

*Enriching the Lives of Active Adults in
 Northwest Oklahoma*

FEEL FREE TO AGE!

BY LISA BLAND-SELIX, EDITOR

Feel free to age... What does that mean? As people grow older, our society adds a certain amount of dread to the thought of aging. We see the caricatures of older, gray folks with wrinkles, bad memories and aching joints and think, "what's there to look forward to as the years multiply?"

Hopefully, as the large number of Baby Boomers (people born between 1946 and 1964) increase, stereotypical views are changing. Reportedly, 10,000 people reach 65 each day (a statistic expected to remain true through 2029.) Many are redefining these golden years and reshaping our views of the typical senior citizen.

We all fear the worst and think our health may spiral downward; leaving us to live in a nursing home or facility. Only 4 percent of Americans over 65 live in nursing homes and 10 percent of those over 85. Many are still able to live independently and take care of their activities of daily living. This should be very encouraging to many as we are all aging!

Many seniors are much happier and more content than their younger counterparts. With attention to our health, diet and exercise, and a great positive attitude we can even "put old on hold" as author and ageism activist, Ashton Applewhite says in her latest book, "This Chair Rocks: A Manifesto Against Ageism." Acceptance of our older self and seeing it as source of pride is the next hurdle we face. She stresses our youth-centric culture places a stigma on aging. Ageism, according to Applewhite is, "the assumption that all members of a group are the same...everyone in a retirement home is the same age-"old"-...even though residents can range from those in their fifties to centenarians." Ageism can occur in the young and old. It happens anytime we decide to eliminate someone because of an age number.

As a culture we must work to accept and revere our aging Americans, and ourselves, and see the value and contributions of all people regardless of their ages. As we age, we must strive to do great things and make a difference. Age is no excuse to not be the best you ever!



INTEGRIS
 Bass Baptist Health Center



**INTEGRIS
 Lunch and Learn**
 featuring
 Michael S. Jackson, M.D.

Noon to 1 p.m. • Wednesday, Apr. 27
Oakwood Mall • Center Court Entrance
(across from Chen Garden)

Join us for a light lunch with board certified obstetrician/gynecologist, Michael S. Jackson, M.D.

He'll answer your questions and share the latest women's health news, including updates about our robotic surgery program.

Space is limited. Please call the INTEGRIS HealthLine to reserve your seat, 888-951-2277. Lunch will be served free of charge.

SELF-COMPASSION AND HAPPINESS: TOOLS FOR GOOD HEALTH

with Linda Yauk, Certified Health and
 Wellness Coach
 Tuesday, April 26th at 2PM

Linda will offer strategies for cultivating self-compassion, boosting happiness, and reducing stress in yourself and others. A large and growing body of research, suggests that self-compassion reduces anxiety, makes us more resilient and improves our mental health.

Senior Life Programs *Please call 234-6060 to RSVP

HEALTH SCREENINGS

BLOOD PRESSURE/SUGAR

Apr.5th- 8:30 - 9:30am, FREE

This monthly screening is always held on the first Tuesday of the month. First come, first served, no registration required.

For an accurate blood sugar reading, please fast the morning of the screening. Please use the front entrance (South side of the mall) to Senior Life Network. This service provided by INTEGRIS

***HEARING SCREENING/ HEARING AID CHECKS**

Apr. 21st-10:00AM-NOON
FREE

Please call to make an appointment to get your hearing checked by audiologist Kim Tinius from Hedges Regional Speech & Hearing Center.

CARDS

Bridge:

Mondays 1 - 4pm
Thursdays 1 - 4pm

Canasta:

Tuesdays 1 - 4pm

Dominoes/Pitch:

Thursdays 12 - 4pm



EDUCATION

***STEPS TO A HEALTHY WEIGHT**

APR.19th-1:30PM

Building upon USDA Food Guidelines, we will go in-depth with 5 overarching guidelines to reach and maintain a Healthy Weight. Balance of nutrition, activity, gender, age and personal preferences and lifestyle needed to set and attain physical goals.

***HEALTHY LIVING FOR YOUR BODY & BRAIN**

APR.20th --2:00PM

with AJ Shorter of the Alzheimer's Association explains healthy living for a healthy brain.

