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**TOP** Charlie and Emerson Wood with Goldie. **LEFT** Goldie is not only a canine ambassador for TU, she's available to offer comfort to students feeling stressed or those missing their pets back home.

## MEET OUR COVER KIDS (AND DOG)!

Emerson and Charlie Wood share the April cover with Goldie III, the newest canine ambassador for the University of Tulsa. During the photo shoot, the siblings spent plenty of time playing with the sweet golden retriever puppy between shots.

Nine-year-old Emerson is a third grader at Mayo Demonstration School who loves animals and spending time with friends. At home, she and Charlie help care for two dogs, Penny and Mabel, along with a leopard gecko named Sushi. Charlie, 6, is a first grader who enjoys jiu-jitsu and playing Super Mario Odyssey.

Goldie III is the latest in a line of beloved campus pups at TU, where she'll spend her days greeting students and appearing at university events.

PHOTOGRAPHY BY SHANE BEVEL



## THE PETS OF TULSAKIDS

We surprised our kids with a puppy on Christmas five years ago. Complete with a red bow around his neck, he was better than any present under the tree and immediately became part of our family. We named him Charlie after a favorite book from when my kids were little—Ree Drummond's *Charlie the Ranch Dog*.

But none of us call him Charlie anymore. Like a lot of dogs, his name has evolved into more iterations than I can count. He's Charles, Chuck, Char Char, Chi Chi, Char Baby, Char Bean and, inexplicably, Bingle Sprouts. When he was a puppy on walks at Turkey Mountain, people would stop and say, "Whoa, look at his paws. He's going to be big." Well, they were right. He's the biggest goldendoodle I've ever seen, which gets him lots of looks when he sticks his head out the car window, ears flapping in the wind. I'm so glad I gave in to getting my kids a dog to grow up with. I can't imagine the inside jokes, love and connection we would have missed out on without him.

You'll find plenty of stories about animals in our April issue. I loved meeting the amazing therapy sloths, Shiloh and Simon, and learning about the fancy chickens that are enticing TPS kids to come to school for attendance rewards. And I was impressed with the dedication of 9-year-old Olivia Haller who spends time with shelter dogs, taking them on "doggy dates" for comfort and socialization.

We also loved the honor of having Goldie, the new University of Tulsa campus puppy, on our cover. Goldie will be going to puppy school this summer, working with a professional trainer to learn how to be the best canine ambassador for TU. She reports for official duty in August alongside the incoming class of 2030.

Pets are part of the TulsaKids family, too. Meet a few of the dogs—and one very patient cat—who keep our team company at home.

### Natalie Mikles

EDITOR



*Reporting this month's story on therapy sloths meant going behind the scenes—and meeting a couple of unforgettable interview subjects.*



# TulsaKids

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Phone: 918-612-5110  
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#### Publisher

Amanda Murphy  
amanda.murphy@tulsakids.com

#### Editor-In-Chief

Natalie Mikles  
editor@tulsakids.com

#### Web Editor & Calendar

Tara Rittler  
tara.rittler@tulsakids.com

#### Operations Manager

Lyssa Flanagan  
lyssa.flanagan@tulsakids.com

#### Graphic Design

Jesse Robinson

#### Distribution

Joan Ross

#### Contributing Writers

Sharon Bishop-Baldwin  
Shannon Dean  
Requil Golbeck  
Nancy A. Moore  
Erin Page  
Angela Percival-Porter  
Katy Clark  
Julie Wenger-Watson  
Tamecca Rogers

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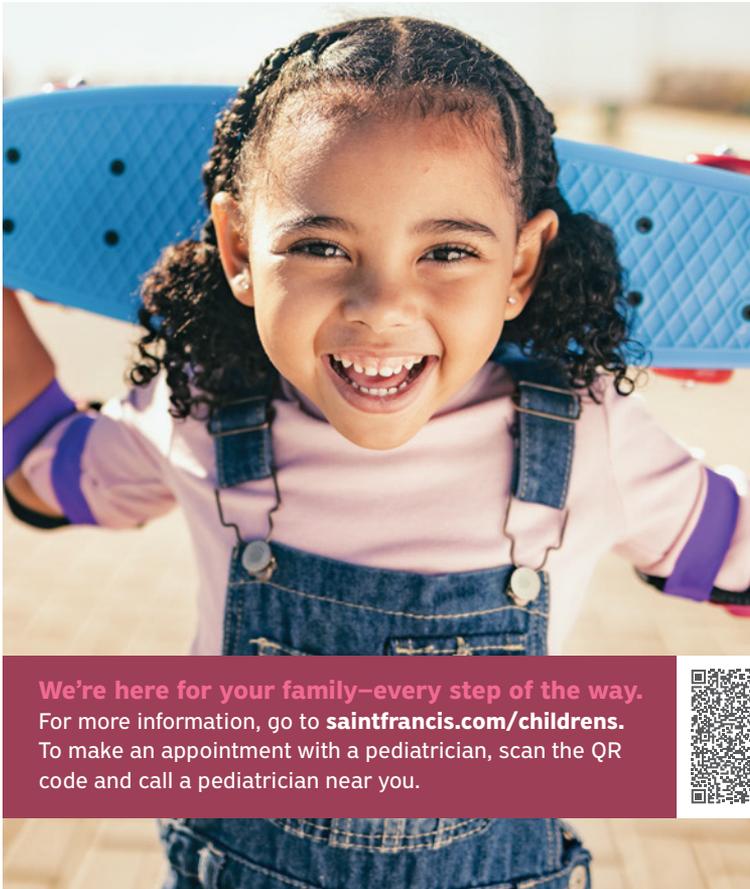
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# CONTESTS & GIVEAWAYS



## AMAZING DADS CONTEST

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We're looking for an Amazing Dad to feature on our June cover! Submit your Amazing Dads nominations April 1-15. The winning dad will also receive a \$200 SCHEELS Gift Card!



## WHEELS AND THRILLS GIFT CARD GIVEAWAY

Enter to win a \$25 Wheels and Thrills gift card. Make sure you're following [@tulsakidsmagazine](https://www.facebook.com/tulsakidsmagazine) on Facebook by April 20 so you don't miss out! We'll share all the details there.

Wheels and Thrills is a Family Entertainment Center in Owasso offering skating, an arcade, laser tag and more.



## NEW PRIZES EVERY MONTH

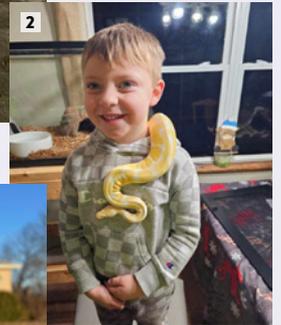
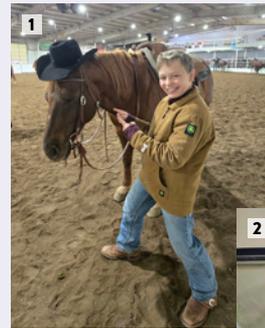
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# WHAT'S GOING ONLINE?

## KIDS AND THEIR UNUSUAL PETS

We love dogs and cats, but we asked our Facebook followers (@tulsakidsmagazine) to share photos of their less-common pets. Here are a few of the responses!

1. Colton Sorenson and his horse, Rip (aka Wampus Cat)
2. Tripp, age 6, and Sundee, a yellow-belly albino python
3. Allison Spencer, age 12, and her chicken, Apple



## CONNECT WITH US!

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**TOP** Veronica Foster at John Hope Franklin Elementary School.

## CHICKENS BOOST SCHOOL ATTENDANCE

Showing up to school can be tough for young children, but at some Tulsa Public Schools campuses, fluffy chickens are helping make the decision a little easier.

Veronica Foster, student recruitment and community engagement coordinator for Early Childhood Education, has found an unexpected way to motivate young learners to show up: her flock of “bougie chickens.”

Foster first brought chickens into the classroom while working at Clinton West Elementary, where she helped launch a chicken club alongside other enrichment efforts. The idea was simple but memorable.

“A chicken has to sit on its eggs every single day to hatch—just like you have to go to school every day,” Foster said. “Students need to come to school consistently to grow and learn.”

The concept stuck—especially on hatch days. Attendance data showed noticeable

improvement on days when chicks were expected to emerge, and students with strong attendance records were awarded with special visits and photo opportunities.

Now working in early childhood enrollment and family engagement, Foster occasionally brings her Silkies—known for their soft, fur-like feathers and feathered feet—to campuses including John Hope Franklin Elementary and Unity Learning Academy. Many students have never seen chickens like hers.

“Is that a stuffed animal?” they ask.

The visits spark conversations about responsibility, routines and showing up. Foster says it can be difficult for young children to grasp abstract concepts like time, but they understand waking up with the rooster and caring for something every day.

For Foster, who grew up in West Tulsa and now raises chickens with hopes of starting a 4-H club with her daughter, the visits are about more than chickens. They’re a memorable way to remind students that showing up every day matters.

## CALLING ALL SUPERHEROES: TAKE ON THE CAN CHALLENGE

Kids can channel their inner superhero at the Child Advocacy Network’s Superhero Challenge on Sunday, April 19, from 10 a.m. to 2 p.m. at POSTOAK Lodge. The family-friendly event features obstacle courses where young participants can climb, crawl, swing and jump their way through the action. Children ages 6 and up can tackle a one-mile course with 10 obstacles, while younger participants can try the half-mile “Sidekick Challenge” designed for ages 5 and under. Race heats begin every

15 minutes, and families can also enjoy inflatables, snacks and entertainment in the Superhero Village.

Entry is \$30 and includes a race packet, T-shirt (register by March 31 to guarantee size) and finisher gift. The event benefits the Child Advocacy Network, which serves Tulsa County children and families involved in child abuse investigations. Register at [CANsuperherochallenge.org](https://CANsuperherochallenge.org).



Mayor Monroe Nichols with Lanier students

## LANIER ELEMENTARY TURNS 100

Lanier Elementary recently marked its 100th anniversary with a schoolwide open house that doubled as a history lesson. In the weeks leading up to the event, students researched what life in Tulsa was like when the school first opened.

Each grade level explored a different topic from the past century. Younger students learned about toys, games and candy

from 100 years ago, while second graders studied transportation. Third graders compared prices in the 1920s and today, and fourth graders explored the invention of radio, creating a broadcast that played in the hallways during the open house. Fifth graders focused on arts and culture, producing an educational video to share what they learned.

Student guides also gave Mayor Monroe Nichols and Tulsa Public Schools board member John Croisant a tour of the school and the projects on display.



## PLACES TO GO

# Inclusive Playgrounds

BY TARA RITTLER

When Tulsa’s newest inclusive playground opened at Bales Park, Tulsa Parks Director Anna America said, “This playground reflects our commitment to creating parks where every child feels welcome, supported and able to thrive.” Here are three playgrounds children of all abilities can enjoy.



### HOPE PLAYGROUND AT WHITESIDE PARK

Opened in 2023, Hope Playground marked the beginning of Tulsa Parks’ commitment to building a series of accessible playgrounds. In addition to accessible equipment such as swings and a merry-go-round, Hope Playground is covered in bright green turf with a vibrant blue track running through it — designed to help those with impaired vision navigate the playground. Braille signage helps as well.

Sensory-seeking kids can find features that spin, as well as equipment for balancing, climbing and more. And adults needing to help kids navigate the play equipment can do so with confidence: All areas are designed to accommodate adults as needed. Plus, the family bathroom features an adult changing table

4009 S. Pittsburg Ave., Tulsa  
[cityoftulsa.org/parks](http://cityoftulsa.org/parks)



### ELAM PARK

While other inclusive playgrounds were installed at pre-existing parks, Elam Park in Broken Arrow was designed and built with accessibility in mind. It opened in October 2024 and quickly became a popular destination for families.

Special features include ziplines — including one with a secure seat so you don’t have to hang onto the rope; musical components; and a dedicated area for toddlers, which includes a communication board to help nonverbal visitors.

2800 W. Florence St., Broken Arrow  
*Located behind Aspen Creek Elementary*  
[brokenarrowok.gov](http://brokenarrowok.gov)



Photo courtesy of Tulsa Parks

### BALES PARK

Following closely on the heels of another new accessible playground at Hicks Park, the City of Tulsa celebrated the opening of Bales Park’s inclusive playground in late February 2026. Beyond the playground itself, Bales Park is now home to a wheelchair-accessible soft-ball field, as well as trails accessible to adaptive cyclists.

Because Bike Club is now headquartered at Bales Park, this playground pops with bike-themed design elements. Like Elam Park, there are a couple of short ziplines, as well as a full line of swings, both traditional and accessible. The swing shaped like a hammock appears to be the most popular of the bunch.

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## PEOPLE TO MEET

# Vickie Cupps and Her Therapy Dogs

When Vickie Cupps clips a black and pink vest onto her dogs, they know exactly what it means: It's time to go to work.

Cupps volunteers with the Pink Paws therapy dog program at Saint Francis Health System, bringing trained dogs to visit patients, families and staff throughout the hospital. The visits can be brief—a few minutes in a hallway or patient room—but the impact can be lasting.

"Dogs change people's emotions," Cupps said. "They help normalize what can be a really scary place."

Cupps has loved dogs since childhood and has spent decades working with them, raising and training breeds including Samoyeds.

Today she often visits Saint Francis with Skye, a nearly 3-year-old Samoyed whose fluffy white coat tends to attract attention wherever she goes.

"One doctor chased me down the hallway once and said, 'Is that the famous Skye?'" Cupps said with a laugh. "He said Skye is more famous than any of the doctors here."

Pink Paws teams are carefully tested and trained before visiting hospitals, but Cupps says the most important quality is a calm, social dog paired with a handler who understands both people and animals. Young volunteers can get involved, too. The program's Junior Pink Paws track allows

kids ages 12 to 17 to volunteer alongside their therapy dogs.

Cupps is part of the Karing K9s group, whose volunteers make regular visits to Saint Francis, Ascension St. John, Laureate and Youth Services of Tulsa.

For patients and staff alike, the visits can provide a welcome moment of comfort. And sometimes, Cupps says, the smallest interactions are the ones that matter most.

"You may not always realize the impact you've had," she said. "But the dogs do something special for people."

TULSAKIDS STAFF



# Backyard Camping 101

A simple way to make spring nights memorable and screen-free.

By **Shannon Dean**



You do not need a national park permit to give your children a sense of outdoor adventure. Sometimes, all it takes is a tent pitched on familiar grass, your yard transformed by twilight, and the decision to stay outside just a little longer than usual. Spring is generous that way. The evenings stretch, the air softens and the bugs have not yet fully claimed their territory.

Backyard camping lives in the sweet spot between novelty and comfort. It feels special without being elaborate. And for families craving connection without screens, it offers something rare—time together that does not ask much of anyone except presence.

## Start Small

The goal is not to recreate a wilderness experience. It is to make memories and to have fun.

A tent is helpful, but not essential. Sleeping bags or blankets can be all you need, and a flashlight feels just as magical as a

lantern. The more familiar the setup, the safer children feel, so let them help you prepare.

Have them gather pillows. Let them unroll the sleeping bags. Ask what snacks feel “camping worthy.” Ownership turns an activity into an event, and it builds anticipation long before the sun goes down.

## The Best S’mores Are Simple

No campout is complete without something warm and sweet. DIY s’mores can be as traditional or as creative as your family likes. Classic marshmallows and chocolate work beautifully. So do peanut butter cups, sliced strawberries or banana pieces tucked between graham crackers.

If an open fire is not an option, no problem. S’mores can be made over a grill, a fire pit or even inside using the oven broiler. The point is not authenticity. It is the attempt. Children remember sensory experiences. They remember being trusted with sticky fingers, the

## Backyard Camping Tips That Make the Night Easier

A backyard campout doesn’t need much to succeed, but a few thoughtful choices can make the difference between a cozy memory and a short-lived experiment. These tips focus on comfort, flexibility and keeping expectations realistic.

### BEFORE THE TENT GOES UP

**Choose the calmest night possible.** Aim for mild weather and a quiet evening. Wind and late-night events nearby can make everything feel harder than it needs to be.

**Set expectations.** Talk about the plan in loose terms. “We’ll see how long we stay out” gives kids permission to try without pressure.

**Bring necessities.** Extra socks, blankets and a backup sweatshirt can turn a chilly moment into a non-issue.

### FOR YOUNGER OR NERVOUS CAMPERS

**Bring something familiar.** A favorite stuffed animal, pillow or bedtime book helps the tent feel safe rather than strange.

**Keep bedtime routines recognizable.** Pajamas, tooth-brushing and a familiar story cue the body that sleep is coming, even in a new setting.

**Narrate the night sounds.** Naming what children hear helps reduce anxiety. A distant car or rustling leaves feels less scary when they’re understood.

smell of melting chocolate and the permission to linger.

## Safety Is Part of the Comfort

Backyard camping works best when everyone feels secure. Do a quick yard check before dark. Look for tripping hazards, sharp tools or anything that does not belong near a sleeping space. If you are using a fire pit, set clear boundaries and talk through expectations before lighting it.

Keep a small basket nearby with essentials. Think bug spray, bandages, extra socks, blankets, pillows and a water bottle or two. Knowing help is close allows kids to settle in more fully, even if they never need it.

Make sure kids know that going inside is always allowed. Knowing there is an easy exit often makes children more willing to stay.

## Let the Night Be the Entertainment

Without screens, the evening opens up. Sounds grow louder. Stories are brighter. Children ask

questions they might not think to ask during a busy day.

Lie back and watch the sky. Count stars if you can see them. Listen for night birds or distant traffic and wonder together where it is headed. Tell stories from your own childhood, especially the imperfect ones.

Some families bring a favorite book and read by flashlight. Others play word games or share jokes. Some simply talk until sleep arrives. There is no wrong way to fill the time. Expect imperfection and welcome it.

Expect that someone will get cold or that someone may decide at nearly midnight that sleeping inside sounds better after all. This is all fine.

Backyard camping is not about endurance. It is about fun and flexibility. Even a partial night outside still counts. Even setting up the blankets and sharing s’mores before returning indoors is a success. Children remember how

**COMFORT MAKES EVERYTHING BETTER**

**Layer underneath.** Sleeping bags on grass can feel cold from below. Adding an extra blanket or foam mat creates insulation.

**Light matters.** A soft flashlight or glow stick inside the tent prevents that sudden pitch-dark feeling that can trigger fear.

**Hydration counts.** Have water nearby so no one has to navigate the yard half asleep.

experiences feel, not how closely they followed the plan.

**Morning Is Part of the Gift**

If you do make it through the night, let the morning unfold slowly. Focus on simple pleasures like the dew on the grass and the quiet pride of having slept somewhere different. Stick with simple foods, like fruit and baked goods. Leftover s'mores work, too. Resist the urge to rush into the day.

There is something grounding about starting the morning outdoors, even briefly. It sends a subtle message that we can take the time to slow down and make space for each other.

**Why It Works So Well**

Backyard camping strips away expectations. It asks parents to show up rather than perform. It asks children to be present rather than entertained. In a season often filled with schedules

and noise, it offers something rare and restorative.

Connection does not always require big plans or far-off places. Sometimes it is built right outside the back door, under a sky that has been there all along.

And long after spring fades into summer, that night in the yard will remain as a memory, a shared story and proof that togetherness does not have to be complicated to be meaningful. **TK**

**Shannon Dean** is a freelance writer who specializes in writing about women and families.



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# Growing Independence

Early self-help skills for babies and toddlers

By **Angela Percival-Porter**



*“Praise effort, even when the result isn’t perfect.”*

We raise our children to become independent beings from the time they are born—helping them learn to walk, talk and solve problems. The first three years are especially important, laying the groundwork for confidence and autonomy.

It can be difficult to allow children to do things for themselves. Feeding is messy. Dressing takes time. Watching your child struggle can test your patience. But when caregivers step in too quickly, children miss valuable opportunities to practice and grow. Allowing them to “work through” processes builds independence, problem-solving skills and a sense of pride.

Starting early and allowing extra time for cleanup after meals, getting dressed in the morning and brushing teeth (you can always brush “well” after your child has tried) can reduce frustration for both you and your child.

You may be surprised by what your child is capable of when given the

opportunity. Praise all efforts, even when the result isn’t perfect. Simple encouragement such as, “Good trying,” or “I like how hard you tried to put your shoes on,” increases the likelihood they’ll try again. Children also learn through repetition, so provide multiple opportunities to practice throughout the week.

By the time children are 3 years old, many are capable of these self-help skills:

**0–12 months**

- Holds own bottle or cup
- Begins finger feeding
- Crawls to explore the environment
- Begins imitation skills (clapping, waving bye-bye)

**1–2 years**

- Eats a variety of table foods
- Assists with dressing (holding out arms or legs)
- Begins spoon feeding
- Weans from the bottle

**2–3 years**

- Washes hands with assistance
- Participates in brushing teeth
- Drinks from an open cup
- Helps with simple tasks, such as feeding pets

One of the biggest challenges for caregivers is resisting the urge to jump in and complete tasks for the child. Instead, provide environments that encourage independence. Create large, clean spaces for crawling and exploration, offer utensils at mealtimes and model skills while allowing children time to try on their own.

