

# Seniors in Action

## February 2010

*Ponca City Senior Center*  
580-763-8051

*319 W. Grand Ave*  
*Ponca City, OK*

Volume 3, Issue 4

### Activities

**A New Twist for 2010.** If you like to move to music you are invited to join us at the Senior Center during February on Monday, Wednesday and Thursday afternoons. There will be two different sessions designed just for you. Both will include music, exercise and fun. The first session will be from 3:30-4:00 "Stretching to the Classics with Richard Simmons". A great way to exercise and you walk away feeling refreshed. This is a great way to attack the winter blues. The second session will be 4-4:45 "Sweatin' to the Oldies" a higher impact exercise program. You are invited to attend one or both. Please wear comfortable clothes and good shoes.



large screen television, or enjoy a game of cards, dominos or pool as you watch.

**Tuesday February 9<sup>th</sup> at 12:30** In House Pool Tournament, join us for a fun afternoon.

Did you get a new digital camera for Christmas? Is the instruction book complicated? By popular demand, John Howe will do a class on how to work your digital camera. The class will be a group class in the dining room with the overhead projector. The class will be held on **Wednesday February 10<sup>th</sup> at 12:30-1:00.**

**Saturday February 13<sup>th</sup> 2-4:00 at the Ponca City Senior Center.**

You are invited to join us again as we gather for the annual Senior Center Valentine Reception. We will recognize all couples. We will take a photo of all couples married over 50+ years again this year. Last year our combined total was 1,132 years. Let's break the record, invite your friends to join us and call and invite those cou-



ples you know have passed the 50+ year anniversary. The Center's Tuesday night band will provide music for those who enjoy dancing, as well as refreshments and photos. This event is co-sponsored by Ponca City Medical Center's Senior Circle, Retired Senior Volunteer Program and Ponca City Senior Center.

**Soup and Swap!** As many of you know sometimes some of our center folks



bring items they no longer need and they are placed on the stage and are available for anyone to take. This has been a useful and fun idea. On **Monday February 15<sup>th</sup>** Wheatheart will be closed. The center would like to invite you to bring items you no longer need for a "Swap Day". There will be tables set up and you can set your discarded items on the table when you come in and at 11:00 we will open the tables for sharing time. We do ask that you bring only a small amount of items such as a sack or box. If you don't have enough to fill a box, just bring one or two items you would like to see someone else take

home. Examples include, sweaters, jackets, dishes, trinkets. Any items left after the 15<sup>th</sup> will be donated to local programs. The center will also host a covered dish lunch on the 15<sup>th</sup> with soup as the main dish, which will be provided. Please bring your favorite dish and join us at 11:30 followed by an afternoon of bingo.

Evening Bingo, **Thursday February 18<sup>th</sup> 6:00.** Bring a snack to share and enjoy at break.

TRIAD will visit the center on **Tuesday February 23<sup>rd</sup> 12-1:30.**

**Wednesday February 24<sup>th</sup> 12:30** at the Ponca City Senior Center Charles Norman will present another great book review - An American Legend: Seabiscuit by Laura Hillinbrand.

### Super Bowl Sunday!

Another fun evening of games and food. **Sunday February 7<sup>th</sup> 5:00** will be the annual Super Bowl party. Bring your favorite snack food and enjoy an evening with friends. View the Super Bowl on the



### Inside this issue:

<b>February Senior Center Calendar</b>	<b>2</b>
<b>Retired Senior Volunteer</b>	<b>3</b>
<b>Peer to Peer Program a Success</b>	<b>3</b>
<b>Chef of the Month</b>	<b>3</b>
<b>For Your Information</b>	<b>4</b>
<b>Heart Health</b>	<b>4</b>

