

*Enriching the Lives of Active Adults in
Northwest Oklahoma*

PUT THE HAPPY IN YOUR HOLIDAYS!

BY LISA BLAND-SELIX, EDITOR



Merry Christmas! Happy Holidays! Ho, Ho, Ho! We are surrounded by holiday cheer messages beginning before Halloween and continuing into the New Year! For most the holidays are a happy time but for some they can bring stress or make us remember holidays of yesteryear that seem more bright and cheery than present day.

There are a few points to think about that might make your holidays more pleasant. According to Stephen Bodian, a renowned meditation teacher and licensed psychotherapist specializing in stress management, these suggestions can help you make sense of the frenzy of the season ahead. He recommends:

- 1) Live in the present—We often spend our time in the past or worrying about the future. Try to enjoy the moment. Listen to the laughter of children, taste your food paying attention to all of the flavor. Instead of thinking about what is missing, think about all of the great things and people you have in your life.
- 2) Let expectations go—unrealistic expectations or memories of Christmas' past can make us feel like our reality now doesn't measure up. Relax and enjoy what joys you have now and be happy for the present. Keep your reality real don't think it's going to look like a Norman Rockwell painting. We all know life can be messy!
- 3) Be careful with your relatives—Family time can be challenging. Breathe deep and don't let past hurts or challenges color your time with relatives. Remember that our times together are precious and enjoy the moments of togetherness.
- 4) Be kind to yourself—Sometimes we forget to eat, rest and recuperate when our schedules get crazy. Do something you enjoy. Take a nap, and get refreshed before tackling holiday errands, cooking and parties!
- 5) Always count your blessings! The key to staying happy is to appreciate the blessings we have. If you get in a holiday funk remember what's truly important about this time of year. Cherish the colors in the sunset, the wonder of children at this season and the taste of holiday goodies. Most of us have so much to be thankful for! Make your gift to yourself this holiday the present of being present and enjoy all the magic of the season! Merry Christmas and Happy New Year from all of us at Senior Life Network!

2ND ANNUAL HOLIDAY EXTRAVAGANZA!

**THURS., DEC. 15TH--NOON-2PM
RACG--COME & GO
JOIN US FOR FOOD, FUN AND GAMES!
HEALTHY COOKING DEMONSTRATION**

*LUNCH AND LEARN WITH INTEGRIS DOCTORS

***TUESDAY, DEC. 6TH-NOON-RACG
DR. JAMI BENTON,
FAMILY MEDICINE**

***FRIDAY, DEC. 9TH-NOON-RACG
DR. SUMBAL NABI
HEMATOLOGY/ONCOLOGY**
Please call 580-234-6060 to register for these
informative lunch programs!



Senior Life Programs *Please call 234-6060 to RSVP

HEALTH SCREENINGS

BLOOD PRESSURE/SUGAR

DEC. 6TH- 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 NO HEARING CKS IN DEC.**

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

***AARP SAFE DRIVING- KEVIN HACKETT-- DEC.2nd-- 9AM-3PM--RACG**

See below for details

*** LUNCH W/DR.**

JAMI BENTON-DEC-6th-Noon-RACG

Have lunch & talk with Family Med. Dr. JAMI BENTON

*** LUNCH W/DR. SUMBAL NABI DEC.9th-Noon-RACG**

Have lunch & hear Dr. Nabi discuss the latest in oncology

***DIABETES CLASS**

REUNION POTLUCK--DEC.12TH--11:30AM-1PM--DEEP CLASS reunion

see back

***HOLIDAY PARTY EXTRAVAGANZA--DEC 15TH--NOON-2 PM -RACG**

Join us for food, fun & fellowship! See front for details

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

DEC. 20TH, 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!

The Members have spoken! Tabulating our survey results thus far (deadline is Nov.30th) trips are important to most of you who have responded. Watch for upcoming announcements!

***AARP SAFE DRIVING COURSE**

\$15/AARP members--\$20/non-members

Friday, Dec. 2nd --9 am-3pm

Designed for drivers age 50+, led by a trained volunteer with workbooks /video. No written test, and no driving. Many insurance companies give discounts for taking class. Ask your insurance agent before signing up. Bring your driver's license and AARP card with you.

check out our new website:

www.seniorlifeok.org

Mark your Calendars --

Tools for Living with Chronic Conditions begins January 2017

3-Ingredient Sugar Cookies

INGREDIENTS

1 stick salted butter, plus 2 tbsp.