Another effective way to promote self-help skills is through pretend play. Encourage children to “cook” using pots and pans and wooden spoons, wash dolls during bath time or care for stuffed animals. Also, read books together that celebrate independence and accomplishment.

You can also invite your child to help with daily routines: matching socks during laundry, sorting and putting away silverware and

cleaning up their toys at the end of the day. Before long, you’ll have a child who is proud to help and confident in what they can do.

If you have concerns that your child is not developing these skills, talk with your pediatrician or request a developmental evaluation through an early intervention program like SoonerStart. **TK**

**Angela Percival-Porter, MS, CCPS,** is a child development specialist for the State of Oklahoma. She is an adjunct professor, former director of an NAEYC-accredited early learning center, and a consultant to childcare centers.

## What Helps Kids Handle Stress

Adults play a powerful role in helping children manage stress. Small, everyday actions can make a big difference.

- **Listen first.** Children often open up during ordinary moments—on a car ride, while drawing or at bedtime. Listening without interrupting helps them feel heard and understood.
- **Offer small choices.** Kids cannot control most parts of their day, but simple choices—like deciding which homework to start with or choosing a bedtime story—restore a sense of control and confidence.
- **Help them name their feelings.** Many elementary students feel nervous, frustrated or embarrassed but do not yet have the words to explain it. When adults help label those emotions, children begin to understand what they are experiencing, rather than feeling overwhelmed.
- **Make room for movement and play.** A quick walk, stretching or a few minutes of laughter can help release tension. Teachers often call these “brain breaks,” and they can quickly reset a child’s mind and body.

A child sits at a desk staring at a blank worksheet while the rest of the class begins writing. The room is quiet, but inside that child’s mind, everything feels loud. Their stomach tightens, their thoughts race and one simple worry repeats over and over: What if I get this wrong?

Many adults think of stress as something that belongs to grown-ups—deadlines, bills, work schedules and responsibilities. Yet April is Stress Awareness Month, and it offers an important reminder that stress does not begin in adulthood. Children experience it too, often long before they have the words to explain what they are feeling.

Think back to your own elementary school years. You may remember the excitement of recess, the pride of getting a gold star or the joy of a field trip. But you may also remember moments that felt enormous at the time: forgetting homework, being called on when you were unsure of the answer or worrying about whether your friends would sit with you at lunch.

From an adult perspective, those moments might seem small. For children, however, they can feel

overwhelming. Childhood is a time filled with learning, growing and discovering how the world works. It is also a time when emotions can feel big and confusing.

### How Stress Shows Up in Kids

Children do not always say the words “I feel stressed.” Instead, stress often shows up in other ways. A child who suddenly becomes quiet in class might be feeling overwhelmed. A student who becomes frustrated over a small assignment may actually be carrying bigger worries beneath the surface. Even changes in mood or energy can signal that a child is struggling internally.

Adults often say something like, “Enjoy being a kid. These are the best years of your life.” That phrase is usually meant as encouragement. Still, it can sometimes unintentionally dismiss what a child is experiencing. When children hear that childhood is supposed to be carefree, they may begin to think something is wrong with them when they feel worried or anxious.

### Why Childhood Stress Is Real

The truth is that childhood includes both joyful and difficult moments. Children are constantly learning how to manage friendships,

expectations and emotions that are still developing. Unlike adults, they have very little control over many parts of their daily lives. Their schedules, activities and environments are usually decided by others.

Because of this, even small challenges can feel much larger to a child than they might appear to an adult. A disagreement with a friend, a tough math lesson or the pressure to do well in school can quickly build into stress.

The good news is that adults play a powerful role in helping children learn healthy ways to handle stress. Parents, teachers and caregivers can create environments where children feel safe sharing their worries and learning how to navigate them.

### What Can Make Stress Harder for Kids

Even well-meaning adults sometimes respond in ways that unintentionally increase a child’s stress.

- **Dismissing their worries.** Saying “That’s nothing to worry about” may shut down the conversation when a child really needs to feel understood.
- **Comparing their problems to adult challenges.** A child’s world operates on a different scale, and their concerns deserve respect.

# Little Shoulders, Big Feelings

## Understanding Stress in Elementary Kids

By **Tamecca Rogers**



- **Assuming misbehavior is only about discipline.** Sometimes frustration, tears or acting out are signs that a child is overwhelmed.
- **Overscheduling every moment.** Children need downtime, imagination and rest just as much as structured activities.

It is worth remembering that learning how to manage stress is a life skill that begins early. Children may not carry the same responsibilities as adults, but their feelings are just as real.

When adults pause to listen, offer patience and respond with empathy, children learn something powerful. They learn that difficult feelings are normal, that support is available and that challenges can be worked through one step at a time.

Sometimes the most meaningful message we can give a child is simple but powerful: Your feelings matter, and you do not have to carry them alone. **TK**

**Tamecca Rogers, PhD,** serves as Director of Student Access and Success at Tulsa Technology Center. An award-winning author and filmmaker, she is committed to diversity, equity and inclusion in all her endeavors.

# Bike Club Gets Kids Rolling

Building confidence and connection one bike at a time

By **Julie Wenger Watson**



May is National Bike Month, and no organization in Tulsa is doing more to get kids on two wheels than Bike Club. Under the guidance of founders Jason Whorton and Mike Wozniak, the nonprofit operates programs in 37 elementary and middle schools, empowering students with cycling and life skills, while giving away thousands of bikes and helmets in the process.

## What Does Bike Club Do?

Bike Club's after school program runs from September through May. In general, each school's club is made up of around 20 students, one or two faculty members and several volunteers. Bike Club provides everything needed for the program, including bikes, helmets and curriculum. In the fall, the students and volunteers meet weekly to learn basic bike skills, along with cycling education and safety. In the spring, all of that knowledge is put into practice with off-campus experiences and group rides to places like a fire station, museum

or park. Students who successfully complete the program receive their own bike and helmet.

Although these after-school programs are at the heart of what Bike Club does, the organization also fields a race team with former and current Bike Club members who train and compete together in the National Interscholastic Cycling Association (NICA) League. In addition, Bike Club supports Project Bike Tech at Tulsa MET, a course where students learn the mechanical skills of bike service and repair, along with career readiness competencies. Bike Club also offers free bike maintenance and safety checks at community pop-ups in partnership with schools, parks and housing organizations, as well as weekly guided mountain biking rides with specialized equipment for individuals with physical challenges.

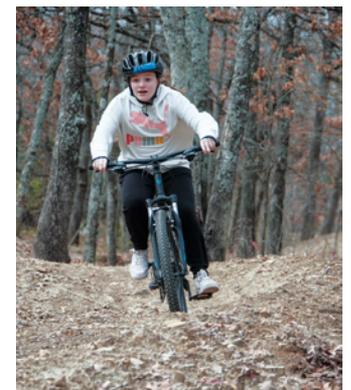
## Why Bike?

While the digital revolution has brought many benefits, our kids have paid the price for our

screen-obsessed world. The costs include everything from increased risk of obesity to loss of social skills and behavioral problems. Although there's no magic bullet to address the downside of life in the information age, better mental and physical health may be just a bike ride away.

As a form of exercise, regular biking is a joint-friendly method of increasing cardiovascular health. Cycling can burn significant calories, which helps with weight management. It also strengthens lower body muscles and improves core stability. The mental health benefits of exercise, including cycling, are well documented and range from reduced feelings of stress, depression and anxiety to improved focus, confidence and self-esteem.

As Bike Club Program Manager, Jonah Panther sees the positive impact the after-school program has in the students' lives. There are the obvious improvements in physical health as the kids build



the coordination, strength and endurance necessary to ride longer distances. There are subtler changes, too, like increased confidence and pride in their accomplishments.

"One of my favorite things is to get a kid who is really quiet, really reserved, maybe shy and probably lacking in some confidence," Panther says. "But then you get them on a bike and teach them how to ride better and they start building





Students from several Tulsa middle school Bike Clubs ride the trails at Mooser Hollow and Lubell Park during a mountain bike field trip. **BELOW** a student athlete on the Bike Club Tulsa mountain bike team waits to start his race at NICA Central Regionals in Fayetteville, Ark

# BIKE CLUB



confidence. They blossom. They start talking to you.”

Bike Club co-founder Mike Wozniak sees bikes as a tool to build relationships.

“When you get moving and your blood starts pumping, that starts to break down some of those barriers that we have,” he says. “Our goal is to create social connections that are meaningful in these youths’ lives, showing students that someone outside of that core group of

parents and teachers cares about them in Tulsa.”

Bikes have been an integral part of the lives of Bike Club’s Panther, Whorton and Wozniak for as long as they can remember. While they’re fully aware of the numerous mental and physical health benefits inherent in the sport, they strongly believe teaching kids to bike is also an effective way to build a stronger and better community.

“Your world gets bigger when you get a bike,” says Whorton.

### How Biking Helps Community

According to Wozniak, bikes are important for city building and placemaking.

“These kids have never been outside their neighborhood. It expands their bubble,” he says. “When you’re in a car or a bus, it’s a metal aggression box. You get out of that thing, and now your community is at your fingertips. That’s the beautiful thing about a bike. You’re not behind

glass and metal. You’re out in your community.”

Whorton believes by teaching kids the rules of the road, Bike Club makes better future motorists, too.

“We feel that respecting order and safety translates into better citizens once they get behind the wheel,” he says. “They’ll be more aware of pedestrians and cyclists.”

In the meantime, Bike Club counts their wins one cyclist at a time.

“Success is measured by how full the bike racks are,” says Whorton.

For more, visit [bikeclubtulsa.com](http://bikeclubtulsa.com). **TK**

**Julie Wenger Watson** is a freelance writer who’s worked in all aspects of music promotion. She’s also Co-Director of “Live From Cain’s,” a public radio show pilot.

# Paint the Story!

An art smart way to explore books with your child

By **Requil Golbek**



Everyone knows the best part of picture books is...the pictures! Illustrations aren't just there to make it pretty, though; the illustrations in children's books serve a valuable purpose. They help kids understand what's happening in the story, including how the characters feel. They can add plot points and visual jokes (think of when a character is looking for something and we, the readers, can see it!). They also create an opportunity for imagination and discussion beyond what is in the text, especially in books for early readers where vocabulary is limited.

What's more, books with great illustrations encourage kids to read them multiple times, which helps them build fluency. For all these reasons, illustrations can be one of the best ways to motivate a reluctant early reader.

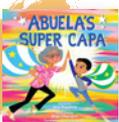
An exciting way to engage with the illustrations in a book is to "paint the story." This can literally be painting a picture based on the book, but there are endless opportunities for using different art techniques and materials. Here are a few ideas to get you started.



**Stuck** by Oliver Jeffers

When Floyd's kite gets stuck in a tree, he tries to knock it down with increasingly larger and more outrageous things—even a whale and a fire truck!

- Paint or draw a picture of a tree.
- Cut pictures out of old magazines of crazy things to get stuck in your tree.
- Glue pictures all over the tree. Don't forget to include a kite!



**Abuela's Super Capa** by Ana Siqueira

Luis sees his abuela as a superhero, but when she gets sick and can't be his super sidekick anymore, his little sister steps up to the challenge.

Make your own super cape by cutting the front and sleeves off of an old T-shirt.

Paint a design on the cape and go fight crime!



**It Looked Like Spilt Milk** by Charles G. Shaw.

This classic book is about watching clouds, which can look like almost anything. This is a great chance to get sensory!

- Squirt shaving cream onto a clean kitchen counter or sheet pan, and let littles use their hands to make cloud shapes.
- Mix equal parts glue and shaving cream to make cloud paint. Paint onto dark-colored paper to make 3D puffy cloud paintings.



**The Cat at Night** by Dahlov Ipcar

This story shows the nighttime escapades of a cat, while comparing the night vision of humans and cats. There are two great options to "paint the story" in this book.

- To mimic the cat's excellent night vision, make colorful, detailed drawings with chalk or oil pastels on black paper.
- For the human's version, which is mostly just silhouettes, do some shadow drawings. Set toys or figurines at the edge of the paper with a strong light source to the side (this works great on a sunny day!), then trace the shadow.



**El Peor Teddy Del Mundo** by Marcelo Verdad

Noa's teddy is always too sleepy to play. When we find out what he's doing all night, we realize he's really the best teddy.

- Noa's expressions are the best—talk with your child about how we can tell Noa is mad (hint: eyebrows!).
- Crayons or oil pastels are a great choice to copy the bold style of these illustrations.
- In addition to drawing parts of the story, you could draw your own idea of a nighttime visitor.



**Good Hair** by Yvonne Sewankambo

This story celebrates hair of all textures, lengths and colors, and is a great message about acceptance of ourselves and others.

- Draw some great hair with crayons, markers or paint.
- Make it 3D with feathers, cotton balls, yarn, glitter or any other supplies you have around.

And don't forget about nonfiction!



**Fungi Grow** by Maria Gianferrari is a great example of a nonfiction book chock full of bright, interesting

illustrations. Kids can copy the fungi they like best or design their own funky new fungus!

- Use a combination of pens or markers to draw outlines, then watercolors to fill in.
- Use Play-Doh or modeling clay to create 3D versions.

The point isn't to perfectly copy the pictures from a book—and sometimes you'll end up with something totally different—but doing activities like these will help children learn to notice and appreciate illustrations, which will in turn make them more observant and engaged readers. And engaged readers are avid readers.

**Requil Golbek** is the youth associate at Maxwell Park Library. Check out her bilingual storytimes at 10:30 a.m. Tuesdays.



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# Melissa Phenicie:

## Creating a Community of Encouragement, Purpose and Belonging

By **Nancy A. Moore**



What began as a desire to help young people and widows in Melissa Phenicie's own life has grown into a powerful community known as Balcony Women. This multigenerational nonprofit equips young men and women to recognize their unique gifts and lift one another up while restoring hope and belonging to widows. The organization has grown into a team of volunteers who provide mentorship, youth workshops and transformative gatherings for widows. During this visit, Melissa shares the defining moments that led her to step outside of her comfort zone to start Balcony Women, the vision behind creating a full-circle community of encouragement and why each of us has the ability to become balcony people—cheering and supporting others.

**TK:** How did Balcony Women begin?

**Melissa:** Balcony Women is a nonprofit that equips people to uplift and encourage others

through mentorship and community—especially widows and youth, so no one walks alone. We equip them to recognize and use their given gifts and talents.

This idea was planted during a time when I had young people in my life who were dealing with anxiety and bullying. I am an educator by profession, and their parents were hoping I had solutions. I also had widows in my life on a roller-coaster grief journey who needed guidance. I just wanted to help, and through some research, found nothing to support the youth or the widows. This was the beginning of my journey of learning my purpose.

**TK:** You talk about people standing in the balcony cheering others on. Who were the balcony people in your life?

**Melissa:** God always surrounded me with Balcony Women growing up. I was blessed with a mom, grandmothers, aunts who all



### MORE WITH MELISSA

Laughter and Lemonade, the next dinner to support widows, takes places July 23. Find out more at [balconywomen.com](http://balconywomen.com).

Women supporting women: Nearly 700 Tulsa-area women attended the last Balcony Women dinner for widows.



supported me. I was lucky to have a small group of girls in high school and college who wanted the best for me. I married into a family where my mother-in-law and grandmothers also supported me. It wasn't until I was an adult that I had an experience that opened my eyes and heart to the realization that not everyone is as fortunate. I began to look for other Balcony Women in my community and worked to set an example of how women could be Balcony Women. I didn't realize how big my circle of influence would become.

**TK:** Was there a specific moment when you realized this wasn't just an idea—but a calling?

**Melissa:** I remember having a hard day. I was having my own private pity party. Asking questions like, "Why aren't people doing anything to help these young people understand that they are created with all these gifts and talents for a purpose and that they would be happier if they helped each other instead of hurting each other," and

"We are supposed to take care of the widows in our community, but no one is doing it. Why?"

I went to bed frustrated and defeated. I had a dream that night that I was this big bird crammed in this small cage. I liked the cage because it was my comfort zone. I could control everything in the cage, but I wasn't fulfilling my purpose. I was to get out of the cage and my comfort zone to help our youth and our widows. I didn't know how, but I knew that was my purpose. I wear a bird necklace every day to remind me of my purpose and if ever I feel like getting back into my cage, I remind myself that it is not an option.

**TK:** Tell us about your programming.

**Melissa:** Programs for widows include monthly support groups where they learn tools to help them on their grief journey, and two large yearly events that provide fellowship and community. We just hosted our Valentine's events and



**Centennial Edition**

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Melissa with middle schoolers from her Balcony Girls program.

had 690 widows RSVP. Widows often say that walking into a room with hundreds of others helps them realize they are not alone. We also have partnerships with YMSL (Young Men's Service League) and NCL (National Charity League) that help meet everyday needs such as yard work or small projects around the house and sending the widows birthday cards.

The Balcony youth workshops teach middle school-age youth nine character skills: character, purpose, power of words, happiness vs. joy, truth over feelings, friendship vs. crowd, screentime, set apart and conflict resolution.

**TK: Today, kids face immense pressure to perform, compare and compete. What do they need most from us as mentors?**

**Melissa:** We have many mentors who teach but do not model. Our youth pick up on that quickly and follow what we model more than what we teach. Mentors offer belonging, spiritual grounding, practical tools and steady encouragement so our youth learn to thrive without competing for worth. Good mentors provide presence and unconditional support, help young people discover their God-given identity and gifts and equip them with emotional tools. A sweet workshop attendee shared something she learned at our workshop, "Happiness is not a forever feeling.

Many things—even things that are not good for me—can bring me happiness, but it won't last. I want joy. I want to focus on things that bring joy so no matter what I am going through I can have joy."

**TK: Why is it important for young people to understand their identity and value early?**

**Melissa:** Understanding identity and value early helps young people grow with confidence, purpose and make healthier choices. When kids know they are created with unique gifts and a God-given purpose, they stop measuring worth by performance or comparison.

After one of the workshops, I had a 12-year-old girl come up to me and say, "I get it now. I am not weird. God made me this way for a reason." She left the workshop ready to use what others saw as weird to fulfill her purpose. She even told the principal that was her best day ever. You know from her statement that her peers had been telling her that she is weird

and different because she didn't fit in their box. I am certain that troubled her, but now she knows there is nothing wrong with her.

**TK: How can people get involved?**

**Melissa:** If you want to volunteer at our events, email us at [volunteer@balconywomen.com](mailto:volunteer@balconywomen.com), and we will add you to our volunteer email that goes out prior to our events. To host a school workshop or group event, email [melissa@balconywomen.com](mailto:melissa@balconywomen.com).

**Nancy A. Moore** is an adjunct professor at Tulsa Community College and has been a writer for TulsaKids for more than 20 years. Her podcast, *Sharing Passion and Purpose*, can be found on most podcasting platforms or on [NancyMoore.co](http://NancyMoore.co).



## ROUTE

This spring and summer, TulsaKids hits the road. In this new series, we explore family-friendly Route 66 stops and experiences worth the drive.

## Get Your Kicks in OKC: FAMILY FUN ALONG ROUTE 66

A Route 66 detour that's quirky, memorable and completely free.

ARTICLE AND PHOTOS BY ERIN PAGE

### WHEN I THINK OF THE MOTHER ROAD,

I think of neon signs, notable landmarks and cozy diners. But Route 66 also embodies the quirky, the eccentric and the unexpected. Some of my family's best memories come from the places we never saw coming ... the ones that made my kids pause mid eye-roll and say, "Wait. This is actually kind of cool."

Just a quick hop off the Mother Road in Oklahoma City sits one of those places: **the American Pigeon Museum & Library**.

Yes. A museum about pigeons. Stay with me.

This attraction delivers something rare in family travel: an unrushed opportunity to sit in curiosity with passionate people who care deeply about a specific topic. Guests meet live birds and are welcomed by the family behind the museum, whose pride and care shape every visit. Plus, it's interactive and entertaining for all ages, from toddlers to grandparents. And completely free!

### Why pigeons?

I've visited museums across the country, from Smithsonians to roadside attractions. I'll gladly reroute a trip for a museum of any size on any subject. But since my first visit to the American Pigeon Museum, it's the museum I recommend more than any other.

The museum opened in 1973 and was renovated in 2014. I'd heard about it for years, and I expected something interesting, novel and quick. Instead, we lingered, bought the T-shirts and have returned several times.

Who knew pigeons have been shaping human history for thousands of years! They've delivered wartime messages, competed in international races and been bred into stunning varieties that look almost too dramatic to be real.

Exhibits trace those stories from military service

to the evolution of pigeon racing. Visitors will find collections of artifacts, photos and videos, from intricate racing clocks and wartime medals to the tiny carriers attached to pigeons to transport messages. There are shelves of pigeon-themed art and memorabilia, QR codes that unlock deeper dives and even a life-size wartime mobile loft, complete with handlers preparing birds for flight.

My kids were captivated by how essential the birds were to communication during wartime. We spent nearly an hour peppering staff with questions about how pigeon racing works, including how the birds are trained and how in the world they find their way home across vast distances.

