



Stroke – the BE FAST Approach**

Thursday, Nov. 7 • 1 to 2 p.m.

Please join INTEGRIS Community Health Educator **Mary Pinzon, RN**, for this informative presentation on stroke and emergency preparation.

The class will be held at Healthy Living OKC, 11501 N. Rockwell. There is no charge, but **reservations are required.**

Plans Change, You Change**

Medicare Open Enrollment: One-on-One with John Vincent

Fridays, Nov. 1 and 22 • 10 a.m. to 3 p.m. INTEGRIS Senior Life Wellness Center

Tuesdays, Nov. 12 and 26 • 10 a.m. to 3 p.m. INTEGRIS Southwest

During the Medicare Open Enrollment period (Oct. 15 to Dec. 7) you may change your Medicare health plan and prescription drug coverage for the coming year. John Vincent, certified senior health insurance counselor, is **available by appointment, one-on-one, for 30 minutes**, to help you select a plan best suited for your situation.

When you come for your appointment, bring a current list of medications and your Medicare and drug/health insurance coverage cards. Your 30-minute appointments are held at the following locations.

- Nov. 1 and 22, INTEGRIS Senior Life Wellness Center, 5100 N. Brookline, Suite 100
- Nov. 12 and 26, INTEGRIS Southwest, Medical Office Building, 4200 S. Douglas, B-10

There is no charge, but **reservations are required; call 405-717-9812. You will NOT be able to enroll online for an appointment.**

INTEGRIS

volume 13 • number 11 • november 2019

Legal and Financial Planning for Alzheimer's and Dementia**

Thursday, Nov. 14 • 11:30 a.m. to 12:30 p.m.

With an increase in the prevalence of these life changing diseases due to the aging brain, there are issues that many people want and need to be educated about. Join Jody Joiner, J.D., for an informative discussion of the legal and financial planning that needs to be addressed when facing Alzheimer's and other dementia diseases.

The class will be held at the INTEGRIS Senior Life Wellness Center, 5100 N. Brookline Ave., Suite 100. There is no charge, but **registrations are required.**

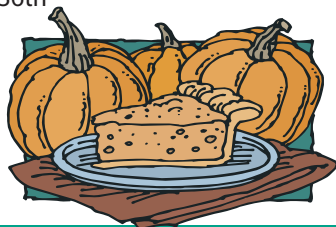
Hearing Loss Association Luncheon

3rd Thursday, Nov. 21 • 11:30 a.m. to 1 p.m.

3rd Thursday, Dec. 19 • 11:30 a.m. to 1 p.m.

Please join us for a Hearing Loss Association Luncheon. Light lunch will be served.

- Nov. 21, Will Rogers Garden Center, 3400 N.W. 36th
- Dec. 19, Will Rogers Garden Center, 3400 N.W. 36th



Getting a Good Night's Sleep**

Friday, Nov. 15 • 10 a.m.-11 a.m.

Find out about common sleep problems and what you can do to combat them. Learn tips on how to get the best night's sleep, including how to relax and using guided imagery.

The program will be held at INTEGRIS Canadian Valley Hospital, 1201 Health Center Parkway, Yukon. No charge for the program, but **registrations are required.**

Mock Meat – Nutrition with Karen Massey, RD, LD**

Tuesday, Nov. 19 • 10:30 to 11:30 a.m., at INTEGRIS Southwest

Wednesday Nov. 20 • 10:30 to 11:30 a.m., at INTEGRIS Senior Life Wellness Center

There's nothing new about going 'meatless.' Having an old fashioned PB&J remains one of the most common 'vegetarian' lunches around! Historically, beans, legumes, nuts, seeds and grains have been the primary ingredients in vegetarian dishes.

These delicious foods are nutrient dense in addition to being satisfying. But now, there are some emerging options with eye-popping qualities. Have you heard of the newfangled plant meat that actually 'bleeds' like a juicy hamburger? Be prepared to see more of these inventive products enter the market.

If you are curious, please join Karen for a run down about the nutritional differences and similarities. There is no charge, but **reservations are required.**

• Nov. 19, INTEGRIS Southwest, Medical Office Building, 4200 S. Douglas, B-10

• Nov. 20, INTEGRIS Senior Life Wellness Center, 5100 N. Brookline Ave., Suite 100

Senior Café**

Thursday, Nov. 21 • 4 to 5 p.m.