1/3 c. sugar

1 c. flour

Sprinkles (optional)

DIRECTIONS

Preheat the oven to 325 °F.

Use an electric mixer to cream the sugar and butter, whipping the two until the butter is almost white and the mixture is light and fluffy, almost like a slightly gritty frosting. Stir in the flour. Form the cookies into 1-inch balls, placing them about 2 inches apart on a baking sheet. Flatten them into a disc shape if you're topping with sprinkles before baking. Bake for 15-17 minutes, or until the edges of the cookies are lightly golden.



Advanced Yoga
Saturdays 9:30am



DECEMBER 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>Yoga Level 2 1 8:30-9:30 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 2 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength & Flexibility 10:40 - 11:30 Yoga 11:35-12:30 *AARP SAFE DRIVING 9-3- RACG</p>
<p>Bench Step Aerobics 5 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 6 8:30-9:30 Tai Chi 9:40-10:30 HEALTH SCREENINGS *Lunch & Learn w/ Dr. Benton--noon- RACG</p> <p>Canasta 1:00-4:00</p>	<p>Bench Step Aerobics 7 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength & Flexibility 10:40 - 11:30 Yoga 11:35 - 12:30</p>	<p>Yoga Level 2 8 8:30-9:30 Tai Chi 9:40-10:30 RESOURCE AL- LIANCE (COM. MTG)-NOON Pitch 12:00-3:00</p> <p>Bridge 1:00-4:00pm</p>	<p>Bench Step Aerobics 9 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength & Flexibility 10:40 - 11:30 Yoga 11:35-12:30 * Lunch & Learn w/Dr.NABI--noon- RACG</p>
<p>Bench Step Aerobics 12 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength & Flexibility 10:40 - 11:30 Yoga 11:35-12:30 DIABETES REUNION POTLUCK--11:30-1</p>	<p>Yoga Level 2 13 8:30-9:30 Tai Chi 9:40-10:30</p> <p>Canasta 1:00-4:00</p>	<p>Bench Step Aerobics 14 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength & Flexibility 10:40 - 11:30 Yoga 11:35 - 12:30</p>	<p>Yoga Level 2 15 8:30-9:30 Tai Chi 9:40-10:30 NO Hearing Screenings in DEC *HOLIDAY EXTRA- GANZA--noon RACG</p> <p>Pitch 12:00-3:00 Bridge 1:00-4:00pm</p>	<p>Bench Step Aerobics 16 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength & Flexibility 10:40 - 11:30 Yoga 11:35-12:30</p>
<p>Bench Step Aerobics 19 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 20 8:30-9:30 Tai Chi 9:40-10:30 VOLUNTEER NEWSLET- TER PREP--10:40 AM</p> <p>Canasta 1:00-4:00</p>	<p>Bench Step Aerobics 21 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength & Flexibility 10:40 - 11:30 Yoga 11:35-12:30</p>	<p>Yoga Level 2 22 8:30-9:30 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 23 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength & Flexibility 10:40 - 11:30 Yoga 11:35-12:30</p>
26	27	28	29	30

Senior Life will be closed for the holidays!
Merry Christmas and Happy New Year!

***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. 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.



facebook.com/
SeniorLifeNetwork

DIABETES CLASS REUNION POTLUCK

Have you been a participant of one of our DEEP (Diabetes Education Empowerment Program) classes in the last year? We would love to have you and a guest/spouse (if applicable) join us for food, fun and fellowship as we gather to re-connect and enjoy a holiday meal together. Or if you have Diabetes and would like to network with others this is for you!

It's a Potluck! We will provide the meat, so bring a side dish or a health conscious dessert

Where: Senior Life Network

When: Monday, December 12 from 11:30 am- 1:00 pm, come and go.

This gives folks the chance to see each other again, eat and celebrate the holidays together.

See you there!

Senior Life newsletter is a
community service of
INTEGRIS Bass Baptist Health Center
and the NORTHWEST OKLAHOMA
OSTEOPATHIC FOUNDATION
We are located at Oakwood Mall
4125 W. Owen K. Garriott, Suite A-1
Enid, OK 73703 • 580-234-6060

Lisa Bland-Selix
Editor and Prog. Coordinator

Anita Luetkemeyer
Exec. Director, NWOOF

Deb Sexton
Certified Fitness Instructor

SINCE 1987, SENIOR LIFE HAS
BEEN PROMOTING HEALTHY
AGING SOLUTIONS TO ENID AND
NW OKLAHOMA