

KEEP YOURSELF COOL!

BY LISA BLAND-SELIX, EDITOR



Some like it hot! Hot as a Firecracker! Summertime and the livin' is easy...

These are just a few of the phrases we think about when it is summertime in Oklahoma. Super warm temperatures are here already! The heat makes you want to sit in front of a fan or the AC with a cool drink and not venture out into the world. For some of us, that is not possible so we must try and make the best of these dog days of summer! As we get older, we are more susceptible to heat-related illnesses so it is a time to take the necessary precautions to stay safe and keep cool.

How do you stay active and stay safe? What kinds of activities can you do to stay busy?

If you must get out and about follow some of the best tips for dealing with the heat:

- Stay properly hydrated. Water is our most precious-nutrient. Drink enough water to prevent thirst. Katherine Tallmadge on livewell.com says, "Consider all fluids, including tea, coffee, juices, milk and soups (though excluding alcohol, which is extremely dehydrating). The amount of caffeine in tea and coffee does not discount the fluid in them, even if they have a slight diuretic effect, according to the most recent report by the National Research Council's Food and Nutrition Board."
- Keep active with indoor fitness classes (Senior Life offers 17 classes per week to help you stay fit! And we keep it cool! Everything from aerobics to yoga and Tai chi!)
- Check into water exercise programs that are available at your local Y
- Mall Walking is a great way to get some exercise and still stay cool. At Oakwood Mall, two laps is 1.3 miles all in air conditioning! Choose some indoor activities to keep you busy:
- Take this time to organize photos into albums or scrapbooks for yourself or loved ones. This makes a great gift to treasure for years!
- Read a great book or take a tour of your local library (Margo Holmes, of the Enid Public Library will be at Senior Life on Tuesday, July 25th to share library resources and programs); consider audio books, if reading has become more difficult, or to listen to while you do other household activities; or e-books on your tablet
- Go through closets and take unused items to local thrift shops
- Learn something new! Check out our Crafternoons

(July 19th from 3-5pm) bring your favorite craft item or learn a new one.

- Plan an outing to local museums or indoor cultural events with a friend
 - Take in an afternoon movie; the theatre is cool and usually less expensive for matinee showings
- Time passes quickly and before we know it the cooler temps of fall will be upon us. For now, enjoy the beauty of summer sunsets, the fun of vacations, visits from relatives and summer picnics! The livin' IS easy when you stay cool!



Happy Birthday, America!

Trip Updates...

CALL NOW...WE STILL HAVE SEATS AVAILABLE!!

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, 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!



Senior Life Programs *Please call 234-6060 to RSVP

HEALTH SCREENINGS

BLOOD PRESSURE/SUGAR JULY 11TH- 8:30 - 9:30am, FREE (TOTAL CHOLESTEROL)

This monthly screening is USUALLY held on the first Tuesday (EXCEPT FOR HOLIDAYS) 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 HEALTH

*HEARING SCREENING/ HEARING AID CHECKS JULY 13TH-10AM-NOON

Please call to make an appointment to get your hearing checked by Hedges audiologist Dr. 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 FIVE80--JULY 12TH--

8:30AM --Be social with us for coffee at FIVE80 COFFEE-HOUSE, 122 E. RANDOLPH

*DEEP -JULY 12TH-- 2-4PM-Teresa

Dunham-- 6 wks Diabetes self-mgmt educ class --Register by calling 1-888-951-2277

*CRAFTERNOON IN JULY---JULY 19TH-3-5PM (CONF. RM)

bring your favorite craft and work on it with us

*RAIN BARRELS--JULY 18TH

LESA RAUH--2ND in our Healthy Home series from OSU Ext. learn how to use a rain barrel to save water --over 40% of summer usage is for watering. A rain barrel conserves resources and saves you money.

*LOOKING GOOD AT ANY AGE CONTINUED-JULY 20TH-

-2-4PM--Cyndy Meyer is back with more great tips on hair & skin care to look great at any age

*FIND IT AT YOUR LIBRARY- JULY 25TH--2PM-MARGO

HOLMES-tips on what's up at the library, e-books and programs available

EDUCATION Cont.

*AARP SAFE DRIVING- JULY 27TH--NOON-

--See BELOW 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

JULY 25TH, 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

*AARP SAFE DRIVING COURSE

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

THURS., JULY 27TH -9 am- 3pm

Space A-2 next door to SLN, Oakwood Mall

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 license and AARP card with you.

Call 580-234-6060 to register

*Live by Faith,
Grow in Grace,
Walk in Love!*

COOL WHIP COOKIES

1 box Cake Mix, Of your choice, I used chocolate fudge
8 ounces Cool Whip, Thawed
1 large Egg, Beaten
1/2 cup Powdered Sugar



Preheat oven to 350°F. In bowl, combine cake mix, Cool Whip, and egg. Mix well. Mixture will be sticky. Using a cookie scoop (I used a 1 and 1/2 tablespoon scoop), drop a scoop of dough into a bowl of the powdered sugar. (The dough will be pretty sticky - if you get it in the powdered sugar using the cookie scoop and not your fingers, you'll have more success with this recipe and less dough stuck to your fingers.) Toss with powdered sugar gently to coat the dough with sugar and then place on parchment paper-lined baking sheet. Cookies spread, leave a couple inches between cookies. Bake for 12 minutes, until mostly set in the middle of each cookie. Cool on rack and store in airtight container.