# February 2010

Ponca City Senior Center 763-8051

Wheatheart Nutrition 767-1620

Cimarron Transit 718-0444

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <i>Sterling House Birthday Cake</i> 3:30 <i>Stretch exercise</i> 4:00 <i>Sweatin to the Oldies-Exercise</i>	2 9:30 <i>Exercise</i> 12:30 <i>Canasta</i> 6:00 <i>Country Music</i>	3 3:30 <i>Stretch Exercise</i> 4:00 <i>Sweatin to the Oldies-Exercise</i>	4 9:30 <i>Exercise</i> 1:00 <i>Beginners Line Dancing</i> 3:30 <i>Stretch Exercise</i> 4:00 <i>Sweatin to Oldies-</i>	5 9:30 <i>Exercise</i> 1:00 <i>Dance Class</i> 6:00 <i>Progressive Pitch &amp; Table Games</i>	6
7 5:00 <i>Super Bowl Party -Bring snack</i>	8 1:00 <i>Alzheimer Support</i> 3:30 <i>Stretch Exercise</i> 4:00 <i>Sweatin to the Oldies-Exercise</i>	9 9:30 <i>Exercise</i> 12:30 <i>Canasta</i> 6:00 <i>Country Music</i>	10 12:30 <i>Digital Camera Workshop</i> 3:30 <i>Stretch Exercise</i> 4:00 <i>Sweatin to the Oldies-Exercise</i>	11 9:30 <i>Exercise</i> 10:30 <i>Wheatheart Mig</i> 1:00 <i>Beginners Line Dancing</i> 3:30 <i>Stretch Exercise</i> 4:00 <i>Sweatin to Oldies</i>	12 9:30 <i>Exercise</i> 1:00 <i>Dance Class</i> 6:00 <i>Progressive Pitch &amp; Table Games</i>	13 <i>Annual Valentine Dance and Reception</i> 2-4:00
14	15 11:30 <i>Soup &amp; Swap</i> 12:30 <i>Bingo</i> 3:30 <i>Stretch Exercise</i> 4:00 <i>Sweatin to the Oldies-Exercise</i>	16 9:30 <i>Exercise</i> 12:30 <i>Canasta</i> 6:00 <i>Country Music</i>	17 <i>Chef of the Month</i> 2:00 <i>Scrapbooking</i> 3:30 <i>Stretch Exercise</i> 4:00 <i>Sweatin to the Oldies-Exercise</i>	18 9:30 <i>Exercise</i> 1:00 <i>Beginners Line Dancing</i> 3:30 <i>Stretch Exercise</i> 4:00 <i>Sweatin to Oldies-Exercise</i> 6:00 <i>Evening Bingo</i>	19 9:30 <i>Exercise</i> 9:00 <i>Stillwater Pool Tour-in Stillwater</i> 1:00 <i>Dance Class</i> 6:00 <i>Progressive Pitch &amp; Table Games</i>	20
21	22 12:30 <i>Bingo</i> 3:30 <i>Stretch Exercise</i> 4:00 <i>Sweatin to the Oldies-Exercise</i> 6:00 <i>Quilters</i>	23 9:30 <i>Exercise</i> 12:00 <i>TRIAD</i> 12:30 <i>Canasta</i> 6:00 <i>Country Music</i>	24 12:30 <i>Book Review With Charles Norman</i> 3:30 <i>Stretch Exercise</i> 4:00 <i>Sweatin to the Oldies-Exercise</i>	25 9:30 <i>Exercise</i> 10:30 <i>Lupus Mig</i> 1:00 <i>Beginners Line Dancing</i> 3:30 <i>Stretch Exercise</i> 4:00 <i>Sweatin to Oldies-Exercise</i> 7:00 <i>Alzheimer Mig</i>	26 9:30 <i>Exercise</i> 1:00 <i>Dance Class</i> 6:00 <i>Progressive Pitch &amp; Table Games</i>	27
28						

## Retired Senior Volunteer Program

Phone 762-9412

R.S.V.P.'s purpose is to engage residents in meaningful volunteer activities which are interesting and which meet essential community needs. Many of you may know that R.S.V.P. has approximately 700 members throughout Kay County, and has 63 volunteer stations providing work opportunities and locations to volunteer. But did you also know that R.S.V.P. has nine programs of its own which utilize members to meet additional community needs. Some of these include:

1. **Partners In Awareness**, which is all about a prepared response team which will contact enrolled seniors in the event of a natural disaster or terrorist event.
2. **Independent Living**, pertaining to adult education programs designed to assist seniors to live free from institutionalization.
3. **Chat Line**, a daily phone contact of seniors by seniors who are in need of a wellness check, seven days a week.
4. **Keeping Good Mental Health As We Age**: a series of educational programs designed to educate seniors regarding strategies for optimizing their mental health.
5. **Transportation**: which pertains to volunteers using their personally owned vehicles to transport seniors to essential services for medical, legal, and family care giver needs.
6. **Grandparents Raising Grandchildren**: a monthly support group meeting for those parenting again to discuss experiences and strengths; to gain valuable information about benefits and resources, and to enjoy a time of respite.

## Peer to Peer Program a Success

The Ponca City Senior Center recently hosted the first of a four part series for 2010. The series will be known as "Peer to Peer". The series grew out of the realization that the life journeys many seniors have traveled could be beneficial or helpful to other seniors. The first program was entitled "From Two To One". A panel of five seniors who have lost their spouse shared from their hearts encouraging words on how they managed to get plugged back into society, how they overcame their darkest hours and how much we can help others who might be going through the same thing.

Highlights of the panel discussions included a few selected comments that really touched the audience:

**Gerald Nield:** In your lifetime you have friends and acquaintances, there is a difference.

**Irene Fabian:** Don't do what everyone else wants you to do, do what is right for you during this time and everyone handles grief differently.

**Joyce Fox:** With your spouse you are always special to each other. What I miss the most is "being most special to someone" Our families are wonderful but only your spouse can make you feel the most important person in the world.

**Chuck Hoddy:** Weekends and evenings are the toughest times. You have too much time to think. Chuck attended a grief support group which he considers helpful.

