



Lifetime of Harmony Newsletter

Classes for People with Diabetes**

Wednesdays, Jan. 2 to Feb. 6 • 10 a.m. to 12 p.m.

This free six-week program provides you with the education you need to self-manage your diabetes. You will learn how diabetes affects your body, and how to make sense of your blood sugar numbers. You learn through small group activities and supportive conversation. Come learn how to take charge of your health!

This program will be held at the Mustang Community Center, 1201 N. Mustang Road. There is no charge, but **registrations are required.**

In for the 'Long Haul'** Nutrition with Karen Massey, RD, LD

Wednesday, Jan. 16 • 10:30 to 11:30 a.m.

Weight management is a lifelong endeavor. Unfortunately, this notion isn't easy to sell, especially in January when advertisements for weight loss products flood the airways. Who wants to plod along making 'lifestyle changes' if instead you could whip off the extra pounds without diet and exercise? What's more amazing is the fact that this marketing cycle repeats itself every year! Take a break from the hype and join Karen for the straight, unadulterated truth about body size and weight.

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

INTEGRIS

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The Alzheimer's Association Presents: Savvy Caregiver Series**

Tuesdays & Thursdays, Jan. 8 through Jan. 17 • 5:30 to 7:30 p.m.

A caregiver education program given by the Alzheimer's Association. This 'best practices' course in caregiving techniques provides clinical-level training for family caregivers.

Location for the program: Springlake Metro Technology Center, Health Careers Center, 1720 Springlake Drive. The program is free, but **registrations are required by calling 800-272-3900.**

Your Balance and Fall Prevention**

Friday, Jan. 11 • 10:30 to 11:30 a.m.

"Help I've fallen, and I can't get up!" We've all heard that tag line before. But it CAN happen to any of us. Join Lauren Ballou, INTEGRIS health educator, for strategies to reduce your risk of falling. You will also learn balance exercises to improve your strength to prevent falls from happening.

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

INTEGRIS Senior Café**

Thursday, Jan. 17 • 4 to 5 p.m.

Enjoy a great meal, health education and friendly conversation at the Senior Café! Dinner will be served at INTEGRIS Southwest in the Cancer Center Conference Rooms, 4401 S. Western Ave. For only \$5 per person, collected at the door, you will enjoy a delicious dinner and dessert, followed by BINGO with prizes!

INTEGRIS educator Mary Pinzon, RN, will present valuable health information. **Call 405-951-2277 to reserve your place at the table. Reservations are 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.

May you have a Happy and Healthy New Year!

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

Spanish Classes in 2019**

Mondays, Jan. 14 through May 13
Intermediate • 9 to 10:30 a.m.
Beginner • 11 a.m. to 12:30 p.m.

These classes are held at the INTEGRIS Third Age Life Center, 5100 N. Brookline Ave., Suite 100. There is no charge, but **reservations are required.**

Tools for Living with Chronic Conditions**

Friday, Jan. 18 • 1:30 to 4 p.m.

Are sick and tired of being sick and tired? In this six-week series you will focus on ways to live a more fulfilling life with tips and techniques from a Self-Management Tool Box. This box highlights practical ways to deal with stress and anxiety, better nutrition, exercise and options to begin taking control of your life. You will learn how to communicate better with your doctors and family about issues you are having and how you can get the support you need.

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

Review, Renew, Reclaim: The Joy of Navigating the Labyrinth in the New Year**

Tuesday, Jan. 22 • 7 to 8:30 p.m.

What are your hopes and dreams for the year that lies ahead? In this session participants will have the opportunity to use the labyrinth, an ancient walking meditation, and discover ways to set intentions for the upcoming year. Leading will be C. Diane Rudebock, Ed.D., RN, CHTP, Professor Emerita University of Central Oklahoma, Veriditas Certified Labyrinth Facilitator, Certified Healing Touch Professional and Ignatian Trained Spiritual Leader.

