



Lifetime of Harmony Newsletter

Hello, June!



Hello, Summer!

Fit, Not Frail**

Tuesdays, June 4 through 25 • 1 to 2:45 p.m.

Fit, Not Frail is a four-week weight management program for senior adults 70-plus that meets once a week for 1 hour and 45 minutes. The program emphasizes healthy eating and activities that bolster muscle strength, range-of-motion and balance.

The program will be held at the Healthy Living OKC, 11501 N. Rockwell. There is no charge for this program. **Reservations are required.**

Hope for Recovery Luncheon**

Wednesday, June 12 • 11:30 a.m. to 1 p.m.

You've left the hospital...now, what? Life after a stroke can be challenging. Things are different now, and you may not know what to expect or where to turn for help. The Hope for Recovery Luncheon is a good first step. The program will address your concerns and offer solutions and support. The luncheon is offered the 2nd Wednesday of June, Sept. and Dec. The locations will vary, so call the INTEGRIS Healthline for more information and to reserve your spot. Space is limited. **Reservations are required.**

How Healthy are You? **

Tuesday, June 18, 10:30 to 11:30 a.m. at the INTEGRIS Health Edmond

Test yourself in diet, exercise and lifestyle. This self-test will analyze your habits and see what needs to be changes. Answer honestly and use the results as a road map to a longer life!

Join INTEGRIS Health Educator, **Cathy Patterson, M.S.** to help you plan a healthier you!

The programs will be held at INTEGRIS Health Edmond, 4801 INTEGRIS Parkway, Memorial Room, Edmond. There is no charge for the presentations. **Reservations are required.**

Fun with Food Safety... Nutrition with Karen Massey**

Wednesday, June 19 • 10:30 to 11:30 a.m. at the INTEGRIS Third Age Life Center

Tuesday, June 25 • 10:30 to 11:30 a.m. at the INTEGRIS Southwest, Medical Office Bldg.

Food borne illness is no laughing matter, but, learning helpful tips to avoid feeling green doesn't have to be boring either. Join Karen Massey for a quick refresher about basic food safety.

Don't be 'that guy' that gets everyone sick at the family reunion or pool party. Most recommendations are not difficult to adhere to - things like; keeping hot foods hot and cold foods cold can be accommodated with little preplanning. Besides, food tastes better when properly prepared.

These programs will be held at the INTEGRIS Third Age Life Center, 5100 N. Brookline Ave., Suite 100, and at the INTEGRIS Southwest, Medical Office Building, 4200 S. Douglas, B-10. There is no charge for the presentations. Reservations are required.

Mental Health First Aid**

Tuesday and Wednesday, June 4 and 5 8:30 a.m. to 12:30 p.m.

Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders. This 8 hours of training will give you the skills you may need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to appropriate care.

This program will be held at the INTEGRIS Third Age Life Center, 5100 N. Brookline Ave., Suite 100. There is no charge for the presentations. **Reservations are required.**



****Reservation required. Please call the INTEGRIS HealthLine at 405-951-2277 for reservation.**

Balance and Vertigo in the Aging Adult**

Friday, June 14 • 10:30 to 11:30 a.m.

Join, **Kimberly Yates, PT, DPT**, physical therapist from INTEGRIS Jim Thorpe Outpatient Rehabilitation, for a presentation on how aging affects the vertigo and balance system. She will discuss the various strategies and exercises to combat these issues for better overall wellness. Don't miss it!

The program will be held at the INTEGRIS Third Age Life Center, 5100 N. Brookline, Suite 100. There is no charge for the program. **Reservations are required.**



My Love Affair with the Brain**

Tuesday, June 18 • 10:30 to 11:30 a.m.
at INTEGRIS Southwest, Medical Office Bldg. B-10

Friday, June 28 • 10:30 to 11:30 a.m.
at the INTEGRIS Third Age Life Center

VillagesOKC is excited to present hope for preventing cognitive decline. "My Love Affair with the Brain" is an inspirational documentary about the life and science of Dr Marie Diamond and her 60 years of incredible research about the brain. Her work changed the way science and education views brain capacity. Most importantly her work gives hope that at ANY age, a mature adult can improve his cognitive skills. Don't miss this unforgettable 54 minutes!

VillagesOKC is a group of like-minded people 55+ who love learning, growing and helping each other age in our own homes. These programs will be held at the INTEGRIS Third Age Life Center, 5100 N. Brookline, Suite 100 and in the Medical Office Bldg., B-10, at INTEGRIS Southwest, 4200 S. Douglas. There is no charge for the program, but **Reservations are required.**

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 405-951-2277 for information,
unless alternate phone number is shown.

