

# SENIOR *Life*

NWOK OSTEOPATHIC FOUNDATION

*Enriching the Lives of Active Adults in  
Northwest Oklahoma*

## SPRING FORWARD!

BY LISA BLAND-SELIX, EDITOR

March. Wow, it's hard to believe that Spring will soon be here!

Many symbolic things come to mind about the month of March. Named for Mars or Martius, a Roman God of War, ideas of strength, courage, fighting for God, country and kin are appropriate for March. March is the month of the burgeoning birth of the new life of Spring.

Symbolic flowers for the month of March are the daffodil and the Shamrock. For the Victorians, daffodils represent forgiveness, trust, honesty and true love. The energy seems to announce the arrival of spring. The other plant that screams March is The Shamrock (or sometimes known as clover). This stubborn plant has survived droughts, bad soil and hungry goats but continues to thrive. We associate the Shamrock as the symbol of the "fighting Irish."

This brings us to St. Patrick, what a fitting individual to represent the month of March. The death of this innovative and charismatic fighter took place March 17th in 461 A.D. St. Patrick was captured as a slave at a young age and taken from his Irish homeland. He continued to fight and eventually established a Christian foothold in the area. His indomitable spirit continues and many still celebrate St. Patrick's Day, March 17th every year in commemoration of his accomplishments.

When March arrives with warmer temps, the emergence of more sunshine, and glimpses of green here and there, we all know that Spring is just around the corner. Like the thrill of a newborn baby, puppy or farm animal we revel in the birth of new life. There is something so refreshing about budding plants, flowers and the newness of life.

So, what does all this mean for you? Hopefully, you are thrilled with the prospect of warmer days, spring flowers and new beginnings! Like the shamrock battles bad soil and drought, but thrives anyway, so we all face challenges. We encounter people who cut us off in traffic or say rude things but we must persevere and look for the good in each other and ourselves. T.S. Eliot asked "If you aren't in over your head, how do you know how tall you are?"

Our inner spirit and how we respond to the challenges we face determines our future course. We set our clocks ahead one hour and Spring forward with the hope of a life renewed!



## VOLUNTEER QUEST 2016

**TUES., Mar. 22ND, 10AM-2PM**

**1 HOUR A WEEK CAN CHANGE  
YOUR LIFE AND BE LIFE CHANGING!**

**VISIT WITH MANY ORGANIZATIONS  
WHO COULD USE YOUR TIME AND TALENTS!**

**SECURE A TABLE FOR YOUR GROUP  
OR ORGANIZATION! (Lunch will be  
provided for two individuals  
per organization by NWOOF)**

**Call 580-234-6060 to RSVP OR FOR MORE DETAILS  
Email: [seniorlife.enidok@gmail.com](mailto:seniorlife.enidok@gmail.com)**

## 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

## Senior Life Programs \*Please call 234-6060 to RSVP

### **HEALTH SCREENINGS**

#### **BLOOD PRESSURE/SUGAR**

MAR.1st- 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**

Mar. 24th-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**

#### **\*SLEEPLESS IN ENID MAR.8TH NOON**

LUNCH AND LEARN with Randy Roth, RPSGT, RST, Director of the Integris Sleep Institute of Enid will discuss sleep disorders (this will be in the space across from Chen Garden, Oakwood Mall)

#### **\*STEPS TO A HEALTHY DIET**

MAR. 11-1:30PM

first in a year-long series featuring steps as we journey through a series of health related monthly topics Steps to a Healthy Diet will cover the new Dietary Guidelines and My Plate information for seniors.

#### **\*CAN YOU HEAR ME NOW?**

MAR.29 2:00

Hedges Speech & Hearing Center Audiologist Kim Tinius will give some great tips on what to look for when shopping for hearing aids etc.

### **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**

MAR.29th, 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!

## **SLEEPLESS IN ENID?**

**TUES., Mar. 8th at Noon  
Lunch and Learn about  
Sleep Disorders with  
RANDY ROTH, RPSGT, RST**

**Director of the Integris  
Sleep Institute of Enid**  
*(this will be at the space across from  
Chen Garden in Oakwood Mall)*

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

### **3 INGREDIENT BREAKFAST COOKIES**



#### **Ingredients:**

2 Medium Ripe Bananas, about  $\frac{3}{4}$  cup), mashed  
1 cup Quick-cooking Rolled Oats, uncooked  
 $\frac{1}{4}$  cup Dried Currants

#### **Directions:**

Preheat oven to 350°F. Cover a baking sheet with parchment paper or non-stick foil. In a large bowl, combine the mashed bananas and oats. Fold in the dried currants. Using a 1 tablespoon measure, drop the cookies on the prepared baking sheet and bake at 350 degrees for 10-12 minutes or until the bottom is golden brown.