Please join us for a great meal, health education and friendly conversation at the INTEGRIS Senior Café! You will enjoy Braised Pork with vegetables and Pound Cake for dessert. Sheryl Presley, from the OKC Triad, will be your speaker and she will address Senior Safety during the holidays. Ending the evening is, of course, BINGO with prizes!

Dinner is served at INTEGRIS Southwest in the Cancer Center Conference Rooms, 4401 S. Western Ave., for only \$5 per person, collected at the door. **Call 405-717-9812 to reserve your place at the table.**



Natural Hacks for a Healthy Mood**

Tuesday, Nov. 5 • 6 to 7:30 p.m.

Don't worry, be happy. Lose the attitude. Turn that frown upside down. All easier said than done, until now! Gain a new understanding of the many complexities that play a role in supporting a healthy mood or hindering it. Nutritional, supplemental, environmental, lifestyle and other factors will be discussed with Natural Grocers credentialed Nutritional Health Coaches.

The class is offered by the INTEGRIS James L. Hall Jr. Center for Mind, Body and Spirit, and will be held at the Arcadia Trails INTEGRIS Center for Addiction Recovery, 4851 INTEGRIS Parkway, Edmond, in Conference Room A.

There is no charge for the class; however, reservations are required. Please register online at integrisk.com/mindful for this event.

Senior Book Club Discussion

Friday, Nov. 15 • 11:30 a.m. to 12:45 p.m.

You are cordially invited to join our Rapid Readers Book Club discussion of *Before We Were Yours* by Lisa Wingate.

The book club meets at the INTEGRIS Senior Life Wellness Center, 5100 N. Brookline, Suite 100. Everyone is welcome; there is no fee to join in, and registrations are not required.

Blood Pressure Power

Will not be available in November or December at the Senior Life Wellness Center.

Weekly FITNESS Activities

Monday

INTEGRIS Senior FitClub • 9-9:50 a.m.

Cardio-Strength Fitness

Crossings Community Center
10255 N. Pennsylvania Ave.

INTEGRIS Senior FitClub • 10-10:50 a.m.

Senior CHAIR Fitness

Crossings Community Center
10255 N. Pennsylvania Ave.

INTEGRIS Senior FitClub • 11-11:50 a.m.

Zumba Gold

Crossings Community Center
10255 N. Pennsylvania Ave.

INTEGRIS Senior FitClub • 9:15-10:15 a.m.

Cardio/Strength CHAIR Fitness

INTEGRIS Southwest, Medical Office Building
4200 S. Douglas, Suite B-10

Tuesday

Laughter Yoga • Noon-1 p.m.

Will Rogers Garden Expo Center
3400 NW 36 Street

Wednesday

INTEGRIS Senior FitClub • 9:15-10:15 a.m.

Cardio/Strength CHAIR Fitness

INTEGRIS Southwest, Medical Office Building
4200 S. Douglas, Suite B-10

INTEGRIS Senior FitClub • 10:30-11:30 a.m.

Cardio/Strength CHAIR Fitness

INTEGRIS Southwest, Medical Office Building
4200 S. Douglas, Suite B-10

INTEGRIS Senior FitClub • 9-9:50 a.m.

Cardio-Strength Fitness

Crossings Community Center
10255 N. Pennsylvania Ave.

INTEGRIS Senior FitClub • 10-10:50 a.m.

Cardio-Strength CHAIR Fitness

Crossings Community Center
10255 N. Pennsylvania Ave.

INTEGRIS Senior FitClub • 11-11:50 a.m.

Zumba Gold

Crossings Community Center
10255 N. Pennsylvania Ave.

Thursday

Bowling at Heritage Lanes • 11 a.m.-2 p.m.

11917 N. Pennsylvania Ave.
(Special rate available)

Friday

INTEGRIS Senior FitClub • 11:30 a.m.-12:30 p.m.

Yoga/CHAIR Fitness

Will Rogers Senior Citizens Center
3501 Pat Murphy Drive

INTEGRIS Senior FitClub • 1:30-2:30 p.m.

Cardio-Strength CHAIR Fitness

Will Rogers Senior Citizens Center
3501 Pat Murphy Drive

Support Groups and Supplementary Classes

Call 405-717-9812 for information, unless alternate phone number is shown.

1st Thursday, Nov. 7 & Dec. 5, 9 a.m.-3:30 p.m.