***WOMEN'S Health Lunch 'N Learn with Dr. Jackson**

Apr. 27th Noon

Join us for Lunch with Dr.Michael S. Jackson, OB/ GYN as he goes latest women's health news plus robotic surgery program **(ROOM ACROSS FROM CHEN GARDEN)**

***Self-Compassion and Happiness with Linda Yauk**

Apr. 26th 2PM

WEEKLY EXERCISE

GROUP EXERCISE CLASSES

Monday - Friday, \$3.00/class

Classes for all levels and abilities, no registration required. See the exercise class schedule on pg. 3. Instructor is Deb Sexton.

NEW! TAI CHI CLASSES

Tues/Thurs 9:40 AM-10:30

MALL WALKING

Monday - Friday

Did you know two laps around the mall is 1.3 miles? Three laps is 1.95 miles! Hang up your coat and safely store your keys or purse at Senior Life Network while you walk in Oakwood Mall (during SLN hours)

VOLUNTEER

NEWSLETTER ASSEMBLY

APR.26th, 10:40am (NEW TIME)

Volunteers will be stuffing, folding, and taping newsletters to prepare them for mailing. Light lunch will be provided. We can always use more help! **Optional:** May meet for meal the night before!

PROGRAMS AT SENIOR LIFE

Tools for Living with Chronic Conditions

6 week Workshop

Beginning April 6th --1:30-4:00PM

Call 405-249-0711

(space is limited, must pre-register!)

DIABETES SELF-EDUCATION MANAGEMENT PROGRAM

FREE 6 WEEK CLASS TO HELP MANAGE DIABETES

BEGINS APRIL 25TH FROM 10AM-NOON

Call 405-308-7126

(Space is limited, must pre-register!)

CHERRY DUMP CAKE

INGREDIENTS

SERVINGS 12-16 UNITS US

2 (20 ounce) cans cherry pie filling

1 (18 1/2 ounce) box chocolate cake mix or 1 (18

1/2 ounce) box devil's food cake mix, unprepared

3/4 cup butter, melted

Preheat oven to 350 degrees.

Dump cherry pie filling into 13 x 9 inch cake pan.

Spread out evenly in pan.

Sprinkle cake mix evenly over filling.

Drizzle butter over top.

Bake for 1 hour.

Serve in pan.



