

**DON'T LET THE  
 WINTER BLUES GET  
 YOU DOWN!**



BY LISA BLAND-SELIX, EDITOR

The holidays are over. Most of us are glad and looking forward to warmer temperatures and springtime. But what about the winter blues that creep in? Especially lately, we have had a couple of bouts with winter weather forcing us inside. That gloomy feeling actually has a name, SAD, or Seasonal Affective Disorder. The disorder, a form of depression, usually begins in late fall or early winter and will fade as the weather improves.

According to Brigitt Hauck, with Real Simple.com these steps can help minimize the winter doldrums:

1. Brighten your environment. Open curtains and blinds, have tree branches trimmed or sit closer to windows to get an extra dose of sunshine. Even artificial light can be beneficial.
2. Make smart food choices. Foods like chocolate can help enhance your mood and relieve anxiety. Although regular candy and carbohydrates might provide temporary good feelings, they can increase depression and anxiety.
3. Exercise! Walking fast for 35 minutes a day five times per week or 60 minutes a day three times per week improved symptoms of mild to moderate depression according to a 2005 Harvard University study. Exercising under bright lights also improved general mental health, social functioning, and depressive symptoms as well. Walk in Oakwood Mall or join one of our Senior Life exercise classes!
4. Listen to some tunes for your mood tune-up. A University of Missouri study found that when people listen to happy, cheery music that it improves their mood short term and happiness overall over a two-week period.
5. Plan a getaway! A Dutch study showed that just planning a trip caused people to be happier—the anticipation of getting away caused more happiness than the actual trip. Looking forward to the event also helps those winter blues.
6. Volunteering and helping others is always a great way to ease the winter doldrums. Working at the soup kitchen or local shelter can put things into perspective and improve your outlook.
7. Get outside for a little fresh air! It's good for the soul and can improve focus, lower stress and help reduce SAD symptoms.

This too will pass, as they say-- but these are steps you can take to ensure the winter blues don't get you down.

*Tremendous response to our  
 Pioneer Woman trip to  
 Pawhuska!!!*

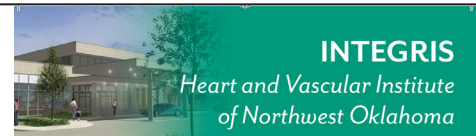
We have had 70+ people call about the trip! Unfortunately we can only take 50!

**Final payment is due by  
 Feb. 10th**

Cost: 89.00 for members, 99.00 for non-members (includes SLN membership for future travel opps)



When: Wednesday, March 8, 2017 at 8am  
 (Meet at Senior Life) Depart for Pawhuska  
Transportation and Arrangements by Kaleo Tours  
Watch for announcement of our next trip --  
Coming soon!



**Gregory H. Schuchard, M.D.,  
 FACC**

*Diagnostic and Interventional Cardiology*



**LUNCH 'N LEARN  
 WITH DR. SCHUCHARD  
 TUESDAY, FEB. 28TH AT NOON  
 ROOM ACROSS FROM CHEN GARDEN  
 CENTER COURT, OAKWOOD MALL**

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

### **HEALTH SCREENINGS**

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

FEB. 7TH- 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 FEB. 16TH-10AM-NOON**

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**

#### **\*THE BASICS OF ALZHEIMER'S-FEB. 7TH-6:30PM(Tues Evening)--**

AJ Shorter will highlight BASICS of Alzheimer's

#### **\*VALENTINE'S DAY PARTY FEB. 14TH--NOON --& LESA RAUH**

COME AND CELEBRATE VALENTINES DAY WITH US AND HEAR ABOUT THE FIVE LOVE LANGUAGES TOO

#### **COFFEETIME W/SLN AT 580--FEB. 15TH--8:30AM**

Be social with us for coffee at 580 Coffeehouse, 122 E. Randolph

#### **\*CRAFTERNOON IN FEB.--FEB. 22ND 3-5PM**

bring your favorite craft and work on it with us

#### **\* SENIOR FITNESS TESTING-FEB. 23RD--**

11:30, 1PM, 2PM-6mth re-test August Participants

#### **\*LUNCH 'N LEARN WITH DR. GREGORY SCHUCHARD--FEB. 28TH-**

**-NOON** Join us for lunch with Integris Cardiologist, Dr. Schuchard--RACG

### **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. 21ST, 10:40am** 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!

### **\*CRAFTERNOON IN FEBRUARY!**

**WED., FEB. 22ND 3:00-5:00PM**

**DROP BY WITH YOUR FAVORITE**

**CRAFT PROJECT AND WORK ON IT WITH US!**

**CROCHETING, KNITTING, SCRAPBOOKING--BRING IT BY AND JOIN THE GROUP!**

**SNACKS, FUN AND FELLOWSHIP!**

#### **Arthritis Foundation Walk with Ease Program**

Begins Tues., Feb 7 at 8:30 am.

Meet at SENIOR LIFE OFFICE

Walk 3x weekly for 6 weeks. 18 sessions.

