

MAKE YOUR OWN HAPPINESS!

BY LISA BLAND-SELIX, EDITOR



Wow, it is hard to believe it is December! They say time flies when you are having fun so we should be having a blast, right?

Are you ready for the holiday season? The retail stores barely get the Halloween merchandise put up before they roll out all of the Christmas décor, gifts and toys. Many retailers claim their holiday sales make or break their entire year.

How do the holidays impact you? "Happiness is not made, it comes from our actions," this quote from the Dalai Lama might be great holiday advice according to Dr. Roger Landry, the author of the 2014 book "Live Long, Die Short: A Guide to Authentic Health and Successful Aging."

All through our lives we experience changes and as we age there seem to be many from health and lifestyle challenges to changing jobs, homes etc. As Dr. Landry points out it is extremely important and beneficial to our health to be socially connected to others. "Studies have shown that being socially connected adds nine years to a person's life expectancy, improves cognitive function and supercharges our immune system," Dr. Landry adds. Here are some of Dr. Landry's best tips for being more socially connected through the holidays:

1) Get moving, outside if possible!—Go for a walk in your neighborhood or the local mall. The fresh air is good, and the physical activity is great, for reducing depression. Check out our schedule for some great exercise classes!

2) Check out local holiday events—Church bazaars or Christmas concerts, Christmas parties at senior centers. These are great opportunities to get out of the house and be with others

3) Volunteer—this is a great way to stay connected and meet with others who might have similar interests. Plus helping others shifts our focus on others which can help your overall perspective and increase feelings of gratitude.

4) Spend time with children or mentor children—look for opportunities to spend time with children possibly at churches, schools, day cares. Statistics show time

spent with children increases focus and cognitive function and helps burn calories.

5) Mindfulness Practice— Dr. Landry suggests, "Simply taking a few minutes to pause and focus on our breathing – noticing our inhalations and exhalations – can help us reduce stress, lower our blood pressure and begin to "check in" on our emotional state. If you prefer, listen to your favorite holiday music while breathing mindfully."

Happiness is our choice. Sometimes we will have to work a bit harder to find it but our health and well-being depend on it! We at Senior Life Network wish you and your family the best at this holiday season and we will see you in 2018!



*3RD ANNUAL HOLIDAY EXTRAVAGANZA!

**TUESDAY, DEC. 12TH, 11:30AM
MALL EVENT ROOM ACROSS FROM
CHEN GARDEN, OAKWOOD MALL**

JOIN US FOR FOOD, FUN & CHEER!

- COOKING DEMO WITH
LESA RAUH
- MUSIC WITH SANDY & MELODY GALS

Senior Life Programs *Please call 234-6060 to RSVP

HEALTH SCREENINGS

BLOOD PRESSURE/SUGAR DEC. 5th- 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 OUR MAIN ENTRANCE (South side of the mall)** This service provided by INTEGRIS HOME HEALTH ENID

***HEARING SCREENING/ HEARING AID CHECKS**
WE WILL NOT HAVE ANY HEARING SCREENINGS IN DEC.

EDUCATION & FUN

COFFEETIME W/SLN AT FIVE80--WED.DEC. 6TH--8:30AM

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

***3rd HOLIDAY EXTRAV-AGANZA--DEC.12TH AT 11:30AM** Come enjoy lunch and snacks and a little holiday cheer with us. Cooking Demo with Lesa Rauh, Music w/Sandy the Piano Lady and Melody Gals

***CRAFTERNOON DEC. 13TH-3-5PM** bring your favorite craft and work on it with us

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
SAT.AM.YOGA W/ROBIN--:30AM

MALL WALKING

Monday - Friday
2 laps around the mall--1.3 miles! Three laps -1.95 miles! Members may Hang up your coat and safely store your keys or purse at Senior Life while you walk in Oakwood Mall (during SLN hours)

VOLUNTEER

NEWSLETTER ASSEMBLY

DEC. 19TH, 10:40am Volunteers will be folding, and taping newsletters to prepare them for mailing. Light lunch provided.