AARP Driver Safety Program**

INTEGRIS Senior Life Wellness Center
5100 Brookline, Suite 100

\$15 AARP Member / \$20 Non-Member

2nd Friday, Nov. 8 & Dec. 13 • 9 a.m.-3:30 p.m.

AARP Driver Safety Program**

INTEGRIS Southwest Medical Center

Medical Office Building

4200 S. Douglas, Suite B-10

\$15 Member / \$20 Non-Member

1st Wednesday, Nov. 6 & Dec. 4 • 12:30-1:30 p.m.

Cardiac Rehab Support Group

INTEGRIS Southwest, Cafeteria

Dining Rooms 3 and 4

4401 S. Western

For information and reservations, call 405-636-7388.

2nd Wednesday, Nov. 13 & Dec. 11 • 4-5 p.m.

Better Breathers Club

INTEGRIS Health Edmond

Memorial Conference Room

4801 INTEGRIS Parkway

2nd Thursday, Nov. 14 & Dec. 12 • 11:30 a.m.-1 p.m.

Alzheimer's Caregiver Support Group

INTEGRIS Senior Life Wellness Center

5100 N. Brookline, Suite 100

4th Thursday- No meeting in Nov. or Dec.

ACES (All Cancer Education and Support Group)

INTEGRIS Southwest Cancer Institute

4401 S. Western, Cancer Center Conference Room

For information and reservations, call 405-636-7951.

4th Tuesday, Nov. 26 only • 6:30-7:30 p.m.

Caregivers Support Group

Daily Living Center Rockwell

3000 N. Rockwell

3rd Thursday, Nov. 21 & Dec. 19 • 5:30-6:30 p.m.

Caregivers Support Group

Daily Living Center South

1681 SW 86

2nd Monday, Nov. 11 & Dec. 9 • 5:30-6:30 p.m.

Caregivers Support Group

Daily Living Center Edmond

3413 Wynn Dr.

1st Thursday, Nov. 7 & Dec. 5 • 3-4:30 p.m.

