

**AND THE GREATEST
OF THESE IS
LOVE...**

BY LISA BLAND-SELIX, EDITOR



Love it or Leave it? Love always wins! Love Triumphs!
Love hurts! And the greatest of these is love...

These are all sayings about love. After all it is February,
the month for Valentine's Day, hearts, roses and choco-
late! But what does love look like?

Over the course of our lives most of us have experienced
a variety of different types of love. When we are young;
we love our parents and our grandparents and other
relatives. We may have a crush on a classmate and this
is often called puppy love. As we get a little older and
become teenagers we may fall into a deeper love with
someone and possibly get our hearts broken if that per-
son doesn't love us back. Then we learn the heartache of
love.

Usually in our twenties, many of us meet and fall in love
with the person who we will spend the rest of our lives
with or so we think. For some this is true, for others they
are still on the quest to find "the one." Unfortunately,
many of our loves, family relatives and/or spouses pass
away before us. Losing that loved one is a hurt so strong
we think we cannot live on, but most make it through
and continue to love again. Loving someone is a gamble
that we must take!

Many of us have children and experience yet another
type of love for our offspring; a love so deep we might
sacrifice all just to keep them safe.

Here's the point of this discussion. There are many dif-
ferent types of love in our lives. We may love our cars or
our pets, a great cup of coffee or our crazy Uncle Danny.
We may love to shop, run, do yoga or eat, all types of
love bring joy and joy brings purpose! Have you ever
known someone who didn't love? Or was so negative
that it seems all of their joy had been robbed? We don't
want to become that person!

Love and life are both messy. They hurt and they sting
but they make life worth living!

As Maya Angelou said, "My mission in life is not merely
to survive, but to thrive; and to do so with some passion,
some compassion, some humor, and some style."

Celebrate the loves in your life and Happy February!

Valentine Party**Tues., Feb. 13th****11:30 AM, RACG****• Food • Fun****• Music by Sandy & the****Melody Gals****Call 580-234-6060 to Rsvp****First trip for 2018!****All Things****Tulips--#18-0414**

\$125.00 PP, Saturday, April 14th, 2018
Tour Includes Trans., Botanica, Bartlett
Arboretum & Lunch
Call to Reserve and Pay by
March 9, 2018

We head to Wichita, KS to Botanica, the Wichita
Gardens, ten acres of theme gardens where we
will tour the gardens and then have lunch. Next
stop will be the Bartlett Arboretum, Belle Plains,
KS for Tulip Time, showcasing 30,000 Tulips and
other plants and flowers. Music and craft and
artisan booths through the tulips! Afternoon tasty
treat before departing back to Enid for an early
evening arrival. More details at the office

Senior Life Programs *Please call 234-6060 to RSVP

HEALTH SCREENINGS

BLOOD PRESSURE/SUGAR FEB. 6th- 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--
FEB. 15TH-10AM-NOON**
BY APPT ONLY. PLEASE CALL
TO SCHEDULE

EDUCATION & FUN

***LUNCH AND LEARN
W/ PA MATT THOMS--
FEB. 6TH- NOON
SEE BELOW**

**COFFEETIME W/SLN AT
FIVE80--WED.FEB. 7TH-
-8:30AM --Be social with us
for coffee at FIVE80 COFFEE-
HOUSE, 122 E. RANDOLPH**

***VALENTINE'S DAY PARTY-
-FEB. 13TH-11:30--RACG**
JOIN US FOR SOME FOOD & FUN
FOR VALENTINE'S DAY!!!

***CRAFTERNOON FEB.
21st-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.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

FEB. 20TH, 10:40am Volunteers
will be folding, and taping newslet-
ters to prepare them for mailing.
Light lunch provided.