**Marie Krisle:** You have to keep involved, get out and do things. Plan ahead and hold dear those good friends that are like sisters.

The panel all agreed good friends, family and your church family are very important.

## January Chef of the Month

### CHERRY CHEESE BROWNIES

#### Ingredients:

- 1 (21 oz.) brownie mix
- 1 (8 oz.) cream cheese
- 1 (14 oz.) Eagle brand milk
- 1 egg
- 1 tsp. almond extract
- 1 or 2 (21 oz.) cherry pie filling

#### Preparation Instructions:

Bake brownies 20 minutes at 350 degrees (mix according to box directions). Meanwhile, beat cream cheese, that is room temperature, until fluffy, gradually add milk, egg, and extract. Pour this over baked brownie and bake for another 25 minutes. Cool and add cherry pie filling. Top with cool whip if desired.



**Rocky Hudson**  
RSVP  
January 2009

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**Ponca City Senior Center**  
[www.poncacityok.gov](http://www.poncacityok.gov)

Wheatheart Nutrition  
580-767-1620

### **Promoting successful aging!**

### ***For your information.....***

**Reminder:** We are trying to update our data base, please contact the front office if you have moved, changed telephone numbers or have emergency contact changes.

**Remember** the Scrapbooking crew is meeting **February 17<sup>th</sup>** directly following Chef of the month.

Ponca City Pool Team has been invited to a challenge with Stillwater **Friday February 19<sup>th</sup>**. We will leave the center at 9:00 A.M. Lunch will be pot luck and we are invited to bring a few dishes to share if we would like.

**January Pool Winners:** 1<sup>st</sup> place Jerry Connelly, 2<sup>nd</sup> place Albert Isaac and 3<sup>rd</sup> place Irene Fabian.

**New Support Meeting...**Lupus is a chronic inflammatory disease that can affect various parts of the body, especially the skin, joints, blood, and kidneys. There are several folks who have Lupus who have visited here at the center and begun encouraging and supporting each other. If you have Lupus or have a loved one with the disease and would be interested in developing a support group to meet once a month please come to a meeting **Thursday February 25<sup>th</sup> 10:30** in the computer lab at the center.



### ***Heart Health***

#### **CHOOSE HEART-HEALTHY HABITS FOR LIFE**

Decrease your risk of heart disease by focusing on the lifestyle factors you can control. Develop these heart-smart habits:

- ♥ Eat heart-healthy foods.
- ♥ Do not smoke or use tobacco in any form.
- ♥ Exercise at a moderate intensity for at least 30 minutes on 5 more days per week.
- ♥ Manage stress.
- ♥ Maintain a healthy weight.
- ♥ Watch your blood pressure.
- ♥ Get adequate sleep.
- ♥ Take medications as prescribed.
- ♥ Schedule regular medical checkups. Ask your doctor about cardiovascular disease risk-assessment screenings.
- ♥ If you drink alcohol, do so in moderation. While moderate amounts of alcohol may lower the risk for heart disease increasing consumption raises the chances for other health problems, including high blood pressure, obesity, stroke, breast concern, alcoholism, suicide and accidents.

#### **EATING THE HEART-HEALTHY WAY**

- ♥ *Start with portion control.*
- ♥ *Eat more fiber-rich fruits, vegetables and grains.*
- ♥ *Be conscious of your fat intake.*
- ♥ *Choose heart-smart fats.*
- ♥ *Drink more water.*
- ♥ *Read food labels.*
- ♥ *Cut back on refined sugars.*
- ♥ *Watch the salt.*

- ♥ *Look for American Heart Association approval. (Look for the heart check mark on food packages.)*
- ♥ *Know the source of your calories.*
- ♥ *Shop smart.*
- ♥ *Be flexible.*

#### **WALK FOR WELLNESS**

*10 tips for a great walk*

- ♥ Select light-weight, flexible, well-fitting shoes that provide good support, lots of cushioning and enough room for feet to expand.
- ♥ Choose comfortable clothing that's easy to move in. On warm days, wear a fabric that allows perspiration to evaporate. On cold days dress in layers.
- ♥ When walking outdoors, put on sunscreen, a wide-brimmed hat and sunglasses to protect your skin and eyes.
- ♥ Drink water before, during and after your walk.
- ♥ Begin with 5 minutes of walking slowly as a warm-up. (This time is in addition to your walk.)
- ♥ Take short, quick steps.
- ♥ With your forward foot, roll through the step from heel to toe.
- ♥ Bend your arms 90 degrees and swing them back and forth, keeping your elbows close to your body.
- ♥ Look 10-20 feet ahead as you walk instead of staring down. Stand up straight, no leaning forward or back.
- ♥ End with 5 minutes of walking slowly as a cool-down. (This time is in addition to your walk.)

Source: Healthy Heart Nutrition & Fitness Guide  
Positive Promotions  
Rev. 11/08