

Life-Times



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2018 2019

Welcome to 2019! Gayla and Kailee have put their heads together and have planned a full month of activities designed to chase away the winter blahs.

Highlights for January:

- Every Monday we will have the weekly non-denominational Religious Studies group.
- Educational highlights are happening:
 - 3rd Sheerar Museum Outing
 - 8th Highlight: Flip Wilson
 - 16th Armchair Travel: Chile
 - 23rd History Buffs: 2019 Quarters
 - 24th Structural Engineering
 - 31st Highlight on Benjamin Franklin
- Opportunities to cook (and eat) are plentiful this month on the 9th, 15th and 24th. All chefs will have the opportunity to help make goodies.
- Exercise and adapted sports every day
- The arts:
 - 4th Snow People!
 - 14th Creative Expression with Sculpey Clay
 - 29th Brush Strokes: Watercolors

Don't forget to look at the calendar to see what else we will be doing!

These are just some highlights for the month and the staff is working daily to come up with activities that each person will enjoy. There are also daily opportunities to challenge your brain, social events, and get in some physical activity. If you have any ideas for activities, speakers, crafts, outings, recipes, etc., don't hesitate to bring them to Gayla or Kailee!

Out and About



(weather permitting)

- **Sheerar Museum: Thursday 3rd, leaving at 2:00 back at 3:00**
- **Friday 11th: TBA afternoon outing**
- **Rocky Mountain Chocolate Factory: Wednesday 16th, leaving at 9:30 back at 11:30**
- **Library Bookworms: Tuesday 22nd, leaving at 1:00 back at 3:00**



We are thrilled to begin 2019 with new art on the walls following our renovations this fall. Thank you to those who donated their time and financial support to help us make the Center as welcoming and comfortable as possible.



The Center will be closed Tuesday the 1st for the New Year's holiday. Happy 2019!

LIFE Center Board of Directors Meeting
Tuesday, January 15th, 12:00 p.m.

CAREGIVER CORNER

All of these groups are free and open to the public:

Life Center Caregiver Support Group:
Wednesday Jan. 16th, 11:30-12:30. Lunch provided by Primrose Senior Living of Stillwater. Rvsp with Kristy Moorman at 377-0978.

Parkinson's Support Group: Meets Tuesday, February 5th at 5:30-6:30 p.m. in the Honska Conference room. Contact Sabiha Parveen at 405-744-5116 for more information.

Thank You!

Thank you to everyone who brought treats and goodies for the staff. They were much appreciated and went quickly!

Also, thanks to everyone who attended our Christmas Dinner or donated food and supplies. It was a success and the Participants had a blast taking pictures with Santa! Our gift exchange was a lot of fun- many thanks to all the families who brought gifts.

Happy New Year!