



*Enriching the Lives of Active Adults in
Northwest Oklahoma*

ARE YOU YOUNG AT HEART?

BY LISA BLAND-SELIX, EDITOR



AH, FEBRUARY, THE MONTH OF HEARTS AND FLOWERS! NO MATTER HOW YOUNG OR OLD WE ARE, IT IS STILL IMPORTANT TO FIND PROJECTS, PEOPLE OR THINGS THAT MAKE OUR HEARTS SING! SOMETIMES, LIFE OR OUR CIRCUMSTANCES, BAD HEALTH OR AGING HAS A WAY OF BEATING US DOWN. IT IS CRITICAL TO OUR WELL BEING TO FIND THINGS WE LOVE TO DO, SEE AND EXPERIENCE.

HOW DO WE DO THIS?

- 1) **STAY SOCIAL!** ONE OF THE BEST WAYS TO STAY IN THE SWING OF THINGS IS TO CONTINUE TO BE WITH PEOPLE. STAY IN TOUCH WITH FRIENDS AND FAMILY. EMAILS, PHONE CALLS AND SOCIAL NETWORKING, LIKE FACEBOOK ON THE COMPUTER ARE OTHER WAYS TO STAY IN TOUCH WITH OTHERS.
- 2) **LEARN SOMETHING NEW—ENROLL IN A CLASS TO LEARN NEW SKILLS, LIKE COOKING OR A NEW LANGUAGE.**
- 3) **JOIN A GYM OR TAKE AN EXERCISE CLASS—**COME TO SENIOR LIFE AND TAKE A CLASS OR JOIN ANOTHER FITNESS CENTER AND GET THAT HEART RATE PUMPING!
- 4) **VOLUNTEER!**—THERE ARE MANY ORGANIZATIONS THAT ARE IN DESPERATE NEED OF VOLUNTEERS. LOCALLY WE HAVE RSVP, LOAVES AND FISHES, CHURCHES, SCHOOLS JUST TO NAME A FEW!
- 5) **JOIN A GROUP FOCUSED ON AN ACTIVITY—**BOOK CLUBS AND GROUPS THAT PLAY CARDS ARE GREAT PLACES TO MEET OTHERS AND SOCIALIZE.

WHY?

GETTING PLUGGED IN SOCIALLY CAN HELP REDUCE BLOOD PRESSURE, LOWER YOUR RISK FOR ALZHEIMER'S, CARDIOVASCULAR PROBLEMS, CANCER, DEPRESSION AND ARTHRITIS.

SOCIAL INTERACTION HELPS KEEP YOUR BRAIN SHARP AND COMBINED WITH GOOD NUTRITION, PHYSICAL ACTIVITY AND A HEALTHY LIFESTYLE WILL KEEP YOU YOUNG AT HEART FOR YEARS TO COME!

**WHAT YOU DO TODAY, CAN
IMPROVE ALL OF YOUR
TOMORROWS!**

—RALPH MARSTON

**YOUNG AT HEART
VALENTINE PARTY***

Wed., Feb. 10th at 2PM

*February is American Heart
Association Month and
Valentine's Day is Feb. 14th
so let's celebrate!*

• Fun • Food • Games

*• Special Guests,
Lesa Rauh, OSU Extension
Teresa Dunham, RN Integris*

*** Call 580-234-6060 to RSVP!**

TRAVEL TIME WITH SENIOR LIFE

ENJOY ONE OF THE FINEST
NATURAL HISTORY MUSEUMS
IN THE WORLD--

**THE SAM NOBLE MUSEUM
IN NORMAN, OK**

TUESDAY, APRIL 12TH 8AM-5PM APPROX.