I love what happens when curiosity stacks on itself because a place invites questions instead of hurrying you along.

### The moment that wins families over

While the exhibits are engaging, meeting the live birds is what sends this museum into core-memory territory. If you have an animal lover, a future veterinarian or a kid who enjoys trivia, this is their moment.

Visitors can meet several breeds up close, and depending on the day, may even get the chance to gently interact with them. Suddenly the history you've been reading about is blinking, cooing and shifting in your hands, and, for us, that leap from display case to real life was the difference between mild curiosity and full-on fascination.

We not only got to experience their distinctive looks but also their personalities, with Garth and his fancy collar being our favorite of the flock.

Nothing about the experience feels rushed or rehearsed. The conversations unfold at a kid's pace, led by people who clearly love these birds and genuinely want every visitor, especially the youngest ones, to leave feeling that same spark.

### Built for the wanderer mindset

This museum perfectly fits the spirit of Route 66. It exists because people care deeply about preserving a piece of culture most of us would otherwise miss. And like so many Mother Road attractions, it feels personal in a way big destinations sometimes can't.

You walk out knowing more than you did when you walked in, a little charmed, slightly surprised and with at least one story you'll be repeating for years to come.

My favorite part was discovering an entirely new subject together as a family. I'm fairly certain at least one of my children is still contemplating how they can become a pigeon racer. **TK**

### Plan your visit

Plan to stay about an hour—longer if your crew gets deep into the racing history or spends extra time visiting the birds.

The museum is open Friday afternoons from 1 to 5 p.m. and Saturdays from 10 a.m. to 5 p.m. Check their social media feeds to confirm. Admission is free; donations are accepted. Learn more at [theamericanpigeonmuseum.org](http://theamericanpigeonmuseum.org).



#### Feathered Heroes

Thirty-two pigeons received the Dickin Medal of Honor for their service during World Wars I and II.

## Make It a Full Day

OKC's Adventure District is home to a number of quirky and low-cost museums. Minutes from the American Pigeon Museum, you'll find the **National Softball Hall of Fame**, which highlights the history of the sport and the NCAA Women's College World Series and USA Softball Collegiate Player of the Year Awards. Admission is free.

[usasoftball.com](http://usasoftball.com)

**The Oklahoma Railway Museum** features freight cars, passenger cars and even a real steam engine on display. Admission is free. Train rides are offered every first and third Saturday of the month from April through August, and tickets can be pre-purchased online.

[oklahomarailwaymuseum.org](http://oklahomarailwaymuseum.org)

**The Oklahoma Firefighters Museum** showcases more than a dozen restored firetrucks and is the only fire museum in the United States owned and operated by firefighters. Admission is \$6 for adults and \$3 for kids and seniors.

[osfa.info/museum](http://osfa.info/museum)



### ROUTE 66 Fun Fact

Oklahoma boasts more drivable miles of Route 66 than any other state—more than 400 miles in all.

#### Feathered Heroes

The sport of pigeon racing was introduced in the United States in 1875. Specially bred Racing Homer pigeons are released and then return to their home over a carefully measured distance. The time it takes the bird to cover the distance is measured, and then that bird's rate of travel is measured and compared to all other pigeons in the race to determine the winner.

## MILLER SWIM SCHOOL



### Spring into Swim Safety: With the arrival of spring, how can we ensure our children stay safe around water, especially during outdoor activities?

Welcome to April! As spring unfolds, it's crucial to prioritize water safety during outdoor adventures. Here are some tips:

- **Evaluate water features:** When engaging in spring activities near water, assess the safety of ponds, lakes or pools.
- **Gear up for safety:** Invest in proper swim gear, including life jackets, especially for open-water activities.
- **Supervise diligently:** Keep a watchful eye on children near water, even in familiar settings.
- **Educate about currents:** If visiting natural bodies of water, understand and educate kids about currents and potential hazards.

Remember, a little preparation goes a long way in ensuring a safe and enjoyable spring season!

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## GRAND MENTAL HEALTH



### How can parents support a child who is struggling with addiction?

When a child is struggling with addiction, parents often feel fear, guilt, anger, and helplessness. Those feelings are understandable—but your presence and response still matter deeply. Start by keeping communication open. Calm, non-judgmental conversations help your child feel safe enough to be honest. Listen more than you speak and avoid lecturing or threatening. Addiction thrives in secrecy; connection helps weaken its hold.

Love also means setting clear, consistent boundaries. For youth—whose brains are still developing—structure and predictability provide safety. Encourage healthy routines, positive peer connections, and activities that offer purpose and self-worth beyond substances.

Most importantly, it's crucial to remember that addiction is a medical and mental health condition, not a failure of parenting or willpower. Professional help is essential. Youth-focused addiction recovery services can offer assessments, individual and family therapy, and ongoing recovery planning that addresses both substance use and underlying issues such as anxiety, trauma, or depression. At GRAND Mental Health, we believe early intervention can dramatically change a young person's path.

Finally, consider the broader family picture. If a parent or loved one is also struggling with addiction, seeking help models honesty and courage. Recovery is possible—for your child, for you, and for your family—and no one has to face it alone for your child and your family. Reaching out early can make all the difference.

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### Does Oklahoma have Grandparents' rights?

This is a question that comes up a lot. In short, there are no automatic rights. The Courts may award grandparents visitation with their grandchildren under specific circumstances. Generally, it would need to include mom/dad are not together, a consistent pattern of visits to continue, and the all important determination that it is in the children's best interests. If a child is old enough, then their opinion would be considered too. This would be in an existing custody or divorce case, where the grandparents would be another party to the action. It would be visitation only, and would not include any legal custody rights or the ability to overrule the parents on decisions. Other methods that lead to grandparents having rights include juvenile deprived cases, guardianships, and adoptions... all with their own quirks and rules. While not a legal consideration, anyone considering this should think about the impact it would have on relationships in the family before legal action is taken.

1630 S. Main St., Tulsa, OK 74119  
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## DENTAL DEPOT



### How can parents help prevent cavities at home—especially with picky eaters or kids who resist brushing?

Consistency is key. Brush twice daily with fluoride toothpaste, limit frequent snacking and encourage water between meals. For picky eaters, focus on reducing sticky or sugary snacks and drinks.

Make brushing fun! Use a timer, music or let kids choose their toothbrush. Parents should help or supervise brushing until around age 7–8, when children have the coordination to do it well on their own.

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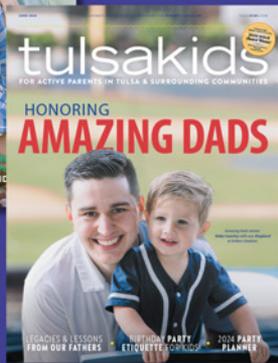
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# Doggy Dates

## for Shelter Dogs

A second grader helps dogs get out of the kennel and closer to their forever homes.

BY SHARON BISHOP-BALDWIN

**F**or a 9-year-old, pet overpopulation is hard enough to say, much less understand. It's harder still to imagine being able to do anything about the problem.

Olivia Haller might not be old enough to comprehend exactly how neglecting to have pets spayed or neutered contributes to the proliferation of homeless animals. She

might not understand how those homeless pets end up in animal shelters and rescues that are chronically over capacity.

But the second grader is old enough and wise enough to understand on some level that animals don't belong in cages in noisy shelters where they can become sad and withdrawn or anxious and

agitated while waiting on their forever homes.

Olivia and her parents, Jessica and Tim Haller, and her teenage brother, Cody, are doing their part to help some of the cats and dogs in the care of Sand Springs Animal Welfare become the very best pets possible for their forever homes by serving as a foster home and by

taking shelter dogs on doggy dates.

The doggy date concept is simple: Take a dog out for a few hours away from the shelter – a walk in the park, a stroll through a dog-friendly store or anything else that lets the dog burn off some energy, release a little shelter anxiety and spend some time around humans.

For Olivia, it's even simpler than that.

"It's fun," she says. "I get to play and go to the river, and the dog gets to exercise and have some fun, relax (and) have a drink at the river."

Besides stretching its legs, the dog is also learning appropriate behavior, how to walk on a leash and just how to be a family pet in general.

Put another way, "It helps it exercise and get moving and be free out of the kennel," Olivia says. "It makes it be free and happy and get all the energy out – and have some fun."

An important component of doggy dates is the exposure the dogs get to other people who might want to adopt that dog or another one or even become a foster home.

In a sense, these dogs are ambassadors. But because they can't talk, the humans accompanying them must.

"We always meet a lot of people – a lot of dogs and a lot of people," Olivia says.

She always says hi, she says, but she admits it can be frustrating if the people don't seem interested in the dog.

"It's hard because they're just going to walk away. They always walk away, most of them," she says.

"But some of them, I just say, 'Hi, how are you doing? I have a dog.' And then my mother tells what the dog's name is because sometimes I forget."

Jessica Haller says she's happy to discuss specifics about the dog and answer questions.



Olivia Haller, 9, pets Chanel as she gets a cool drink at Case Community Park in Sand Springs. Olivia and her family routinely take Sand Springs Animal Welfare shelter dogs on doggy dates to give them a respite from the shelter environment. Photos courtesy of Jessica Haller



## TAKE A DOG ON A DATE



Want to go on a date with a dog? Kisses are all but guaranteed, and you might just end up falling in love.

Like most animal shelters and rescues, Sand Springs Animal Welfare is in chronic need of adoptive and foster homes for the pets in its care.

But if adopting or fostering are impossible commitments, consider taking one of the

shelter's dogs for a morning hike, an afternoon stroll or an outing to run errands around town. You'll have given a shelter dog a fun day out and some invaluable skills toward finding its forever home.

For more information about doggy dates through Sand Springs Animal Welfare, call the shelter at 918.246.2543 or send an email to [animalcontrol@sandsspringsok.gov](mailto:animalcontrol@sandsspringsok.gov).



Olivia pets Hailey while the two play during a doggy date at Case Community Park in Sand Springs.

"And then they pet the dog," Olivia says.

These interactions, though brief, can often change the lives of dogs that have been languishing in a kennel.

The Hallers know firsthand the benefits a home environment provides an animal, even in a temporary foster situation.

"I think they need to go to homes," Olivia says. "One, you have more space, and you have somebody to play with. Because there's so many dogs there at the shelter, they don't have that much time to play."

Although they have four permanent pets of their own – a dog named Joe, two cats named Loy and Nugget, and a hamster named Hammy – the family has fostered 25 pets for Sand Springs Animal Welfare in the past year and a half.

"I actually followed them (SSAW) on social media," Jessica Haller

says. "And I was going to volunteer for some animal shelter, and I contacted several different ones, and they were the easiest ones to just walk in and start helping."

Olivia says it can be kind of sad to say goodbye to foster pets when they leave, but she is mission-focused and understands that more animals are waiting to be helped.

"There's lots of dogs," she says. The shelter is "happy, but I know that there are a lot of animals. So what I want is all those animals to be gone."

**Sharon Bishop-Brown** is a Tulsa-area freelance writer who also publishes the Sand Springs Line on Substack. She's a cat mom who raises foster kittens for adoption and also a wildlife rehabilitator who raises raccoons and squirrels for release back to the wild.

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## TulsaKids' 2026

# FAMILY PET GUIDE

### J&L CAVALIERS

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Jason and Lauren created J&L Cavaliers to raise happy, healthy puppies in a home filled with care, attention and affection. Each dog is treated as part of the family, and every puppy is nurtured from the very beginning, so they are well-loved and ready to bring the same joy into the homes of the families who welcome them.

### LAKE DOG AND THEIR PEOPLE

[lakedogco.com](http://lakedogco.com)

1605 S. Main St., Broken Arrow  
 918.615.2203

117 N. Main St., Eufala;  
 918.490.9041

Lake Dog brings together the love of dogs and the lake! Their mission is to help other lake and dog lovers get the most out of their lake experience. They offer a dog boutique and self-service dog wash, plus doggie day care and grooming at the Eufala location. Located in Eufala and now in Broken Arrow! Looking for merch? Stop by their Main Street BA location.



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### FIREWORKS SHOWS

Opening Night Fireworks- April 2

Friday Night Fireworks- April 3

Back-to-Back Fireworks- April 17 & April 18

918.744.5901 | @TULSADRILLERS | TULSADRILLERS.COM

Our guide to some of the best pet adoption & care centers in Tulsa!



### TULSA ANIMAL URGENT CARE

[tulsaurgentvet.com](http://tulsaurgentvet.com)

6119 S. Mingo Rd., Tulsa  
918.417.8887

If your pet has an accident or illness, call Tulsa Animal Urgent Care. They offer same-day care for many kinds of veterinary emergencies. Tulsa Animal Urgent Care veterinarians are native Oklahomans, and their team has extensive emergency room experience. Their Animal Urgent Care clinic is a state-of-the-art facility equipped with the latest diagnostics and treatment solutions. Located in Union Square Shopping Center at 61st and Mingo. Open daily from 8 a.m.-10 p.m. No appointment needed.

### WOODLAND WEST PET RESORT

[woodlandwestpetresort.com](http://woodlandwestpetresort.com)

9400 S. Union Ave., Tulsa  
918.299.5720  
[wwpetresort@gmail.com](mailto:wwpetresort@gmail.com)

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918-615-2203

Mon-Fri 10-7 / Sat 9-6 / Sun 12-5

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918-490-9041

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**[www.lakedogco.com](http://www.lakedogco.com)**

**Follow us on Facebook [lakedogandtheirpeople](https://www.facebook.com/lakedogandtheirpeople)**

## Looking for a New Furry Friend?



These Tulsa-area shelters and rescue groups can help your family find the perfect pet

Adopting a pet can be a wonderful experience for kids and families—and Tulsa is home to many organizations dedicated to helping animals find loving homes. If your family is thinking about adding a dog or cat, these local shelters and rescue groups are a great place to start your search.

### Shelters & Sanctuaries

**Animal Aid of Tulsa**  
animalaid.org | 918.622.5962  
No-kill rescue and shelter focused on helping homeless dogs and cats.

**Animal Rescue Foundation of Tulsa (ARF Tulsa)**  
arftulsa.org | 918.622.5962  
Volunteer rescue group that saves dogs from shelters and places them in foster homes until adoption.

**Broken Arrow Animal Shelter**  
brokenarrowanimalshelter.org | 918.259.8311  
City shelter offering pet adoptions and animal services for the Broken Arrow community.

**Jenks Animal Shelter**  
jenks.com | 918.299.6311  
Small municipal shelter helping lost and adoptable pets in Jenks.

**Sand Springs Animal Welfare**  
SSAnimalWelfare.org | 918.246.2543  
Municipal shelter serving Sand Springs with dogs and cats available for adoption.

**StreetCats Inc.**  
streetcatstulsa.org | 918.298.0104  
Tulsa nonprofit focused on rescuing, caring for and finding homes for cats.

**Tulsa Animal Welfare**  
TulsaAnimalWelfare.org | 918.596.8010  
City of Tulsa municipal shelter offering dogs and cats for adoption.

**Tulsa SPCA**  
tulsaspc.org | 918.428.7722  
Large nonprofit shelter offering dogs, cats and small animals for adoption.

### Foster-Based Rescues

**Legacy of Hope Dog Rescue**  
LOHDogRescue.org | 918.280.9589  
Foster-based dog rescue that helps homeless and abandoned dogs find families.

**Oklahoma Alliance for Animals**  
animalallianceok.org | 918.742.3700  
Tulsa nonprofit offering pet adoptions, spay/neuter programs and community resources.

**Puppy Haven Rescue**  
puppyhavenrescue.com | 918.550.1515  
Foster-based rescue working to save and rehome dogs throughout the Tulsa area.

**Route 66 Pet Rescue**  
route66petrescue.org  
Volunteer-run rescue helping abandoned and neglected pets find permanent homes.

**Skiatook Paws and Claws**  
skiatookpawsandclaws.org  
Volunteer-run rescue group serving the Skiatook area that helps abandoned and stray pets find foster homes and permanent families. **TK**

## NO PLACE LIKE THIS PLACE: Anne & Henry Zarrow YMCA



909 W. 23rd St. Tulsa,  
ymcatulsa.org | 918.295.8144

Located along historic Route 66, the Anne & Henry Zarrow YMCA is a welcoming space where families and neighbors come together to stay active and connected. This vibrant branch features a modern fitness center, equipped with cutting-edge exercise machines, free weights, cardio equipment, personal and group training.

Sports are a big part of life at the Zarrow YMCA. This branch includes two indoor soccer fields, a sports court and an outdoor soccer field, making it a hub for youth leagues, clinics and open play throughout the year. Kids build confidence through youth sports while families enjoy staying active together in a supportive, community-focused environment.

On Saturday, April 18, the Zarrow YMCA will host Healthy Kids Day from 10 a.m. until 2 p.m. This free, fun-filled event is packed with activities, food, games and YMCA programs that inspire kids and families to keep their minds and bodies active throughout the summer months and beyond. Exclusive **in-person only discounts** for summer camp, youth sports and swim lessons will be available all day.

At the YMCA, there truly is no place like this place.

### DID YOU KNOW?

As part of the YMCA of Greater Tulsa, members at the Zarrow YMCA enjoy access to all 15 YMCA locations across the metro and programs that support youth development, healthy living and social connection.



### APRIL EVENTS

**Healthy Kids Day®:** April 18, 10 a.m. – 2 p.m.: Anne & Henry Zarrow YMCA. More info at ymcatulsa.org/openhouse.

**Diabetes Prevention Program:** Begins April 18: Anne & Henry Zarrow YMCA. More info at ymcatulsa.org/communityhealth.

**Blood Pressure Self-Monitoring:** Begins April 20: Anne & Henry Zarrow YMCA. More info at ymcatulsa.org/communityhealth.



# Anne V. Zarrow Honoree Ruta Sepetys on Writing for Young Readers

By **Natalie Mikles**



## MEET RUTA SEPETYS

Ruta Sepetys will accept the 2026 Anne V. Zarrow Award for Young Readers' Literature, given to a nationally acclaimed author who has made a significant contribution to literature for young adults.

**When:** May 1, 6 p.m.

**Where:** Hardesty Regional Library,  
8316 E. 93rd St.

*Free and open to the public*

**R**uta Sepetys writes for the student who opens an assigned book and thinks, “Do I really want to read this?”

Then she makes sure they can't put it down.

We talked with Sepetys from her home in Nashville ahead of her upcoming visit to Tulsa, where she will receive the Anne V. Zarrow Award for Young Readers' Literature, given by the Tulsa City-County Library and the Tulsa Library Trust.

Sepetys writes about underrepresented history, always mindful of her responsibility in telling it.

“I write the books, but history writes the stories,” she said. “They don't really belong to me.”

Instead, she sees herself as a steward—passing overlooked events to young readers who will carry them forward.

“I really do believe that we can meet the reader where they are, no matter where they are,” Sepetys said. “And I try to write in such a way that I won't defeat the reader. Short

chapters. Using prose that has an economy of phrasing, so maybe, you know, sentences that aren't too flowery or long, but yet compelling.”

She imagines the reluctant reader assigned a book about the Romanian Revolution.

“Really? The Romanian Revolution? Do I want to do this?” she said.

Then comes a first line like “Fear arrived at 5 o'clock” from her bestselling book *I Must Betray You*.

“And they think, ‘OK, I can read one more page,’” she said.

That ability to pull reluctant readers into complex history is one reason her books resonate with both teens and the educators who teach them.

From the beginning, she has been clear about who she writes for.

“My intention from day one is to be an author for young adults,” she said. “I really believe that books we read when we are young have the ability to make an everlasting imprint on us.”

Before writing full time, Sepetys spent 22 years in the music industry.

“I worked with songwriters and bands and musicians, and boy that gave me a front-row seat to creativity,” she said. “A song is a three-minute story.”

That experience shaped her storytelling rhythm and her understanding of how plot connects to what she calls “fundamental truths of the human experience.”

When choosing book topics, she looks for events that affected millions yet remain largely unknown, and especially stories in which young people were at the forefront and catalysts for change.

She approaches those subjects carefully, aware of the weight they carry.

“I really try to challenge myself as a writer. How can I do this in a way that might be moving, but not traumatic?” she said. “There is a responsibility.”

Sepetys' own curiosity was shaped by her parents, both survivors of hardship. Her father fled Lithuania as a child and spent nine years in refugee camps. Her mother left

school at 14 to help support her family.

“My parents were constantly emphasizing the importance of education,” she said. “They presented it as a way that learning is magical.”

That lifelong love of learning continues to drive her work. She is currently researching a young adult novel about Hansen's disease and the global stigma that led to the exile of patients to remote islands.

Though she has an adult novel, *A Fortune of Sand*, releasing May 26, her heart remains with young readers.

“They're the future, they're the changemakers,” she said. “Books we read when we're young have the potential to stay with us for the rest of our lives.” **TK**

# The Therapy Sloths of Bixby

At Anchored in Hope, rescued sloths Shiloh and Simon help clients practice patience, boundaries and emotional calm

By **Natalie Mikles**



Photos by Brandi Simons

At Anchored in Hope in Bixby, therapy sometimes includes an unexpected visitor.

