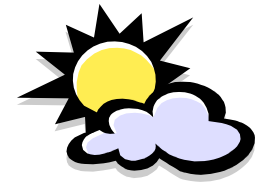


Life-Times



411 W. Mathews, Stillwater, OK 74075 405-377-0978

lifecenter@brightok.net www.lifecenterads.org



PATRIOTIC PICNIC PLANNED FRIDAY, THE 2nd

Participants and staff will celebrate the holiday early with a picnic at the Center. Traditional fare will include hot dogs with all the fixin's and watermelon! Games, patriotic music, and reminiscing will add to what is sure to be a firecracker of a celebration!



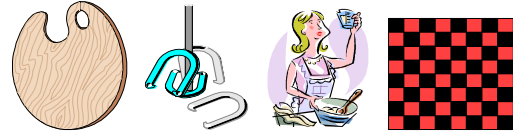
Big Production Features Participant Talent

The 13th Annual Life Center Talent Show will take place on **Wed., July 21, from 1:30 to 3:00 P.M.** in the large fellowship hall of the building adjoining the Life Center.

Rehearsals began last month, and once again it appears that our talent scouts have come up with some real crowd pleasers. The tentative program includes impressionists, dramatic readings, the "Sign Singers," vocal and dance numbers, skits, the ever-popular cooking demonstration (Paula Dean, move over!!), and much more, which usually comes in the form of **unrehearsed** improvisation!!!

So, put **Wednesday, the 21st**, on your calendar and invite friends and family to what is always an entertaining (if not unpredictable!) afternoon. By the way . . .

. . . refreshments will be served!!!



More Than Meets the Eye

Recreation and leisure activities play a major role in the Life Center's program. But what may appear to an outside observer to be just "fun and games" at the Center is in fact a comprehensive program designed to facilitate socialization, enhance physical and mental functioning, and promote psychological well-being.

But we don't stop there! All of the activities are chosen and adapted to meet the needs, interests, and abilities of **each** of the Center's Participants. This can be a challenge when you consider that each Participant is unique! For this reason, there are often three activities scheduled simultaneously.



Life Center staff and professionals involved in providing this comprehensive service are often referred to as "quality of life" people. This is not to suggest that other services, i.e. nutritional, medical, etc., provide less in terms of quality. What it does refer to is the inherent potential of recreation and leisure-related activities to motivate, elicit laughter, or raise a human spirit when all else may have failed.

If you would like to know more about the Center's activity program, contact Activity Coordinator Sandy Bond.

(continued on back)

**The Life Center will be
CLOSED Monday, July 5,
in observance of
Independence Day**



Zoo Sure to Bug Participants!!

Oklahoma State University's **Insect Zoo**, purported to rival even the Smithsonian's insect collection, is right under our noses! Imagine holding Rosie the Tarantula or Millie the Millipede in the palm of your hand! If you'd rather keep the critters at arms length, a walking stick could prance around on it!

On Tuesday, the 20th, Participants will visit this unusual zoo, where they will see specimens from over 30 different countries. A guide will be on hand to describe the various species and explain the **importance** of the insect world. Did you know, for instance, that the planet Earth would literally **not exist** in two years if it was to lose all its bugs? Think about **that** the next time you start to **step** on one!!



Out and About in July

- **Library Musician** (Be at Center by 9:00)
Tuesday, the 6th, Public Library
- **Library Comedian** (Be at Center by 9:00)
Tuesday, the 13th, Public Library
- **Insect Zoo**
Tuesday, the 20th, west of Stillwater
- **Bowling**
Monday, the 26th, Frontier Lanes
- **Airport Museum**
Friday, the 30th, Stillwater airport



Caregiver Corner

"Communication & Dementia"

Wednesday, July 14, 11:30 – 1:30

Guest speaker: Debi Covert

Director of Cypress Springs Alzheimer and Memory Support Residence in Tulsa

If you would like to eat a provided lunch at no charge, reply by Monday, July 12.



A "Win-Win" Situation!

This summer, two OSU students are fulfilling their junior internships at the Life Center. Beth Cross and Chealsey States, both Leisure Studies majors with an option in Therapeutic Recreation, are completing the 400 hour training, which includes planning, implementing, and evaluating a variety of recreational and leisure activities for Participants at the Center.

Beth is from Pryor, Okla. and spends her free time reading, enjoying family, and planning her wedding in December, 2011!

Chealsey is from Alva, Okla. After graduating in May, she plans to work as a Therapeutic Recreational Specialist awhile before applying to physical therapy school.

Thank You!

For donating materials:

- ✓ Stillwater Milling Co.
- ✓ Douglas Building Center
- ✓ Lowe's Home Improvement

For donating labor:

- ✓ Matt Bond

For our new raised garden bed!!!

Don't Forget

* Life Center Board of Directors Meeting:
Tuesday, July 20, 12:15