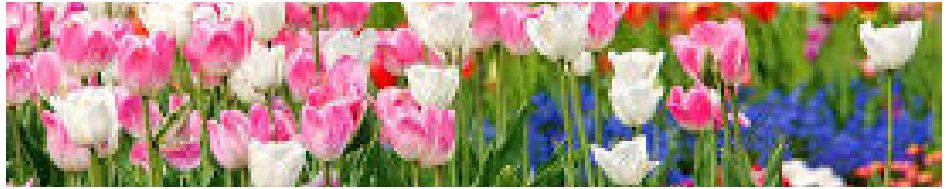


**IT'S JUST A  
 NUMBER...**



BY LISA BLAND-SELIX, EDITOR

It's just a number, right?

We hear this often. Numbers can mean a lot in our lives. From IQ's to our weight to our age. Numbers do have meaning. A number can mean you are in or you are out. Sick or not well at all.

Different numbers seem to denote different milestones. Babies and new marriages all mark one year as an important event. Babies play in cakes and newlyweds celebrate making it to that first anniversary.

As we get older, some years seem more significant than others. Sweet 16 is a big one and for many that is when we received our first license to drive; provided we scored a high enough number on our driving test. There we go, numbers are important again.

18 is a big one. We can vote or go to war if applicable. 21 is another biggie. We are old enough to drink, buy alcohol and are officially an adult, at least numerically speaking.

Then gradually we begin to hit all of the big even numbers. At 30, I remember having a cake with a rope trying to drag the 29 backwards. 40, 50 and now this year for me, 60. Sixty years old. Most of us really never gave a thought to turning 60 as we were younger. In 1967, The Beatles penned the song, "When I'm Sixty-Four." Being 64 seemed like a million years away, since I was only 9 when it came out. Flash forward to 2018 and that time has flown by like those calendars we only see in movies whisking the years away. Now, in a few weeks I will be 60. I have been watching as my high school classmates have all been celebrating their birthdays in a variety of ways; taking trips, having parties, family celebrations and bucket list check offs.

Michael F. Kay, a CPA and financial planner and contributor on the Psychology Today website gave his perspective in an article titled, "Turning 60." "I think life is kind of like a balance sheet—if your assets exceed your liabilities, you have a positive net worth. If your positives exceed your negatives, you've got a whole lot to feel good about."

It is just a number. However, it represents that you have gained a certain amount of wisdom; you have been around the block so to speak. Take inventory of the ways you have been blessed and cheers to still being upright!

Are you facing a scary number, a birthday, a test score or another digit of doom? Remember it's only a number –don't let it define you!

*Volunteer Quest and  
 Celebrate Seniors Spring Fling*

WE ARE SEEKING  
 ENID'S BEST VOLUNTEERS!  
 1 HOUR A WEEK  
 CAN CHANGE YOUR LIFE  
 AND BE LIFE CHANGING...

VISIT WITH MANY  
 DIFFERENT ORGANIZATIONS  
 WHO COULD USE  
 YOUR TIME & TALENTS

Thursday, April 5th--10am-2pm

Dillard's Court, Oakwood Mall

Style Show at 1:30PM

•Door Prizes •Information•Fun

Call Lisa at 580-234-6060 for more info or email--seniorlife.enidok@gmail.com



DILLARD'S  
 JANET CORDELL  
 BOBBI DONALDSON  
 KAREN STAPLES

Senior Life Network



Oklahoma Treasures

May 17, 2018

We will be touring some true Oklahoma Treasures with our first stop at Woolaroc Museum in Bartlesville, with lunch on our own. Next we will tour the Pioneer Woman Museum and Pioneer Woman Monument in Ponca City. Our final stop before heading back to Enid will be at the palatial Marland Mansion and Estate. Following the tour, enjoy a catered dinner on the mansion grounds. Early evening return to Enid. \*Must have a minimum of 30

**Tour 18-0517\***  
 with Kaleo Tours  
**Price: \$129.00pp**  
**Includes:** Transportation, all entrance fees, dinner at the mansion.  
**Reservations/pmt due** –April 10  
**Checks, Credit cards or Cash**  
 payable to Senior Life Network  
 Cancellation insurance available for \$6.45 pp

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

### HEALTH SCREENINGS

**BLOOD PRESSURE/SUGAR/  
APRIL 3RD- 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--  
APR. 26TH-10AM-NOON**  
BY APPT ONLY. PLEASE CALL  
TO SCHEDULE

### EDUCATION & FUN

**VOLUNTEER QUEST--  
APR. 5TH--10AM-2PM**

Would you like to volunteer but not sure where? **SEE FRONT**

\***HEDGES LISTEN N' LEARN--APRIL 10TH--  
NOON**-Join Hedges Regional Speech & Hearing Center in a lunch discussion about hearing loss & hearing aids

**COFFEETIME W/SLN AT FIVE80--WED.APR.11TH--  
-8:30AM** --Be social with us for coffee at FIVE80 COFFEE-HOUSE, 122 E. RANDOLPH

\***CAREGIVING 101-APR. 17TH--1:30PM**--Lesa Rauh will share important tips for caregivers to care for themselves, PT. 2 OF 6WKS

\***CRAFTERNOON APR. 25TH-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**

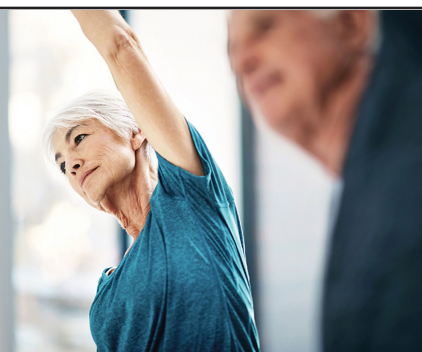
**APR. 24TH, 10:40am** Volunteers will be folding, and taping newsletters to prepare them for mailing. Light lunch provided.