Location for the program: Citizens Bank, 1 E. 1st Street, Edmond. There is no charge for the program, but **registrations 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.
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.
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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

Out with the Old, In with the NEW! ** Making the Most of Transitions

Tuesday, Jan. 22 • 10:30 to 11:30 a.m.

We all face many changes in our lives as we age. All of these changes can impact not only our emotions, but also our health. So how do we manage transitions in the most healthful way? Join INTEGRIS Health Educator, Cathy Patterson, M.S., to learn ways to cope with transition.

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

Support Groups and Supplementary Classes

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

1st Thursday, Jan. 3 • 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, Jan. 11 • 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, Jan. 14 • 7-8 p.m.

Hearing Loss Association
 Lakeside Methodist Church
 2925 NW 66 St.

3rd Thursday, Jan. 17 • 1:30-2:30 p.m.

Hearing Loss Association
 Lakeside Methodist Church
 2925 NW 66 St.

1st Wednesday, Jan. 2 • 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, Jan. 9 • 4-5 p.m.

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

2nd and 4th Thursdays, Jan. 10 and 24
11:30 a.m.-1 p.m.


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

4th Thursday, Jan. 24 • 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.

January 2019

“Never lose a chance of saying a kind word.” — William Thackeray (circa 1863)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Refer to weekly activities list on page 2 for recurring activities.</p>	<p>1</p> 	<p>2</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>3</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>4</p> <p>INTEGRIS Senior FitClub Will Rogers Senior Center 3400 NW 36th St. 11:30 a.m.-12:30 p.m. and 1:30-2:30 p.m.</p>	SATURDAY 5	SUNDAY 6
	<p>7</p> <p>INTEGRIS Senior FitClub Crossings Community Center 10255 N. Penn, Oklahoma City Regular Fitness/Chair/Zumba 9-9:50 a.m. 10-10:50 a.m. 11-11:50 a.m.</p>	<p>8</p> <p>The Alzheimer's Association Presents: Savvy Caregiver Series** INTEGRIS Third Age Life Center 5100 N. Brookline Ave., Suite 100 5:30-7:30 p.m.</p>	<p>9</p> <p>INTEGRIS Senior FitClub Crossings Community Center 10255 N. Penn, Oklahoma City Regular Fitness/Chair/Zumba 9-9:50 a.m. 10-10:50 a.m. 11-11:50 a.m.</p>	<p>10</p>	<p>11</p> <p>AARP Driver Safety** INTEGRIS Southwest (MOB) 200 S. Douglas, Suite B-10 9 a.m.-3:30 p.m.</p> <p>Your Balance and Fall Prevention** INTEGRIS Third Age Life Center 5100 N. Brookline Ave., Suite 100 10:30-11:30 a.m.</p> <p>Blood Pressure Power INTEGRIS Third Age Life Center 5100 N. Brookline Ave., Suite 100 11:30 a.m.-1 p.m.</p> <p>INTEGRIS Senior FitClub Will Rogers Senior Center 3400 NW 36th St. 11:30 a.m.-12:30 p.m. and 1:30-2:30 p.m.</p>	SATURDAY 12
<p>14</p> <p>INTEGRIS Senior FitClub Crossings Community Center 10255 N. Penn, Oklahoma City Regular Fitness/Chair/Zumba 9-9:50 a.m., 10-10:50 a.m. 11-11:50 a.m.</p> <p>Spanish classes start! Intermediate and Beginner INTEGRIS Third Age Life Center 5100 N. Brookline Ave., Suite 100 9-10:30 a.m. and 11 a.m.-12:30 p.m.</p>	<p>15</p>	<p>16</p> <p>INTEGRIS Senior FitClub Crossings Community Center 10255 N. Penn, Oklahoma City Regular Fitness/Chair/Zumba 9-9:50 a.m. 10-10:50 a.m. 11-11:50 a.m.</p> <p>In for the Long Haul** Nutrition with Karen Massey INTEGRIS Third Age Life Center 5100 N. Brookline Ave., Suite 100 10:30 -11:30 a.m.</p>	<p>17</p> <p>Senior Café** INTEGRIS Southwest Cancer Center Conf. Rooms 4401 S. Western Ave. 4-5 p.m.</p>	<p>18</p> <p>INTEGRIS Senior FitClub Will Rogers Senior Center 3400 NW 36th St. 11:30 a.m.-12:30 p.m. and 1:30-2:30 p.m.</p> <p>Rapid Readers Book Discussion <i>Rules for a Knight</i> by Ethan Hawke INTEGRIS Third Age Life Center 5100 N. Brookline Ave., Suite 100 11:30 a.m.-12:30 p.m.</p> <p>Tools for Living with Chronic Conditions** INTEGRIS Third Age Life Center 5100 N. Brookline Ave., Suite 100 1:30-4 p.m.</p>	SATURDAY 19	SUNDAY 20
<p>21</p> <p>INTEGRIS Senior FitClub Crossings Community Center 10255 N. Penn, Oklahoma City Regular Fitness/Chair/Zumba 9-9:50 a.m. 10-10:50 a.m. 11-11:50 a.m.</p>	<p>22</p> <p>Out with the Old, In with the NEW! ** Making the Most of Transitions INTEGRIS Third Age Life Center 5100 N. Brookline Ave., Suite 100 10:30-11:30 a.m.</p> <p>The Joy of Navigating the Labyrinth** Citizens Bank 1 E. 1st St., Edmond 7-8:30 p.m.</p>	<p>23</p> <p>INTEGRIS Senior FitClub Crossings Community Center 10255 N. Penn, Oklahoma City Regular Fitness/Chair/Zumba 9-9:50 a.m. 10-10:50 a.m. 11-11:50 a.m.</p>	<p>24</p>	<p>25</p> <p>INTEGRIS Senior FitClub Will Rogers Senior Center 3400 NW 36th St. 11:30 a.m.-12:30 p.m. and 1:30-2:30 p.m.</p>	SATURDAY 26	SUNDAY 27
<p>28</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>29</p>	<p>30</p> <p>INTEGRIS Senior FitClub Crossings Community Center 10255 N. Penn, Oklahoma City Regular Fitness/Chair/Zumba 9-9:50 a.m. 10-10:50 a.m. 11-11:50 a.m.</p>	<p>31</p>	<p>** Reservation required. Call the INTEGRIS HealthLine at 405-951-2277.</p>		