Better Breathers Club

Lung Disorders Support Group

INTEGRIS Southwest Cancer Center

Cancer Center Conference Room

4401 S. Western



november 2019

No act of kindness, no matter how small, is ever wasted. ... Aesop

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Refer to weekly activities list on page 2 for recurring activities.</p> </div>	<p>**Reservation required. Register online at integrisk.com/senior or call 405-717-9812.</p>			<p>1</p> <p>INTEGRIS Senior FitClub Chair Yoga Will Rogers Senior Center 3501 Pat Murphy Drive 11:30 a.m.-12:30 p.m.</p> <p>INTEGRIS Senior FitClub Chair Fitness Will Rogers Senior Center 3501 Pat Murphy Drive 1:30-2:30 p.m.</p>	SATURDAY 2
				SUNDAY 3	
<p>4</p> <p>INTEGRIS Senior FitClub Crossings Community Center 10255 N. Penn, Oklahoma City 9-9:50 a.m. 10-10:50 a.m. 11-11:50 a.m.</p>	<p>5</p> <p>Natural Hacks for a Healthy Mood** Arcadia Trails, 4851 INTEGRIS Parkway, Conf. Room A, Edmond</p>	<p>6</p> <p>INTEGRIS Senior FitClub Crossings Community Center 10255 N. Penn, Oklahoma City 9-9:50 a.m. 10-10:50 a.m. 11-11:50 a.m.</p>	<p>7</p> <p>AARP Driver Safety** INTEGRIS Senior Life Wellness Center 5100 N. Brookline Ave., Suite 100 9 a.m.-3:30 p.m.</p>	<p>8</p> <p>AARP Driver Safety** INTEGRIS Southwest (MOB) 4200 S. Douglas, Suite B-10 9 a.m.-3:30 p.m.</p> <p>INTEGRIS Senior FitClub / Chair Yoga Will Rogers Senior Center 3501 Pat Murphy Drive 11:30 a.m.-12:30 p.m.</p> <p>INTEGRIS Senior FitClub / Chair Fitness Will Rogers Senior Center 3501 Pat Murphy Drive 1:30-2:30 p.m.</p>	SATURDAY 9
					SUNDAY 10
<p>11</p> <p>INTEGRIS Senior FitClub Crossings Community Center 10255 N. Penn, Oklahoma City 9-9:50 a.m. 10-10:50 a.m. 11-11:50 a.m.</p>	<p>12</p>	<p>13</p> <p>INTEGRIS Senior FitClub Crossings Community Center 10255 N. Penn, Oklahoma City 9-9:50 a.m. 10-10:50 a.m. 11-11:50 a.m.</p>	<p>14</p> <p>Legal and Financial Planning for Alzheimer's and Dementia** INTEGRIS Senior Life Wellness Center 5100 N. Brookline Ave., Suite 100 11:30 a.m.-12:30 p.m.</p>	<p>15</p> <p>INTEGRIS Senior FitClub Chair Yoga Will Rogers Senior Center 3501 Pat Murphy Drive 11:30 a.m.-12:30 p.m.</p> <p>INTEGRIS Senior FitClub / Chair Fitness Will Rogers Senior Center 3501 Pat Murphy Drive 1:30-2:30 p.m.</p> <p>Rapid Readers Book Club Discussion <i>Before We Were Yours</i> by Lisa Wingate INTEGRIS Senior Life Wellness Center 5100 N. Brookline Ave., Suite 100 11:30 a.m.-12:45 p.m.</p>	SATURDAY 16
					SUNDAY 17
<p>18</p> <p>INTEGRIS Senior FitClub Crossings Community Center 10255 N. Penn, Oklahoma City 9-9:50 a.m. 10-10:50 a.m. 11-11:50 a.m.</p>	<p>19</p> <p>Hearing Helpers Demonstration INTEGRIS Canadian Valley Hospital 1201 Health Center Parkway, Yukon 10 a.m.-1 p.m.</p> <p>Mock Meat- Nutrition with Karen Massey** INTEGRIS Southwest (MOB) 4200 S. Douglas, Suite B-10 10:30-11:30 a.m.</p>	<p>20</p> <p>INTEGRIS Senior FitClub Crossings Community Center 10255 N. Penn, Oklahoma City 9-9:50 a.m. 10-10:50 a.m. 11-11:50 a.m.</p> <p>Mock Meat-Nutrition with Karen Massey** INTEGRIS Senior Life Wellness Center 5100 N. Brookline Ave., Suite 100 10:30-11:30 a.m.</p>	<p>21</p> <p>Senior Café** INTEGRIS Southwest Cancer Center Conference Rooms 4401 S. Western 4-5 p.m.</p> <p>Hearing Loss Association Luncheon Light lunch served Will Rogers Garden Center 3400 N.W. 36 11:30 a.m.-1 p.m.</p>	<p>22</p> <p>INTEGRIS Senior FitClub Chair Yoga Will Rogers Senior Center 3501 Pat Murphy Drive 11:30 a.m.-12:30 p.m.</p> <p>INTEGRIS Senior FitClub Will Rogers Senior Center 3501 Pat Murphy Drive 1:30-2:30 p.m.</p>	SATURDAY 23
					SUNDAY 24
<p>25</p> <p>INTEGRIS Senior FitClub Crossings Community Center 10255 N. Penn, Oklahoma City 9-9:50 a.m. 10-10:50 a.m. 11-11:50 a.m.</p>	<p>26</p>	<p>27</p> <p>INTEGRIS Senior FitClub Crossings Community Center 10255 N. Penn, Oklahoma City 9-9:50 a.m. 10-10:50 a.m. 11-11:50 a.m.</p>	<p>28</p> 	<p>29</p> <p>No classes today</p>	SATURDAY 30

