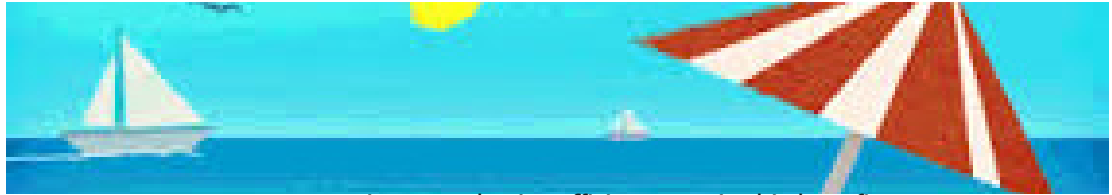


**LEARNING: A  
 LIFELONG PURSUIT**

BY LISA BLAND-SELIX, EDITOR



Have you always wanted to learn to paint, or knit, crochet or learn a new language? It's never too late to start learning something new!

Many times as we age, we think, "I am too old to try to learn how to do that." Research shows that learning should be a lifelong pursuit, not just something we do when we are younger.

Kira M. Newman, editor for the Greater Good Science Center shares the findings of Instructor Barbara Oakley, author of a new book titled, *Mindshift: Break Through Obstacles to Learning and Discover Your Hidden Potential*. "Artificial obstacles" can keep us believing we are too old to start a new career or bad at math. Her book offers readers a way to find the tools and inspiration to transform themselves through learning. Her personal experience highlights that her theory works. Ms. Oakley flunked math and science classes earlier in life and her family tried to persuade her into another field. As a professor of engineering at Oakland University she has overcome those obstacles.

This re-tooling of our brains, keeping them active and engaged in new areas can have many benefits as we age. Research has shown that people who knit, sew, quilt, do plumbing or carpentry, use computers or read have increased cognitive abilities as they get older. Those with more education or those who engage in cognitively stimulating activities have decreased risk for Alzheimer's.

Want to increase your life expectancy? According to Newman, active readers who read 3.5 hours per week are 23 percent less likely to die over a 12-year period!

Newman shares some of Oakley's tips on how to teach yourself to learn:

**Focus (and don't focus)**—to take in information our brains need intense focus followed by "mind wandering." Learn more by incorporating time for rest and relaxation. Try the Pomodoro technique, 25 minutes of work, with 5 minute rest breaks.

**Practice efficiently**—Oakley advises learning in "chunks" – smaller bits of information or skills, like one verse of a song, or a new exercise move. Regular practice of these makes them second nature and then we can continue to build more skills or knowledge.

**Exercise**—Of course, one of the best ways to boost brain power and learning is exercise! According to Oakley, physical activity can help us grow new brain cells and neurotransmitters and improve long-term memory. Walking for just 11

minutes a day is sufficient to gain this benefit.

Now is the time to find those things you have always wanted to learn and tackle them now. It has never been easier with You Tube instructional videos, TED talks and the vast quantity of quality information available on the internet. Learning something new can take you on the path to new heights of self-discovery and improve your health too! You can teach an old dog a new trick!



**Did you know that one out of three  
 child poisonings happen at a  
 grandparent's home?**

*Join us for*

**Basic Poison Prevention  
 Lunch 'N Learn**

with **Laura Brennan**, Education Coordinator  
 Oklahoma Center for Poison & Drug Information  
 Thursday, June 22nd at noon  
 Mall Event Room, Center Court, Oakwood Mall  
 (across from Chen Garden)

Such topics as:

- Drug Interactions
- Medication Safety, Storage & Disposal

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

### **HEALTH SCREENINGS**

#### **BLOOD PRESSURE/SUGAR JUNE 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 JUNE 15TH-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**

#### **COFFEETIME W/SLN AT DAVINCI'S--JUNE 7TH--**

**8:30AM** Be social with us for coffee at DaVinci's, 2315 W. Willow

#### **\*CRAFTERNOON IN JUNE--JUNE 14TH-3-5PM**

bring your favorite craft and work on it with us

#### **\*Taking Shelter from Storms"- JUNE 20TH-- 1:30PM -- LESA RAUH-**

Learn the benefits and draw backs to storm shelters on the market. Learn about what to look for in storm shelters and safe rooms, based upon FEMA standards and current research. Discussion will include "go bags" and communication plans, as well. Presented by Lesa K Rauh, Garfield County OSU Extension.

#### **\* CPR FOR FRIENDS & FAMILIES-JUNE 21ST-- 3-5 PM-Teresa**

**Dunham--**see description below

#### **\* BASIC POISON PREVEN- TION--JUNE 22ND--NOON- RACG--**See front for more 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 of operation).

### **VOLUNTEER**

#### **NEWSLETTER ASSEMBLY JUNE 27TH, 10:40am**

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



LIKE US ON FACEBOOK FOR THE LATEST UPDATES

## *Friends & Family CPR Class*

Wednesday, June 21st, 3-5PM

This course teaches the lifesaving skills of adult hands only CPR with the option of completing child and infant CPR also. This course is for those who want to learn CPR but do not need a CPR completion card to meet a job requirement. It is ideal for community groups, new parents, grandparents, babysitters and others interested in learning how to save a life. There is no fee. No registration is needed but if you have questions, call Teresa at 580-548-1110

## Trip Updates...

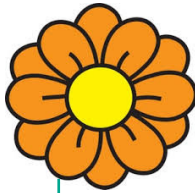
The trip to Crystal Bridges/Bentonville has been canceled. We did not have enough signed up to fill the bus. (BUS HAS TO BE RESERVED 30 DAYS IN ADVANCE.)