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Community Wellness

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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

Friday, Jan. 18 • 11:30 a.m. to 12:30 p.m.

You are cordially invited to join the Rapid Readers book discussion of *Rules for a Knight*, by Ethan Hawke. Bring a snack if desired and come 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.

Hearing Helpers Demonstration

Friday, Jan. 18 • 10 a.m. to 1 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 Southwest Medical Office Bldg. 4200 S. Douglas, Suite B-10. Come and go. There is no charge for this service and reservations are not required.

AARP Driver Safety Courses**

Thursday, Jan. 3 • 9 a.m. to 3 p.m.

INTEGRIS Third Age Life Center, 5100 N. Brookline Ave., Suite 100. There is no charge for the program, but **reservations are required.**

Friday, Jan. 11 • 9 a.m. to 3 p.m.

INTEGRIS Southwest Medical Office Bldg., 4200 S. Douglas, Suite B-10. There is no charge for the program, but **reservations are required.**

Blood Pressure Power

Friday, Jan. 11 • 11:30 a.m. 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.

January Health and Wellness Tip – Wash Your Hands!

Do we sound like your mother? Well, she was right! Washing your hands frequently with soap and water, especially after you cough or sneeze, or shake hands, or use a public handle of any sort, (you get the picture), will help keep you well. Alcohol-based hand sanitizers are also effective.

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.**