



Senior Citizen Newsletter

AGING
GRACEFULLY



April Edition

Dear Readers,

Welcome to the very first edition of Aging Gracefully, Senior Newsletter! As the editor, I am thrilled to have you here as we embark on this journey together on the month of my birthday.

My goal with this newsletter is simple: to keep you informed on resources available to you as a Senior Citizen and to help you maintain your health and happiness.

You can expect practical tips on staying active, statewide and local resources, advice on embracing technology, and more!

We will also have a new "Easy to Make" recipe, each month.

Most importantly, this newsletter is for you. If you have a story to share, a favorite recipe, a resource or advice you wish you had known sooner, we'd love to hear from you.

As we step into a new season, we're reminded of the richness that comes with experience, the joys of community, and the endless possibilities for learning and growth—no matter our age.

Enjoy this month's newsletter!

Aging Gracefully

EDITOR- LAKEESHA BARR

Trivia Question

What is the name of the spacecraft in which the first humans landed on the moon? (Answer in next issue!)

Words of Wisdom

"Age is not a barrier to success; it's a ladder to wisdom." – Unknown

Recipe of the Month

Chicken Bacon
Ranch Pasta
Salad

Prep Time 10
minutes

Cook Time 10
minutes

Servings 6

8 Ingredients :

Penne Pasta 1 lb

Olive Oil 2 Tbsp

1 Hidden Valley
Original Ranch
Seasoning, Salad
Dressing &
Recipe Mix
Packet

1 Cup of Sour
Cream

Shredded
Cooked Chicken
2 1/2 Cups

Bacon Cooked
and Crumbled
3/4 lb

Grated
Parmesan
Cheese
(optional)

Health & Wellness

3 Easy Exercises to Stay Healthy At Home

1. Seated Leg Lifts

How to do it: Sit in a sturdy chair with your feet flat on the floor. Slowly lift one leg straight out in front of you, hold for a few seconds, then lower it back down. Repeat 10 times per leg.

Benefits: Strengthens leg muscles and improves circulation.

2. Chair Stands

How to do it: Sit in a chair with your feet flat on the floor. Cross your arms over your chest or place them on the armrests for support. Stand up slowly, then sit back down in a controlled motion. Repeat 10 times.

Benefits: Builds lower body strength and improves balance.

3. Gentle Marching in Place

How to do it: Stand near a sturdy surface for support. Slowly lift one knee at a time in a marching motion. Continue for 1-2 minutes.

Benefits: Boosts heart health and enhances coordination.

Helpful Resources

Deaf and Hard of Hearing

*The Oklahoma Telecommunication
Equipment Distribution Program*

Offers:

Telecommunication and Alerting
Devices for the Deaf
Senior Citizen Hearing Aid Program
Specialized Communication Devices
and more!

For more Info :
call - Oklahoma School for the Deaf
580 622 4900 OKDRS.GOV

www.barragencyquotes.com
405 720 4999

Community & Events

OKLAHOMA COUNTY

Senior Marathon April 26
For more info : okcmarathon.com

CLEVELAND COUNTY

Medieval Fair of Norman April 4th-6th
Reaves Park Norman , OK

LOGAN COUNTY

Central Oklahoma Coin Show April 4th -5th
Logan County Fairgrounds Guthrie, OK

MCCURTAIN COUNTY

Dogwood Days Festival April 4th-5th
Downtown Idabel, OK

SEMINOLE COUNTY

Made in Oklahoma Festival & Car Show April 5th
Seminole Municipal Park Seminole, OK

MONTHLY VIRTUAL MEDICARE 101 MEETINGS

for more info call or text 405 720 4999

Finance/ Security/ Technology

DID YOU KNOW?

Recorded sales calls are illegal, unless you give a business written permission to robocall you.

You can place your number on the Do Not Call Registry, at that point you're not supposed to get any sales calls (live or recorded).

Scammers can use technology to make their calls look like they come from anywhere such as a business you know, a person you know etc.

WHAT SHOULD YOU DO?

1. Hang up.
2. Pass this information on to a friend

Thank you for reading!