

A NEW CHAPTER...

By Lisa Bland-Selix, Editor



In June 1987, the Northwest Oklahoma Osteopathic Foundation created Senior Life Network in Oakwood Mall as a place to promote active, healthy aging solutions for senior adults. In 1996, Integris Bass Baptist Health Center became a co-sponsor of Senior Life Network. In 2017, Senior Life Network celebrated 30 years of service to Enid and NW Oklahoma continuing their mission to enrich the lives of active adults.

On January 2nd, 2019 an exciting new chapter begins for Senior Life Network. The program will become fully funded by INTEGRIS. As part of the transition, INTEGRIS Senior Life Network will now office alongside INTEGRIS Community Wellness at the INTEGRIS Bass Pavilion, 401 S. 3rd, opening up the opportunity to expand and grow our services and events. The Northwest Oklahoma Osteopathic Foundation will move their office to the CDSA Non-Profit Center downtown and no longer be an affiliate of the program. The partnership between INTEGRIS and the NWOOF has helped to grow Senior Life Network into a vital organization for continued wellness in the community and INTEGRIS is excited to continue those efforts for years to come.

*We are Excited to
 announce a New Chapter
 for Senior Life Network!*
 As of Jan.2nd we will be moving
 our offices and exercise classes-
 to the Integris Bass Pavilion,
 401 S. 3rd!

All Deb's exercise classes will be the
 same time but will be in the
 former cafeteria in the Pavilion.



*You are cordially invited to our
 Open House on Wed., Jan. 2nd in
 our new location at the
 Integris Bass Pavilion,
 401 S. 3rd.
 Cookies & Punch plus
 tours of our new
 Office & Exercise Room!*

Senior Life Programs *Please call 234-6060 to RSVP

HEALTH SCREENINGS

BLOOD PRESSURE/SUGAR/ DEC. 11TH- 8:30 - 9:30am, FREE

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

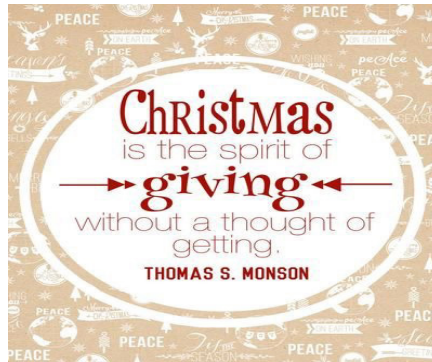
*HEARING SCREENING/ HEARING AID CHECKS- -NO HEARING SCREEN- INGS IN DEC.

BY APPT ONLY. PLEASE CALL TO SCHEDULE to make an appointment to get your hearing checked by Hedges Regional Speech & Hearing audiologist Dr. Kim Tinius

EDUCATION & FUN

COFFEETIME W/SLN AT FIVE80--DEC. 5TH-- 8:30AM --Be social with us for coffee at FIVE80 COFFEE- HOUSE, 122 E. RANDOLPH

*SENIOR LIFE CHRIST- MAS PARTY--DEC. 11TH- -NOON--RACGSEE FRONT FOR DETAILS



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. Certified Instructor is Deb Sexton.

VOLUNTEER NEWSLETTER ASSEMBLY DEC. 18TH, 10:40am

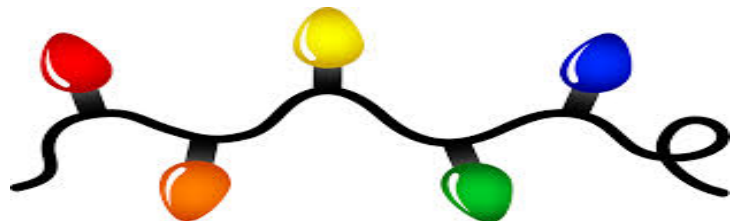
Volunteers will be folding, and taping newsletters to prepare them for mailing. Light lunch provided.




Suggestions for Senior Gifts:

- Card & letter writing box w/stamps
- Stuffed bears made from memory fabrics
- Pictures: on magnets, wall hangings, photo frame, pillow tops, etc.
- Theatre tickets (Movie & live theatre)
- Newspaper subscription (local & home town)
- You Record it Book (family can read story into recorder & person can listen to it)
- Large number phone
- TV head phones
 - MP3/I pod Music player with headphones
- Computer notebook with apps for their interest
- Family calendar / addresses
- Digital photo display frame of family pics
- Puzzle Books (sudoku,word game,ect)
- Health jewelry --also jewelry from memory items
- Gift cards for hair care
- Senior Life Network Membership
- Bus trips certificates (if appropriate)

List courtesy of Bobbi Donaldson





INTEGRIS For you. For health. For life.



FitClub

**Every Tuesday and Thursday- Champion Park Gym
5:45 to 6:30 p.m.
Fit Club**

Come join us for free group exercise at Champion Park Gym, located at 10th and Chestnut! Fit Club is a community health improvement program. Everyone is invited to participate. For questions, contact Teresa.Dunham@integrisok.com

INTEGRISANDME.COM INTEGRISOK.COM


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



DECEMBER 2018



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>* Please RSVP to all programs so that we can get an accurate count especially when we are serving food! Thank you!</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>3 Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30</p>	<p>4 OFFICE HOURS: M-Th 8:00-5:00pm F 8:00-1:00pm Phone: (580) 234-6060 Oakwood Mall (NEXT TO DILLARDS) COFFEE@FIVE80--8:30AM</p>	<p>5 Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30</p>	<p>6 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>Bench Step Aerobics 8:30 - 9:30 2Low Impact Aerobics 9:35 - 10:35 Strength & Flexibility 10:40 - 11:30 Yoga 11:35 - 12:30</p>	<p>10 Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30 *HEALTH SCREENINGS-8:30-9:30AM *SLN CHRISTMAS PARTY-NOON-RACG</p>	<p>11 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>12 Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30 RESOURCE ALIANCE (COMM. MTG.)</p>	<p>13 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>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>17 Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30 *VOLUNTEERS NEWS PREP-10:40AM</p>	<p>18 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>19 Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30</p>	<p>20 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>
24	 <p>Merry Christmas!</p>	25	26	27
<p>28</p>				

Senior Life Network will be closed Monday, Dec. 24th through Monday, January 1st!
We wish you and yours a very Merry Christmas and a Happy New Year!
We will re-open Wednesday, January 2nd in our new space at the Integris Bass Pavilion, 401 S.3rd!

***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.**

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 Christmas Party

and Baked Potato Bar!

Tuesday, Dec. 11th at Noon

Mall event room, center court
(Room across from Chen Garden)
Come and get in the holiday spirit
with Senior Life Network!

☎ Call 580-234-6060 to register

Senior Life newsletter is a
community service of
INTEGRIS Bass Baptist Health Center

We are located at the
INTEGRIS Bass Pavilion
401 S. 3rd
Enid, OK 73701 • 580-234-6060
seniorlife.enidok@gmail.com

Lisa Bland-Selix
Editor and Prog. Coordinator
Deb Sexton
Certified Fitness Instructor

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

www.seniorlifeok.org

Be happy, be social, be fit!