december 2019

The world is full of nice people; if you can't find one, be one!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Refer to weekly activities list on page 2 for recurring activities.</p>	<p>**Reservation required. Register online at integrisk.com/senior or call 405-717-9812.</p>			
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<p>9</p> <p>INTEGRIS Senior FitClub Crossings Community Center 10255 N. Penn, Oklahoma City 9-9:50 a.m., 10-10:50 a.m. 11-11:50 a.m.</p>	<p>10</p> <p>Holiday Eating Can be Healthy** Edmond Senior Center 2733 Marilyn Williams Dr. Edmond 10-11 a.m.</p>	<p>11</p> <p>INTEGRIS Senior FitClub Crossings Community Center 10255 N. Penn, Oklahoma City 9-9:50 a.m. 10-10:50 a.m. 11-11:50 a.m.</p> <p>Hearing Helpers Demonstration INTEGRIS Health Edmond 4801 INTEGRIS Parkway, Edmond 1-3 p.m.</p>	<p>12</p>	<p>13</p> <p>AARP Driver Safety** INTEGRIS Southwest (MOB) 4200 S. Douglas, Suite B-10 9 a.m.-3:30 p.m.</p> <p>INTEGRIS Senior FitClub Chair Yoga Will Rogers Senior Center 3501 Pat Murphy Drive 11:30 a.m.-12:30 p.m.</p> <p>INTEGRIS Senior FitClub Chair Exercise Will Rogers Senior Center 3501 Pat Murphy Drive 1:30-2:30 p.m.</p> <p>Label Literacy** INTEGRIS Canadian Valley Hospital 1201 Health Center Parkway, Yukon 10-11 a.m.</p>
<p>16</p> <p>INTEGRIS Senior FitClub Crossings Community Center 10255 N. Penn, Oklahoma City 9-9:50 a.m. 10-10:50 a.m. 11-11:50 a.m.</p>	<p>17</p> <p>New Beers and Cheers** INTEGRIS Southwest/ MOB 4200 S. Douglas – B-10 10:30-11:30 a.m.</p>	<p>18</p> <p>INTEGRIS Senior FitClub Crossings Community Center 10255 N. Penn, Oklahoma City 9-9:50 a.m. 10-10:50 a.m. 11-11:50 a.m.</p> <p>New Beers and Cheers** INTEGRIS Senior Life Wellness Center 5100 N. Brookline Suite 100 10:30-11:30 a.m.</p>	<p>19</p> <p>Hearing Loss Association Luncheon Light lunch served Will Rogers Garden Center 3400 N.W. 36 11:30 a.m.-1 p.m.</p>	<p>20</p> <p>INTEGRIS Senior FitClub Chair Yoga Will Rogers Senior Center 3501 Pat Murphy Drive 11:30 a.m.-12:30 p.m.</p> <p>INTEGRIS Senior FitClub Will Rogers Senior Center 3501 Pat Murphy Drive 1:30-2:30 p.m.</p>
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SUNDAY 1
SATURDAY 7
SUNDAY 8
SATURDAY 14
SUNDAY 15
SATURDAY 21
SUNDAY 22
SATURDAY 28
SUNDAY 29



INTEGRIS Senior Life Wellness



Mental Health First Aid**

**Tuesday and Wednesday, Dec. 3 and 4
8 a.m. to 12 noon**

Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders. This eight hours of training will give you the skills you need to provide initial support to someone who may be developing a mental health or substance use problem and help connect them to appropriate care.

The two-day program will be held at the Metro Technology Center, 1900 Springlake Dr. There is no charge for the program, but reservations are required. **Please call 405-424-8324 to enroll.**

Exercise Thru the Holidays... De-stress and Relax**

Thursday, Dec. 5 • 1 to 2 p.m.

Please join INTEGRIS Community Health Educator Cathy Patterson, M.S., for this informative presentation on the importance of keeping your exercise plan in place and keeping your stress level low!

The class will be held at Healthy Living OKC, 11501 N. Rockwell. There is no charge, but **reservations are required.**

INTEGRIS

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New Beers and Cheers** Nutrition with Karen Massey

**Tuesday, Dec. 17 • 10:30 to 11:30 a.m.,
at INTEGRIS Southwest**

**Wednesday, Dec. 18 • 10:30 to 11:30 a.m.,
at INTEGRIS Senior Life Wellness Center**

If you are an 'old-school' beer drinker, you may be perturbed at how many 'adult' beverages are now crowding shelf space once dedicated to a few (mostly) domestic brands of beer. The market for hard beverages has exploded! Canned cocktails, hard lemonades and ciders, flavored malts, spritzers, and single-serving wines are quite popular. People who never cared much for beer, are trying these fruity alternatives.

If you are contemplating trying one, it may be helpful to know the recommendations regarding alcohol. Is hard cider any healthier than beer because it's fermented from apples? How much is a serving? What about potency? How many calories? Find the answers to these questions and more by joining Karen for this interesting and informative presentation.

There is no charge for the class, but **registration is required.**

- Dec. 17, INTEGRIS Southwest, Medical Office Building, 4200 S. Douglas, B-10
- Dec. 18, INTEGRIS Senior Life Wellness Center, 5100 N. Brookline Ave., Suite 100.



Holiday Eating Can be Healthy**

Tuesday, Dec 10 • 10-11 a.m.

