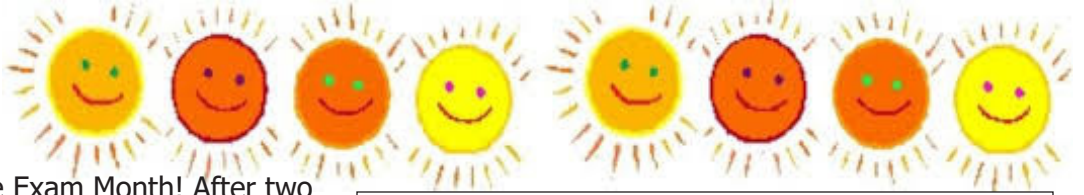


LOOK & SEE!

BY LISA BLAND-SELIX, EDITOR



Hmm... August is National Eye Exam Month! After two years of writing this front page column you start to scratch and look for ideas for the month! You are lucky, I could have chosen National Goat Cheese month!

Since it is National Eye Exam month DO make sure that you are taking care of your eyes and your precious eyesight. There are so many beautiful sights that those of us who are fortunate enough to have our vision enjoy and treasure. It also makes one stop and think about perceptions. Do we really SEE things as they are? What types of filters do we use to view our world?

We all know people who see everything through "rose colored glasses" as they say. Is this really a bad thing? Viewing the world in a positive light will probably be much more beneficial than looking at things from a negative perspective. Some people fail to see the good in any circumstances, while others can find benefits no matter what hand of cards they are dealt. It is important to always keep things in perspective relative to our outlook. When we look for the good and we SEE the good in people; we have a much better attitude towards the world no matter what else is going on around us.

Then there are the "Debbie Downer" types. Debbie Downer was a character on Saturday Night Live that always had the worst luck and managed to bring down the rest of her friends with her negative views, no matter how much fun they were having. This type of person does not attract a crowd!

Sometimes the aging process can be a very tough road. Events, health issues and life in general start to pile on in layers and try to bury us. We must strive to keep our eyes looking forward and trying to SEE that good even in rough times. We all know people who, you would think, would just give up but they don't because they SEE the good not the bad. Those are the stories we read about to give us hope. No one wants to hear Debbie Downer's sad tale.

So much of aging is about our perception as we age. We all know people who are 30 who act they are 90 and people who are 90 who act they are in their 30's. It is how they view themselves and the world. SEE your beautiful world, the blessings around you and remember to SEE the good in your life.

**IT'S NOT WHAT YOU LOOK
AT THAT MATTERS, IT'S
WHAT YOU SEE...**

--HENRY DAVID THOREAU

Senior Life Network

A "Monumental" Day

October 26, 2017



8:00 a.m. Departure Time
from St. Life Network, Enid, OK
FIRST STOP: THE CRUCIBLE FOUNDRY
NORMAN, OK

THE CRUCIBLE FOUNDRY USES A GRACEFUL MIX OF ART AND SCIENCE AND THE LATEST INNOVATIONS IN THE LOST WAX METHOD AND ALPHA-CURED /SET SAND CASTING TO PERFORM THE ANCIENT ART OF CASTING MONUMENTAL BRONZE SCULPTURES



NEXT STOP: KENDALL'S IN NORMAN OK
CHICKEN FRIED STEAK AND CINNAMON ROLLS



NEXT STOP: BRICKTOWN WATER TAXI

RELAXING & INFORMATIVE WATER CRUISE ALONG THE CANAL TO VIEW THE COMMEMORATIVE LAND RUN MONUMENT AND 45 OTHER FIGURES CREATED IN BRONZE BY ARTIST PAUL MOORE. SOME OF THE WORLD'S LARGEST BRONZE SCULPTURES



DESSERT AT VAST AT THE DEVON TOWER

INCREDIBLE VIEWS ACCOMPANY FINE DINING AT VAST, A TRULY DISTINCT RESTAURANT SITUATED AT THE TOP OF THE DEVON TOWER IN DOWNTOWN OKLAHOMA CITY. WE WILL ENJOY DESSERT AT 726 FEET ABOVE THE GROUND IN A MODERN YET LUXURIOUS ATMOSPHERE!



EARLY AFTERNOON ARRIVAL BACK IN ENID READY TO SHARE SOME "MONUMENTAL" EXPERIENCES WITH OUR FRIENDS.

Trip # 17-1026-2
PRICE--119.00 MEMBERS
129.00 NON-MEM

INCLUDES:
Transportation
The Crucible Foundry
Lunch
Bricktown Water Taxi
Dessert

Full payment due with reservations.

Reservations due September 6, 2017.

For reservations and/or information contact:

Lisa Bland-Selix
SLN Director
580-234-6060

Make checks payable to: Senior Life Network and submit to 4125 W Garritt Ste. A-1 Enid, OK 73703

Trip cancellation protection available for an additional amount of \$5.95 pp.

Senior Life Programs *Please call 234-6060 to RSVP

HEALTH SCREENINGS

BLOOD PRESSURE/SUGAR AUG. 8TH- 8:30 - 9:30am, FREE

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 INTEGRIS Home Care Enid.

