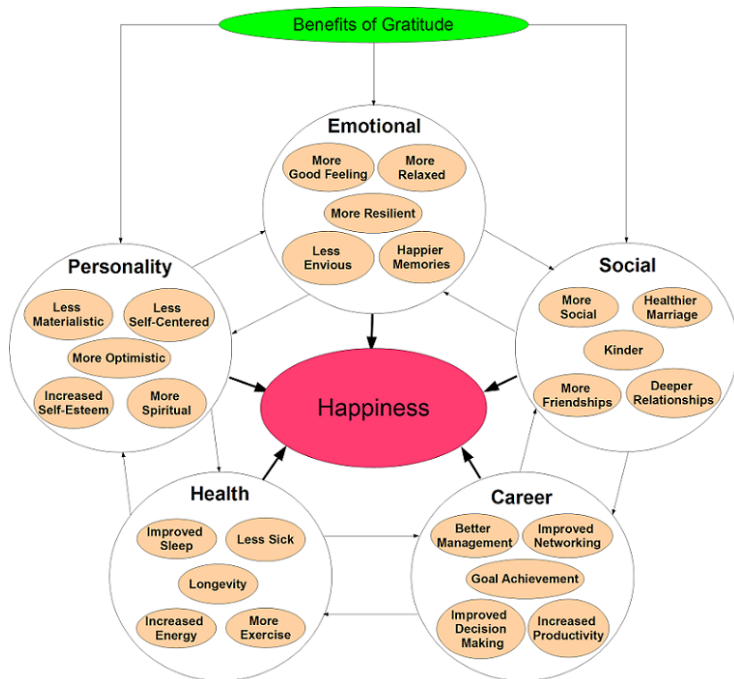


## GRATITUDE IS AN ATTITUDE!

BY LISA BLAND-SELIX, EDITOR



It is November and many of us still celebrate Thanksgiving! A time we give thanks for the bounty we have in our lives. The original celebration was definitely a nod of thanks for the food that was scarce in that day but so needed to preserve and continue life into the future. For most of us food is plentiful and we celebrate with gatherings of family and friends giving thanks for the blessings in our lives. Did you know that research shows that gratitude is great for your health as well as happiness? We all want to be happier, healthier and more productive! Gratitude can change your life according to author Amit Amin states in his article titled, "The 31 ways gratitude can change your life." On the website, Happier Humans.com. The graphic below shows just how gratitude can impact all areas of your life.



We want you to know how much we thank you for supporting Senior Life and for being a member! Come and join us on Tuesday, Nov. 14th for a come and go thank you event from 2-4 PM! We will have food, fun and fellowship and celebrate our 30th Year of Senior Life Network!!!

## Thank you EVENT! We love our members!

*Join us for food, fun and fellowship!*  
Tuesday, Nov. 14th, 2-4PM Come & Go

## On the Road Again... Our Senior Life trip to Branson!



We had a fabulous time and a great group! Amazing food, 4 terrific shows and the sights and sounds of Branson! We are planning some great get-aways for 2018!

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

### HEALTH SCREENINGS

#### BLOOD PRESSURE/SUGAR NOV. 7th- 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

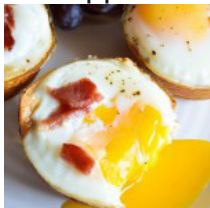
#### \*HEARING SCREENING/ HEARING AID CHECKS NOV.16th-10AM-NOON

Please call to make an appointment to get your hearing checked by Hedges audiologist Dr. Kim Tinius

### Bacon and Egg Breakfast Cups

#### Ingredients:

King's Hawaiian Rolls, Eggs,  
Cooked Thick Cut Bacon, Salt &  
Pepper



### EDUCATION & FUN

#### COFFEETIME W/SLN AT FIVE80--WED. NOV. 8TH- -8:30AM --Be social with us

for coffee at FIVE80 COFFEE-HOUSE, 122 E. RANDOLPH

#### \*THANK YOU EVENT--NOV. 14TH-Come and Go -2-4PM W/LESA RAUH--Come & go

event from 2-4PM to thank you our members for your support. Enjoy snacks and fellowship with other members!

#### \*CRAFTERNOON NOV. 15TH-3-5PM bring your favorite craft and work on it with us

\*AARP SAFE DRIVING-NOV.  
16TH 9AM-3PM--See BELOW  
for more details--KEVIN HACKETT  
teaches AARP safe driving course

### 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

NOV. 21ST, 10:40am Volunteers will be folding, and taping newsletters to prepare them for mailing. Light lunch provided.