Two of them, actually — Shiloh and Simon, a pair of two-toed sloths who live at the practice founded by therapist Ashley Wale-Beers.

Beers uses the sloths as part of animal-assisted therapeutic work with both children and adults. Sessions typically happen first in a therapy room, then — depending on the goals of the session — clients may have time to visit the sloths.

The animals aren't there as a novelty. They are integrated carefully into the therapeutic process, helping clients practice skills such as emotional regulation, listening and respecting boundaries.

And then there's the simple fact of seeing them.

Most people have only encountered sloths on nature shows or behind glass at a zoo. Seeing one a few feet away — reaching slowly for a piece of sweet potato with long curved claws — creates a completely different experience.

There's a kind of delight that spreads through the room. The

kind that makes people smile without realizing it.

## A Different Kind of Therapy

For some clients, that moment of fascination becomes a bridge into conversation. While feeding or gently touching the animals, kids and adults sometimes begin sharing things they haven't felt ready to say before.

One client who had struggled to open up in sessions began talking while interacting with Simon, Beers said — sharing feelings of anxiety and pressure to meet expectations that hadn't surfaced previously in therapy.

"They meet you where you're at," she said during an interview at the practice.

Beers said the work has also helped her reflect more deeply on what the animals seem to bring to the space.

"Everything about them is intentional. Their connection is intentional. Their love is intentional," Beers said. "When you care for them, you cannot rush. You must slow your breathing. Soften your hands. Regulate your energy. You have to choose presence. And

in doing so, something within you begins to settle."

That idea runs through what happens at Anchored in Hope.

## Meet Shiloh and Simon

The two sloths bring very different personalities to the practice. Shiloh, estimated to be around eight years old, is quieter and more reserved. Simon, who will turn three in May, is curious and social, known to wander the clinic stairs and investigate anything within reach.

Shiloh's story adds another layer to the work.

She was previously kept in a dog crate before being rescued, Beers said. Now, she often helps clients who are navigating their own trauma or anxiety.

"Shiloh's kind of come full circle," she said. "She's overcoming trauma to help others overcome trauma."

## Beyond Therapy

The practice also offers limited sloth encounters to the public, with proceeds supporting Enduring Hope, Beers' nonprofit, which helps families access therapy and other support services when cost is a barrier.

Those encounters help fund therapy scholarships and community support programs for families who might otherwise struggle to afford mental health services.

For Beers, the goal is simple.

She hopes people who meet Shiloh and Simon leave with the same feeling many clients experience in the therapy room: a reminder that slowing down can change how we connect with ourselves and with each other. **TK**

## Meet the Sloths

You don't have to be a therapy client to meet Shiloh and Simon.

Anchored in Hope occasionally offers small-group sloth encounters where visitors can learn about the animals, ask questions and interact with them under staff supervision. Guests may have the chance to feed the sloths their favorite snack — sweet potatoes — and take photos.

Space is limited to keep the experience calm for the animals.

Proceeds from the encounters support Enduring Hope, which helps families access mental health services through therapy scholarships and community programs.

Learn about upcoming encounters at [anchoredinhopetherapy.com/events](https://anchoredinhopetherapy.com/events).



## SLOTHS, DEMYSTIFIED: THINGS YOU MIGHT NOT KNOW

Sloths look simple and sleepy, but these animals have some surprising habits.

**They only go to the bathroom about once a week.**

Unlike most animals, sloths usually climb down from their trees about once every seven days to pee and poop in the same spot.

**Their long claws aren't just for show.**

A sloth's curved claws are actually extensions of bone covered in keratin (the same material as human fingernails). They use them like hooks to hang from branches.

**They're stronger than they look.**

Even though they move slowly, sloths have strong muscles that help them hang upside down for hours at a time.

**They like warm weather — a lot of it.**

Sloths need warm, humid environments. In captivity, their rooms often stay around 80 degrees with added humidity.

**They aren't big on cuddling.**

Sloths prefer hanging rather than sitting or being held, which surprises many people who expect them to act like stuffed animals.

**They can live a long time.**

In captivity, sloths can live 30–40 years.

# \* TULSA KIDS BIRTHDAY CLUB \*

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# TulsaKids' 2026

# SUMMER CAMPS

# & ACTIVITIES

## GUIDE

Browse the Summer Camps + Activities Guide online at [TULSAKIDS.COM/GUIDES](https://tulskids.com/guides).

### ARTS@302 - SUMMER ARTS ADVENTURE

[arts302.com/camps](https://arts302.com/camps)

302 S. Main St., Broken Arrow  
918.936.2806

AGES: 6–12

TIMES: 9 a.m.–2 p.m.

Get CREATIVE this summer with Arts@302! Campers will dive into multiple hands-on art projects and group activities based on the fun theme of the week. Every day, kids will rotate through four different classes led by our teaching artists, exploring drawing, painting, clay sculpture and more. Along the way, they'll build skills, try new materials and learn to think like artists.

On the final day of each camp week, families are invited to a mini exhibit and reception showcasing the work campers have created. Learn more about specific camp week themes and pricing at

[arts302.com/camps](https://arts302.com/camps).

#### 2026 Camp Themes:

- Pirates and Paintbrushes: June 8–12
- Time Traveler Studio: June 22–26
- Carnival of Color: July 6–10
- Great Galactic Games: The Musical: July 20–24
- GLOW! (again): Aug. 3–7

Arts@302 is Broken Arrow's premier destination for all things art! You can also check out our classes and workshops for all ages, family events and our large, professional artist gallery.

### CAMP COOKIE MAMA!

[cookiemama.com/general-7](https://cookiemama.com/general-7)

6545 E. 91st St., Tulsa  
918.560.6262  
[hello@cookiemama.com](mailto:hello@cookiemama.com)

AGES: 7+

DATES/TIMES: 10 sessions available; 9:30 a.m.–2 p.m., Tuesday–Friday

A sweet summer adventure for young bakers!

Looking for a fun and delicious way to keep your kids engaged this summer? Join us at Camp Cookie Mama — a hands-on baking camp where creativity and culinary skills rise together!

What's on the menu?

Learn the art of making cookie dough along with rolling, cutting and decorating cookies — plus create a delicious cookie cake!

Knead, stretch and bake your very own pizza dough — then top it off with your favorite fixings.

Discover the art of homemade bread — from mixing to shaping, and finally tasting the warm, golden results.

Learn essential kitchen safety skills and master the step-by-step process of following a recipe. And more... exciting surprises for budding bakers.

### UNIVERSITY SCHOOL AT THE UNIVERSITY OF TULSA - SUMMER EXPLORERS CAMP

[uschool.utulsa.edu](https://uschool.utulsa.edu)

326 S. College Ave., Tulsa  
918.631.5060

[uschool@utulsa.edu](mailto:uschool@utulsa.edu)

Contact: Dr. Gabriel Fuchs, University School Director

AGES: 4 years–8th grade

DATES/TIMES: June 1–5; June 8–12; June 15–19; June 22–26; July 6–10; July 13–17; 9 a.m.–3 p.m., with before-care and after-care available

Summer Explorers Camp invites students 4 years old through 8th grade to enjoy six weeks of discovery, creativity and hands-on learning experiences packed with FUN! Each age group follows unique weekly themes designed to match developmental interests and inspire curiosity. Through collaborative projects, outdoor activities and engaging challenges, campers explore new ideas, build confidence and form lasting friendships.

Families may enroll for a single week or join us for the full camp experience, with sessions running June 1–July 17. Located on The University of Tulsa campus and led by experienced University School faculty, Summer Explorers Camp blends academic enrichment with classic summer fun — keeping kids learning, laughing and growing all summer long.



Ascension St. John

# SPORTSPLEX

## 2026 SUMMER CAMPS!



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Call: 918-895-8000

Email: [youth@stjohnsportsplex.com](mailto:youth@stjohnsportsplex.com)





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302 S Main Street, Broken Arrow, OK

## CAMP PATRIOT

[camppatriottulsa.com](http://camppatriottulsa.com)

6363 S. Trenton Ave., Tulsa  
918.745.9868 x154  
[camppatriot@metroca.com](mailto:camppatriot@metroca.com)  
Contact: Anna Swann

**AGES:** Pre-K through 12th grade

**DATES/TIMES:** June 1–July 31, one-week sessions; morning, afternoon or full-day available

### Welcome to Metro Christian Academy's Camp Patriot...Where Summer Is Meant For Adventure!

Metro Christian is excited to offer our summer programming for the tenth consecutive year. With more than 40 camp options to choose from, Camp Patriot has something for everyone! One-week camp sessions begin June 1 and continue through July 31.

Campers may enroll in half-day sessions (morning sessions run from 8:30–11:30 a.m., and afternoon sessions from 12:30–3:30 p.m.) or select two half-day sessions to create a full day of programming. Before Care is available starting at 7:30 a.m., and After Care lasts until 5 p.m.

Camp Patriot is open to all children in the area! Many sessions are new, while others are back by popular demand. With our unique theme-based camps, Camp Patriot has something for students in pre-K through 12th grade. Campers will enjoy a relaxed, supportive, healthy Christian environment promoting creativity, learning and personal growth.

You can see a complete list of camp options beginning Friday, March 27, at [camppatriottulsa.com](http://camppatriottulsa.com). Registration opens Monday, March 30, at noon.

## CAMP PHILBROOK

[philbrook.org/camp](http://philbrook.org/camp)

2727 S. Rockford Rd., Tulsa, OK 74114  
918.749.7941  
[JFisher@philbrook.org](mailto:JFisher@philbrook.org)  
Contact: Jenny Fisher

**AGES:** 5–14

Registration information: Member tickets available March 13, 2026; Public tickets available March 20

Camp Philbrook offers unparalleled opportunities for children ages 5–14 to work with local artists and outdoor educators to make art and explore nature.

## CELEBREE SCHOOL OF TULSA

[bit.ly/4q9A7gd](http://bit.ly/4q9A7gd)

5980 S. Yale Ave., Tulsa  
918.880.5178  
[alltulsa@celebreeschool.com](mailto:alltulsa@celebreeschool.com)

**AGES:** Infants through age 11

We're thrilled to announce the theme for our 2026 summer camp: Myths and Legends! This summer, children will step into a world where stories come alive, imaginations soar and every week unlocks a new chapter of adventure. Across 10 unforgettable weeks, campers will



**CELEBREE SCHOOL**  
**MYTHS AND LEGENDS**  
Summer Camp 2026

**ENROLL NOW**

Join us as we explore multicultural myths and legends through these weekly themes:

- Native American Folklore
- Unicorns and Dragons
- Superheroes
- Pirates and mermaids
- Myth Busters
- ... and more!

**Celebree School of Tulsa**  
918-935-0109 | [celebree.com/tulsa-ok/summer-camps](http://celebree.com/tulsa-ok/summer-camps)

# ACTIVITIES GUIDE

journey through legendary landscapes—exploring tales of heroes, creatures, magic and the mysteries that have captured human curiosity for centuries. Each day invites children to learn through hands-on activities, themed lessons, creative exploration and exciting field trips inspired by myths and legends from around the world.

From decoding folktales to creating magical potions, discovering mythical creatures and testing real-world science against age-old legends, our Myths & Legends summer program is designed to spark wonder, ignite creativity and inspire young storytellers, thinkers and adventurers.

Families are able to sign for a minimum of one week up to a max of the entire summer camp.

Celebree School of Tulsa is a year-round high-quality childcare that serves families with children from the ages of infants up through age eleven.

## DISCOVERY LAB

[discoverylab.org/camps](http://discoverylab.org/camps)

3123 Riverside Dr., Tulsa

918.295.8144

[pbender@discoverylab.org](mailto:pbender@discoverylab.org)

Contact: Patrick Bender

**AGES:** Entering kindergarten through 6th grade

**DATES:** June-August

When school's out, Discovery Lab is in!

This summer, give your child a place to explore, experiment, build, create and make new friends. Discovery Lab Summer Camps are packed with hands-on STEM adventures designed to spark curiosity and build confidence. From chemistry and coding to engineering, art and robotics, campers dive into big ideas inside our state-of-the-art museum on Riverside Drive. Our educators lead engaging, small-group experiences where kids imagine, design, test and discover — all while having an unforgettable summer.

### 2026 Camp Themes

- Kinder: Bug Buddies • Once Upon a STEAM • Dino Days  
Farm Friend-zy • Mini Movers
- 1st/2nd: Do Re Me and You • Chocolatiers and Engineers  
Discovery Crossing • I Choose You • Bite Sized Science
- 3rd/4th: STEAM on Stage • Gardenology • Bytes and Bots  
MineCrafting
- 3rd–5th: Build It
- 5th/6th: BioMed Bootcamp • Museum Makers • Science of Art

Full-day camps available (half-day for Kinder), with before- and after-care options. Lunch is included for full-day campers, and every child receives a Discovery Lab camp T-shirt.

## HOLLAND HALL

[gotohh.org/summerprograms](http://gotohh.org/summerprograms)

5666 East 81st St., Tulsa

918.879.4716

**AGES:** 3+

**DATES:** May 26–July 24

**CLARK YOUTH THEATRE** SUMMER CAMP 2026 - ENROLL TODAY!

[www.clarkyouththeatre.com/education/](http://www.clarkyouththeatre.com/education/)  
Now in our 48<sup>th</sup> year of summer camp!

**THE Try Something New PLACE**

**YMCA CAMP CLASSEN**  
Overnight camp for kids 7–16  
YMCA members enjoy exclusive discount pricing

[campclassen.org](http://campclassen.org)

**B-Sew Inn**  
B-Inspired. B-Creative. B-Sewing.

JUNE 15-19	JUNE 22-26	JULY 13-17
------------	------------	------------

SESSION ONE | 9AM-12PM  
SESSION TWO | 2PM-5PM

**CAMP INCLUDES**  
Starter Sewing Kit  
Printed Instructions  
Fabric Kits & Supplies

SIGN UP TODAY AT STORES  
OR AT [BSEWINN.COM](http://BSEWINN.COM)

5150 S SHERIDAN RD  
TULSA, OK 74145  
918.664.4480

PLUS EACH PARTICIPANT WILL RECEIVE A SEWING MACHINE VALUED AT \$199



## SUMMER BREAK CAMPS

June through August



**Explore.**  
**Create.**  
**Play.**

### REGISTRATION

ENTERING  
KINDERGARTEN  
THROUGH 6TH GRADE

### JOIN THE FUN

CAMPERS WILL EXPLORE STEAM  
CONCEPTS THROUGH  
HANDS-ON EXPERIENCES

### WHAT'S INCLUDED:

Themes featuring chemistry, coding, engineering, robotics, art, and more!

Full-day camps (half-day options for Kindergarten)

Before- and after-care available

Lunch included for full-day campers

Discovery Lab camp T-shirt included



Member Registration  
Opens March 16!  
Members receive 10% off.



discoverylab.org/camps



918-295-8144

3123 RIVERSIDE DRIVE. TULSA, OK 74105

With nine one-week sessions and more than 200 camps and classes designed for both fun and education, Holland Hall has options for everyone! Sign up for a one-week session dedicated to athletics, the arts, academics or "just for fun" activities. Choose between morning and afternoon sessions, or sign up for both and stay all day.

Participants in Holland Hall Summer Programs experience educational and enrichment opportunities in an atmosphere dedicated to fostering mental, physical and creative growth. Classes are available for 3-year-olds to 12th grade and are open to Tulsa and the surrounding communities.

Online registration is set to launch April 1, at [gotohh.org/summerprograms](http://gotohh.org/summerprograms). We look forward to you sharing your summer with us!

## PRIMROSE SCHOOL OF BROKEN ARROW

[primroseba.com](http://primroseba.com)

1701 W. Albany St., Broken Arrow

918.355.6827

[CBlaylock@PrimroseBA.com](mailto:CBlaylock@PrimroseBA.com)

Contact: Cayse Blaylock

AGES: K–5th Grade

DATES: May 26–Aug. 13

### TIMES/COST:

- Pre-K: 8 a.m.–3 p.m., \$291/week; Extended day (any hours 6:30 a.m.–6 p.m.), \$342/week
- K–5th Grade: 6:30 a.m.–6 p.m. \$338/week

At Primrose Schools Summer Adventure Club, there's much to explore, discover and learn. Each week, children explore new themes while trying various hands-on activities like sports, arts, robotics, coding and culinary arts that help build skills around literacy, creative problem solving, STEAM and more. We offer fun activities throughout the time, such as weekly field trips, water activities and more.

Children become engineers, athletes, artists and more as they discover the joys of design thinking, a fun and innovative way to learn. Engineering design challenges, experiments and themed activities await as children unlock new ways of thinking—all while having a blast!

Ready for the best summer? Join us; together, we'll create active minds, healthy bodies and happy hearts.

## RIVER RUN FARM

[riverrunfarmok.com](http://riverrunfarmok.com)

9300 S. 51st W. Ave., Tulsa

918.855.5032

### Chaps & Britches Camp and Horsin' Around Camp

AGES: 5–7 and 8–12

TIME: 9 a.m.–3 p.m.

DATES: May 25–29; June 1–5; June 8–12; June 15–19; June 22–26; June 29–July 3; July 6–10; July 13–17; July 20–24; July 27–31; August 3–7

### Little Boots Pony Camp

AGES: 2–4

TIME: 10 a.m.–12 p.m.

# ACTIVITIES GUIDE

**DATES:** May 18, May 19, May 20, May 21, Sept. 17, Sept. 18  
(single-day camps)

IT'S THE YEAR OF THE HORSE!  
COME HAVE SOME SUMMER FUN WITH THE HORSES!!!

Located in a magical setting of 40 acres of wooded and tame pasture land with three ponds, River Run Farm is an escape to a Virginia-style farm with a variety of summer camps for all ages. Little Boots Pony Camp, ages 2–4, is an age-appropriate introduction to size-appropriate miniature horses. Chaps & Britches Camp, ages 5–7, provides a unique learning environment for young equestrians. Horsin' Around Camp gives horse lovers ages 8 and up a chance to learn all aspects of horse ownership.

The weeklong camp includes daily riding and fun activities, covering all aspects of our equine friends with an emphasis on safety and fun with the horses. Each camp includes new, fun activities. Camps are held in our large, well-ventilated barn and indoor riding arena, so kids are not out in the sun. Visit the website for more details.

Also check out our popular Pony Parties – a memorable way to celebrate birthdays, end of school, team parties or family reunions, as well as our year-round riding lessons.

## SOCCERCITY TULSA

[soccercitytulsa.com](http://soccercitytulsa.com)

5817 S. 118th E. Ave., Tulsa  
918.249.0044

[dustin@soccercitytulsa.com](mailto:dustin@soccercitytulsa.com)  
Contact: Dustin Knight

Want your kids to have some fun and stay active this summer? We have your solution...

Bring your kids to one of SoccerCity's 2026 Summer Camps!!

Comfy clothes and tennis shoes are all that are required.

**AGES:** 5–15

**SPRING BREAK CAMP DATES:** March 16–20

**SUMMER CAMP DATES:** May 26–29, June 8–12, June 22–26, July 16–10, July 20–24, and a sixth camp date TBD

**HALF-DAY OPTIONS:** 9 a.m.–12 p.m. or 1–4 p.m.

**FULL DAY:** 9 a.m.–4 p.m.

Summer camp registration opens by April 1. To register, please visit [soccercitytulsa.com](http://soccercitytulsa.com) and click on the camps tab.

### Spring Lil' Kickers – March 21–May 22

For more information, please contact [dustin@soccercitytulsa.com](mailto:dustin@soccercitytulsa.com)

## TULSA ZOO

[tulsa zoo.org/camps](http://tulsa zoo.org/camps)

6421 E. 36th Street N., Tulsa  
918.669.6204  
[education@tulsa zoo.org](mailto:education@tulsa zoo.org)

**AGES:** Pre-K through high school

A wild adventure awaits at Tulsa Zoo Camp!



**SUMMER BREAK CAMP**  
MAY 26-29    JULY 6-10  
JUNE 8-12    JULY 20-24  
JUNE 22-26    AUGUST 10-14

**SPRING LIL KICKERS**  
NOW THROUGH MAY 22

**OPEN ENROLLMENT**  
SIGN UP TODAY!

email [kendall@soccercitytulsa.com](mailto:kendall@soccercitytulsa.com)  
for details or register at  
[www.soccercitytulsa.com](http://www.soccercitytulsa.com)

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PROGRAM/ATHLETIC LEAGUE  
IN GREATER TULSA SINCE 2013!

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Summer Camps | Indoor Soccer Facility  
Birthday Parties | Lock-ins | Adult & Youth Leagues

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[www.soccercitytulsa.com](http://www.soccercitytulsa.com)



*A sweet summer adventure for young bakers!*

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MAMA!

A HANDS ON  
BAKING CAMP  
WHERE  
CREATIVITY AND  
CULINARY SKILLS  
COME TOGETHER.

