

EXERCISE IS THE BEST MEDICINE!

BY LISA BLAND-SELIX, EDITOR



Happy New Year, 2018!

The New Year always brings thoughts of new beginnings and resolutions! At Senior Life Network we want you to Be Happy, Be Social, Be Fit! This seems like a perfect opportunity to offer some information about one of the biggest successes in our 30 year history, our exercise program! Deb Sexton has been here over 20 years as our instructor and brings to the table years of experience and training. Here are a few helpful tips if you are thinking of beginning an exercise program!

Just a few things to remember –To join Senior Life Network, it is 5.00 per person or two can join for 10.00. Our exercise classes are 3.00 per class and are held in our community room at Senior Life. Many people like this pay as you go feature so that if they are out of town or ill they are not paying for classes they cannot attend. Now a brief question and answer session with Deb!

SLN—How important is exercise as we age?

DEB--Exercise is vitally important as we age for strength, endurance, balance, coordination and to have a more comfortable body, as well as a sharp, clear mind! Our bodies were meant to move and our classes are designed to work all areas, including the upper body, lower body and abdominals/core strengthening, back and spine, hips, knees and shoulders, in a safe manner. Exercise is truly what keeps a person healthy, vibrant and youthful! And the social interaction is fun, as well as extremely beneficial!

SLN—What do I need to wear to class?

DEB--You can wear whatever you feel comfortable in to class, but something stretchy and soft makes it easier to exercise in! Exercise clothes, t-shirts, sweatshirts and sweatpants, or whatever you want is suitable. It is highly recommended to wear good, sturdy tennis shoes for the Bench Step or Low-Impact Aerobic classes!

SLN—How do I know what class is best for me?

DEB--It is always a great idea to start in the "Strength & Flexibility" class from 10:35-11:30. This class works arms, legs and abdominals, but we sit in a chair or stand-no getting up and down off the floor! That is a

good benchmark class to start with and you are always welcome to try any of the other classes to see what fits your schedule and what is appropriate and feels good to your body!

DEB--If you are already active in other types of exercise, we have 16 classes (Plus two yoga classes taught by Robin Parrish)to choose from every week! On Monday, Wednesday and Friday, we offer Bench Step at 8:30, Low-Impact Aerobics at 9:35, Strength & Flexibility at 10:35 and Yoga Level 1 at 11:35. Tuesday and Thursday we offer Yoga Level 2 at 8:30 and Tai Chi at 9:35. See what works for you! We have fun, friendly people in our classes and always welcome newcomers!

SLN—What types of benefits will I see when I exercise regularly?

DEB--When you exercise regularly, you will notice your body becoming stronger and more comfortable, little aches and pains will disappear. You will notice you have better balance and coordination, sleep improves and you have more clarity and peace of mind. Little things that took a lot of effort become easier to do, relationships improve and you start enjoying life more! Exercise tones and conditions the internal organs so that they function better, and your metabolism improves as well!

We hope that you will consider joining us for an exercise class in the future! In the two and half years that I have been the director at Senior Life Network, I have noticed that if there was one thing to do as you age it is exercise! It's the closest thing we have to the fountain of youth. So Be Happy, Be Social & Be Fit with us at Senior Life Network!

Senior Life Programs *Please call 234-6060 to RSVP

HEALTH SCREENINGS

BLOOD PRESSURE/SUGAR JAN.9th- 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-- JAN.18TH-10AM-NOON** BY APPT ONLY. PLEASE CALL TO SCHEDULE

A JOURNEY TO LIVING WELL

Six Week Workshops beg. Jan.6th
Call 580-213-3180 for Info
offered by Tri-CHIO
and Rural Health Projects, Inc.

EDUCATION & FUN

COFFEETIME W/SLN AT FIVE80--WED.JAN.

10TH--8:30AM --Be social with us for coffee at FIVE80 COFFEEHOUSE, 122 E. RAN-DOLPH

***HEALTHY HOME SERIES W/LESA RAUH--JAN. 16TH-1:30PM** Water safety & testing if you have wells or septic system, plus discussion of water supply etc & things to watch for on water quality

***CRAFTERNOON JAN. 17TH-3-5PM** bring your favorite craft and work on it with us

***PLAN FOR THE FUTURE--WED.JAN. 24-2PM-- SEE BELOW**

***AARP Safe Driving--Tues.JAN. 30-9am-3pm- see back page**

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.YOGA W/ROBIN-9:30AM

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

JAN.23RD, 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

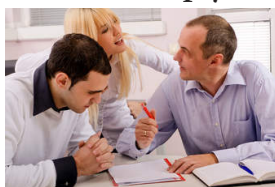
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*PLAN FOR THE FUTURE WED., JANUARY 24TH, 2PM

Do you have a plan for the future? Now is the time to make up an Advance Directive, DNR and Power of Attorney for Health Care. It's also a great time to begin writing down some of your wishes for funeral planning etc.

Come and visit with professionals to help make some of these decisions easier for you and your family.

Chaplain Perry Walker from Integris Bass Baptist Health Center, Keri Haines, from Henniger-Hinson Funeral Home and Suzanne Gray with Anderson Burriss will be here to answer questions and help you figure out a plan.



Inter. Yoga
Saturdays 9:30am
w/Robin



JANUARY 2018



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>HAPPY NEW YEAR'S DAY!!! SENIOR LIFE CLOSED!</u></p>	<p>1 Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30</p>	<p>2 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>3 Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30</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>8 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>9 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>10 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 Five80-8:30am</p> <p>Beg.Yoga -5:45pm-</p>	<p>11 NO CLASSES DEB OUT</p> <p>RESOURCE ALLIANCE (COM. MTG) NOON</p>	<p>12 DVD'S FOR CLASS DEB OUT</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>15 DVD'S FOR CLASS DEB OUT Bench Step Aerobics 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength & Flexibility 10:40 - 11:30</p>	<p>16 Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30 *HEALTHY HOMES--LESA RAUH--1:30PM</p>	<p>17 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-3-5</p> <p>Beg.Yoga -5:45pm-</p>	<p>18 Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30</p>	<p>19 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>22 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>23 Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30 VOLUNTEERS NEWSLETTER PREP--10:40AM</p>	<p>24 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 *Make a Plan--2PM</p> <p>Beg. Yoga -5:45pm-</p>	<p>25 Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30</p>	<p>26 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>29 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>30 Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30 *AARP SAFE DRIVING--9AM-3PM</p>	<p>31 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>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>

*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

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Return Service Requested

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



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SeniorLifeNetwork



***AARP SAFE DRIVING COURSE**

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

Tuesday, Jan. 30th -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 and AARP card with you.

Call 580-234-6060 to register

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 seniorlife.enidok@gmail.com

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

www.seniorlifeok.org

Be happy, be social, be fit!