Preheat oven to 350°F. Flatten rolls with a rolling pin as flat as possible without breaking them. Form flattened rolls into muffin tin that has been sprayed with non-stick spray. Fill each muffin tin with a few pieces of chopped bacon. Crack an egg right over the top. Bake for 15-17 minutes or until egg whites are fully cooked. Add a few more pieces of bacon on top during the last 5 minutes of baking



## \*AARP SAFE DRIVING COURSE

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

THURS., Nov. 16th -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



### DIABETES AWARENESS & PREVENTION

TUESDAY, NOV. 21ST  
AT 2PM at the BASS  
PAVILLION CONF. ROOM  
401 S. 3RD

Come hear Jerry Stevenson Jr. share his personal journey with diabetes and how he learned a life of wellness. Linda Yauk, RD will be available for questions and taking registration for the Diabetes Prevention Program. This is a free event, healthy snacks provided. Call Teresa at 580-548-1110 for more info.


Inter. Yoga  
Saturdays 9:30am  
w/Robin



# NOVEMBER 2017



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>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!</b></p>		<p>Bench Step Aerobics 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>Beg. Yoga -5:45pm-</p>	<p>Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30</p>	<p>Bench Step Aerobics 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>Bench Step Aerobics 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>6</b></p>	<p>Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30 <b>Health Screenings-8:30-9:30am Cholesterol this mth.</b> <b>FOSTER GRANDPARENTS Meets HERE</b></p> <p><b>7</b></p>	<p>Bench Step Aerobics 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength &amp; Flexibility 10:40 - 11:30 Yoga 11:35 - 12:30 <b>*COFFEE-FIVE80-8:30AM</b></p> <p>Beg. Yoga -5:45pm-</p> <p><b>8</b></p>	<p>Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30 <b>RESOURCE ALLIANCE (COM. MTG) NOON</b></p> <p><b>9</b></p>	<p>Bench Step Aerobics 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>10</b></p>
<p>Bench Step Aerobics 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength &amp; Flexibility 10:40 - 11:30 Yoga 11:35-12:30 <b>DEEP WK.1-10am</b></p> <p><b>13</b></p>	<p>Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30 <b>*Thank you event-2-4 pm</b></p> <p><b>14</b></p>	<p>Bench Step Aerobics 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength &amp; Flexibility 10:40 - 11:30 Yoga 11:35 - 12:30 <b>CRAFTERNOON--3-5PM</b></p> <p>Beg. Yoga -5:45pm-</p> <p><b>15</b></p>	<p>Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30 <b>Hearing Screenings 10:AM-12 NOON</b> <b>*AARP DRIV.9-3</b></p> <p><b>16</b></p>	<p>Bench Step Aerobics 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>17</b></p>
<p>Bench Step Aerobics 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength &amp; Flexibility 10:40 - 11:30 Yoga 11:35-12:30 <b>DEEP WK.2-10am</b></p> <p><b>20</b></p>	<p>Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30 <b>VOLUNTEERS NEWSLETTER PREP--10:40AM</b></p> <p><b>21</b></p>	<p>Bench Step Aerobics 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>Beg. Yoga -5:45pm-</p> <p><b>22</b></p>	<p>Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30 <i>Happy Thanksgiving!!! Senior Life is Closed, Thurs. &amp; Friday.</i></p> <p><b>23</b></p>	<p></p> <p><b>24</b></p>
<p>Bench Step Aerobics 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength &amp; Flexibility 10:40 - 11:30 Yoga 11:35-12:30 <b>DEEP WK.3-10am</b></p> <p><b>27</b></p>	<p>Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30</p> <p><b>28</b></p>	<p>Bench Step Aerobics 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>29</b></p>	<p>Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30</p> <p><b>30</b></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.



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SeniorLifeNetwork

**INTEGRIS**

**TEES & TESTOSTERONE FREE MEN'S HEALTH  
EVENT--FRIDAY, NOVEMBER 3RD AT 1PM  
PHEASANT RUN GOLF COURSE--**

Tee off at 1 PM and enjoy 9 holes of golf followed by fish tacos  
and a men's health presentation by Dr. Jon Mills

**Registration is limited, call Teresa at 580-548-1110**

•free screenings for glucose, cholesterol & blood pressure

**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:**

- how diabetes affects your body
- Make sense of your blood sugar numbers
- Meet others who have diabetes
- Have fun learning through games, activities and conversations
- taught by Intesris RN

**Senior Life Network, Oakwood Mall, Enid  
10am-12noon., Mondays, Nov.13 - Dec. 18th**

**Call 1-888-951-2277 to register.**

**(\*DEEP on SLN calendar beg. Nov. 13th)**

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  
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*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!*