**SUMMER 2026!**



LEARN THE ART  
OF MAKING  
COOKIE DOUGH  
ALONG WITH  
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DECORATING COOKIES,  
PLUS CREATING A  
COOKIE CAKE,  
-PIZZA DOUGH  
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AND MORE...

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## KIRK Preschool

### SUMMER CAMP! ☀️

- 9 months – 1st Grade
- 2-day & 4-day per week options
- 9:00 am - 2:30 pm
- Caring, experienced teachers
- Play-based learning
- Art, Music & Water Play

Serving Tulsa for over 60 years! Now enrolling for Summer Camp 2026. Schedule a tour today!

Tulsa Zoo Camps inspire youth to build a connection with nature, learn about animals from around the world, and become good stewards of our planet. Camps feature age-appropriate programming and include opportunities to interact with zoo staff and Education Department ambassador animals. Experiences include zoo exploration, engaging games and activities relevant to the camp's theme, STEM and STEAM-based activities, and of course making friends and lasting memories in a safe, fun and supportive environment.

Camps are offered for grades pre-K through high school. All registrations include a camp T-shirt. Aftercare is available. Spots fill fast – reserve your child's adventure today!

## ASCENSION ST. JOHN SPORTSPLEX

[stjohnsportsplex.com/summer-camps](http://stjohnsportsplex.com/summer-camps)

101 E. 81st St. S., Tulsa  
 918.895.8000  
[youth@stjohnsportsplex.com](mailto:youth@stjohnsportsplex.com)  
 Contact: Jessica Davis

AGES: 5–12

Get ready for an unforgettable summer at Ascension St. John Sportsplex! Our action-packed summer camps are designed for boys and girls ages 5–12, offering the perfect mix of skill development, teamwork and nonstop fun. We have three different summer camp options!

For campers who love variety, our All Sport Camp delivers something new every day! Kids will enjoy rotating through all sports including kickball and dodgeball as well as a daily huddle in our game room with board games, ping pong, arts and crafts, and more. It's the perfect combination of active play and creative fun that keeps everyone engaged.

Young athletes can sharpen their abilities in our Sport-Specific Training Camps for flag football, basketball, soccer and volleyball. Each camp focuses on fundamentals, skill progression, drills and game play in a positive and encouraging environment. Whether your child is learning the basics or looking to elevate their game, our experienced coaches help build confidence and athletic ability.

And finally, Our HOTTEST camp of the summer is our Drenched War(z) Camp. Three days of water play on the outdoor turf, with a GRAND FINALE of a full day of inflatable water slides!

Lunch is included with registration.

REGISTER FOR SUMMER CAMP TODAY!

BEGINNER LESSONS

BOARDING FACILITY

# HORSE CAMP

Join Tulsa's friendliest beginner barn!

Ages 6–12    June 15–19 | June 22–26  
 9AM-1PM    July 13–17 | July 20–24

## BOTANICAMP

[tulsabotanic.org](http://tulsabotanic.org)

[tulsabotanic.org](http://tulsabotanic.org)

Tulsa Botanic Garden  
 3900 Tulsa Botanic Dr., Tulsa  
 918.289.0330  
[chloe@tulsabotanic.org](mailto:chloe@tulsabotanic.org)  
 Contact: Chloe Haroldson

AGES: 7-12

DATES/TIMES: Aug. 3-7, 9 a.m.-3 p.m.

Our five-day Summer Camp offers a full week of garden adventures. Daily themes are still in the works, but campers can expect hands-on activities,

# ACTIVITIES GUIDE

outdoor exploration and plenty of time to learn, create and make new friends in the Garden.

Campers should bring a packed lunch and water bottle each day. Snacks will be provided. A confirmation email with full details will be sent after registration.

## B-SEW INN – PROJECT SEW

[bsewinn.com](http://bsewinn.com)

5150 S. Sheridan Rd., Tulsa  
918.664.4480

**AGES:** 9–16. Sewing lessons for boys and girls.

**DATES/TIMES:** June 15–19, June 22–26, July 13–17;  
9 a.m.–12 p.m. or 2–5 p.m.

B-Sew Inn's Project Sew Summer Camp is one week and has two sessions each day. Session 1 is 9 a.m.–noon, and Session 2 is 2–5 p.m. With the camp fee of \$299, attendees will get a Starter Sewing Kit, printed instructions, fabric kits and supplies. Plus, upon completion of camp, each participant will receive a sewing machine, valued at \$199.

Learn a life skill today. B-Sew Inn is the world's largest Baby Lock dealer. B-Sew Inn has been in business for 40 years. Space is limited, so sign up today.

## CAMP ARCHITECTURE AT TULSA FOUNDATION FOR ARCHITECTURE

[tulsaarchitecture.org/programs](http://tulsaarchitecture.org/programs)

633 S. Boston Ave., Tulsa  
918.583.5550

[director@tulsaarchitecture.com](mailto:director@tulsaarchitecture.com)

Contact: Malinda Blank

**AGES:** For students entering grades 3–6 (ages 8–11)

**TIMES:** Monday–Friday, 9 a.m.–4 p.m.

TFA CAMP ARCHITECTURE gives curious kids an opportunity to dive into an architectural topic of interest and test out their own creative design ideas. Each week explores a different theme through hands-on creativity, guided investigations of architectural examples, and interactive presentations and discussions led by our highly qualified Educators and special guests (architects, engineers and interior designers).

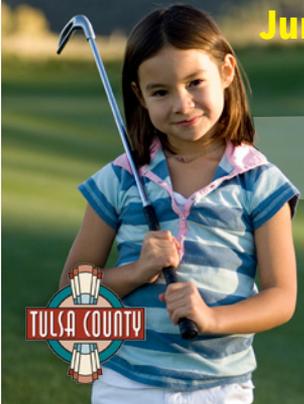
### Week 1, June 1–5: SPACES OF WONDER: Interior Design for Fictional Worlds

Unleash your creativity by designing imaginative spaces for your favorite fictional characters! Whether it's a cozy hobbit hole, a futuristic spaceship or a superhero lair, explore the art of interior design while learning about color, layout and storytelling through space.

### Week 2, June 8–12, and Week 3, June 15–19: DREAM HOUSE DESIGN

Imagine and design your own personal dream house using a variety of materials. While the curriculum for both weeks of Dream House Design is the same, it is possible for a student to attend both weeks and create something entirely new!

### Week 4, June 22–26: CITY OF THE FUTURE

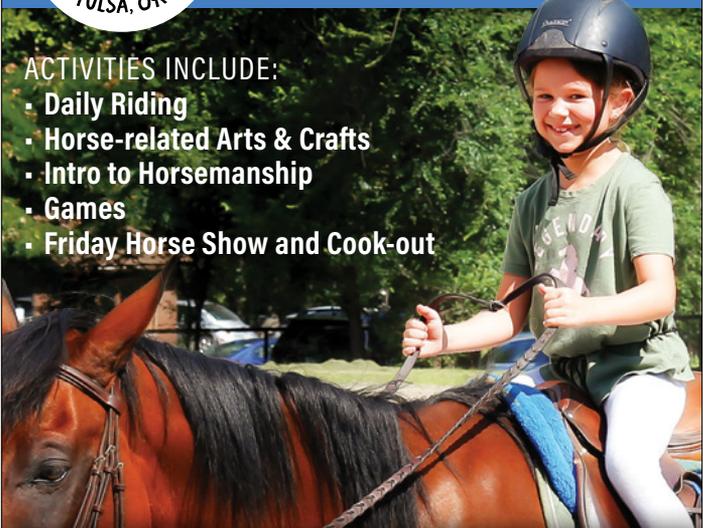


**Junior Camps & Programs**  
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**Spring & Summer Camps Available**

**LAFORTUNE PARK GOLF COURSE**  
61<sup>ST</sup> & Yale, Tulsa | 918-496-6200  
[LaFortuneParkGolf.com](http://LaFortuneParkGolf.com)

**SOUTH LAKES GOLF COURSE**  
91<sup>ST</sup> & Elwood, Jenks | 918-746-3760  
[SouthLakesGolf.com](http://SouthLakesGolf.com)



**KAMP KJM**  
TULSA, OK

**KJM Equestrian Summer Camp**  
8, one-week camp sessions, May 26–July 24  
Monday–Friday, 9:00 am–4:00 pm

**ACTIVITIES INCLUDE:**

- Daily Riding
- Horse-related Arts & Crafts
- Intro to Horsemanship
- Games
- Friday Horse Show and Cook-out

ENROLL NOW AT: [kjmequestrian.com/summer-camps](http://kjmequestrian.com/summer-camps)  
CALL: 918-299-9283 • TEXT: 918-863-9556  
EMAIL: [office@kjmequestrian.com](mailto:office@kjmequestrian.com)

Conveniently located at 4300 S. Butternut (near 111th and South Garnett)

**SIGN UP TODAY**

ALL SUMMER FOR ALL AGES!

- Zoey Hughes with "Introduction to Performance and Installation Art," June 8–12
- Cora Hasegawa with "Young Filmmakers: Exploring Stop Motion Animation," June 9–12, and "Introduction to Yarn Work and Yarn Bombing," June 23–26
- Katrinka Booth with "Storytelling with Textile: Beginner Fabric Collage," June 16–19
- Katy Bruce with "Be You, Let's See You" Little's Camp, July 7–10
- Miss Amber Marie Deen with a Little's Camp, July 14–17

SCAN HERE TO ENROLL!  
YOU CAN ALSO GO THROUGH THE LINK TO OUR WEBSITE

MORE INFORMATION AVAILABLE ON OUR WEBSITE!

Sign up on our website: [livingarts.org/programming](http://livingarts.org/programming)

**2026 NEW ARTS SUMMER CAMP**

**UNDER THE BIG TOP**  
 ★ ★ ★ ★ ★  
 THE GREATEST CAMP IN TULSA!  
 JUNE 1 - JULY 31

**SUMMER 2026**

CELEBRATING 10 YEARS OF SUMMER ADVENTURES!

METRO CHRISTIAN ACADEMY  
**CAMP PATRIOT**  
 2026

★ REGISTRATION OPENS END OF MARCH ★  
 CONTACT: ANNA SWANN | CAMPPATRIOT@METROCA.COM | 918.745.9868 EXT. 154

STUDENTS ENTERING  
**PRE-K thru HIGH SCHOOL**  
 HALF DAY • FULL DAY OPTIONS

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 CAMP PATRIOT

WWW.CAMPPATRIOTTULSA.COM  
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Experience historic Tulsa buildings to see how people lived in the past, explore advancements in architecture today, and create your own designs using a variety of materials to construct a city of the future.

## CAMP CLASSEN

[campclassen.org](http://campclassen.org)

10840 Main Camp Rd., Davis  
 580.369.2272  
[ccinfo@ymcaokc.org](mailto:ccinfo@ymcaokc.org)

NEW FOR SUMMER 2026: High ropes and low ropes courses, on-site health center, jet skis, banana boat rides, a brand-new water slide, a zip line, atlatl throwing and more!

YMCA Camp Classen is a traditional overnight summer camp nestled on 2,200 acres in the Arbuckle Mountains of southern Oklahoma. Home to campers ages 7–16, Camp Classen provides the perfect setting for adventure, learning, growth and fun! With a wide variety of activities from archery and horseback riding to hiking and canoeing, campers gain skills and confidence to propel them forward in life.

## CAMP GET CENTERED

[tulsacenter.org/camp-get-centered](http://tulsacenter.org/camp-get-centered)

The Center for Individuals with Physical Challenges  
 815 S. Utica Ave., Tulsa  
 918.794.4526  
[kevans@tulsacenter.org](mailto:kevans@tulsacenter.org)  
 Contact: Kelly Evans

AGES: 6–17

DATES: June 1–July 31

Join Camp Get Centered for weekly summer sessions filled with adaptive sports and recreation, art, special guests, mindfulness, group games, outings, friends and fun! Campers must have a primary diagnosis of a physical disability and be independent in skills of daily living including toileting, feeding and managing behavior safely. Campers receive a T-shirt, a personalized character award and lifelong memories!

## CAMP LOUGHRIDGE

[camploughridge.org](http://camploughridge.org)

4900 W. 71st St., Tulsa  
 918.446.4194  
[registrar@camploughridge.org](mailto:registrar@camploughridge.org)

AGES: 6–16

DATES/TIMES: June 8–July 31, 8:40 a.m.–4:40 p.m., Monday–Friday

Classic camp activities with Christian programming and a proven safety track record where we exceed the American Camp Association staff-to-camper ratios. This 180-acre property with four miles of hiking trails and three recreational lakes is located less than 10 minutes from downtown Tulsa and just a couple miles west of Tulsa Hills shopping center.

Our camp facilities include an Olympic-size swimming pool with high dive, slide and climbing wall; low and high ropes challenge course including a zipline tower; two archery ranges; a BMX biking trail; two outdoor, covered basketball courts; and many field and water sport activities (like canoeing and kickball). We get consistent feedback from our camper and

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[www.riverrunfarmok.com](http://www.riverrunfarmok.com)  
 9300 S. 51st West Ave.  
 918-855-5032

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# ACTIVITIES GUIDE

parent surveys that we have the best camp food around...our campers are served a locally catered hot lunch each day.

This summer, your kids will have so much fun and experience spiritual growth in a rustic, natural environment at one of the most historic camps in Oklahoma!

## CAMP LUTHERHOMA

[lutherhoma.com/summer-camp](http://lutherhoma.com/summer-camp)

23197 E. 742 Rd., Tahlequah  
918.822.7405

**AGES:** 7–18, and Family Programs

**DATES:** June 7–July 31, week-long programs

Camp Lutherhoma is a Christ-centered camp with the mission to nurture discipleship in Jesus Christ in outdoor settings. Campers stay in air-conditioned bunk cabins with a counselor and fellow campers, at a ratio of one counselor for every eight campers. Each cabin group stays together throughout the day while enjoying fun activities, including swimming, hiking, crafts, archery, tomahawks, sports, games and much more.

Nine- to eighteen-year-old campers select two full-day Adventure Options on Wednesday and Thursday. These activity options include: mountain biking, rafting, kayaking, fishing, sports, rock climbing, challenge course or wilderness. All activities are led by trained summer counselors. The daily schedule also includes singing, skits, Bible study, devotions and night campfire.

Summer Family Camp, June 28–July 2 or July 19–23, is a fun way for families to experience camp together and enjoy all the camp activities! Each family is assisted by a host counselor who helps plan their days. Make new family memories!

Camp Lutherhoma is located near Tahlequah, OK on the East side of the Illinois River, with 120 acres of forest, hills and river views. Counselors and staff have First Aid and CPR certification, background checks and reference checks. All buildings are climate controlled.

## CAMP TALL CHIEF

[gseok.org/camptallchief](http://gseok.org/camptallchief)

Skiatook, OK  
918.749.2551  
[customercare@gseok.org](mailto:customercare@gseok.org)

**AGES:** 6–17

**DATES:** June 7–July 24

Camp Tall Chief is a place where girls grow braver, stronger and more confident with every new adventure. We offer flexible summer options, including a 2-night Mini Camp (perfect for younger or first-time campers!) and our traditional 5-night camp experience for girls ready to dive deeper into the magic of camp life. Families can choose specialized sessions based on their camper's interests, from water sports, art and STEM to outdoor adventure, horses, sports, entrepreneurship and target sports.

At Camp Tall Chief, girls unplug from screens and connect with nature, friends and themselves. Whether they're cooling off at the pool or lake, trying archery for the first time, exploring hands-on science, creating in the art studio or singing around the campfire, campers build independence, resilience and lifelong friendships. Our supportive staff create a safe environment where girls are encouraged to take healthy risks, develop leadership skills and discover what they're capable of.



Join Our Team!



Looking for a full-time or part-time job? Rhema Child Development Center seeks experienced childcare staff to nurture children aged 6 weeks to 5 years. Experience working with children and a background check are required.

Apply now at [RhemaChildCare.com](http://RhemaChildCare.com)  
Or call 918-258-0594

1025 W. Kenosha St., Broken Arrow, OK 74012

# SUMMER CAMPS

## THEY'LL BEG TO COME BACK TO

Games • Movement • Confidence • Friends

Designed with School Teachers! | Ages 5-12 | Safe,  
Fun Camps | Positive Coaches | Spots Fill Fast!

 Martial Arts Advantage  
603 S. Aspen Ave., Broken Arrow, OK 74012  
(918) 258-9821  
[www.SummerCampsRock.com](http://www.SummerCampsRock.com)

Camp isn't just a week away—it's an experience that fosters confidence, teamwork, problem-solving and a deep sense of belonging that lasts long after summer ends.

## CLARK YOUTH THEATRE

[clarkyouththeatre.com/education/camps](http://clarkyouththeatre.com/education/camps)

4825 S. Quaker Ave., Tulsa  
918.596.1412  
clarkyouththeatre@gmail.com  
Contact: Tammy Slack

AGES: 5–14

TIMES: 8:30 a.m.–4:30 p.m. with optional before- and after-care from 7:30 a.m.–5:30 p.m.

Prepare to sing, dance and act your way through summer 2026! Each two-week camp includes two hours of instruction per day in singing, acting and dancing, interspersed with concession breaks, outdoor breaks and an hour to eat your packed lunch and hang with friends. This is a great opportunity for children ages 8-14 who are interested in theatre and performing arts. Campers must have completed the second grade.

In week two, we break up our routine with a Pizza Party, In-Camp Talent Show, Dance Party and Tie Dying our Camp T-shirt! These two weeks of high energy fun culminate in three fun performances for family. Let Clark Youth Theatre's 48th year of summer camp be the place your young actors pursue their dreams!

Clark has 6 great sessions of camp this summer – four traditional two-week sessions for ages 8-14, one week of camp for ages 5–11, and a full week of either morning or afternoon camp for our Penguin Project kids!

If you are 15–18 and love Clark Youth Theatre Camp, please consider becoming a Counselor-in-Training. Each full week of camp equals 40 hours of community service for our thriving non-profit organization, and we are happy to verify volunteer hours for you!

## KIRK PRESCHOOL

[thekirk.com/preschool](http://thekirk.com/preschool)

4102 E. 61st St., Tulsa  
918.494.8859  
kohpreschool@thekirk.com

AGES: 9 months–entering 1st grade

DATES/TIMES: June 15–July 23, 9 a.m.–2:30 p.m.

Kirk Preschool is a nurturing, quality part-day program that has been serving children in the Tulsa area ages 6 months through 5 years for over 60 years.

We provide developmentally appropriate learning opportunities that meet the needs of each child, and seek to ignite a love of learning through social interaction and play-based activities. Our philosophy is that children learn best when they feel safe and loved!

Our Summer Camp runs June 15–July 23 and includes daily outdoor recess, water play, art, Chapel, music and athletics. Summer Camp is for ages 9 months through children entering first grade.

School hours are 9 a.m.–2:30 p.m., and we offer a 4-day-per-week option (Monday–Thursday) or 2-day-per-week options (Monday/Wednesday or Tuesday/Thursday).

Kirk Preschool employs a team of experienced teachers and professional staff. Many of our teachers have teaching certificates, degrees in early childhood fields and Child Development Associate credentials.

Visit our website or email us to schedule a tour or enroll!

## KJM EQUESTRIAN

[kjmequestrian.com/summer-camps](http://kjmequestrian.com/summer-camps)

4300 S. Butternut Ave., Broken Arrow  
918.299.9283

AGES: 7–12

DATES/TIMES: May 26–July 24, 9 a.m.–4 p.m.

Conveniently located near 111th & Garnett (just west of the Creek Turnpike), KJM's week-long summer camps provide a fun, non-intimidating introduction to horses. Activities include daily riding, an intro to horsemanship, games, horse-related arts and crafts, plus a Friday finale horse show and cook-out.

Our camp facilities include an air-conditioned camp house with kitchen, bathroom, tack room and tacking stalls. In addition, large riding arenas are available as well as shaded trails and a riding park, which are perfect for warm-day rides.

Safety on and around horses is a major objective of our riding program, and our counselors are well versed in educating beginner riders.

## LAFORTUNE PARK JUNIOR GOLF CAMP

[lafortunepark.com/jr-golf](http://lafortunepark.com/jr-golf)

5501 S. Yale, Tulsa  
918.496.6200  
Contact: Craig Wheeler

AGES: 6–13

DATES/TIMES: June 1–4, June 22–25, July 13–16, Aug. 3–6; 9 a.m.–12 p.m.

Every junior will receive hours of valuable instruction each day on different aspects of the game including full swing, putting, chipping, bunker play and pitching, accompanied by skills challenges and on-course instruction.

## LAFORTUNE TENNIS CAMPS

[lafortunetennis.com/camps](http://lafortunetennis.com/camps)

5302 S. Hudson Ave., Tulsa  
918.496.6230

### Serve Up Fun This Summer! Pee Wee & Junior Tennis Camps

Introduce your little one to the exciting world of tennis at Case Tennis Center at LaFortune Park! Our Pee Wee & Junior Tennis Camps are designed to help young players develop basic skills, coordination, and a love for the game in a fun, encouraging environment.