Inter. Yoga
Saturdays 9:30am



JULY 2017



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>SENIOR LIFE CLOSED FOR 4TH OF JULY</p> <p>SENIOR LIFE CLOSED! HAPPY JULY 4TH!</p> 	<p>4</p> <p>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</p> <p>Int.Yoga -5:45pm-</p>	<p>5</p> <p>Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30</p> <p>Pitch 12:00-3:00 Bridge 1:00-4:00pm</p>	<p>6</p> <p>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</p>	<p>7</p> <p>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</p>
<p>10</p> <p>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</p> <p>Bridge 1:00-4:00pm</p>	<p>11</p> <p>Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30 HEALTH SCREENINGS-8:30AM FOSTER GRANDPARENTS</p> <p>Canasta 1:00-4:00</p>	<p>12</p> <p>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 *COFFEE AT FIVE80-8:30-DEEP-WK1-2-4PM</p> <p>Int.Yoga -5:45pm-</p>	<p>13</p> <p>Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30 Hearing Screenings 10:AM-12 NOON RESOURCE ALLIANCE (COM. MTG)</p> <p>Pitch 12:00-3:00 Bridge 1:00-4:00pm</p>	<p>14</p> <p>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 Deb out for Training (DVD's if no sub)</p>
<p>17</p> <p>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</p> <p>Bridge 1:00-4:00pm</p>	<p>18</p> <p>Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30 *RAIN BARRELS--W/LESA RAUH--1:30PM</p> <p>Canasta 1:00-4:00</p>	<p>19</p> <p>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 *Crafternoon--3-5PM DEEP-WK 2-2-4PM</p> <p>Int.Yoga -5:45pm-</p>	<p>20</p> <p>Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30 *LOOKING GOOD--PT2-2-4PM</p> <p>Pitch 12:00-3:00 Bridge 1:00-4:00pm</p>	<p>21</p> <p>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</p>
<p>24</p> <p>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</p> <p>Bridge 1:00-4:00pm</p>	<p>25</p> <p>Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30 VOLUNTEERS NEWSLETTER PREP--10:40AM</p> <p>FIND IT AT YOUR LIBRARY-SLN -2PM</p> <p>Canasta 1:00-4:00</p>	<p>26</p> <p>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 DEEP-WK 3-2-4PM</p> <p>Int.Yoga -5:45pm-</p>	<p>27</p> <p>Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30 *AARP SAFE DRIVING 9-3 next door to SLN</p> <p>Pitch 12:00-3:00 Bridge 1:00-4:00pm</p>	<p>28</p> <p>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</p>
<p>31</p> <p>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</p> <p>Bridge 1:00-4:00pm</p>	<p><i>Note: Please notice the different time of month for a couple of our regular activities that are changed by the 4th of July holiday!</i></p>		<p>M-Th 8:00-5:00pm F 8:00-4:00pm</p> <p>Phone: (580) 234-6060 Oakwood Mall (NEXT TO DILLARDS)</p>	<p>DEB OUT JULY 24-28TH-- WE WILL HAVE DVD'S IF NO SUB AVAILABLE</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(DIABETES ED) AND TOOLS CLASSES PLEASE REGISTER W/NUMBER LISTED**

SENIOR LIFE

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Return Service Requested

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



facebook.com/
SeniorLifeNetwork

FREE Classes for People with Diabetes*

Take charge of your life by learning how to
Control your diabetes.

Sign Up Today!

Learn how to take better care of yourself & live a healthier life with diabetes:

- Find out how diabetes affects your body• Make sense of your blood sugar numbers• Meet others who have diabetes
- Have fun learning in a small group through games, activities and support conversations• Learn about diabetes through classes located in the community near your neighborhood

Senior Life Network, Oakwood Mall, Enid

2 to 4 p.m., Wednesdays, July 12 - August 16

Call 1-888-951-2277 to register.

(*DEEP on SLN calendar beg. July 12th)

17 CLASSES PER WEEK

Senior Life now offers 17 classes per week for you to get your fitness on! With aerobic classes like Bench & Low Impact to Strength & Flexibility, we have a class to help you reach your fitness goals! We also offer Yoga 1 & 2 taught by Deb Sexton, ERYT 5000 ,certified instructor. Recently we added our New to Yoga course (Wed. 5:45-6:45PM) as well as Intermediate Yoga (Sat. 9:30AM)with Robin Parrish, RYT200 Certified with the Yoga Alliance.

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
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**SINCE 1987, SENIOR LIFE HAS
BEEN PROMOTING HEALTHY
AGING SOLUTIONS TO ENID AND
NW OKLAHOMA--Celebrating 30 Years!**

www.seniorlifeok.org

Be happy, be social, be fit!