



Enriching the Lives of Active Adults in Northwest Oklahoma

BE THANKFUL!

BY LISA BLAND-SELIX, EDITOR

Thanksgiving, pumpkin pie, turkey and all of the trimmings. Remembering travelling to grandma's house or to see your grandkids several states away. Thanksgiving conjures up many memories of holidays in the past and reminds us to be thankful for the blessings we have in our lives.

As we face the challenges of life head on and persevere, we see that those experiences forge our character and make us realize that we do have much to be thankful for. If you have ever had a foot in a cast or couldn't drive for some reason; when you can walk again and get back in the driver's seat you are so thankful for something that you once took for granted. Sometimes we have to lose something before we realize how precious that one thing can be. For many in our community, the things we take for granted; food, electricity, transportation can all be a challenge. If you have been blessed in your life, maybe this time of year is a great time to celebrate by giving others in your community a helping hand.

•Make a food donation to Loaves & Fishes, or the Regional Food Bank of Oklahoma or the Salvation Army. Anything is welcome to help needy families have a better Thanksgiving.

•Many in our community use the Enid Transit as a way to get to and from work, doctor's appointments or to the grocery store. Consider purchasing a \$20 ride pass and donating to a family in need through your church or school.

•Check locally for Toys for Tots drop-off locations, this is always a great way to give back

•Clean your clutter and donate to local thrift shops such as Park Avenue Thrift (who donate back to the community in matching grants and gifts), Hope Outreach and Salvation Army

Whatever you choose to do to celebrate your good fortune, know that you are blessing those in need with your kindness and generosity. It's a small price to pay it forward. Happy Thanksgiving from all of us at Senior Life Network!!!



INTEGRIS HEALTH FAIR

10th Annual INTEGRIS Community Health Fair Saturday, November 5, 9am-Noon CNB/Enid Convention Hall

provided by the INTEGRIS Foundation and is free of charge to all attendees.

- Free flu shots, while supplies last (Children and Adults)
•Free health screenings, Hearing and vision Screenings•Health education booths

The Lion's Club Mobile Unit, sponsored by the North Enid Lion's Club will be on-sight this year, plus the Oklahoma Blood Institute's Mobile Blood Center. Other activities include CPR classes and healthy cooking demonstrations.

Feedback is a Gift!

Our members are our top priority. We greatly value your input in making decisions about the future of Senior Life Network.

Please help us by answering a few questions about Senior Life Network! We would love to hear from you. In the past year we have planned two day trips and both had to be cancelled due to low participation. We are considering discontinuing travel in the future but wanted to get feedback from our members before making this decision. Please mail or drop survey by SLN by November 30th. Scan and email to seniorlife.enidok@gmail.com or Call 580-234-6060 for more information.

1)What is the most important benefit of belonging to Senior Life Network?

2)Have you ever travelled with SLN?

_____yes _____no

3)Was the price of the trip a consideration?

_____yes _____no

4)Do you consider \$85-95 too expensive for a day trip including all expenses (trans., meal, tips, museum adm. Fee)

_____yes _____no

5)Or is it more about the destination?

_____yes _____no

6)What would be your top pick of day trips?

_____OKC (Cowboy Hall of Fame, Sam Noble Museum, Oklahoma Museum of Art, Myriad Gardens, Outlet Mall)

Survey cont. on page 2

Senior Life Programs *Please call 234-6060 to RSVP

HEALTH SCREENINGS

BLOOD PRESSURE/SUGAR

NOV.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)** This service provided by INTEGRIS Home Care Enid.

*HEARING SCREENING/ HEARING AID CHECKS

NOV.17th-10:00AM-NOON

FREE

Please call to make an appointment to get your hearing checked by Hedges audiologist Kim Tinius

CARDS

Bridge:

Mondays 1 - 4pm

Thursdays 1 - 4pm

Canasta:

Tuesdays 1 - 4pm

Dominoes/Pitch:

Thursdays 1 - 4pm



EDUCATION & FUN

***COFFEE AT 580 COFFEE-SHOP (DOWNTOWN ENID)-- 122 E. Randolph, NOV. 8TH-- 8:30AM-10:00AM**

* **LUNCH W/DR. JON MILLS--Nov.9th-**

Noon-RACG Have lunch & talk with Family Medicine Dr. Jon Mills

***STEPS TO HEALTHY IMMUNE SYSTEM-- NOV.15th--1:30PM--Lesa Rauh, OSU EXT Educator**

this lesson will provide information on normal changes in the immune system with aging, the role of diet & physical activity in helping to maintain a healthy immune system.

***HOME HEALTH CARE OPTIONS--NOV.17TH-**

-11:30AM-1PM--RACG

Panel Discussion on Home Health Care options -Light Lunch Provided see back

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

Nov.22nd, 10:40am (NEW TIME)

Volunteers will be folding, and taping newsletters to prepare them for mailing. Light lunch provided. We can always use more help!