Pee Wee Camps (ages 4–6) feature 45-minute sessions filled with engaging drills, movement games, and activities that build hand-eye coordination and foundational tennis skills.

Junior Camps (ages 7–15) run for 1.5 hours and focus on developing technique, rally skills and gameplay in an interactive and supportive setting. Both programs emphasize teamwork, sportsmanship and – most importantly – having a great time on the court!

# Explore the possibilities at University School Summer Explorers Camp

The Summer Explorers Camp invites students ages 4 through 8th grade to enjoy six weeks of discovery, creativity, engaging learning experiences, and FUN!

Each age group follows its own unique set of weekly themes designed to match developmental stages and interests. Through hands-on projects, outdoor play, and collaborative learning, campers explore new ideas and build lasting friendships. Campers may choose to attend one week or all sessions available **June 1-July 17!** Learn how Summer Explorers Camp keeps kids learning, laughing, and growing—find full details and register at [uschool.utulsa.edu](http://uschool.utulsa.edu) or (918) 631-5060.



THE UNIVERSITY OF TULSA  
University School

**USCHOOL.UTULSA.EDU**  
PreK3-8th grade education



## THE Building Memories PLACE

How will your kids spend their summer? At the YMCA, memories come to life—big belly laughs, new adventures, surprising discoveries, and friendships that last long after camp ends. Give your kids a place to explore who they are and what they love.

Summer Camp enrollment is open now...so start planning their summer memories today!



**SIGN UP TODAY**

YMCA of Greater Tulsa  
Tulsa • Bixby • Okmulgee • Owasso ▶ [ymcatulsa.org/camps](http://ymcatulsa.org/camps)

## CAMP LUTHERHOMA

Outdoor Adventures  
Christ-Centered Community  
Ages 7-18 and family programs  
Week long sessions June 7- July 31

**Summer  
Camp 2026**  
Let's make some  
memories!

**Lutherhoma.com 918-458-0704**  
**Tahlequah, OK**

Join us this summer for a fantastic tennis experience! Visit our website for registration details and session dates. July camps will be held indoors. All camp registrations include a free camp T-shirt. We can't wait to see your little champs on the court!

## LIVING ARTS OF TULSA NEW ARTS CAMP

[livingarts.org/programming](http://livingarts.org/programming)

**307 E. Reconciliation Way**  
**918.585.1234**  
**projects@livingarts.org**

**AGES:** 4-17

**CAMPS:**

- *Introduction to Performance and Installation Art*  
Zoey Hughes, **June 9-12**, 8 a.m-12 p.m.
- *Young Filmmakers: Exploring Stop Motion Animation*  
Cora Hasegawa, **June 9-12**, 12:30-4:30 p.m.
- *Storytelling with Textile: Beginner Fabric Collage*  
Katrinka Booth, **June 16-19**, 12:30-4:30 p.m.
- *Introduction to Yarn Work and Yard Bombing*  
Cora Hasegawa, **June 23-26**, 12:30-4:30 p.m.
- *Be You, Let's See You*  
Katy Bruce, **July 7-10**, 12:30-4:30 p.m. (*Little's Camp*)
- *Little's Camp Session 2 (Title coming soon!)*  
Miss Amber Marie Deen, **July 14-17**, 12:30-4:30 p.m.

Camp sessions are \$115 for the week; this includes supplies!

Apply Here NOW: [forms.gle/khRyUQwEXvFDT7fPA](https://forms.gle/khRyUQwEXvFDT7fPA)

Please contact Laura Ruiz at [projects@livingarts.org](mailto:projects@livingarts.org) with any questions.

## MARTIAL ARTS ADVANTAGE

[martialartsadvantage.net](http://martialartsadvantage.net)

**603 S. Aspen Ave., Broken Arrow**  
**918.258.9821**  
**tracyceo-maa@yahoo.com**

**AGES:** 3 to adult

At Martial Arts Advantage, our programs are built around one goal: helping kids grow stronger, more confident and more successful while having an amazing time. Our summer camps combine active games, movement, teamwork and positive coaching in a safe, structured environment where kids feel supported and encouraged every day.

Designed and updated each year with real school teachers, our camps are intentionally planned to keep kids engaged, learning and excited to come back. That means your child experiences:

- Structured activities that keep them moving
- Confidence-building challenges and teamwork
- Positive coaches who cheer them on
- A balance of fun, growth and friendship

Kids leave tired, happy and proud of themselves, and parents love the difference they see.

**More Than Just Summer Camp:** Martial Arts Advantage isn't just a place kids visit during breaks. It's a community where kids build lifelong skills like focus and self-discipline; respect and leadership; confidence that carries into school and life.

**ST. CRISPIN'S SUMMER CAMP**  
**A SUMMER THEY'LL NEVER FORGET**  
Belonging · Wonder · Growth

Wewoka, OK  
Ages 5-18  
[stcrispins.org/camp](http://stcrispins.org/camp)

scan to register

# ACTIVITIES GUIDE

Whether your child is joining us for camp or continuing into martial arts classes, they'll be supported by coaches who care about their growth.

Experience our programs firsthand and discover why families choose Martial Arts Advantage year after year. Reserve your spot today!

## MILLER SWIM SCHOOL

[millerswimschool.com](http://millerswimschool.com)

**Tulsa:** 6415 S. Mingo Rd., Tulsa

**Jenks:** 525 W. 91st St. S., Jenks

**Owasso:** 10001 N. 127th E. Ave., Owasso

**Tulsa South:** 7820 E. 101st St., Suite A, Tulsa  
918.254.1988

Miller Swim School has been in the unique business of teaching swimming for over 60 years. At Miller, our mission is to build a safer community, one family at a time, through swim lessons, water safety education and drowning prevention.

Swimming lessons are one of the best activities to keep a child active while providing them with a valuable set of life skills. Through participating in water activities, students are able to gain self-discipline, coordination and balance. Studies have also shown that swimming lessons help children grow socially and intellectually.

At Miller Swim School, students are grouped according to both age and swimming ability in the water. Classes are offered at four convenient Tulsa-area facilities - Tulsa, Jenks, Owasso and Tulsa South. Year-round lessons are offered 7 days a week, with morning, afternoon and evening options to work around your busy schedule!

Miller Swim School also offers party packages and open swim times, water aerobics, swim team and triathlon training.

Check out our website for a comprehensive list of programs at [millerswimschool.com](http://millerswimschool.com) and follow us on Facebook and Instagram for the latest news and specials!

## MISS HELEN'S PRIVATE SCHOOL

[misshelens.com](http://misshelens.com)

**4849 S. Mingo Rd., Tulsa**

**918.622.2327**

**director@misshelens.com**

**Contact: Miss Jayme, Director**

**AGES:** 3 years–5th grade

Miss Helen's provides a safe environment of summer fun activities to accentuate the positive in students. Fun and appropriate activities are offered. Preschool theme-based weeks include our annual pet parade and weekly water play days. Elementary students' activities include: STEM activities, chess, sewing, mystery games and cooking experiences. Individualized reading, writing and math included.

In addition to daily classes, preschool students may choose to take cheerleading, swimming lessons, gymnastics or karate classes. Elementary students may choose swimming lessons, gymnastics, cheerleading, tennis, golf, karate, soccer and musical theater. Community service projects included.

Join Miss Helen's family by contacting us today!



## Tulsa Trails West Summer Riding Programs

Give your child a summer they'll never forget!

Age based programs.

June 2026

(918)446-4FUN  
[www.tulsatrailswest.com](http://www.tulsatrailswest.com)



# NSU SUMMER ACADEMIES

**FUN FOR  
AGES 4-18!**

Broken Arrow And Tahlequah

**ACADEMIES INCLUDE**

**Flying Drones**

**Biology**

**Robotics**

**Chemistry**

**And More!**



**NORTHEASTERN  
STATE UNIVERSITY**

CONTINUING EDUCATION



**SCAN FOR MORE INFO!**

**918-444-4610**



NEW LIFE RANCH

# SUMMER CAMP!

## JR. CAMP

One week overnight camp for 2nd-6th grade campers.

## SR. CAMP

One week overnight camp for 7th-12th grade campers.

## CAMP FIRE

Mini-week of camp for 7th-8th grade campers.

## CAMP HOWDY

Half-week session of camp for 2nd-6th grade campers.

## CAMP OVERFLOW

Mini-week of Bible study and reflection for high school campers.

## LEADERSHIP DEVELOPMENT

Two weeks of equipping high school campers to be servant leaders.

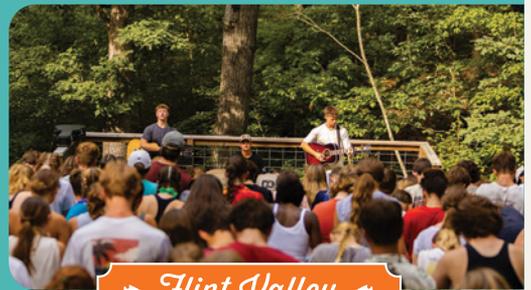
## LEARN MORE



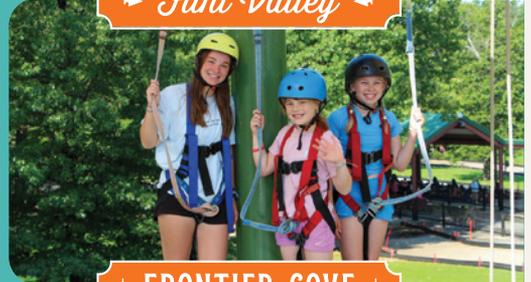
USE CODE  
**TULSAKIDS26**  
TO SAVE \$100!\*

\*offer applies only to Jr. Camp, Sr. Camp, and Leadership Development (excluding Camp Howdy, Camp Fire, and Camp Overflow). Only applicable to registrations made after March 1st, 2026. Cannot be used with other offers (except Buddy Bucks).

[WWW.NEWLIFERANCH.COM](http://WWW.NEWLIFERANCH.COM)



▶ Flint Valley ◀



★ FRONTIER COVE ★

# JOIN OUR TEAM

## Hiring Year-Round Swim Instructors

[MillerSwimSchool.com](http://MillerSwimSchool.com)  
**918-254-1988**



JENKS • TULSA • OWASSO • TULSA SOUTH



## NEW LIFE RANCH

[newliferanch.com](http://newliferanch.com)

160 New Life Ranch Dr., Colcord  
918.422.5506  
info@newliferanch.com  
Contact: Justin Metcalfe

AGES: K–12

DATES: June–July

**Use Promo Code TULSAKIDS26 to save \$100!**

Summer camp is a fantastic way for kids to build independence and develop important social skills outside of school and home. It's a unique place where they can grow their confidence, practice vulnerability and make lasting friendships. Plus, it's a wonderful opportunity for them to connect with God in a new way and grow in their faith. Kids need camp!

Our Summer Camps are split into Jr. Camp (going into grades 2–6) at New Life Ranch Frontier Cove and Sr. Camp (going into grades 7–12) at New Life Ranch Flint Valley.

## NSU SUMMER OPPORTUNITIES

[academics.nsuok.edu/continuingeducation](http://academics.nsuok.edu/continuingeducation)

Tahlequah Campus: 512 N. Muskogee Ave., Tahlequah  
Broken Arrow campus: 3100 New Orleans St., Broken Arrow  
918.444.4618  
mccart13@nsuok.edu

AGES: 4–18

NSU has camps for kids 5–18. Come explore other worlds, learn how to fly drones, play chess or respond to a disaster. Learn about biology, robotics or chemistry all while engaging in fun activities. With camps in Broken Arrow and Tahlequah throughout the summer, we have options for everyone.

Space is limited, so act today: [academics.nsuok.edu/continuingeducation/YouthPrograms/default.aspx](http://academics.nsuok.edu/continuingeducation/YouthPrograms/default.aspx)

## PHILCREST HILLS SUMMER TENNIS CAMP

[philcresthillstennis.com/summercamp](http://philcresthillstennis.com/summercamp)

10900 Riverside Parkway, Tulsa  
918.299.2643  
desk@philcrest.net  
Contact: Katie Stick

Smash some balls and make a splash with Philcrest this Summer!

At our Summer Tennis Camp, campers will participate in tennis drills in the morning, learning basic strokes, court etiquette and scorekeeping. They will engage in an introduction to match play, as well as participate in fun hand-eye coordination exercises. After lunch they will swim, play games or play pickleball. They will have afternoon snacks in our pool and outdoor grill area. Safari's Sanctuary will come visit us once a month with a selection of exotic animals for the campers to engage with and learn about.

Each camper will need to wear tennis shoes and bring a swimsuit, towel and sunscreen. Lunch and snack are provided.

## SOUTHERN HILLS RIDING ACADEMY

[okhorse94.wixsite.com/website](http://okhorse94.wixsite.com/website)

14644 S. Lewis Ave., Bixby  
918.810.9567  
okhorse94@gmail.com  
Contact: Kim Dyer

AGES: 6–12

DATES/TIMES: June 15–19, June 22–26, July 13–17, July 20–24;  
9 a.m.–1 p.m. (early drop-off available)

Activities include a horseback riding lesson every day, learning care for the horses, grooming, tacking and camp games. We have over 30 years experience doing horse camps, with great horses and ponies!

## SOUTH LAKES GOLF COURSE

[southlakesgolf.com](http://southlakesgolf.com)

9253 S. Elwood, Jenks  
918.746.3760  
info@southlakesgolf.com

AGES: 6–14

DATES/TIMES: May 20–22, June 30–July 2, Aug. 4–6, 9–11 a.m.

Every junior will receive an hour of valuable instruction each day on different aspects of the game including full swing, putting, chipping, bunker play, and pitching, accompanied by skills challenges and on-course instruction.

## ST. CRISPIN'S

[stcrispins.org/camp](http://stcrispins.org/camp)

36302 OK-9, Wewoka  
405.437.2924

AGES: 5–18

DATES: June 3–July 9

St. Crispin's Camp is a summer camp located on 275 beautiful wooded acres in Wewoka, OK — near Seminole. For 60 years, St. Crispin's has offered engaging summer programs that help children and youth grow in confidence, friendship and faith while enjoying the outdoors.

Summer camp sessions serve elementary through high school students and include classic camp activities like swimming, kayaking, ropes course, archery, arts and crafts, music, and nature exploration. Guided by trained counselors and a strong focus on belonging and personal growth, campers build independence, resilience and lifelong friendships in a safe, welcoming community.

St. Crispin's welcomes campers of all backgrounds and offers week-long overnight sessions as well as specialty programs designed for different age groups and interests. With its lakeside setting, experienced staff, and emphasis on character and community, St. Crispin's provides meaningful summer experiences that last long after camp ends.

LAFORTUNE PARK  
**Tennis Camps**  
TULSA  
AGES 4-15

WEEKLY SESSIONS • MAY THROUGH JULY  
918-496-6230 • LAFORTUNETENNIS.COM/CAMPS

CASE TENNIS CENTER AT LAFORTUNE PARK

**Orbit ARTS FESTIVAL**

**A FREE COMMUNITY FESTIVAL**

**Performances • Workshops  
Activities & crafts • Food & drink  
And even more!**

April 18, 2026 • 10 a.m. to 5 p.m.  
TPAC 2nd Street theatres  
110 E. 2nd Street, Tulsa, OK

TULSA PERFORMING ARTS CENTER  
**TPAC**  
ARTS FOR ALL. | tulsapac.com/orbit-arts-festival

TENNIS - SWIMMING - GAMES - PICKLEBALL

**SUMMER TENNIS CAMP**

FOR AGES **6-14** NEW SESSIONS EACH WEEK  
MONDAY - FRIDAY  
10AM - 2PM

WWW.PHILCRESTHILLSTENNIS.COM/SUMMERCAMP

## TULSA BALLET CENTER FOR DANCE EDUCATION

[tulsaballet.org/summer-classes](https://tulsaballet.org/summer-classes)

918.712.5327

Brookside Campus: 1212 E. 45th Pl., Tulsa

Broken Arrow Campus: 1901 W. New Orleans St., Broken Arrow

AGES: 3-12

DATES: June 22-July 16

Join TBCDE for Summer Dance classes! With classes at our Broken Arrow and Brookside campuses for ages 3-12, there's sure to be a time for your child to continue their dance classes this summer. Is your child new to dance and just wants to see what it's all about? No experience required, beginners welcome!

## TULSA TRAILS WEST

[tulsatrailswest.ticketspice.com/summer-camp-2026](https://tulsatrailswest.ticketspice.com/summer-camp-2026)

3401 S. 29th W. Ave., Tulsa

918.446.4FUN

pswanson@asc-ok.com

Contact: Paula Swanson

DATES: June 1-5, June 8-12, June 15-19, June 22-26

Give your kids an unforgettable summer adventure at Tulsa Trails West! Our Summer Riding Programs are all about outdoor fun, confidence-building, and learning how to be safe and comfortable around horses—perfect for beginners with little or no riding experience.

Our **Pony & Play Riding Program (ages 6-10)** provides students with opportunities to enjoy hands-on farm and horse-related activities, in small groups within the arena and around the ranch. They'll learn horse safety, basic riding skills and enjoy fun, age-appropriate games centered around horses.

Our **Trail Riding Skills Program (ages 11-16)** starts with arena instruction and then progresses to what we do best—**guided trail riding**. As a premier trail ride operation, Tulsa Trails West offers a beautiful, expansive property with miles of trails, from wooded switchbacks to open pastures and scenic viewpoints.

Students will build skills, confidence and memories while exploring the outdoors and spending time on horseback in a safe, supportive environment. If your child wants to have fun, learn the basics and experience the joy of horses, this is the program for them!

Parents and grandparents are invited to attend the last hour of the Friday session to observe and enjoy refreshments.

## WESTREET ICE CENTER

[westreeticecenter.com](https://westreeticecenter.com)

4143 S. Yale Ave., Tulsa

918.252.0011

bookings@tulsaicecenters.com

Tulsa's premiere ice skating and hockey facilities! Public skating and arcade available throughout the day, 7 days a week. Skating and hockey classes available all year.

# ACTIVITIES GUIDE

## YMCA SUMMER DAY CAMPS

[ymcatulsa.org/summercamp](http://ymcatulsa.org/summercamp)

Tulsa, Owasso and Bixby  
918.466.1424

AGES: 4-15

DATES/TIMES: May 26-Aug. 18; 7 a.m.-6 p.m., Monday-Friday

Ready to give your kids a summer they'll never forget? YMCA Summer Day Camps offer the ultimate experience for kids to unplug and dive into non-stop fun, adventure and discovery! With five camp locations across Tulsa County – Herman & Kate YMCA, Tandy Family YMCA, Daily Family YMCA, Okmulgee Family YMCA and Owasso Family YMCA – there's a perfect camp for every child.

Whether your child is into basketball, swimming, arts and crafts, or exploring the great outdoors, YMCA camps are all about fun! Get ready for days packed with games, sports, crafts, swimming and even outdoor adventures – no devices in sight!

We've created a safe, exciting space where kids can build confidence, develop new skills, make lifelong friendships and discover new interests. No matter what your child is passionate about, YMCA Summer Day Camps offer the perfect setting to explore, learn, and thrive. So, get ready to watch your kids create unforgettable memories and leave with a smile!

CLASSES OFFERED AT BROKEN ARROW & BROOKSIDE CAMPUSES



**SUMMER DANCE**

**JUNE 22 - JULY 16**  
AGES 3-12  
NO EXPERIENCE REQUIRED

IT'S NEVER TOO LATE TO DANCE • ADULT CLASSES AVAILABLE

**TULSABALLET.ORG | 918.712.5327**

## HOPE'S CROSSING CAMP

FREE SUMMER DAY CAMP FOR KIDS  
8-15 WITH DISABILITIES

JUNE 1 - 5, 2026



VOLUNTEER COUNSELORS NEEDED!  
COUNSELOR AGE: 16+

Visit [hopescrossingcamp.org](http://hopescrossingcamp.org)  
for more info & follow us  
on social media

Contact: Macy Neph  
[hopescrossingcamp@gmail.com](mailto:hopescrossingcamp@gmail.com)  
539-238-7677



# Packable Snacks for Kids on the Go

By **Natalie Mikles**



As families begin planning summer camps and outdoor adventures, it's also a good time to start thinking about snacks that travel well.

Summer camps, zoo days and afternoons at the park all have one thing in common: kids need snacks. And not just any snacks—foods that can survive a backpack, a hot car or a day in a cubby without refrigeration.

Day camps often ask families to send lunches and snacks that can sit at room temperature for hours. Even with an ice pack tucked into a lunch bag, summer heat can make it tricky to pack foods that stay fresh and appetizing.

The solution is to think portable: baked goods that hold up well, crunchy snack mixes and simple foods that are sturdy enough to travel. Homemade snacks can also be more economical than the individually packaged options at the store—and they often taste better, too.

Here are a few ideas for snacks that pack well and keep kids fueled through a day of camp, exploring or playing outside.

## Banana Bread

This banana bread packs well. Spread it with peanut butter for a more filling snack.