Advanced Yoga
Saturdays 9:30am



APRIL 2016



*Please call Senior Life Network at 234-6060 to sign up for programs.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Hours of Operation: M-Th 8:00-5:00pm F 8:00-4:00pm</p> <p>Phone: (580) 234-6060 Oakwood Mall (Next to Dillards)</p>				<p>Bench Step Aerobics 8:30 - 9:30 1</p> <p>Low Impact Aerobics 9:35 - 10:35</p> <p>Strength & Flexibility 10:40 - 11:30</p> <p>Yoga 11:35-12:30</p>
<p>Bench Step Aerobics 8:30 - 9:30 4</p> <p>Low Impact Aerobics 9:35 - 10:35</p> <p>Strength & Flexibility 10:40 - 11:30</p> <p>Yoga 11:35 - 12:30</p> <p>Bridge 1:00-4:00pm</p>	<p>Yoga Level 2 8:30-9:30 5</p> <p>Tai Chi 9:40-10:30</p> <p>FREE Health Screening 8:30-9:30am</p> <p>Foster Grandparents--11:00AM</p> <p>Canasta 1:00-4:00</p>	<p>Bench Step Aerobics 8:30 - 9:30 6</p> <p>Low Impact Aerobics 9:35 - 10:35</p> <p>Strength & Flexibility 10:40 - 11:30</p> <p>Yoga 11:35 - 12:30</p> <p>Advanced Yoga 5:45-7pm</p>	<p>Yoga Level 2 8:30-9:30 7</p> <p>Tai Chi 9:40-10:30</p> <p>Pitch 12:00-3:00</p> <p>Bridge 1:00-4:00pm</p>	<p>Bench Step Aerobics 8:30 - 9:30 8</p> <p>Low Impact Aerobics 9:35 - 10:35</p> <p>Strength & Flexibility 10:40 - 11:30</p> <p>Yoga 11:35-12:30</p>
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<p>Bench Step Aerobics 8:30 - 9:30 18</p> <p>Low Impact Aerobics 9:35 - 10:35</p> <p>Strength & Flexibility 10:40 - 11:30</p> <p>Yoga 11:35-12:30</p> <p>Bridge 1:00-4:00pm</p>	<p>Yoga Level 2 8:30-9:30 19</p> <p>Tai Chi 9:40-10:30</p> <p>*Steps to a Healthy WEIGHT 1:30pm</p> <p>Canasta 1:00-4:00</p>	<p>Bench Step Aerobics 8:30 - 9:30 20</p> <p>Low Impact Aerobics 9:35 - 10:35</p> <p>Strength & Flexibility 10:40 - 11:30</p> <p>Yoga 11:35 - 12:30</p> <p>*HEALTHY LIVING/ HEALTH BRAIN--2PM</p> <p>Advanced Yoga 5:45-7pm</p>	<p>Yoga Level 2 8:30-9:30 21</p> <p>Tai Chi 9:40-10:30</p> <p>*Hearing Screening-10 am-Noon</p> <p>Pitch 12:00-3:00</p> <p>Bridge 1:00-4:00pm</p>	<p>Bench Step Aerobics 8:30 - 9:30 22</p> <p>Low Impact Aerobics 9:35 - 10:35</p> <p>Strength & Flexibility 10:40 - 11:30</p> <p>Yoga 11:35-12:30</p>
<p>Bench Step Aerobics 8:30 - 9:30 25</p> <p>Low Impact Aerobics 9:35 - 10:35</p> <p>Strength & Flexibility 10:40 - 11:30</p> <p>Yoga 11:35-12:30</p>	<p>Yoga Level 2 8:30-9:30 26</p> <p>Tai Chi 9:40-10:30</p> <p>VOLUNTEER NEWSLETTER PREP--10:40 AM</p> <p>*SELF COMPASSION and HAPPINESS--2PM</p> <p>Canasta 1:00-4:00</p>	<p>Bench Step Aerobics 8:30 - 9:30 27</p> <p>Low Impact Aerobics 9:35 - 10:35</p> <p>Strength & Flexibility 10:40 - 11:30</p> <p>Yoga 11:35 - 12:30</p> <p>*DR. JACKSON LUNCH 'N LEARN --NOON</p> <p>Advanced Yoga 5:45-7pm</p>	<p>Yoga Level 2 8:30-9:30 28</p> <p>Tai Chi 9:40-10:30</p> <p>Pitch 12:00-3:00</p> <p>Bridge 1:00-4:00pm</p>	<p>Bench Step Aerobics 8:30 - 9:30 29</p> <p>Low Impact Aerobics 9:35 - 10:35</p> <p>Strength & Flexibility 10:40 - 11:30</p> <p>Yoga 11:35 - 12:30</p>

*RSVP required. Please call Senior Life Network at 234-6060. See Page 2 of the newsletter for detailed description of all classes and events. Activities are held in the Community Room unless otherwise specified. Please be aware you will have to use our outside entrance (door labeled Senior Life Network A#1) for evening or weekend activities. **Please note that the schedule may change due to unforeseen circumstances.**

SENIOR LIFE

4125 W. Owen K. Garriott, Suite A-1
Enid, OK 73703

Return Service Requested

This publication is educational and not meant to replace medical advice.



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SeniorLifeNetwork

HAPPENINGS AROUND ENID

MS WALK, Sat., April 16th, 10AM

Cleveland Trailhead

for more info: Walk MS: Northwest Oklahoma 2016 SIGN IN

TYPE 2 DIABETES SUPPORT GROUP

meets 4th Friday of the month
Integrus Bass Pavilion 1st Floor Conf. Room
for more info call 580-249-4104

**Please remember that Senior Life Network is
a Scent-Free Place!**

CAN'T BE HERE? EXERCISE WITH US AT HOME...

Watch Channel 11 & 111 on Enidtv.org or on the internet.
Bench Aerobics at 12 PM and Low Impact at 1PM

Senior Life newsletter is a
community service of
**INTEGRIS Bass Baptist Health
Center and the NORTHWEST
OKLAHOMA OSTEOPATHIC
FOUNDATION**

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