

Resource List

by Neighborhood Conditions Index Data Point



Proximity to Senior Centers

Find Parks and Recreational Facilities

Tulsa maintains 135 parks, 99 playgrounds, 13 water playgrounds, and 18 splash pads. Though it may not be feasible for everyone to live within a half mile of a playground, there are still options and services available to help connect you and your family to a Tulsa playground or recreational opportunity near you.

Resource	Description
LIFE Senior Services - Senior Centers 918-664-9000 info@LIFEseniorservices.org	LIFE's Senior Centers foster connections, encourage individual growth, and inspire seniors to lead an active, fulfilling life. https://www.lifeseniorservices.org/senior-centers
Tulsa County Parks 918-596-5990 parks@tulsacounty.org	Tulsa County parks, events, and resources. https://www2.tulsacounty.org/parks/
Tulsa Parks and Map 918-596-PARK (7275) tulsaparks@cityoftulsa.org	List of Tulsa parks and amenities along with a map. https://www.cityoftulsa.org/government/departments/park-and-recreation/tulsa-parks-and-map/
Visit Tulsa - Outdoor & Recreation 918-585-1201	List of outdoor recreational locations throughout Tulsa. https://www.visittulsa.com/things-to-do/outdoors-recreation/

Find Services for Seniors

Senior Services offer resources that promote health, independence, and quality of life.

Resource	Description
Area Agency on Aging 1-800-211-2116 rmcmanus@incog.org	The INCOG Area Agency on Aging (IAAA) improves quality of life by promoting independence, dignity, and health for senior citizens through advocacy, education, and support of community-based services. https://www.incog.org/agency_on_aging/aaa_main.html
Life Senior Services 918-664-9000 info@LIFEseniorservices.org	LIFE offers a comprehensive range of programs and resources designed to enhance the lives of older adults in Tulsa, Oklahoma including health and wellness initiatives, educational workshops, social events, caregiver support, and community engagement opportunities. https://www.lifeseniorservices.org/

Learn about Transit Services

Find transportation options that meet your needs to gain access to playgrounds and recreational spaces.

Resource	Description
MetroLink Tulsa - How to Ride 918-982-6882	Information on how to utilize the MetroLink Tulsa Transit System. https://www.metrolinkok.org/fare-rider-guide/how-to-ride/
MetroLink Tulsa - LinkAssist 918-982-6882	LinkAssist Program is MetroLink Tulsa's door-to-door paratransit service for persons with disabilities who have been determined ADA Paratransit Eligible and who are five (5) years of age or older. https://www.metrolinkok.org/getting-around/linkassist-paratransit/
MetroLink Tulsa - MicroLink 918-982-6882	MicroLink is an on-demand service available to the general public that uses app-enabled trip request and fare payment functions. https://www.metrolinkok.org/getting-around/other-services-programs/microtransit/
Transportation Providers in the Tulsa Metropolitan Area Directory	INCOG offers a directory of agencies providing transportation services. https://www.incog.org/Transportation/Documents/2023%20INCOG%20Transportation%20Providers%20Directory.pdf