- 1 cup whole-wheat or multigrain flour
- 1 cup all-purpose flour
- ¼ cup oats
- ½ teaspoon baking powder
- ¾ teaspoon baking soda
- ¼ teaspoon salt
- 2 ripe bananas
- ½ cup packed brown sugar
- 2 eggs
- ½ cup buttermilk
- 3 tablespoons vegetable oil
- 1 teaspoon vanilla extract

1. Preheat oven to 350 degrees. Grease a 9-by-5-inch loaf pan.
2. In a large bowl, whisk together the whole-wheat flour, all-purpose flour, oats, baking powder, baking soda and salt.
3. In another bowl, mash the bananas. Whisk in the sugar, eggs, buttermilk, oil and vanilla. Stir into the flour mixture until just combined.
4. Pour into the prepared loaf pan. Bake for 45–50 minutes,

or until a wooden pick inserted in the center comes out clean.

5. Cool in the pan on a wire rack for 15 minutes, then remove and cool completely.

## Kids' Snack Mix

Here's a version of Chex mix for kids. Pack it in place of chips. This makes about 2 ½ cups.

- 1 tablespoon butter
  - 1 teaspoon Worcestershire sauce
  - 1 ½ cups Cheerios
  - ½ cup rice Chex cereal
  - ½ cup stick pretzels, broken in half
1. In a large nonstick skillet, melt butter over medium-low heat. Stir in Worcestershire sauce, cereal and shredded wheat. Cook, stirring constantly, for 5 minutes or until brown.
  2. Remove from heat, and allow to cool before adding pretzel sticks. Toss lightly, and transfer to an airtight container.

## SNACK BAG IDEAS

You can save money by making your own snacks instead of buying the prepackaged bags. Here are a few ideas to fill up a snack bag.

- Pita bread sliced and baked into chips
- Shredded carrots
- Homemade chocolate chip muffin
- Sliced frozen grapes
- Cubed cheese and whole-grain crackers
- Banana bread
- Shelled edamame
- Sunflower butter and sliced strawberries on a bagel

## Apple Snack Cake

- ½ cup unsalted butter, melted
  - 1 ½ cups all-purpose flour
  - ¾ cup granulated sugar
  - ¼ cup brown sugar
  - 1 teaspoon baking powder
  - 1/2 teaspoon baking soda
  - 1 teaspoon ground cinnamon
  - 1/4 teaspoon salt
  - 1/2 cup applesauce
  - 1/2 cup buttermilk
  - 1 large egg
  - 1 teaspoon vanilla extract
  - 1/2 cup finely diced apple
  - Confectioners' sugar, for dusting
1. Preheat oven to 350 degrees. Grease an 8-inch square baking dish.
  2. In a medium bowl, whisk together the flour, sugar, brown sugar, baking powder, baking soda, cinnamon and salt.
  3. In another bowl, whisk together the applesauce, buttermilk, melted butter, egg and vanilla.
  4. Add the wet ingredients to the dry ingredients and stir just until combined. Fold in diced apple.
  5. Pour batter into prepared pan and smooth the top.





Bake 25–30 minutes, or until a wooden pick inserted in the center comes out clean.

- Cool in the pan for about 10 minutes before cutting. Dust lightly with confectioners' sugar before serving. **TK**

**Natalie Mikles** is a mom of three and editor of TulsaKids. She writes about food, sharing recipes for busy families and picky eaters.



Entremets in the bakery case at Patisserie by Sheila Anne.

PHOTO COURTESY PATISSERIE BY SHEILA ANNE



A peach cobbler filling is a surprise in the peach entremets at Stonehorse Market.

PHOTO COURTESY STONEHORSEMARKET

TRY SOMETHING NEW!

## Entremets: Art You Can Eat

Entremets and trompe l'oeil pastries turn dessert into edible art—and they're especially popular with Tulsa families right now.

On Saturday mornings at Saint Amon Baking Co., the line usually forms before the doors open, and the bakery has been known to sell out by 9 a.m.

You'll find the same buzz at Patisserie by Sheila Anne and Stonehorse Market, where pastries look almost too beautiful to eat. Built with layers of cake and mousse, then finished with a glossy glaze and crisp coating, these French-inspired desserts deliver both striking

presentation and flavor. You'll find blueberries, strawberries, peaches, raspberries, mangoes and even cocoa beans.

Some are almost too realistic to cut into, shaped to mimic fresh fruit or other familiar forms. Inside, each dessert reveals carefully balanced layers designed to create contrast in every bite.

But they're not always easy to snag. At Saint Amon, for instance, pastries are only available on Saturdays. If you have your heart set on one, it's worth calling ahead before making the trip or standing in line.

TULSAKIDS STAFF

### Where to Find Entremets in Tulsa

**Saint Amon Baking Co.**  
8156 S. Lewis Ave.

**Patisserie by Sheila Anne**  
610 W. Main St. in Jenks

**Stonehorse Market & Kitchen**  
1748 Utica Square



## KIDS EAT FREE

Some nights, cooking dinner just isn't in the cards. Luckily, several Tulsa-area restaurants offer kids-eat-free deals throughout the week. Here's a few spots where families can stretch their dining dollars. You can find even more at [tulsakids.com](http://tulsakids.com)!

### MONDAY

Peppers Grill  
1950 Utica Square

*Kids 10 and younger eat free all day with purchase of adult entrée. One kids' meal per adult entrée.*

### TUESDAY

HuHot Mongolian Grill  
6746 S. Memorial Drive

*Free kids grill meal with adult meal purchase.*

### WEDNESDAY

Louie's Grill & Bar  
6310 E. 101st St.

*Kids eat free with purchase of adult entrée.*

### THURSDAY

El Chico  
All Tulsa locations

*Kids meals are 99 cents all day Thursday with purchase of adult entrée. Dine-in only.*

# APRIL 2026

SCAN THE QR CODE  
to find more events at  
[tulsakids.com/calendar!](https://tulsakids.com/calendar/)



Owasso Spring Fling.

PHOTOS COURTESY  
CITY OF OWASSO



Orbit Arts Festival.

PHOTO COURTESY TULSA PAC

Oklahoma Central  
Credit Union ZooRun.

PHOTO COURTESY TULSA ZOO



BROUGHT TO YOU BY





(Left to Right) Jalynn Steele (Tanya), Christine Sherrill (Donna Sheridan), and Carly Sakolove (Rosie).

PHOTO BY JOAN MARCUS



Amy Weaver (Sophie Sheridan), and the Company of MAMMA MIA! 25th Anniversary Tour.

PHOTO BY JOAN MARCUS

**April 1 Wednesday**

**LITTLE GARDEN EXPLORERS** W

Ages 0-5, 9:30-11:30 a.m.

Philbrook Museum  
philbrook.org

Spark wonder at this easy-going play invitation.

**STORYTIME AT TULSA ZOO** W

All ages, 10-10:30 a.m.

Tulsa Zoo

tulsazoo.org

Join Tulsa Zoo for their weekly storytime, held at the Oklahoma Central Credit Union Nature Exchange inside the Life in the Cold building.

**April 2 Thursday**

**ART AFTER SCHOOL** F

For elementary schoolers, 4-5 p.m.

Bronson Brookside Library

tulsalibrary.org

Get creative and make something at the library.

**April 3 Friday**

**FIRST FRIDAY HORTICULTURE TOUR – GREENHOUSE**

All ages, 8:30-10 a.m.

Tulsa Botanic Garden  
tulsabotanic.org

Join a Garden horticulturist for a guided walking tour exploring what's in bloom and other plants of seasonal interest throughout the Garden. Free with admission; space limited.

**THE INFLATABLE DASH** F

Ages 5-11, 2-3 p.m.

South Broken Arrow Library  
tulsalibrary.org

Race in inflatable costumes. Costumes are provided.

**SUPER SUITE II**

7:30 p.m.

Tulsa PAC  
tulsapac.com

This original dance-theater production fuses aerial dance, breakdance, jazz, hip hop and ballet into a bold, cinematic performance. Presented by Oklahoma Movement

**April 4 Saturday**

**ROSE DISTRICT FARMERS MARKET** W F

All ages, 8 a.m.-12 p.m.

Rose District Plaza  
brokenarrowok.gov

The Rose District Farmers Market features a variety of vendors, in addition to special events like cooking demonstrations, a kid's craft corner, live music and more. Also occurs Tuesdays, 4-8 p.m.

**SATURDAY TINY TOTS**

Ages 0-6, 9-11 a.m.

Wheels and Thrills  
wheelsandthrills.com

Kids can skate, play, ride and jump while meeting their favorite characters!

**April 5 Sunday**

**ZOOLIGHTFUL**

All ages, 6-9:30 p.m.

Tulsa Zoo  
tulsazoo.org/zoollightful

Tulsa Zoo transforms after sunset into a world of wonder, illuminated

with hundreds of traditional Chinese animal lanterns. Repeats Thursdays-Sundays, March 26-June 7.

**April 6 Monday**

**LITTLE LAB** W

Ages 0-4, 11-11:30 a.m.

Discovery Lab

discoverylab.org

Activities focus on learning shapes, colors, working on fine motor skills, identifying emotions and more!

**BUILD A READER STORYTIME: SENSORY** F

Ages 2-10, 6-6:20 p.m.

Hardesty Regional Library

tulsalibrary.org/events

Sensory Storytime focuses on learning with all five senses and is especially designed for children with a variety of learning styles or sensory integration challenges. Must pre-register.

**April 7 Tuesday**

**SENSORY NIGHT**

All ages, 6-8 p.m.

Oklahoma Aquarium

okaquarium.org

Visit the aquarium when there's less of a crowd. Complete a self-guided scavenger hunt for a prize!

**MAMMA MIA!**

Ages 13+, 7:30 p.m.

Tulsa PAC

celebrityattractions.com

A tale of love, friendship and identity beautifully told through the timeless hits of ABBA. Additional showtimes through April 12

**April 8 Wednesday**

**TABLETOP GAMING GUILD** F

For teens and tweens, 3:30-5 p.m.

Judy Z. Kishner Library

tulsalibrary.org

Play a variety of tabletop games, including Dungeons & Dragons, Monster of the Week, Crash Pandas and more. Repeats April 22.

**April 9 Thursday**

**SPRING TRADERS ENCAMPMENT**

All ages, 10 a.m.-5 p.m.

Woolaroc Museum & Wildlife Preserve

woolaroc.org

A historically accurate recreation of a traders settlement in the 1840s. Repeats daily through April 11.

**April 10 Friday**

**FAMILY NATURE WALK** W

All ages, 10-10:30 a.m.

Philbrook Museum

philbrook.org

Explore the gardens and learn about the natural world through your five senses.

**PETER AND THE WOLF**

All ages, 1 p.m.

Hardesty Center for Dance Education

tulsaballet.org

This beloved production was created specifically for children of all ages with a 45-minute run-time perfect for shorter attention spans. Repeats April 11, 11:45 a.m. and 1:30 p.m.

**TULSA OILERS GAME**

All ages, 7:05 p.m.

BOK Center

tulsoilers.com

Cheer for the Tulsa Oilers as they play hockey!

**April 11 Saturday**

**TULSA FARMERS' MARKET** W F

All ages, 7-11 a.m.

Kendall Whittier Square

tulsafarmersmarket.org

Tulsa Farmers' Market's spring Saturday hours start in April.

**BUILD A READER STORYTIME: SENSORY** F

Ages 2-10, 10-11:30 a.m.

Hardesty Regional Library

tulsalibrary.org/events

Sensory Storytime focuses on learning with all five senses and is especially designed for children with a variety of learning styles or sensory integration challenges. Must pre-register.

**TREEFORT STORYTIME WITH TULSA OPERA**

Ages 10 and under, 10:30-11 a.m.

Tulsa Botanic Garden

tulsabotanic.org

Tulsa Opera will present a nature-themed story.

**RÉSUMÉ BUILDING WORKSHOP FOR TEENS** F

For teens, 11 a.m.-12:30 p.m.

Central Library

tulsalibrary.org/events

A hands-on workshop designed to help teens build their first résumé or edit the current version to fit their goals. Must pre-register.

**April 12 Sunday**

**SENSORY-FRIENDLY FAMILY HOURS**

All ages, 9:30-11:30 a.m.

Discovery Lab

discoverylab.org

These early hours are designed for families with children on the spectrum and other sensory needs.

**April 13 Monday**

**UNRAVELED: FIBER ARTS CLUB** F

For adults and teens, 1:30-3:30 p.m.

Schusterman-Benson Library

tulsalibrary.org

Whether it's yarn, stitching or sewing,

bring your project and come find some new crafty friends!

**April 14 Tuesday**

**BUILD A READER PLAY WORKSHOP** F

Ages 0-5 and caregivers, 10:30-11:30 a.m.

Martin Regional Library

tulsalibrary.org

A fun play workshop featuring conversations with a child development specialist and a speech pathologist.

**April 15 Wednesday**

**STEM BUILD A BIRD'S NEST CHALLENGE** F

For elementary schoolers, 4-5 p.m.

Collinsville Library

tulsalibrary.org

Design and construct a bird's nest using natural materials.

Photos courtesy Tulsa Drillers



4/2, 6:30 p.m.\* vs. San Antonio

4/3, 7 p.m.\* vs. San Antonio

4/4, 7 p.m. vs. San Antonio

4/14, 12 p.m. vs. Arkansas

4/15, 7 p.m. vs. Arkansas

4/16, 7 p.m. vs. Arkansas

4/17, 7 p.m. vs. Arkansas\*

4/18, 7 p.m. vs. Arkansas\*

4/19, 1 p.m. vs. Arkansas\*\*

4/28, 11 a.m. vs. San Antonio

4/29, 12:05 p.m. vs. San Antonio

4/30, 7 p.m. vs. San Antonio

**Tulsa Drillers Games**

Cheer for Tulsa Drillers as they kick off their 2026 season! The following games take place at ONEOK Field. Learn more and get tickets at tulsadrillers.com

Plus, sign up for **Kilwins Kids Club** for kids ages 14 and under! Your \$30 membership includes tickets to select games, birthday party discounts, team store discounts and other great perks!

[milb.com/tulsa/community/kids-club](http://milb.com/tulsa/community/kids-club)

\*Fireworks games \*\*FUNday Sunday

**April 16 Thursday**

**STORYTIME AT THE AIRPORT** **F**

All ages, 10-10:30 a.m.

Tulsa International Airport

[tulsalibrary.org](http://tulsalibrary.org)

Enjoy a spring-inspired storytime at the airport.

**April 17 Friday**

**HELMERICH LIBRARY ANNUAL BOOK SALE** **F**

All ages, 10 a.m.-5 p.m.

Helmerich Library

[tulsalibrary.org](http://tulsalibrary.org)

This annual book sale features thousands of gently used books and media at great prices. Repeats April 18, 24 and 25.

**SEEDLING SYMPHONY WITH SIGNATURE SYMPHONY AT TCC** **F**

All ages, 10:30-11:45 a.m.

Philbrook Museum

[philbrook.org](http://philbrook.org)

Experience the joys of live music and see string instruments up close as you listen and dance along during this family-friendly performance.

**SIP AND STROLL: SECRETS OF THE GARDEN (ESCAPE ROOM)**

5:30-8:30 p.m.

Tulsa Botanic Garden

[tulsabotanic.org](http://tulsabotanic.org)

Use symbols and unscramble words to unlock hidden messages about the Garden while enjoying small bites and specialty cocktails and drinks from local vendors and restaurants. Tickets start at \$100.

**April 18 Saturday**

**OKLAHOMA CENTRAL CREDIT UNION ZOORUN**

All ages, 7:30-10 a.m.

Tulsa Zoo

[tulsazoo.org/run](http://tulsazoo.org/run)

With a CommunityCare 10k and 5k, plus the 1-mile Fun Run, there is a pace for everyone! Must pre-register.

**ORBIT ARTS FESTIVAL** **F**

All ages, 10 a.m.-5 p.m.

Tulsa PAC

[tulsapac.com](http://tulsapac.com)

A FREE day of performances, workshops, and activities featuring local artists.

**WE ARE OKLAHOMA BOOK DISCUSSION**

For adults and teens, 12:30-1:30 p.m.

Brice's Coffee & Bake House

[tulsalibrary.org](http://tulsalibrary.org)

Discuss *Where the Dead Sit Talking* by Brandon Hobson and snack on unique baked goods. Registration required.

**CULTURE CRAFTS: NDEBELE HOUSES OF SOUTH AFRICA** **F**

For preschoolers and elementary schoolers, 2-3 p.m.

Hardesty Regional Library

[tulsalibrary.org](http://tulsalibrary.org)

Decorate mini make-and-take Ndebele-inspired houses.

**April 19 Sunday**

**CAN SUPERHERO CHALLENGE**

All ages, 10 a.m.-2 p.m.

POSTOAK Lodge & Retreat

[cansuperherochallenge.org](http://cansuperherochallenge.org)

This super-charged, family-friendly day of fun allows superheroes of all ages to participate in one of two obstacle courses – then celebrate in Superhero Village!

**April 20 Monday**

**LOTERIA** **F**

All ages, 3:15-4:30 p.m.

Kendall-Whittier Library

[tulsalibrary.org](http://tulsalibrary.org)

Play a Spanish bingo game.

**April 21 Tuesday**

**REPTILE ROUNDUP WITH THE OKLAHOMA AQUARIUM** **F**

For elementary schoolers and tweens, 3:30-4:30 p.m.

Jenks Library

[tulsalibrary.org](http://tulsalibrary.org)

Explore the world of reptiles with Oklahoma Aquarium educators and animals.

**PAWS FOR READING** **F**

For elementary schoolers, 4:30-5:30 p.m.

South Broken Arrow Library

[tulsalibrary.org](http://tulsalibrary.org)

Read your favorite book to a furry, four-pawed friend. Must pre-register by calling 918.549.7323.

**April 22 Wednesday**

**FITNESS IN THE PARK: WESTERN SWING** **F**

All ages, 6-7 p.m.

Gathering Place (Energy Transfer Sports Courts)

[gatheringplace.org](http://gatheringplace.org)

This free, all-ages class brings movement and fun together in a welcoming outdoor setting.

**April 23 Thursday**

**WITNESSES TO HISTORY: TULSANS REMEMBER THE HOLOCAUST** **F**

For adults and teens, 5:30-7 p.m.

Central Library

[tulsalibrary.org/events](http://tulsalibrary.org/events)

Tulsans Dr. Marcel Binstock, Mieke Epps and Jan Douma will share their personal experiences and that of their families during the Holocaust and World War II. Must pre-register.

**April 24 Friday**

**NATURE ACADEMY**

For homeschoolers, 10 a.m.-12 p.m.

Tulsa Zoo

[tulsazoo.org](http://tulsazoo.org)

The Zoo will provide a treasure trove of exciting activities and prompts, all designed to inspire you to explore the outdoors. Meets the last Friday of every month in the Oklahoma Central Credit Union Nature Exchange.

**GLOW 66: SCIENCE AND CIRCUITS WITH THE DISCOVERY LAB** **F**

For third-fifth graders, 11:30 a.m.-12:30 p.m.

Herman and Kate Kaiser Library

[tulsalibrary.org/events](http://tulsalibrary.org/events)

Design your own retro-style sign and bring it to life with circuits in this electrifying STEAM experience. Registration required.

**MOVIE NIGHT: THE PRINCESS BRIDE** **F**

All ages, 7 p.m. (Doors open at 6)

Will Rogers Memorial Museum

[willrogers.com](http://willrogers.com)

Watch this classic movie. Popcorn and admission are free.

**GYPSY**

8 p.m.

Tulsa PAC

[tulsapac.com](http://tulsapac.com)

Gypsy is the ultimate tale of an ambitious stage mother fighting for her daughter's success – while secretly yearning for her own. Presented by Theatre Tulsa. Additional showtimes through May 3.

**April 25 Saturday**

**BOUNCE BA** **F**

All ages, 10 a.m.-2 p.m.

New Orleans Square

[facebook.com/neworleanssquarebrokenarrow](http://facebook.com/neworleanssquarebrokenarrow)

Activities include giant inflatables, face painting, balloon artists, a Kids Entrepreneur Market, Touch A Truck and more.

**WILL ROGERS AFTERNOON FROLIC**

All ages, 11 a.m.-3 p.m.

Circle Cinema

[circlecinema.org](http://circlecinema.org)

The afternoon includes a double feature of Will Rogers films, lunch with Ike's Chili and roping demonstrations



Broadway in Bartlesville! presents **DINOSAUR WORLD LIVE** April 30.

PHOTO BY PAMELA RAITH PHOTOGRAPHY

**SENSORY SENSITIVE DANCE**

All ages, 6-8 p.m.

Central Park Community Center

facebook.com/centralparkcommunitycenter

This inclusive event offers a welcoming environment where everyone can enjoy a fun and elegant night with their families. Reserve your spot online.

**TULSA SINGS! AMERICA @ 250**

7:30 p.m.

VanTrease PACE

signaturesymphony.org

The best amateur vocal talent from all over Tulsa takes the stage to celebrate the USA's semiquincentennial.

**April 26 Sunday**

**OKLAHOMA RENAISSANCE FESTIVAL**

All ages, 10:30 a.m.-6 p.m.

