



Senior Chair Yoga/Pilates**

Friday, Feb. 8 • 10:30 to 11:30 a.m.

Need a good stretch? Join INTEGRIS certified fitness instructor Gail Sullivan for an hour of chair Yogalates. That's easy yoga and Pilates movements done in a chair, that are appropriate for all activity levels of seniors.

This class is held at the INTEGRIS Third Age Life Center, 5100 N. Brookline, Suite 100. **There is no charge for this class. Registration is required.**

Hearing Helpers Demonstration at INTEGRIS Canadian Valley Hospital

Tuesday, Feb. 19 • 10 a.m. to 1 p.m.

Are you or someone you love living with hearing loss? Learn about assistive listening devices available to help compensate for hearing loss. Representative Wanda Evans, of the Faye Donalson Hearing Helpers Room, will be available to demonstrate some of these helpful devices. Stop by any time during the stated hours to view the devices and learn about other resources for people who have hearing impairments.

INTEGRIS Canadian Valley Hospital, 1201 Health Center Parkway, Yukon. Stop by the Information Desk for location of demonstrations. **There is no charge for this service. No registration required. Come and Go.**

Reminder!

Hearing Helpers Demonstration Services
Monday through Friday • 10 a.m. to 3 p.m.
Faye Donalson Hearing Helpers Room
5100 N. Brookline Ave., Suite 100
No registration required.

INTEGRIS

volume 13 • number 2 • february 2019

Rapid Readers Book Discussion

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

You are cordially invited to join the Rapid Readers book discussion of *Tender is the Night* by F. Scott Fitzgerald.

Bring a snack if desired and join the group at 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.**

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 Third Age Life 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) Areawide Aging Agency is a great senior resource office located at 4101 Perimeter Center Dr., Suite 310, OKC – 405-943-4344. Check it out!

Classes for People with Diabetes**

**Wednesdays, Feb. 13 through
March 20 • 12 to 2 p.m.**

This is a six-week program that educates you on how to live a healthier life by controlling your blood sugar in a variety of ways such as nutrition, exercise and stress management. Let us help you learn how to make sense of your blood sugar numbers.

The educational series will be held at Piedmont Public Library, 1129 Stout St., Piedmont. **There is no charge for the program. Registration is required.**

**4) 1st Thursday, Feb. 7, 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

**5) 2nd Friday, Feb. 8, 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

6) Mentoring. The Positive Directions mentoring program is a positive way to help a child build his or her self-esteem, establish positive relationships, overcome negative behaviors and improve classroom participation in your spare time. We need volunteers one hour per week, during the school day at Stanley Hupfeld Academy at Western Village (the INTEGRIS charter school) located at 1508 NW 106, Oklahoma City, and at Fillmore Elementary School located at 5200 S. Blackwelder, Oklahoma City. For more information or to sign up, please contact: lauren.ballou@integrisk.com.

Happy Valentine's Day!

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

Fat Facts in February... Nutrition with Karen Massey**

Wednesday, Feb. 20 • 10:30 to 11:30 a.m.
at the **INTEGRIS Third Age Life Center**

Tuesday, Feb. 26 • 10:30 -11:30 a.m. at
the **INTEGRIS Southwest, Medical Office Building**

February is renown as 'heart' month – both because of Valentine's as well as health observances. From a dietary perspective, fats and oils are important "players" as they relate to cardiovascular risk. The general goal is to use more oils than solids, but this can be tricky since many foods contain mixtures of different types of fat. Join Karen for a quick rundown of the difference between saturated fat, trans fat, polyunsaturated, monounsaturated and omega-3s.

• **Feb. 20** at the INTEGRIS Third Age Life Center, 5100 N. Brookline Ave., Suite 100, **There is no charge for this class. Registration is required.**

• **Feb. 26** at the INTEGRIS Southwest, Medical Office Building, B-10, 4200 S. Douglas. **There is no charge for this class. Registration is required.**

You're Only as Old as you Feel**

Tuesday, Feb. 26 • 10:30 to 11:30 a.m. at
the **INTEGRIS Third Age Life Center**

Thursday, Feb. 28 • 10:30 to 11:30 a.m. at
the **INTEGRIS Southwest, Medical Office Bldg.**

Another birthday comes around and you think, "How can there be that many candles on the cake? I feel so much younger." Well hold that thought; it may be enhancing your health and well-being! Join INTEGRIS exercise physiologist, Cathy Patterson, to learn how "Age Identity" influences your aging.

• **Feb. 26** at the INTEGRIS Third Age Life Center, 5100 N. Brookline Ave., Suite 100, **There is no charge for this class. Registration is required.**

• **Feb. 28** at the INTEGRIS Southwest Medical Office Building, B-10, 4200 S. Douglas. **There is no charge for this class. Registration is 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.
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.

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, Feb. 7 • 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, Feb. 8 • 9 a.m.-3:30 p.m.

AARP Driver Safety Program
INTEGRIS Southwest,
Medical Office Building
4200 S. Douglas, Suite B-10
\$15 Member / \$20 Non-Member

2nd Monday, Feb. 11 • 7-8 p.m.