Join registered dietitian Karen Massey, RD, LD, for all the information you need to stay on a healthy nutrition plan through the holidays. She will share 'tips and tricks' on how to avoid those extra six pounds most folks gain through this season of festivities and treats.

The program will be held at the Edmond Senior Center, 2733 Marilyn Williams Dr., Edmond. There is no charge for the class, but registrations are required.

Label Literacy ... Nutrition with Karen Massey**

Friday, Dec. 13 • 10 to 11 a.m.

The FDA's Nutrition Facts provide a tremendous amount of information; however, they may be overwhelming for most lay persons. Join Karen to learn how to navigate labels and find what's most pertinent to your health goals.

The class will be held at INTEGRIS Canadian Valley Hospital, 1201 Health Center Parkway, Yukon. There is no charge, but reservations are required.

Hearing Helpers Demonstration

Wednesday, Dec. 11 • 1 to 3 p.m.

Learn about assistive listening devices available to help compensate for hearing loss. A representative of the Faye Donalson Hearing Helpers Room will demonstrate some of these devices at INTEGRIS Health Edmond, 4801 INTEGRIS Parkway, Edmond.

Come and go. There is no charge for this service and reservations are not required.



INTEGRIS

Community Wellness

5100 N. Brookline Ave., Suite 100
Oklahoma City, OK 73112

115.4380

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INTEGRIS SENIOR LIFE WELLNESS

Information Highway – The 411

Your INTEGRIS Third Age Life Center offers this section in the *Lifetime of Harmony* newsletter to bring you some important dates, events and resources! Make sure you check this out each month!

1) Inclement Weather – When ice storms, snow or any severe weather threatens, be sure to listen to newscasts for school closings. When the Oklahoma City Public Schools are closed due to bad weather, all activities at, or sponsored by, the INTEGRIS Senior Life Wellness Center will be cancelled.

2) RSVP Provide a Ride – Since 1994, RSVP Provide a Ride has offered adults 60+ free transportation to medical appointments throughout central Oklahoma. Call 405-605-3106.

3) Cover your Nose and Mouth with a tissue when you cough or sneeze. No tissue? Cough or sneeze into the bend of your elbow. Let's not spread germs this season.

4) Flu Shots – Get one today! If you haven't already received your 2019 flu shot, it is the best available way to protect yourself from the flu and potentially serious complications. If you are worried about complications of the shot, check with your physician or pharmacist. We know, statistically, that seniors are much more susceptible to getting the flu. A pneumonia vaccine is a good idea as well.

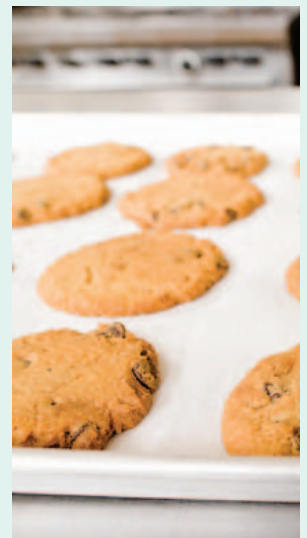
Holiday Sugar Cookies from Auntie Rita's House

Ingredients

3 cups sifted all-purpose flour
1-1/2 tsp baking powder
1/2 tsp salt
1 cup white sugar
1 cup butter
1 egg, slightly beaten
3 tsp cream
1 tsp vanilla extract

Directions:

Preheat oven to 400° F. In large bowl, sift flour, baking soda, salt and sugar. Cut butter, blend with mixture. Stir in egg, cream and vanilla. Blend well. Chill dough, if desired. Spoon onto an un-greased cookie sheet. Press with fork in a crisscross pattern (#). Sprinkle with sugar. Bake for 6-8 minutes.



Visit us online at www.integrisk.com

INTEGRIS Senior Life Wellness is published by INTEGRIS Health's Senior Life Wellness Center, and the James L. Hall Jr. Center for Mind, Body and Spirit. Our mission is to improve the health of the people and communities we serve. Letters and comments may be addressed to INTEGRIS Senior Life Wellness, 5100 N. Brookline Ave., Suite 100, Oklahoma City, OK 73112. The James L. Hall Jr. Center for Mind, Body and Spirit is located at 3366 NW Expressway, Suite 100, Oklahoma City, OK 73112.

****Reservation required. To register, go to www.integrisk.com/senior or call 405-717-9812.**