

BE A BETTER YOU!



BY LISA BLAND-SELIX, EDITOR

September is the month when it's still summer but fall is inching closer! It's also Self-Improvement month. Unless you are perfect this is something we should all embrace with open arms. In what ways can you be a better you? I know some of you are "darned near perfect" so it might be a stretch for you but here are a few suggestions for your body, mind, and spirit:

- **Body**—What changes can you make to improve your health and wellness? Do you get plenty of water to stay hydrated? Do you eat fruits & vegetables? Do you make exercise or movement a priority? All of these additions to our daily routine can make a difference. Fill a gallon water jug and try to drink it through your day. Pick up a fruit or vegetable that is new or you haven't tried in a while and try a new recipe or eating a different way. Plain old vegetables are amazing drizzled with a little olive and a few spices roasted on a cookie sheet in the oven! Park a little further from the door at the grocery or department store. Practice getting up and down from a seated position 25-30 times without assistance (unless you need it for stabilization). All of these are great little steps to a healthier you!

- **Mind**—There are several ways we can exercise our minds. Read more books. Do word puzzles or learn a new language or skill. Brain health is defined as the ability to remember, learn, plan, concentrate and maintain a clear, active mind according to brainhealth.acl.gov/. Carl Sagan says, "The brain is like a muscle. When it's in use, we feel very good." Diet is a factor too. A heart healthy diet is beneficial for your brain. Depression is not a part of aging, in fact the prevalence of mental disorders among older adults is lower than all other age groups according to this site. Stay involved with social activities as you age, this helps relieve loneliness and gives your brain a workout.

- **Spirit**—Just as important as our body and mind is our attitude, our outlook on life and the world around us. According to the website, Mindbodygreen.com there are many things you can do to improve your well-being. Meditation is a simple technique to help calm your mind and decrease anxiety. Smile more. Live your passion and do what you love to do. Be grateful for all of the things you have going for you and appreciate them.

Remember keeping body, mind and spirit in the best health possible is the best way to improve yourself and your quality of life.

**"The natural healing force in each one of us is the greatest force in getting well."
 ~Hippocrates**

Trip Updates--
Our Monumental Trip to Norman/OKC is a Go!
 We still have room for a few more!
 If you have not paid or need to pay please call or run by the office. Kaleo Tours does take credit card payments. If you want to pay via phone call Senior Life and we can take your credit card info over the phone.
 Call 580-234-6060 for more info.

Senior Life Fun Times, Trips & Programs



Senior Life Programs *Please call 234-6060 to RSVP

HEALTH SCREENINGS

BLOOD PRESSURE/SUGAR SEPT. 12TH- 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

*HEARING SCREENING/ HEARING AID CHECKS SEPT. 28TH-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--TUES. SEPT. 13TH--8:30AM --Be social

with us for coffee at FIVE80 COFFEEHOUSE, 122 E. RANDOLPH

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

***HEALTHY HOMES--SEPT.** **19TH-1:30 PM LESA RAUH--**

4th in our Healthy Home series from OSU Ext. This covers the basics of radon & how to keep your home safe from radon gases. Common sources and entry areas for radon in your home mitigation. Additional helpful resources will be given.

***TECH TALK- 2-SEPT. 26--** **1:30PM-**

MORE 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
SAT. MORN. YOGA W/ROBIN-
-9:30AM

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 while you walk

VOLUNTEER

NEWSLETTER ASSEMBLY

SEPT. 26TH, 10:40am Volunteers will be folding, and taping newsletters to prepare them for mailing. Light lunch provided.

"Wellness encompasses a healthy body, a sound mind, and a tranquil spirit. Enjoy the journey as you strive for wellness."
~Laurette Gagnon Beaulieu



LIKE US ON FACEBOOK FOR THE LATEST UPDATES

WONDER WHICH EXERCISE CLASS MIGHT BE FOR YOU?

Senior Life offers 8 different types of classes per week. Our sit/stand strength and flexibility class (great for those who walk but want to build strength and flexibility) is Deb's recommendation for new people especially those who are new to exercise. We offer low impact and bench aerobics plus Yoga classes at different levels/styles and also Tai Chi. 3.00 per class based on being a Senior Life Member (10.00 per lifetime membership) All classes are ongoing! We invite you to join us! If you have questions about which class is for you—feel free to call 580-234-6060 or come do a class and see. We always give you a coupon for a free class when you join so you can see what you think! We are on Enid.tv.org so you can view those if you are interested!

Slow Cooker Taco Chicken

INGREDIENTS:

1 (16 oz.) jar Salsa
1-2 tbsps. of Taco Seasoning
3-4 Chicken breasts



DIRECTIONS:

Mix together jar of salsa and taco seasoning until well blended. Next place chicken in crock pot with salsa mixture; trim any excess fat from chicken. Cover and cook on high for 4 hours or low for 6-8 hours. Shred chicken with a fork and serve in burritos, on a salad, make tacos or on a baked potato. Leftovers are good for 4 days and also freezes well.
Recipe courtesy of listolic.com

Inter. Yoga
Saturdays 9:30am
w/Robin

SEPTEMBER 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>Please note the different dates for our monthly screenings due to the holiday and scheduling conflicts!</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>Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30</p> <p>FOSTER GRANDPARENTS Meets HERE</p> <p>Canasta 1:00-4:00</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>Pitch 12:00-3:00 Bridge 1:00-4:00pm</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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*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

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GET YOUR NEWSLETTER?

Are you a Senior Life member or know a loved one who is but they are not receiving a newsletter via mail or email? Please let us know! Occasionally someone will get dropped from our database and we don't want to lose you! If you are a mail recipient, we are happy to email you a copy too! Also, please be sure to let us know any address/email changes so that we can keep you informed on the latest at Senior Life Network!!!

The **National Lifestyle Program for Diabetes Prevention** supported by the CDC is being offered here in Enid, OK. If you have prediabetes or are at risk of Type 2 diabetes, you can take charge of your health! Please come to one of our information meetings to learn more about this yearlong program!



Where: INTEGRIS Heart and Vascular Institute- 707 S. Monroe

When: Tues., Sept. 12 at 6pm & Thurs., Sept. 14 at 6pm

Classes will begin Tuesday, September 19 at 6pm. **For additional information or questions call, Linda Yauk at 580-249-4104**

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

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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!