Hearing Loss Association
Lakeside Methodist Church
2925 NW 66 St.

3rd Thursday, Feb. 21 • 1:30-2:30 p.m.

Hearing Loss Association
Lakeside Methodist Church
2925 NW 66 Street

1st Wednesday, Feb. 6 • 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, Feb. 13 • 4-5 p.m.

Better Breathers Club
INTEGRIS Health Edmond
Memorial Conference Room
4801 INTEGRIS Parkway

**2nd and 4th Thursdays, Feb. 14 and 28
11:30 a.m.-1 p.m.**

Alzheimer's Caregiver Support Group
INTEGRIS Third Age Life Center
5100 N. Brookline, Suite 100

4th Tuesday, Feb 26 • 6:30-7:30 p.m.

Caregivers Support Group
Daily Living Center Rockwell
3000 N. Rockwell

3rd Thursday, Feb. 21 • 5:30-6:30 p.m.

Caregivers Support Group
Daily Living Center South
1681 SW 86

2nd Monday, Feb. 11 • 5:30-6:30 p.m.

Caregivers Support Group
Daily Living Center Edmond
3413 Wynn Dr.

4th Thursday, Feb. 28 • 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.

february 2019

“Only a life lived for others is a life worthwhile.” — Albert Einstein (1879-1955)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>1</p> <p>INTEGRIS Senior FitClub Yoga CHAIR Fitness Will Rogers Senior Center 3501 Pat Murphy Drive 11:30 a.m.-12:30 p.m.</p> <p>INTEGRIS Senior FitClub Cardio/Strength Chair Fitness Will Rogers Senior Center 3501 Pat Murphey Drive 1:30-2:30 p.m.</p>
<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>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 Third Age Life Center 5100 N. Brookline Ave., Suite 100 9 a.m.-3:30 p.m.</p>	<p>8</p> <p>AARP Driver Safety** INTEGRIS Southwest, Medical Office Bldg, 4200 S. Douglas, Suite B-10 9 a.m.-3:30 p.m.</p> <p>Senior Chair Yoga** INTEGRIS Third Age Life Center 5100 N. Brookline Ave., Suite 100 <i>Come and Go</i> 10:30-11:30 a.m.</p> <p>Monthly Blood Pressure Checks INTEGRIS Third Age Life Center 5100 N. Brookline Ave., Suite 100 <i>Come and Go</i> 1:30-2:30 p.m.</p> <p>INTEGRIS Senior FitClub Yoga CHAIR Fitness Will Rogers Senior Center 3501 Pat Murphy Drive 11:30 a.m.-12:30 p.m.</p> <p>INTEGRIS Senior FitClub Cardio/Strength Chair Fitness Will Rogers Senior Center 3501 Pat Murphey Drive 1:30-2:30 p.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>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 style="text-align: center;">Happy Valentine's Day</p> 	<p>15</p> <p>INTEGRIS Senior FitClub Yoga CHAIR Fitness Will Rogers Senior Center 3501 Pat Murphy Drive 11:30 a.m.-12:30 p.m.</p> <p>Rapid Readers Book Discussion <i>Tender is the Night</i> by F. Scott Fitzgerald INTEGRIS Third Age Life Center 5100 N. Brookline Ave., Suite 100 11:30 a.m.-12:30 p.m.</p> <p>INTEGRIS Senior FitClub Cardio/Strength Chair Fitness Will Rogers Senior Center 3501 Pat Murphey Drive 1:30-2:30 p.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>19</p> <p>Hearing Helpers Demonstration INTEGRIS Canadian Valley 1201 Health Center Parkway Yukon / <i>Come and Go</i> 10 a.m.-1 p.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>Fat Facts in February** Nutrition Presentation INTEGRIS Third Age Life Center 5100 N. Brookline Ave., Suite 100 10:30-11:30 a.m.</p>	<p>21</p>	<p>22</p> <p>INTEGRIS Senior FitClub Yoga CHAIR Fitness 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>
<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>Fat Facts in February** Nutrition Presentation INTEGRIS Southwest, Medical Office Building 4200 S. Douglas, Suite B-10 10:30-11:30 a.m.</p> <p>You're Only as Old as You Feel** INTEGRIS Third Age Life Center 5100 N. Brookline Ave., Suite 100 10:30-11:30 a.m.</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>You're Only as Old as You Feel** INTEGRIS Southwest, Medical Office Building 4200 S. Douglas, Suite B-10 10:30-11:30 a.m.</p>	

SATURDAY 2 | SUNDAY 3 | SATURDAY 9 | SUNDAY 10 | SATURDAY 16 | SUNDAY 17 | SATURDAY 23 | SUNDAY 24

INTEGRIS

Community Wellness

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

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LIFETIME OF HARMONY NEWSLETTER



It's Healthy Heart Month ... Get your Blood Pressure Checked!

Friday, Feb. 8, 11:30 a.m. to 1 p.m.

INTEGRIS Third Age Life Center • 5100 Brookline, Suite 100

Fitness and Wellness Tip of the Month

Protect Your Health – Avoid touching your eyes, nose and mouth. Germs spread this way!

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.

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