Read more: <http://cookie.betterrecipes.com/3-ingredient-breakfast-cookies.html#ixzz40GQvcelb>

**Advanced Yoga**  
Saturdays 9:30am



# MARCH 2016

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>ATTN: Deb will be on vaca from March 9-March 16th. We will play the Exercise DVD's during her absence in all classes but YOGA and Tai Chi!</b></p>	<p>Yoga Level 2 <b>1</b> 8:30-9:30 Tai Chi 9:40-10:30 <b>FREE Health Screening</b> 8:30-9:30am <b>Foster Grandparents- -11:00AM</b></p> <p>Canasta 1:00-4:00</p>	<p>Bench Step Aerobics <b>2</b> 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength &amp; Flexibility 10:40 - 11:30 Yoga 11:35 - 12:30</p> <p>Advanced Yoga 5:45-7pm</p>	<p>Yoga Level 2 <b>3</b> 8:30-9:30 Tai Chi 9:40-10:30</p> <p>Pitch 12:00-3:00 Bridge 1:00-4:00pm</p>	<p>Bench Step Aerobics <b>4</b> 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength &amp; Flexibility 10:40 - 11:30 Yoga 11:35-12:30</p>
<p>Bench Step Aerobics <b>7</b> 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength &amp; Flexibility 10:40 - 11:30 Yoga 11:35 - 12:30</p> <p>Bridge 1:00-4:00pm</p>	<p>Yoga Level 2 <b>8</b> 8:30-9:30 Tai Chi 9:40-10:30 <b>Lunch and Learn</b> <b>SLEEPLESS IN ENID</b> <b>12 NOON</b> (room across from Chen Garden, Oakwood Mall) Canasta 1:00-4:00</p>	<p>Bench Step Aerobics <b>9</b> 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength &amp; Flexibility 10:40 - 11:30 Yoga 11:35 - 12:30</p> <p>Advanced Yoga 5:45-7pm</p>	<p>Yoga Level 2 <b>10</b> 8:30-9:30 Tai Chi 9:40-10:30 <b>Community Meetings:</b> <b>12:00pm Res. Alliance</b></p> <p>Pitch 12:00-3:00 Bridge 1:00-4:00pm</p>	<p>Bench Step Aerobics <b>11</b> 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength &amp; Flexibility 10:40 - 11:30 Yoga 11:35-12:30</p> <p><b>Steps to a Healthy Diet 1:30pm</b></p>
<p>Bench Step Aerobics <b>14</b> 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength &amp; Flexibility 10:40 - 11:30 Yoga 11:35-12:30</p> <p>Bridge 1:00-4:00pm</p>	<p>Yoga Level 2 <b>15</b> 8:30-9:30 Tai Chi 9:40-10:30</p> <p>Canasta 1:00-4:00</p>	<p>Bench Step Aerobics <b>16</b> 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength &amp; Flexibility 10:40 - 11:30 Yoga 11:35 - 12:30</p> <p>Advanced Yoga 5:45-7pm</p>	<p>Yoga Level 2 <b>17</b> 8:30-9:30 Tai Chi 9:40-10:30</p> <p>Pitch 12:00-3:00 Bridge 1:00-4:00pm</p>	<p>Bench Step Aerobics <b>18</b> 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength &amp; Flexibility 10:40 - 11:30 Yoga 11:35-12:30</p>
<p>Bench Step Aerobics <b>21</b> 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength &amp; Flexibility 10:40 - 11:30 Yoga 11:35-12:30</p> <p>Bridge 1:00-4:00pm</p>	<p>Yoga Level 2 <b>22</b> 8:30-9:30 Tai Chi 9:40-10:30 <b>VOLUNTEER FAIR 10AM-2PM</b></p> <p>Canasta 1:00-4:00</p>	<p>Bench Step Aerobics <b>23</b> 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength &amp; Flexibility 10:40 - 11:30 Yoga 11:35 - 12:30</p> <p>Advanced Yoga 5:45-7pm</p>	<p>Yoga Level 2 <b>24</b> 8:30-9:30 Tai Chi 9:40-10:30 <b>Hearing Screening-10 am-Noon</b></p> <p>Pitch 12:00-3:00 Bridge 1:00-4:00pm</p>	<p>Bench Step Aerobics <b>25</b> 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength &amp; Flexibility 10:40 - 11:30 Yoga 11:35-12:30</p>
<p>Bench Step Aerobics <b>28</b> 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength &amp; Flexibility 10:40 - 11:30 Yoga 11:35-12:30</p>	<p>Yoga Level 2 <b>29</b> 8:30-9:30 Tai Chi 9:40-10:30 <b>VOLUNTEER NEWSLETTER PREP--10:40 AM</b> Canasta 1:00-4:00 <b>Can You Hear Me Now? 2:00PM</b></p>	<p>Bench Step Aerobics <b>30</b> 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength &amp; Flexibility 10:40 - 11:30 Yoga 11:35 - 12:30</p> <p>Advanced Yoga 5:45-7pm</p>	<p>Yoga Level 2 <b>31</b> 8:30-9:30 Tai Chi 9:40-10:30</p> <p>Pitch 12:00-3:00 Bridge 1:00-4:00pm</p>	<p><b>Hours of Operation:</b> <b>M-Th 8:00-5:00pm</b> <b>F 8:00-4:00pm</b></p> <p><b>Phone:</b> <b>(580) 234-6060</b> <b>Oakwood Mall</b> <b>(Next to Dillards)</b></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

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Enid, OK 73703

Return Service Requested

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



facebook.com/  
SeniorLifeNetwork

### FOR YOUR INFORMATION--

Let us never know what old age is. Let us know the happiness that time brings, not count the years.

CHERISH ALL YOUR HAPPY MOMENTS; THEY MAKE  
A FINE CUSHION FOR OLD AGE!  
--BOOTH TARKINGTON

#### 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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