Optional: May meet for meal the night before!

IT'S NEVER TOO LATE TO GET FIT!! CHECK OUT OUR AMAZING FITNESS CLASSES! THERE'S ONE JUST FOR YOU!



Join us for *Lunch with Dr. Jon Mills
Wed., Nov.9th at Noon

Room across from Chen Garden, Oakwood Mall

Survey cont. from page 1

_____Tulsa (Philbrook, Gilcrease, Oklahoma Aquarium)

5)Do drive at night? Is getting back to Enid when it is still light a necessity or can you get transportation home if it is? _____yes _____no

6) Are you interested in longer trips? _____yes _____no

I'd most like to go on an extended trip to _____ (examples, Branson, San Antonio, Nashville, you fill in the blank)

7)What additional programs would you like to see at Senior Life Network ?

MARSHMALLOW PUMPKIN CAKE

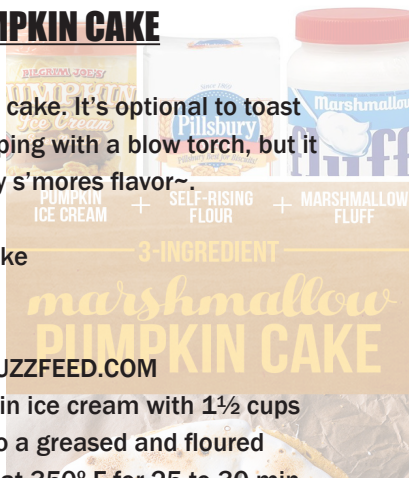
Melted ice cream + flour = cake. It's optional to toast the marshmallow fluff topping with a blow torch, but it gives the cake that ~toasty s' mores flavor~.

Marshmallow Pumpkin Cake

Serves 6 to 8

Recipe by Lindsay Hunt, BUZZFEED.COM

Beat 1 pint melted pumpkin ice cream with 1½ cups self-rising flour. Scrape into a greased and floured 8-inch cake pan and bake at 350° F for 25 to 30 minutes, until a toothpick inserted in the center comes out clean. Invert onto a rack and cool to room temperature. Frost with 2 cups marshmallow fluff, then toast the fluff with a blowtorch (optional).



DON'T MISS THE INTEGRIS HEALTH FAIR, SAT, NOV. 5TH 9AM-NOON

Advanced Yoga
Saturdays 9:30am



NOVEMBER 2016



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
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 Bridge 1:00-4:00pm	Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30 HEALTH SCREENINGS--8:30-9:30 AM Foster Grandparents-11 am Canasta 1:00-4:00	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	Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30 Pitch 12:00-3:00 Bridge 1:00-4:00pm	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 SAT. NOV. 5TH- 9-NOON INTEGRIS HEALTH FAIR ENID EVENT CTR	
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 Bridge 1:00-4:00pm	Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30 *COFFEE @580--8:30AM-10AM (COME & GO)122 E.Randolph Canasta 1:00-4:00	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 * Lunch w/ Dr.Jon Mills-NOON-RACG	Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30 RESOURCE ALLIANCE (COM. MTG)-NOON Pitch 12:00-3:00 Bridge 1:00-4:00pm	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 HAPPY VETERAN'S DAY!	
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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 Bridge 1:00-4:00pm	Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30 Canasta 1:00-4:00	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	Hours of Operation: M-Th 8:00-5:00pm F 8:00-4:00pm Phone: (580) 234-6060 Oakwood Mall (Next to Dillards)		

*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 labled Senior Life Network A#1) for evening or weekend activities. **Please note that the schedule may change due to unforeseen circumstances. RACG--Room across from Chen Garden--Oakwood Mall Center Court**

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

***COFFEE TIME AT 580 COFFEE
IN DOWNTOWN ENID
122 E. RANDOLPH
TUESDAY, NOV. 8TH--8:30AM-10AM**



**GO VOTE AND THEN JOIN US FOR
COFFEE TIME AND FELLOWSHIP**

***DO YOU HAVE QUESTIONS ABOUT
HOME HEALTH CARE FOR
YOURSELF OR A LOVED ONE?**

**Thursday, Nov. 17th--11:30am
Oakwood Mall Event Room--RACG**

(across from Chen Garden)

Join us for an informative panel discussion with several local professionals to discuss Home Health Care, Private Duty Care, Hospice and the Advantage Program --Light Lunch Provided (Call to register)

Senior Life newsletter is a community service of
INTEGRIS Bass Baptist Health Center
and the NORTHWEST OKLAHOMA
OSTEOPATHIC FOUNDATION
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**SINCE 1987, SENIOR LIFE HAS
BEEN PROMOTING HEALTHY
AGING SOLUTIONS TO ENID AND
NW OKLAHOMA**