "island way"! A community parade with dance their way down Oak Island Dr. as they make their way to Middleton Park; where festival goers can delight in a wide range of activities.

- ◇ **Classical Carnival Games**
- ◇ **Shopping & Vendors**
- ◇ **Live Music**
- ◇ **Car Show**
- ◇ **Costume Contests**
- ◇ **Dog Friendly Events**

Be A Nature Novice

Oak Island Bird Club
2nd Tuesday of the Month
8:30-9:45am

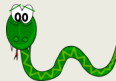
Non-Club Members- \$4.00 per meeting
Annual Memberships: \$7 Children (12 years & under), \$10 Individual, \$15 Family Membership

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"! The topic for March, "Native Plants & Birds" will be a classroom program at Recreation Center.



Habitat Show & Tell
Thursday, March 19th 2020
5:00pm
FREE

A variety of local and state conservation agencies will be presenting and offering up close and personal wildlife experiences. Program is FREE, but pre-registration is required. Groups are welcome. Any further questions regarding the program please contact Eric Falkenhagen at efalkenhagen@ci.oak-island.nc.us



Coastal Carolina Naturally
Wednesday, March 25th 2020
9am-12pm
FREE w/ Pre-Registration

Join Becky Skiba with North Carolina Wildlife RC and Oak Island Parks & Recreation Dept. staff on this driving tour of Oak Island. We will visit the many varied natural environments found on our diverse island, including an estuary, a freshwater & saltwater swamp, a slough, Intracoastal, Fort Caswell, Atlantic Ocean Maritime Forest! Limited to 12 participants. Price includes transportation and Fort Caswell Field Trip. Bring bag lunch and drink



Become an Oak Island Nature Volunteer
Summer 2020
Community Opportunity

Oak Island Nature Programs are seeking volunteers to aid in protecting, and preserving, our coastal habitats. Volunteers are needed at both the OKI Nature Center and the Ocean Education Center. This is a great way to become involved with many of our local communities conservation organizations! Individuals of all walks of life can help contribute to the protection of our local habitats and wildlife. Register to become a 2020 Nature Volunteer at



Silver Sneakers Fitness



Silver Sneakers Circuit with Jamie:
Mondays: 8:45am & 9:30am
Thursdays: 9:30am

Fees: \$3 Town of Oak Island Residents/ \$4 Non Residents
Discover a workout that includes upper-body strength work alternated with low impact cardio, using a chair for standing support if needed, and for seated stretching at the end of class. Participants use handheld weights, resistance tubing, and small exercise balls. This class will help improve coordination, balance, muscle tone, and cardiovascular fitness. All equipment is provided.

Silver Sneakers Stability with Jamie:
Tuesdays - 9am (beginning February 2020)

Fees: \$3 Town of Oak Island Residents/ \$4 Non Residents
Get stronger and improve your balance through exercises that strengthen the ankle, knee and hip joints all in a fun and social setting. Utilizing bodyweight exercises and using a chair for standing support if needed, this 30-45 minute class is designed specifically for fall prevention and is suitable for a wide range of fitness levels.

Silver Sneakers Circuit with Mary Beth:
Mondays- 1pm (Begins February 10th)

Fees: \$3 Town of Oak Island Residents/ \$4 Non Residents
The Silver Sneakers Circuit workout offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a Silver Sneakers ball. A chair is available for standing support.

Silver Sneakers Stability with Mary Beth:
Thursdays- 1pm

Fees: \$3 Town of Oak Island Residents/ \$4 Non Residents
Stability is designed to help participants become stronger and improve balance. The movements taught in class focus on specific exercises to improve strength and power around the ankle, knee and hip joints, while improving reaction time. This class is designed for fall prevention and is suitable for nearly every fitness level. It can be adapted depending on the skill of individual participants. A chair is used for balance and support.