*HEARING SCREENING/ HEARING AID CHECKS AUG. 17TH-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--AUG. 15TH-- 8:30AM --

Be social with us for coffee at FIVE80 COFFEE-HOUSE, 122 E. RANDOLPH
*HEALTHY HOMES--AUG. 15TH
1:30 PM LESA RAUH--3rd in our Healthy Home series from OSU Ext. In the U.S., most people spend over 90% of their time indoors. Be aware of health and safety of indoor environments. Learn resources to keep our homes safe.

*HEARING INFO W/DR. KIM TINIUS--AUG. 22ND-- 1:30 PM --

Do you wonder about your hearing? Hedges Audiologist, Dr. Kim Tinius provides info and answers your questions on hearing and hearing aids.

*CRAFTERNOON IN AUG.- --AUG. 23RD-3-5PM bring your favorite craft and work on it with us

*TECH TALK--AUG.29-2 PM- iPhone Basics and other tips

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. Yoga Sat & Wed. Instructor is Robin Parrish
TAI CHI CLASSES
Tues/Thurs 9:40 AM-10:30

NEW! WED. EVE.YOGA--5:45 PM

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

VOLUNTEER

NEWSLETTER ASSEMBLY

AUG.29TH, 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

*HEARING BETTER WITH DR. KIM TINIUS FROM HEDGES REGIONAL SPEECH & HEARING

Tues., August 22nd at 1:30PM

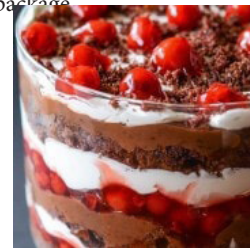
Do you have questions about your hearing?
Think you don't hear as well as you used to?
Do you have a hearing aid or been told you needed one but don't know who to call?
Let Dr. Kim Tinius from Hedges Regional Speech and Hearing Center answer your questions and provide info about the latest in hearing aids and screenings
Call 580-234-6060 to register

The secret of genius is to carry the spirit of the child into old age, which means never losing your enthusiasm.
--Aldous Huxley

Black Forest Trifle

INGREDIENTS:

1 box devil's food cake, prepared according to package
1 (5.9 oz) box of instant chocolate pudding, prepared according to package directions
3 cups whipped cream or 8 oz cool whip
1 (21 oz) can cherry filling



DIRECTIONS:

Crumble cake into small pieces.
Layer, cake, pudding, cherry filling and whipped cream.
Continue layering until all ingredients have been used.
Refrigerate for at least one hour to let the flavors meld and cake soak up the good stuff. Serve chilled!

Inter. Yoga
Saturdays 9:30am



AUGUST 2017



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>1 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</p> <p>DEEP-WK4-2-4PM Int.Yoga -5:45pm-</p>	<p>3 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>4 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>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>Bridge 1:00-4:00pm</p>	<p>8 Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30 HEALTH SCREEN- INGS-8:30AM FOSTER GRANDPAR- ENTS</p> <p>Canasta 1:00-4:00</p>	<p>9 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-WK5-2-4PM</p> <p>Int.Yoga -5:45pm-</p>	<p>10 Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30 RESOURCE ALLI- ANCE (COM. MTG) NOON</p> <p>Pitch 12:00-3:00 Bridge 1:00-4:00pm</p>	<p>11 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>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>Bridge 1:00-4:00pm</p>	<p>15 Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30 *COFFEE-FIVE80-8:30AM *HEALTHY HOME W/LESA RAUH--1:30PM</p> <p>Canasta 1:00-4:00</p>	<p>16 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 6-2-4PM</p> <p>Int.Yoga -5:45pm-</p>	<p>17 Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30 Hearing Screenings 10:AM-12 NOON</p> <p>Pitch 12:00-3:00 Bridge 1:00-4:00pm</p>	<p>18 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>Bench Step Aerobics 21 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>22 Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30 *HEARING BETTER W/ DR. KIM TINIUS--1:30PM</p> <p>Canasta 1:00-4:00</p>	<p>23 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 *Crafternoon--3-5PM</p> <p>Int.Yoga -5:45pm-</p>	<p>24 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>25 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>Bench Step Aerobics 28 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>29 Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30 VOLUNTEERS NEWSLETTER PREP--10:40AM *PHONE BASICS-1:30PM</p> <p>Canasta 1:00-4:00</p>	<p>30 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>31 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>	

*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(DIABETES ED) 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

*Do you need a speaker or a program
for your civic or church group?*

**Call Senior Life we would be happy to
discuss our programs with your group!**

Call 580-234-6060 for more info!

17 CLASSES PER WEEK

•Aerobics •Strength & Flexibility •Yoga •Tai Chi
3.00 per class* (with 10.00 lifetime Senior Life Membership)

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.

TRIP UPDATES

We are going to Branson Sept. 19, 20, 21, if you have not paid your money please call or come by. We can take credit cards through Kaleo Tours or checks. We ask that all payments be made by Aug. 10th. Thank you and we look forward to a great getaway!

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

Be happy, be social, be fit!