### Senior Life Coffee Club

Join us for coffee & conversation at Five80 Coffee House, 122 E. Randolph, Enid, Ok  
Wednesday,  
April 11th at 8:30AM

INTEGRIS

## Fit, Not Frail



Sessions will be held from 9-10:45am, on Friday, April 6-Friday, April 27 at Senior Life. Free to the public. Class size is limited. Please call 405-951-2277 to register.\*

Are you interested in maintaining a healthy body weight? **Fit, Not Frail** is tailored to the needs of older people, who are at a higher risk of losing strength and muscle mass. Focuses on healthy eating for seniors, teaching exercises that reduce risk of falling and strength-training to improve balance and flexibility. **Fit, Not Frail** is a 4-session series that meets once weekly for 90 minutes and developed and provided by Integris educators.

INTEGRIS

Community Wellness

FREE FITCLUB IS STILL GOING!

Tues. & Thurs.

5:45-6:30 pm



Champion Park Gymnasium

700 N. 10th Street

Enid, OK



### HEDGES REGIONAL SPEECH & HEARING

LUNCH & LISTEN\*

TUESDAY, APRIL 10TH AT NOON

Come join us for a Lunch & Listen seminar on the latest solutions for better hearing. We will discuss current options for hearing aids & Cochlear implants, hearing aid scams and hearing products for safety. Presented by Audiologist Dr. Kim Tinius from Hedges Speech and Hearing Center. Hearing aids will be available for those who would like to try and are unable to hear during the presentation. Free light lunch will be provided.

Inter. Yoga  
Saturdays 9:30am  
w/Robin



# APRIL 2018



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>2</b></p>	<p>Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30 <b>Health Screenings-8:30-9:30am</b>  <b>FOSTER GRANDPARENTS Meets HERE</b></p> <p><b>3</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>4</b></p>	<p>Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30 <b>*VOLUNTEER QUEST-10AM-2PM</b></p> <p><b>5</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>6</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>9</b></p>	<p>Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30 <b>*HEDGES LISTEN N' LEARN--APRIL 10TH--NOON</b></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>Coffee at 580-8:30am</b>  Beg.Yoga -5:45pm-</p> <p><b>11</b></p>	<p>Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30 <b>RESOURCE ALLIANCE (COM. MTG) NOON AT GCEM, 216 E. OXFORD</b>  <b>BUS. AFTER HOURS--5PM</b></p> <p><b>12</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>13</b></p>
<p>Bench Step Aerobics 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength &amp; Flexibility 10:40 - 11:30</p> <p><b>16</b></p>	<p>Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30 <b>*CAREGIVERS W/LESA RAUH-1:30PM</b></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  Beg.Yoga -5:45pm-</p> <p><b>18</b></p>	<p>Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30</p> <p><b>19</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>20</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>23</b></p>	<p>Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30 <b>*VOLUNTEERS NEWS PREP--10:40AM</b></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>*Crafternoon-3-5</b>  Beg. Yoga -5:45pm-</p> <p><b>25</b></p>	<p>Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30 <b>Hearing Screenings 10am-noon</b></p> <p><b>26</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>27</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>30</b></p>	<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><b>M-Th 8:00-5:00pm F 8:00-4:00pm</b>  <b>Phone: (580) 234-6060 Oakwood Mall (NEXT TO DILLARDS)</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.



facebook.com/  
SeniorLifeNetwork



**Senior Life Network  
Cordially invites you to  
Business After Hours  
with  
Greater Enid Chamber of Commerce  
Thursday, April 12th at 5PM  
•Refreshments•Door Prizes**

**AARP INCOME  
TAX PREP  
AT OAKWOOD MALL  
IN FORMER Famous  
Footwear Location  
Tues. 4-8pm  
Wed. 10am-2pm  
Friday 10am-2pm  
(Tax prep by AARP volunteers) no affiliation with SLN**



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](mailto:seniorlife.enidok@gmail.com)  
**Lisa Bland-Selix**  
*Editor and Prog. Coordinator*  
**Anita Luetkemeyer**  
*Exec. Director, NW/OOF*  
**Deb Sexton**  
*Certified Fitness Instructor*

**SINCE 1987, SENIOR LIFE HAS  
BEEN PROMOTING HEALTHY  
AGING SOLUTIONS TO ENID  
AND NW OKLAHOMA!**  
[www.seniorlifeok.org](http://www.seniorlifeok.org)  
*Be happy, be social, be fit!*