INTEGRIS

Community Wellness



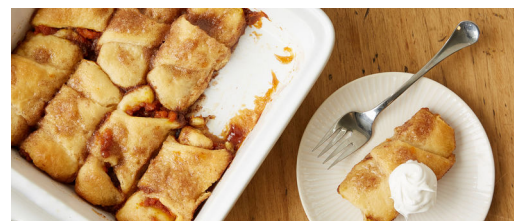
Presents
FIT CLUB

Free group exercise classes!!
Looking to improve your health in 2018? Join us Tuesdays and Thursdays at 5:45pm for 45 minutes of free group exercise. The whole family is invited to participate and all fitness levels are welcome! This is FREE and no registration is required!

Starts January 9, 2018

Tues. & Thurs.
5:45-6:30 pm
Champion Park Gymnasium
700 N. 10th Street
Enid, OK

Pumpkin-Cream Cheese Dumplings



Ingredients:

1/4 cup packed brown sugar; 1/4 cup granulated sugar
1 teaspoon pumpkin pie spice; 1/3 cup butter; 1 can (8 oz) Pillsbury™ refrigerated crescent dinner rolls; 1/2 cup canned pumpkin (not pumpkin pie mix); 2 oz cream cheese, cut into 8 pieces ; 3 Tablespoons apple juice

Steps:

1. Heat oven to 350°F. Spray 8-inch square (2-quart) glass baking dish with cooking spray.
2. In small bowl, mix brown sugar, granulated sugar and pumpkin pie spice. Cut in butter, using pastry blender or fork, until mixture is crumbly. Set aside.
3. Separate crescent dough into 8 triangles. Spread 1 tablespoon pumpkin on widest side of triangle. Sprinkle with 1 tablespoon sugar mixture. Place cream cheese piece on wide side, and roll to opposite point, tucking in ends. Place in baking dish. Repeat 7 times. Sprinkle remaining sugar mixture over crescents. Pour apple juice over crescents.
4. Bake 20-30 minutes until golden brown. Let stand 10 minutes

Inter. Yoga
Saturdays 9:30am
w/Robin



DECEMBER 2017



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>REMINDER ABOUT BAD WEATHER-- IF Enid Public Schools close DUE TO WEATHER, Senior Life will close. We are here on other days where school might be out unless it is a major holiday!</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>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 style="text-align: right;">1</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 style="text-align: right;">4</p>	<p>Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30 Health Screenings-8:30-9:30am</p> <p>FOSTER GRANDPARENTS Meets HERE</p> <p style="text-align: right;">5</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>Beg.Yoga -5:45pm-</p> <p style="text-align: right;">6</p>	<p>Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30</p> <p style="text-align: right;">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 style="text-align: right;">8</p>
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<p>MERRY CHRISTMAS!!!</p> <p style="text-align: right;">25</p>	26	27	28	29
<div style="border: 1px solid black; padding: 10px;"> <p>Senior Life Network will be closed from Monday, Dec. 25th through Monday, January 1st! We wish you and yours a very Merry Christmas and a Happy New Year! We will re-open Tuesday, Jan.2nd</p> </div>				



*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

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

Suggestions for Senior Gifts -- Compiled by Bobbi Donaldson

- Card & letter writing box
- Stuffed bears made from memory fabrics
- Pictures: on magnets, wall hangings, photo frame, pillow tops, etc.
 - Theatre tickets (Movie & live theatre)
 - Newspaper subscription (local & home town)
- You Record it Book family can read story into recorder & person can listen to it)
 - Large number phone
 - TV head phones
- MP3/I pod Music player with headphones
- Computer notebook with apps for their interest
 - Family calendar / addresses
 - Digital photo display frame of family pics
 - Puzzle Books (sudoku,word game,ect)
- Health jewelry --also jewelry from memory items
 - Gift cards for hair care
 - Senior life membership
 - Bus trips certificates (if appropriate)

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!**

www.seniorlifeok.org

Be happy, be social, be fit!