**COST--75.00 PER PERSON (MEMBERS)
85.00(NON-MEMBERS)**

**TRIP PRICE INCLUDES--TRANS., MEAL,
MUSEUM ADM., TIPS ETC.*****

CALL 580-234-6060 TO RESERVE YOUR SEAT

(***SLN RESERVES THE RIGHT TO CANCEL THIS TRIP DUE TO BUS
OCC. RATES OR OTHER UNFORESEEN CIRCUMSTANCES)

Senior Life Programs *Please call 234-6060 to RSVP

HEALTH SCREENINGS

BLOOD PRESSURE/SUGAR

Feb. 2nd- 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**

Feb. 18th-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

***LEARN TO CROCHET WITH PAT FEB. 3rd-3:00PM**

Always wanted to learn to crochet? If you are a beginner or a pro come and learn and socialize as we knit together for fun!!! Bring a skein of 4-ply yarn and an "H" or an "I" hook and join us! (Class continues, Feb. 10,17, and 24 at 3PM)

***ALZHEIMER'S ASSOC.-- Effective Communication FEB. 17th-1:30PM**

AJ Shorter of the Alzheimer's Association will present Effective Communication Strategies--how to talk to Alzheimer's disease patients effectively -great for family, friends and caregivers

***AARP Safe Driving Class Sat., Feb.20th 10:30am - 4PM, \$15/AARP members \$20/non-members**

For drivers over 50, led by trained volunteer using workbooks and video. No written test, and no driving. Some insurance companies give discounts for taking this class. Bring driver's license and AARP card with you. Lunch break on your own. **USE back north door**

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

Feb. 23rd, 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!

Is exercise your NEW YEAR'S RESOLUTION?... NOW IS THE TIME TO JOIN US!!!

Stop by and pick up a membership form or fill one out here. **SL Memberships make great gifts!** We can even do a gift certificate for exercise classes too! 10.00 for Lifetime membership! Exercise is 3.00 per class

QUICK AND EASY 3 INGREDIENT MACARONI AND CHEESE

Recipe type: Dinner

Serves: 1-2

INGREDIENTS

2 cups unsweetened almond milk

1 cup macaroni (or similar)

½ cup shredded cheese (your choice)

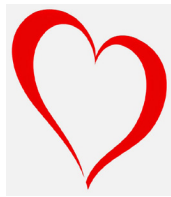
INSTRUCTIONS

Bring almond milk to a boil; add pasta and stir. Reduce heat to a gentle boil as the almond milk froths up and boils over quickly. Cook for around

8 minutes or until al dente.

Stir in shredded cheese and season with salt and pepper. Let sit for a couple of minutes for cheese to melt (it gets thicker as it sits), stir again and enjoy!





FEBRUARY 2016

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Bench Step Aerobics 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength & Flexibility 10:40 - 11:30 Yoga 11:35 - 12:30</p> <p>Bridge 1:00-4:00pm</p>	<p>Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30 FREE Health Screening 8:30-9:30am Foster Grandparents--11:00AM</p> <p>Canasta 1:00-4:00</p>	<p>Bench Step Aerobics 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength & Flexibility 10:40 - 11:30 Yoga 11:35 - 12:30</p> <p>* Learn to Crochet w/ Pat--3PM Advanced Yoga 5:45-7pm</p>	<p>Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30</p> <p>Community Meetings: 12:00pm Res. Alliance</p> <p>Pitch 12:00-3:00 Bridge 1:00-4:00pm</p>	<p>Bench Step Aerobics 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength & Flexibility 10:40 - 11:30 Yoga 11:35-12:30</p>
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*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

FOR YOUR INFORMATION--

You can't help getting older, but you don't
have to get old!--George Burns

LIVE YOUR LIFE AND FORGET
YOUR AGE--NORMAN VINCENT PEALE

AARP FREE TAX AIDE--

Wed. Feb.3rd-Apr. 13th--10am-2pm
Oakwood Mall(across from Fact.Connection)

PLEASE REMEMBER
SENIOR
LIFE
IS A SCENT-FREE PLACE!

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

Watch Channel 11 & 111 or on Enidtv.org! 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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