**BRANSON TRIP FOR SEPTEMBER 19, 20 & 21 --**  
**\$399.00 PP DBL, \$499 SINGLE, 19.95 CANC. INS. PP**

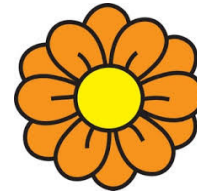
• TRANS. • 2 NIGHTS LODGING • 4 MEALS • ENTERTAINMENT (TEXAS TENORS, DOGWOOD CANYON, MOSES PRODUCTION & THE BRETT FAMILY)  
DEPOSIT OF 100.00 BY 7/18/17, FINAL PAY BY 8/18/17  
CREDIT CARDS ACCEPTED, TRIP BY KALEO TOURS

Call 580-234-6060 for more information!

**Inter. Yoga**  
Saturdays 9:30am



# JUNE 2017



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><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>			<p>Yoga Level 2 1 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 2 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>EAT WELL, MOVE</b> <b>MORE-1PM-Wk1</b></p>
<p>Bench Step Aerobics 5 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 6 8:30-9:30 Tai Chi 9:40-10:30 <b>HEALTH SCREENINGS-8:30AM</b> <b>FOSTER GRANDPAR-</b></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 &amp; Flexibility 10:40 - 11:30 Yoga 11:35 - 12:30</p> <p><b>*COFFEE AT DAVIN-CI'S-8:30-2315 W. Willow</b></p>	<p>Yoga Level 2 8 8:30-9:30 Tai Chi 9:40-10:30</p> <p><b>RESOURCE ALLIANCE (COM. MTG) NOON</b></p> <p>Pitch 12:00-3:00 Bridge 1:00-4:00pm</p>	<p>Bench Step Aerobics 9 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>EAT WELL, MOVE</b> <b>MORE-1PM-Wk2</b></p>
<p>Bench Step Aerobics 12 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 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 &amp; Flexibility 10:40 - 11:30 Yoga 11:35 - 12:30</p> <p><b>*Crafternoon--3-5PM</b></p> <p>Int.Yoga -5:45pm-</p>	<p>Yoga Level 2 15 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 16 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>EAT WELL, MOVE</b> <b>MORE-1PM-Wk3</b></p>
<p>Bench Step Aerobics 19 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 20 8:30-9:30 Tai Chi 9:40-10:30</p> <p><b>*Taking Shelter W/LESA RAUH--1:30PM</b></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 &amp; Flexibility 10:40 - 11:30 Yoga 11:35 - 12:30</p> <p><b>*CPR for friends &amp; family--3-5 PM</b></p> <p>Int.Yoga -5:45pm-</p>	<p>Yoga Level 2 22 8:30-9:30 Tai Chi 9:40-10:30</p> <p><b>*BASIC POISON PREV.--NOON-RACG</b></p> <p>Pitch 12:00-3:00 Bridge 1:00-4:00pm</p>	<p>Bench Step Aerobics 23 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>EAT WELL, MOVE</b> <b>MORE-1PM-Wk4</b></p>
<p>Bench Step Aerobics 26 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 27 8:30-9:30 Tai Chi 9:40-10:30</p> <p><b>VOLUNTEERS NEWSLETTER PREP--10:40AM</b></p> <p>Canasta 1:00-4:00</p>	<p>Bench Step Aerobics 28 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>Int.Yoga -5:45pm-</p>	<p>Yoga Level 2 29 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 30 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength &amp; Flexibility 10:40 - 11:30 Yoga 11:35-12:30</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. 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

*Join us as Garfield County Relay for Life Celebrates 20 Years!*

**RELAY FOR LIFE**  
American Cancer Society

**First Friday, June 2nd-6pm-12 Midnight**  
**Downtown Square, Enid, OK**

- Entertainment •Fun •Food •Moving Ceremonies
- Survivor & Themed Laps

For more info call 580-580-541-4354 or [www.relayforlife.org/garfieldcook](http://www.relayforlife.org/garfieldcook)

### *Call now to register for this class!*

•***Eat Well, Move More, Be Well\****, a four week class beginning Friday, June 2nd-June 23rd from 1:30-3PM Senior Life Comm. Room

**Call Integris Healthline-1-888-951-2277 to register**

\*must have minimum number enrolled to have class

### **Yoga Class Changes**

With Robin Parrish taking the reins of the Saturday 9:30AM class there will be a few changes. The Saturday class has been labeled advanced and it will be more of an intermediate vineyasa flow with emphasis on posture and breath work.

Starting Wednesdays beginning June 14th--5:45PM-6:45PM--Robin will teach a beginner to intermediate level class that is very gentle, great for beginners!

(please use back north door, Senior Life Network, A-1 for both)

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--Celebrating 30 Years!

[www.seniorlifeok.org](http://www.seniorlifeok.org)

*Be happy, be social, be fit!*