1st Thursday, June 6 • 9 a.m.-3:30 p.m.

AARP Driver Safety Program**

INTEGRIS Third Age Life Center
5100 Brookline, Suite 100

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

2nd Friday, June 14 • 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

2nd Monday, June 10 • 7-8 p.m.

Hearing Loss Association

Lakeside Methodist Church

2925 NW 66 St.

3rd Thursday, June 20 • 1:30-2:30 p.m.

Hearing Loss Association

Lakeside Methodist Church

2925 NW 66 Street

1st Wednesday, June 5 • 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, June 12 • 4-5 p.m.

Better Breathers Club

INTEGRIS Health Edmond

Memorial Conference Room

4801 INTEGRIS Parkway

2nd and 4th Thursdays, June 13 and 27

11:30 a.m.-1 p.m.

Alzheimer's Caregiver Support Group

INTEGRIS Third Age Life Center

5100 N. Brookline, Suite 100

4th Thursday, June 27 • 6-7 p.m.

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, June 25 • 6:30-7:30 p.m.

Caregivers Support Group

Daily Living Center Rockwell

3000 N. Rockwell

3rd Thursday, June 20 • 5:30-6:30 p.m.

Caregivers Support Group

Daily Living Center South

1681 SW 86

2nd Monday, June 10 • 5:30-6:30 p.m.

Caregivers Support Group

Daily Living Center Edmond

3413 Wynn Dr.

1st Thursday, June 6 • 3-4:30 p.m.

Better Breathers Club

Lung Disorders Support Group

INTEGRIS Southwest Cancer Center

Cancer Center Conference Room

4401 S. Western

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY 1	SUNDAY 2	SATURDAY 8	SUNDAY 9	SATURDAY 15	SUNDAY 16	SATURDAY 22	SUNDAY 23	SATURDAY 29	SUNDAY 30
<p>Refer to weekly activities list on page 2 for recurring activities.</p>		<p>** Reservation required. Call the INTEGRIS HealthLine at 405-951-2277.</p>												
<p>3</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>4</p> <p>Fit, Not Frail** (4 week series) HealthyLivingOKC 11501 N. Rockwell 1-2:45 p.m.</p> <p>Mental Health First Aid** INTEGRIS Third Age Life Center 5100 N. Brookline Ave., Suite 100 8:30a.m. -12:30 p.m.</p>	<p>5</p> <p>Mental Health First Aid** (part 2) INTEGRIS Third Age Life Center 5100 N. Brookline Ave., Suite 100 8:30a.m. -12:30 p.m.</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>6</p> <p>AARP Driver Safety** INTEGRIS Third Age Life Center 5100 N. Brookline Ave., Suite 100 9 a.m.-3:30 p.m.</p>	<p>7</p> <p>INTEGRIS Senior FitClub Chair Yoga Will Rogers Senior Center 3400 NW 36th St. 11:30 a.m.-12:30 p.m.</p> <p>INTEGRIS Senior FitClub Chair Fitness Will Rogers Senior Center 3400 NW 36th St. 1:30-2:30 p.m.</p>										
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INTEGRIS

Community Wellness

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Oklahoma City, OK 73112

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M O N T H L Y P R O G R A M S

LIFETIME OF HARMONY NEWSLETTER

Rapid Readers Book Club Discussion

Friday, June 21 • 11:30 a.m. to 12:45 p.m.

You are cordially invited to join the Rapid Readers book discussion of *The Scorpio Races* by Maggie Stiefvater. Bring a snack if desired and join the group at the INTEGRIS Third Age Life Center, 5100 N. Brookline, Suite 100. Everyone is welcome; there is no fee to join in and no registration is required.

Blood Pressure Power

Friday, June 14 • 11:30 to 1 p.m.

It's come and go, with no appointment needed. Stop by the INTEGRIS Third Age Life Center, 5100 N. Brookline Ave., Suite 100, and have your blood pressure checked. There is no charge for this service.

Hearing Helpers Demonstration

Wednesday, June 12 • 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 during the stated hours to view the devices and learn about other resources for people with hearing impairments. There is no charge for this service and reservations are not required.

100 Health and Wellness Tips to Change Your Life

A NEW series starting this month!

- Ounce for ounce, raw red peppers have four times more vitamin C than oranges.
- Ounce for ounce, kiwi fruit has more vitamin than an orange and more potassium than a banana.
- Don't forget to apply sunscreen to your lips: the lower lip is one of the most common sites for skin cancer

Visit us online at www.integrisk.com

Lifetime of Harmony is published by INTEGRIS Health's Third Age Life 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 Lifetime of Harmony, 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. Please call the INTEGRIS HealthLine at 405-951-2277 for reservation.**