Senior Life Coffee Club

Join us for coffee & conversation at 580 Coffee House,
122 E. Randolph, Enid, Ok
Wednesday, February 7th at 8:30AM

INTEGRIS

Community Wellness



Presents
FIT CLUB

Free group exercise classes!!
Looking to improve your health in
2018? Join us Tuesdays and Thurs-
days 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!
Tues. & Thurs.
5:45-6:30 pm
Champion Park Gymnasium
700 N. 10th Street
Enid, OK



*Live a
Life
That
Makes
You
Happy.*

INTEGRIS

Lunch and Learn

with Matt Thoms, PA
Tuesday, Feb. 6th at Noon
Mall Event Room, across from
Chen Garden, Center Court
Oakwood Mall

Thoms will cover "When to
worry; symptoms of cardio-
vascular disease that need
attention"

Light lunch provided,
please Call 580-234-6060
to reserve your spot!

Inter. Yoga
Saturdays 9:30am
w/Robin

FEBRUARY 2018

*Please call Senior-Life at 234-6060 to register

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30	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
Bench Step Aerobics 5 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength & Flexibility 10:40 - 11:30 Yoga 11:35-12:30	Yoga Level 2 6 8:30-9:30 Tai Chi 9:40-10:30 Health Screen- ings-8:30-9:30am * Lunch & Learn-12 NOON FOSTER GRANDPAR- ENTS Meets HERE	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 Coffee at 580- 8:30am DEEP-wk1 Beg.Yoga -5:45pm-	Yoga Level 2 8 8:30-9:30 Tai Chi 9:40-10:30 RESOURCE ALLI- ANCE (COM. MTG) NOON	Bench Step Aerobics 9 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength & Flexibility 10:40 - 11:30 Yoga 11:35-12:30
Bench Step Aerobics 12 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength & Flexibility 10:40 - 11:30	Yoga Level 2 13 8:30-9:30 Tai Chi 9:40-10:30 * VALENTINE'S Party--11:30- RACG	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 DEEP-wk2 * Crafternoon-3-5 Beg.Yoga -5:45pm-	Yoga Level 2 15 8:30-9:30 Tai Chi 9:40-10:30	DVD'S FOR CLASS 16 DEB OUT 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
DVD'S FOR CLASS 19 DEB OUT 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	Yoga Level 2 20 8:30-9:30 Tai Chi 9:40-10:30 VOLUNTEERS NEWSLETTER PREP--10:40AM	Bench Step Aerobics 21 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 Beg. Yoga -5:45pm-	Yoga Level 2 22 8:30-9:30 Tai Chi 9:40-10:30	Bench Step Aerobics 23 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength & Flexibility 10:40 - 11:30 Yoga 11:35-12:30
Bench Step Aerobics 26 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength & Flexibility 10:40 - 11:30 Yoga 11:35-12:30	Yoga Level 2 27 8:30-9:30 Tai Chi 9:40-10:30	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 DEEP-wk 4	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!	M-Th 8:00-5:00pm F 8:00-4:00pm Phone: (580) 234-6060 Oakwood Mall (NEXT TO DILLARDS)

*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.



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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 your diabetes.

INTEGRIS Bass Baptist Health Center & Senior Life Network

Sign up for a Diabetes Self-Management Education class and learn how to take charge of your health.

In these classes you will learn how to live a healthier life with diabetes:

- Find out how diabetes affects your body
- Make sense of your blood sugar numbers
- Meet others who have diabetes
- Have fun learning in a small group through games, activities and support conversations
- Learn about diabetes through classes located in the community near your neighborhood

What to expect:

A trained instructor leads the class, which meets several times. Your class will be small – probably no more than 20 people. You will have plenty of time to ask questions and learn more from others in your class.

To sign up, call the number listed below. Hurry because seats are limited.

Senior Life Network 4125 W. Garriott, Enid

10 a.m. to 12 p.m., Wednesdays, February 7 - March 14

Register by calling 548-1110 or 234-6060



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INTEGRIS Bass Baptist Health Center and the NORTHWEST OKLAHOMA OSTEOPATHIC FOUNDATION
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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!