Castle of Muskogee

okcastle.com

It's opening weekend of this 31-year tradition. Repeats Saturdays and Sundays, April 25-May 31, plus Memorial Day.

**April 27 Monday**

**BABY BOARD BOOK BOOK CLUB** F

For babies and caregivers, 10:30-11:30 a.m.

Central Library

tulsalibrary.org

Experience the joy of reading together featuring board books, playtime and a chance to make new friends.

**April 28 Tuesday**

**MUSIC AND MORE: CONNECTIONS WITH MS. KATHERINE** F

Ages 0-5, 10:30-11:30 a.m.

South Broken Arrow Library

tulsalibrary.org

Move, dance, laugh and create memories together during this interactive, experiential class.

**April 29 Wednesday**

**STORYTIME WITH MS. HOLLY** F

All ages, 10:30-11 a.m.

Ray Herral Nature Center

facebook.com/rayherralnaturecenter

Ms. Holly will sing songs and read interactive stories to all who wish to listen.

**TEEN CONNECTIONS** F

For middle and high schoolers, 4:30-6 p.m.

The Arc of Oklahoma

thearcok.org

This is a group for middle and high school youth with autism. Please contact Sherilyn at swalton@thearcok.org prior to attending for the first time.

**AN EVENING WITH GILLIAN WELCH AND DAVID RAWLINGS - AN OFF THE CUFF CONCERT** F

All ages, 7:30 p.m.

Guthrie Green

guthriegreen.com

Grammy Award-winning folk artists Gillian Welch and David perform live.

**April 30 Thursday**

**DÍA BILINGUAL STORYTIME** F

Ages 0-3, 11-11:30 a.m.

Nathan Hale Library

tulsalibrary.org

This bilingual storytime helps develop literacy skills.

**BROADWAY IN BARTLESVILLE PRESENTS DINOSAUR WORLD LIVE**

All ages, 7 p.m.

The Center (Bartlesville)

bartlesvillecenter.com

tulsalibrary.org

Dare to experience the dangers and delights of *Dinosaur World* in this interactive show for the whole family.

# Easter Egg Hunts and Activities

## REED PARK EASTER EGG HUNT

April 2, 6-7 p.m.

Reed Park

Egg hunts for kids ages 12 and under, plus games, activities and visits with the Easter Bunny! Pre-register online, by phone or in-person at Reed Park Community Center. [tulsaparks.recdesk.com](http://tulsaparks.recdesk.com)

## OKAQ BUNNY TRAIL

April 4, 10 a.m.-12 p.m.

Oklahoma Aquarium

Hop on over for a day of egg-citing fun, including a chance to meet the Easter Bunny, "Bunny Stops" and candy with community partners and more. Included with daily admission. Bring your own basket. [okaquarium.org](http://okaquarium.org)

## EASTER EGG HUNT BY CEDAR POINT CHURCH

April 4, 11:30-11:45 a.m.

Will Rogers Memorial Museum

Organizers will hide 30,000 eggs filled with candy and prizes. Come early! The eggs won't last long. [willrogers.com](http://willrogers.com)

## SPRING WITH THE BUNNY

April 4, 9 a.m.-12 p.m.

Tulsa Zoo

Guests will enjoy animal chats, participate in crafts and enrichment opportunities for some of the zoo animals and, most importantly, meet the Easter Bunny. [tulsazoo.org/bunny](http://tulsazoo.org/bunny)

## EASTER EGG HUNT AT LACY PARK

April 4, 9 a.m.-12 p.m.

Tulsa Zoo

Guests will enjoy animal chats, participate in crafts and enrichment opportunities for some of the zoo animals and, most importantly, meet the Easter Bunny. [tulsazoo.org/bunny](http://tulsazoo.org/bunny)

## CITY OF OWASSO COMMUNITY EGG HUNT

April 4, 9 a.m.-12 p.m.

Rayola Park

10,000 Eggs will be scattered across the park with the hunt divided into age groups. The Easter Bunny will be on hand for pictures! Pre-registration is recommended: [pathwayowasso.church](http://pathwayowasso.church)

## HOP, JUMP AND FLY! SENSORY-FRIENDLY EASTER EVENT

April 4, 9-11 a.m.

Urban Air Adventure Park

Celebrate Easter with Calm Gatherings of Tulsa. Cost is \$5 + taxes per jumper (to be paid at the door). The price includes required socks, two hours of jump time, raffles, silent auctions and food available for purchase. RSVP at [eventbrite.com/e/hop-jump-fly-a-sensory-friendly-easter-event-tickets-1980909795523](http://eventbrite.com/e/hop-jump-fly-a-sensory-friendly-easter-event-tickets-1980909795523)

## EASTER IN THE GARDEN

April 5, 10 a.m.-5 p.m.

Tulsa Botanic Garden

Celebrate Easter surrounded by the beauty of spring at Tulsa Botanic Garden. Food and beverage service available this day. [tulsabotanic.org](http://tulsabotanic.org)

## DOG DAY – EGG HUNT ON THE GREAT LAWN

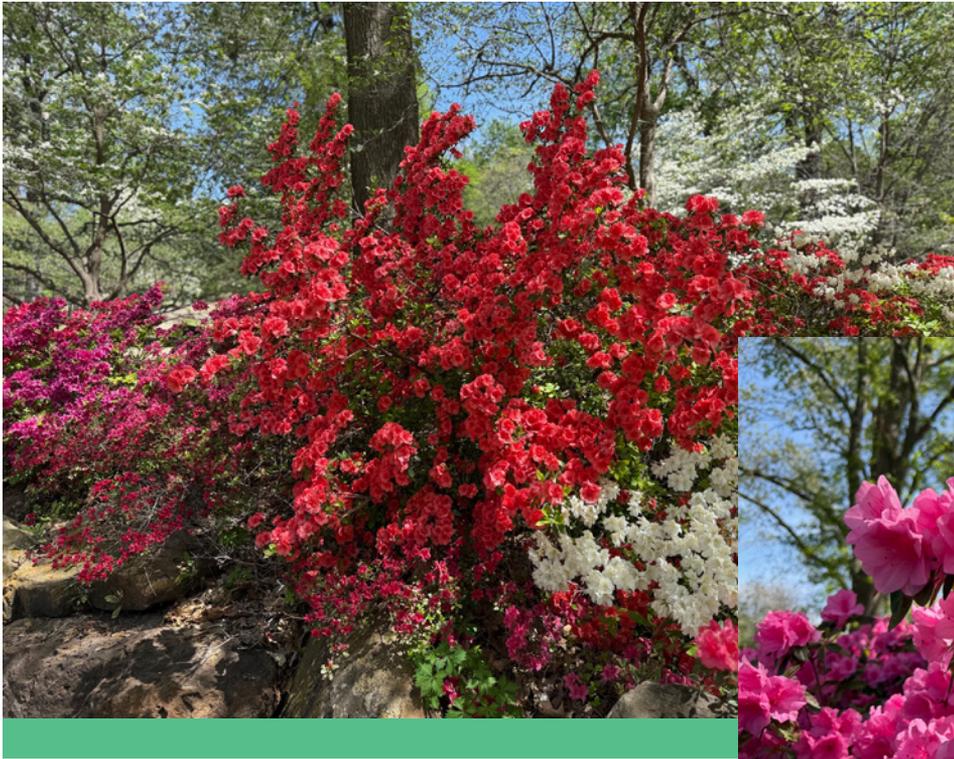
April 11, 10 am.-5 p.m.

Tulsa Botanic Garden

Bring your pup out for Tulsa Botanic Garden's Second Saturday Dog Day and celebrate Easter with a special Egg hunt of their own! Free pup cups and treats provided. See website for guidelines. [tulsabotanic.org](http://tulsabotanic.org)

Hop on over to [tulsakids.com/tulsa-area-easter-egg-hunts-activities](http://tulsakids.com/tulsa-area-easter-egg-hunts-activities) for even more ideas!





**Azalea Festival at Honor Heights Park, Muskogee**



## Celebrate Earth Day– and Gardening Season!

Embrace the warmer season and celebrate Earth Day at these favorite springtime events.

### AZALEA FESTIVAL

**April 1-30**

**Honor Heights Park, Muskogee**

Honor Heights Park will be full of beautiful Azalea blooms throughout the month of April.

[muskogee parks.org](http://muskogee parks.org)

### TULSA BOTANIC BLOOMS

**Through late April**

**Tulsa Botanic Garden**

Tulsa Botanic BLOOMS offers loads of color, fragrance and fun in the Garden. Over 150,000 bulbs are planted each year in a different pattern and color palette. This year, Garden visitors can also enjoy Sean Kenney's Nature Connects exhibition featuring nature-inspired LEGO sculptures (on view through May 4).

[tulsabotanic.org](http://tulsabotanic.org)

### ART IN BLOOM

**April 3-5, 9 a.m.-9 p.m.**

**Philbrook Museum**

A museum-renowned experience that features stunning structures made by local floral designers, inspired by the architecture and art of Philbrook. [philbrook.org/bloom](http://philbrook.org/bloom)

### TCCL PLANT SWAPS

Do you have extra seedlings, plants or gardening supplies to share?

Learn about accepted plants and how to label them at [tulsalibrary.org/events](http://tulsalibrary.org/events). For adults

- 4/4, 11 a.m.-1 p.m. Broken Arrow Library
- 4/18, 10-11:30 a.m. Owasso Library
- 4/25, 10-11:30 a.m. Nathan Hale Library
- 4/25, 2-4 p.m. Charles Page Library

### SPRINGFEST

**April 10-11, 9 a.m.-3 p.m.**

**Tulsa Garden Center**

Shop from a variety of plant and garden décor vendors at this annual event supporting educational programs at Tulsa Garden Center.

[tulsagardencenter.org/springfest](http://tulsagardencenter.org/springfest)

### 5TH ANNUAL EARTH DAY CELEBRATION

**April 10, 10 a.m.-2 p.m.**

**Chandler Park**

A fun-filled day of hands-on activities, the largest "trashin' fashion" show in the county and more.

[facebook.com/tulsacountyparks](http://facebook.com/tulsacountyparks)

### NATIVE PLANT WEEKEND

**April 10, 5-8 p.m.; April 11, 10 a.m.-2 p.m.**

**Philbrook Museum**

Purchase native plants grown by Philbrook Horticulturalists.

On Saturday, there will also be Garden Tours highlighting native plants. [philbrook.org](http://philbrook.org)

### OWASSO SPRING FLING

**April 11, 10 a.m.-2 p.m.**

**Redbud Festival Park**

A FREE, family-friendly event featuring Master Gardener seminars, product demonstrations, plant sales, kids' crafts and various food trucks.

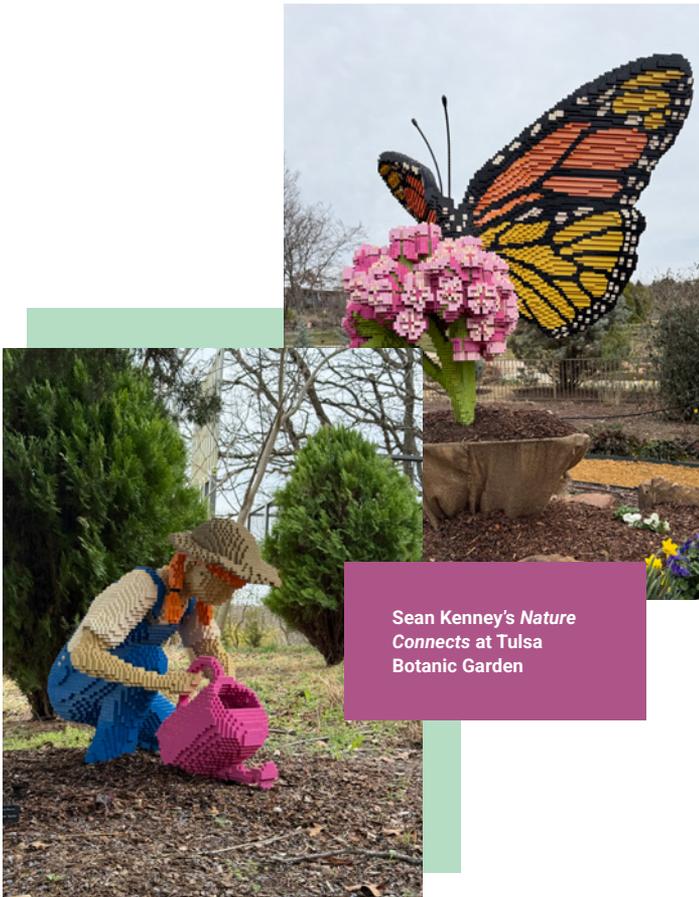
[cityofowasso.com](http://cityofowasso.com)

### CELEBRATING EARTH DAY

**April 11, 1-5 p.m.**

**Gathering Place**

Celebrate Earth Day through exciting performances and hands-on activities. Learn about the sustainability efforts of groups through the Tulsa area! [gatheringplace.org](http://gatheringplace.org)



Sean Kenney's Nature Connects at Tulsa Botanic Garden

**WATERCRESS FEST**

April 18, 10 a.m.-4 p.m.

Saline Courthouse Museum

Enjoy a day filled with Cherokee culture and featuring live music, art demonstrations and Native games alongside guided tours, a pop-up market and food trucks. [visitcherokeeanation.com](http://visitcherokeeanation.com)

**SAND SPRINGS HERBAL AFFAIR**

April 18, 8 a.m.-4 p.m.

Downtown Sand Springs

Find unique arts and crafts, herbal products, gardening supplies and décor while enjoying LIVE music and great food! [sandspringsok.gov](http://sandspringsok.gov)

**PARTY FOR THE PLANET**

April 25, see website for schedule

Tulsa Zoo

Discover what Tulsa Zoo and its conservation partners are doing to conserve and protect wildlife with specialty keeper chats from animal care experts. [tulsazoo.org/planet](http://tulsazoo.org/planet)

**EARTH DAY AT THE GARDEN**

April 25, 10 am.-5 p.m.

Tulsa Botanic Garden

Participate in an organic recycler workshop on composting in the teaching garden. See website for details. [tulsabotanic.org](http://tulsabotanic.org)

**EARTH DAY CELEBRATION**

April 25, 10 a.m.-2 p.m.

Ray Herral Nature Center

Connect with local organizations, play games and participate in themed activities to learn about recycling, water conservation, pollinators and more! [facebook.com/rayherralnaturecenter](https://facebook.com/rayherralnaturecenter)

**JENKS HERB AND PLANT FESTIVAL**

April 25, see website for schedule

Downtown Jenks

Shop from vendors and enjoy fun kids' activities. [facebook.com/jenksyardenclub](https://facebook.com/jenksyardenclub)

**Big Smiles Ahead**



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# 30 Easy Ways to Reduce, Reuse and Recycle This Earth Day

By **Katy Clark**



Every April 22, families across the globe mark Earth Day. It's a tradition that began in 1970 and continues to inspire people of all ages to care for the planet. The day serves as a reminder that small, everyday choices can make a meaningful difference for the environment.

There are plenty of simple ways kids can take part, no matter their age. From preschoolers to teenagers, the 30 easy ideas below will help families reduce, reuse and recycle on Earth Day and all year long.

## Little Ones

1. Teach your kids to turn off the water when brushing their teeth.
2. Recycle! Have young ones place items such as paper and tin cans into dedicated recycling bins rather than the trash.
3. Transform trash into treasure. Preschoolers can create beautiful works of art by reusing and repurposing

bottles, yogurt cups, leftover fabric scraps and the like.

4. Demonstrate to little ones how to cool your house on hot days by pulling the drapes closed instead of dialing down the air conditioning.
5. Likewise, bundle up in layers on cooler days rather than turning up the heat.
6. Teach little ones how to turn the lights off when leaving a room.
7. Have your kids play with eco-friendly toys and games, like wooden puzzles dyed with nontoxic stains or balls that are BPA- and phthalate-free.
8. Make bird feeders out of natural ingredients like pinecones and birdseed.
9. Engage them in planting a garden and growing vegetables that your family can eat.
10. Get a houseplant or two and talk about how plants improve the air we breathe.

## School-age Kids

11. Elementary school kids can help with shopping for recyclable products. Have them look for labels that say recycled content, pre-consumer and post-consumer.
12. Kids can place small recycling bins in each bathroom in the house. Bonus points if you can get them to empty them each week into the curbside recycling bin!
13. Show them how to use reusable rags instead of paper towels to clean up messes.
14. Create a compost pile, whether on the kitchen counter or in your backyard. Kids can throw in eggshells, coffee grounds and most food scraps and wait for them to turn into rich soil for use with plants outside and in.
15. Encourage them to sign up to pick up trash from community spaces like playgrounds, parks or beaches.
16. Teach them to turn off the lights when they leave the room (again!)
17. Let the kids make signs in every room of the house that remind family members to turn off the lights.
18. Use reusable water bottles rather than single-use plastic bottles.
19. Plant a tree at school or home.
20. Plant milkweed native to your area to help the monarch butterfly population.

## Tweens and Teens

21. Bigger kids will enjoy visiting thrift shops to nab pre-owned pieces that otherwise may have ended up in the landfill.
22. Don't forget to encourage them to use reusable bags when shopping.
23. Have them unplug their electronics and chargers when not in use.
24. They can also turn off their desktop or gaming monitors when they aren't using them.
25. Ask them to devise ways your house can collect rainwater for use on houseplants or flowers.
26. Turn off the lights when leaving the room. (Yes, you'll probably still be working on this one with teens even though you've been preaching it since they were little!)
27. Recycle old cell phones responsibly. Before donating or recycling a device, be sure to back up all data and perform a factory reset to erase personal information. Many retailers and manufacturers offer trade-in or recycling programs, and local communities often host certified e-waste collection events to ensure devices and batteries are handled safely.
28. Use a timer to conserve water when taking a shower.
29. Remove makeup with cleanser and a reusable wipe instead of disposable wipes.
30. Host or volunteer at an e-waste collection event.

**Katy M. Clark** is a writer and mom of two who embraces her imperfections on her blog *Experienced Bad Mom*.

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# Jumping High:

## Meet Equestrian Lexi Pereira

By **Natalie Mikles**



**LEFT** Lexi Pereira with her horse, King of Kannon.  
**ABOVE** Lexi at the Lamplight Equestrian Center for HITS Chicago. She competes in horse shows across the country.

**L**exi Pereira, who goes by Quincy at the barn, is in the eighth grade at Philosophy Academy and has been riding since she could walk. Her grandparents own and train at Free Flight Farm, a boutique-style hunter/jumper show barn in Tulsa. She started competing in the pony division at age 8 and is currently showing in the jumpers and junior hunter divisions. With years in the saddle already behind her, Lexi spends much of her free time training, caring for horses and preparing for competitions. We asked Lexi about life at the barn, her favorite horse and what it takes to compete.

**TK: How old were you when you started riding?**

**Lexi:** Very young, ever since I can remember

**TK: What's the highest jump you've cleared?**

**Lexi:** The highest jump I have ever jumped and cleared is 4 feet.

**TK: What's your horse's name and personality?**

**Lexi:** King (King of Kannon). He is 19 and is a jumper. King is very

sweet and caring. He is the greatest teacher because he is super brave and fearless! I am also riding Auggie (August Rush) in the junior hunters this year. We are qualified for and plan to attend Junior Hunter Finals in Kentucky this summer.

**TK: How would you describe your bond with your horse?**

**Lexi:** My horse and I complement each other well. We are usually on the same page and communicate well with each other. It's very important to have mutual trust.

**TK: How do you handle nerves before entering the arena?**

**Lexi:** I always remind myself that I am as prepared as I can be in that moment and that I'm doing what I love and what I've dreamed about doing.

**TK: Do you dream of competing in college or beyond?**

**Lexi:** It would be an amazing opportunity to compete in college, and even after college I would love

to go pro or continue competing as an amateur.

**TK: Do you prefer early mornings or late practices?**

**Lexi:** I prefer early morning practices over late nights. In the summers we typically start around 6 a.m. to avoid the heat.

**TK: What do people not realize about being an equestrian?**

**Lexi:** Something people don't know about being an equestrian is that a horse doesn't do all the work. The horse and the rider have to work together to be successful. There is also a great responsibility with taking care of the horse and making sure their health is a priority.

**TK: What's your favorite place to ride in Tulsa?**

**Lexi:** Free Flight Farm because of the amazing facility and staff. The clients at the barn are of all ages and are a very supportive team. We all help each other and learn from each other every day. Joey is an amazing coach and is always patient and very positive. **TK**

## HORSE SHOW TERMS TO KNOW

**Hunter:** Hunter classes judge how smoothly and gracefully a horse jumps a course of fences. Judges look for style, rhythm and consistency.

**Jumper:** In jumper classes, the goal is to complete the course as quickly as possible without knocking down rails or making mistakes.

**Hacking:** Riding a horse on the flat (without jumps) to build strength, balance and communication between horse and rider.

**Pony Division:** Competition classes specifically for smaller horses called ponies, often ridden by younger riders.

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