Materials included. Cost \$25. Approx 45 min-1 hour in length each session. Includes education, exercises, guided walking, and incentives. Pedometer, walking diary, string backpack for paid participants. Max. 15 participants.

LESA RAUH, OSU EXT. EDUCATOR

Call 580-237-1228 or stop by OSU EXTENSION, 316 E Oxford Ave. to register.

## **\*Valentine's Day Party Tues., Feb. 14th Noon**

Room Across From  
Chen Garden

Center Court, Oakwood Mall

*Come and celebrate with us!  
Food and Fun!*

*Lesla Rauh, OSU Ext. Educator  
will present*

*"The Five Love Languages"  
Call 580-234-6060 to register*

**Advanced Yoga**  
Saturdays 9:30am



# FEBRUARY 2017



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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></p>		<p>Bench Step Aerobics 1 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>DEEP WK 4 --10AM-noon</b></p>	<p>Yoga Level 2 2 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 3 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>Tools for Living w/Chronic Con.10am-noon-wk3</b></p>
<p>Bench Step Aerobics 6 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 7 8:30-9:30 Tai Chi 9:40-10:30</p> <p><b>HEALTH SCREENINGS 8:30-9:30 AM</b> <b>Alzheimer's the Basics--6:30PM</b> Canasta 1:00-4:00</p>	<p>Bench Step Aerobics 8 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>DEEP WK 5 --10AM-noon</b></p>	<p>Yoga Level 2 9 8:30-9:30 Tai Chi 9:40-10:30</p> <p><b>RESOURCE AL-LIANCE (COM. MTG)-NOON</b> Pitch 12:00-3:00</p> <p>Bridge 1:00-4:00pm</p>	<p>Bench Step Aerobics 10 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>Tools for Living w/Chronic Conditions-10am-noon-wk4</b></p>
<p>Bench Step Aerobics 13 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 14 8:30-9:30 Tai Chi 9:40-10:30</p> <p>*<b>VALENTINE PARTY-NOON-(RACG)</b> Canasta 1:00-4:00</p>	<p>Bench Step Aerobics 15 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>COFFEE at 580--8:30am (see above)</b> <b>DEEP WK 6 --10AM-noon</b></p>	<p>Yoga Level 2 16 8:30-9:30 Tai Chi 9:40-10:30</p> <p><b>Hearing Screenings 10:AM-12 NOON</b></p> <p>Pitch 12:00-3:00 Bridge 1:00-4:00pm</p>	<p>Bench Step Aerobics 17 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>Tools for Living w/Chronic Conditions-10am-noon-wk5</b></p>
<p>Bench Step Aerobics 20 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 21 8:30-9:30 Tai Chi 9:40-10:30</p> <p><b>VOLUNTEER NEWSLETTER PREP--10:40 AM</b> Canasta 1:00-4:00</p>	<p>Bench Step Aerobics 22 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength &amp; Flexibility 10:40 - 11:30</p> <p><b>CRAFTERNOON-3-5PM</b></p>	<p>Yoga Level 2 23 8:30-9:30 Tai Chi 9:40-10:30</p> <p>*<b>SENIOR FITNESS TESTING Follow up --11:30 AM</b></p> <p>Pitch 12:00-3:00 Bridge 1:00-4:00pm</p>	<p>Bench Step Aerobics 24 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>Tools for Living w/Chronic Conditions-10am-noon-wk6</b></p>
<p>Bench Step Aerobics 27 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 28 8:30-9:30 Tai Chi</p> <p>*<b>LUNCH 'N LEARN W/ DR. SCHUCHARD-NOON (RACG)</b> Canasta 1:00-4:00</p>	<p><b>REMINDER--IF ENID PUBLIC SCHOOL CLOSES FOR WEATHER--SENIOR LIFE WILL BE CLOSED!</b></p>	<p><b>LIKE US ON FACE-BOOK FOR THE LATEST UPDATES</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 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--FOR DEEP AND TOOLS CLASSES PLEASE REGISTER W/NUMBER LISTED**

## 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

### **AARP TAX PREPARATION AT THE MALL--**

FEB. 1ST --APRIL 18TH--

Tuesdays 4-8 pm & Wed./Fri.--10am- 2pm  
IN FORMER FAMOUS FOOTWEAR LOCATION NEXT  
TO BATH AND BODY

### **ADDRESS CHANGES OR CORRECTIONS-**

**-PLEASE CALL 580-234-6060 IF YOUR ADDRESS  
CHANGES OR YOU ARE MOVING SO WE CAN SEND  
YOUR NEWSLETTER--THE POST OFFICE DOES NOT  
FORWARD SO THEY ARE RETURNED TO US!!**

### **SENIOR FITNESS TESTING**

**FOLLOW UP TESTING, THURS., FEB.23**

**11:30AM, 1:00PM & 2PM**

**6 MONTHS HAVE GONE BY ALREADY!  
YOU WILL RECEIVE A CALL TO CON-  
FIRM YOUR TIME TO BE RE-ASSESSED!**

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