MoveStrong

Not Part of the Silver Sneakers Program
Mondays (Begins March 30th) - 8am

Fees: \$4 Town of Oak Island Residents/ \$5 Non Residents
Class focuses on building core strength for better overall movement, while utilizing restorative resets for the body to improve mobility, flexibility, balance, and posture. Participants will find that class is challenging but adaptable to a wide range of fitness levels, and does include floor work.

Oak Island Parks & Recreation Exercise Classes and Ongoing Programs

<p>Monday 8am Step Aerobics (Begins March 11th) 9:30am S.S. Circuit 10:30am Zumba Gold 1pm Bridge Club 6pm Zumba Gold</p>	<p>Aerobics 9am S.S. Circuit 10:45am Sr. Yoga 10:30am Tap Dance 12:30pm Rummikub Club 4:30pm Yoga For Balance 5:30pm Tops 5:30pm Step Aerobics (Begins March 12th)</p>	<p>11am Chair, Stretch, & Balance Club 6pm Zumba Gold</p>	<p>2:30 pm Bagpipe Club 4:30pm Yoga For Balance 5:30pm Step Aerobics (Begins March 14th) 6:30pm Feral Cats (4th Thursday)</p>	<p>Saturday 9am Mature Aerobics 10:30am Meditation</p>
<p>Tuesday <i>Class schedules subject to change—call 278-5518</i> 7:45am Mature</p>	<p>Wednesday 9am Zumba Gold 10:15am Quilters Club</p>	<p>Thursday 7:45am Mature Aerobics 9am Painting Club 9:30 am S.S. Circuit 10:45am Sr. Yoga 12:30pm Crochet</p>	<p>Friday 8am Step Aerobics (Begins March 15th) 8am Table Tennis 9am Art Guild (2nd Friday) 1pm Scrabble Club</p>	<p>Recreation Center Hours 6:30am-8pm Mon.- Thurs. 6:30am-6pm - Friday 9am-2pm Saturday Closed on Sunday 910-278-5518</p>

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 1st & 3rd Thursdays
11am
2nd & 4th Thursdays
Wednesdays
Senior Trips – Call 910-278-6552 for more information


Bingo 12:30pm
Chair Yoga
Sit & Be Fit 11am
Jewelry Making 11am

Trip To Temple Theatre



March 14th, 2019
8:00 a.m. - 8:00 p.m.
Location: Temple Theatre (Sandford, NC)
Cost: \$27 Resident & \$30 Non-Resident (Includes Ticket and Travel)
Registration Deadline: February 27, 2019
Jump on board and travel to the Temple Theatre for Twain's timeless classic Big River “The Adventures of Huckleberry Finn.” On our way to the show, we’ll stop by the Fairview Dairy Bar for lunch.
No Refunds


“Lucky To Have You” Dance



March 16th, 2019
6-8pm
Ages 6-12
\$20 per couple OKI Residents & \$25 per couple Non Resident *\$5 per extra ticket*
Location: OKI Community Center (SE 47th St. E. Oak Island Dr., Oak Island NC 28465)
Come dressed in your Sunday Best and share a special evening with the one you love. A special occasion for any adult/child duo, this will be an evening sure to be remembered for a lifetime. We will have Dinner, Dancing, and Photographer on hand to take pictures. For questions, please call Ryan at (910) 278-5518.



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.

2020 Oak Island Coastal Calendar Contest




Photo Entries Accepted: February 1st– March 17th 2019
FREE TO ENTER!!!
Winners will be announced May 2019
Share your very favorite photos of our island paradise over the last twenty years for a chance to be published in the 2020 OKI Coastal Calendar!
Entries will be voted on by a local panel, with winning entries to receive a FREE 2020 OKI Coastal Calendar and a year’s supply of bragging rights!
Registration is available online. For questions, contact Carrie at cwinkler@ci.oak-island.nc.us

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.



TWC Hotspot now available at Oak Island Recreation Center



Now accepting credit card payments