



# Piedmont Community News & Events



[www.Piedmont-OK.com](http://www.Piedmont-OK.com)

December 2016

## Pictures with Santa

Santa will be at F&M Bank's Piedmont location on Saturday, December 10 from 9:30 until noon. There will be cookies and punch and free pictures with Santa. For more information, call 373-1600.



## Lights On, Piedmont!

On Monday, December 12th through Wednesday, December 14th, between 6:00 p.m. and 9:00 p.m., judges from the Piedmont Chamber of Commerce will be driving throughout Piedmont looking for the winners of this year's annual Christmas decorating contest.

There are two contest categories—residential and business. For your home or business to be considered in the contest, have your Christmas lights on from 6:00 to 9:00 p.m. on the evenings of December 12, 13, and 14. The top three winners in both categories will be recognized by the Piedmont Chamber of Commerce.

For more information, contact Lisa at the Chamber office at 373-2234.

## Mayor's Tree Lighting

The Christmas tree at 168 Jackson NW will be lit at 6:30 p.m. on Friday, December 2, and then the activities will begin.

There will be photos with Santa, a scavenger hunt, food trucks, a live nativity, carriage rides, a toy drive, s'mores & fire pits, performances by Piedmont Elementary Choir and by Pride of Piedmont Percussion. A drawing will be held at 8:00 p.m.

For more information, call city hall at 373-2000.

## The Night Before Christmas

The Piedmont United Methodist Church is hosting a performance by the Oklahoma City Handbell Ensemble on December 2nd at 7:30 p.m. at the McGranahan Barn. The barn is located at 12310 NW Expressway. The performance is free.

For more information, call the church at 373-2298.



## Chamber Luncheon

Carol Plemmons, Director of Canadian County United Way, will be the speaker at the Chamber luncheon on December 1st at noon at city hall.

Canadian County United Way funds 21 programs administered by 16 partner agencies. Local 4-H club members have created special Christmas ornaments for the first 16 people that donate to United Way at the luncheon.

You do not have to be a member to attend the luncheon. The meeting is free, and an optional lunch is available for \$10.

For more information, call Lisa at 373-2234.



## Christmas Party at Chester's Party Barn

Chester will be hosting a dinner and Christmas party on Saturday, December 10th from 6:00 to 9:00 p.m.

The event includes an ornament craft, cookie decorating, reindeer treats, pictures with Santa, and a Happy Birthday Jesus cake. Dinner will be served at 6:30 p.m. and the magic show will be at 8 p.m.

Admission is free for Club Chester members and \$10 for non members. RSVP by calling 373-1595 by December 8.



Chester's Party Barn and Farm are located at 5201 Cimarron Rd. NW. From NW Expressway, go north 3.5 miles on Cimarron Rd.

## Closed for the Holidays

Piedmont Public Library will be closed from December 23 through January 2. If you need reading material to carry you through the holidays, you will need to get it before December 23. The regular library hours are: Tuesday 9 - 8, Wednesday 9 - 5, Thursday 11 - 8, Friday 9 - 5, Saturday 9 - 1, closed Sunday and Monday. Library cards are free.

The library is located at 1129 Stout St. NW and the phone number is 373-9018.

## Holiday Toy Drive

The Piedmont Fire Department and the Piedmont Area Veterans Association (PAVA) have teamed up to collect items for the boys at White Fields, and a few Piedmont families that need some extra help at Christmas.

Wish lists include the following items and areas of interest: American Girl doll, Barbie doll, Monster High doll, girls jeans size 14/16, boys clothes and jeans size 10-12 and 30/34, wood working tools, mechanical pencils and art supplies, ear buds, small, medium and large Lego sets, board games, Nerf swords and guns, board games, 3DS games rated teen or below, portable DVD players, Pokémon cards, movies rated G to PG 13, Yugioh cards, gift cards to Walmart, book stores, Game Stop, etc., stress/squishy balls, dinosaur items, action figurines, remote control cars, bike helmets, rain boots, microscope slides, swim goggles, flip-flops, sweatshirts sizes youth medium to adult large, paint by number books, stuffed animals, sunglasses, and a bicycle.

White Fields needs the following items for all of the boys to enjoy: a television, air hockey table or ping pong table, PlayStation 4, X-Box or Wii.

Please take new, unwrapped items to the PAVA building at 170 Edmond Rd NW on Thursdays between 4 and 7 p.m., or to the fire department at anytime. For more information, call Terra at 806-681-9395.



## Christmas Services



Sunday, December 4, 7:00 pm

**Carols and Bells:  
A Christmas Celebration**  
(also cocoa & cookies)

United Methodist Church  
373-2298

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Sunday, December 11  
8:30 & 11:00 am

**Faces at the Manger**  
(a service of lessons and carols)

United Methodist Church  
373-2298

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Saturday, December 24  
5:00 pm

**Family Candlelight Service**

United Methodist Church  
373-2298

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Saturday, December 24  
5:30 pm

**Carols & Candles Service**

Piedmont Nazarene Church  
373-2308

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Sunday, December 24  
7:00 & 11:00 pm

**Candlelight Service**

United Methodist Church  
373-2298

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Saturday, December 25  
9:00 am

**Candlelight Service**

Piedmont First Baptist Church  
373-2420

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Sunday, December 25  
10:30 am

**Christmas Day Worship Service**

Piedmont Nazarene Church  
373-2308

## Blue Zones

The average life expectancy in the United States is about 78 years, but in five places in the world there are pockets known as Blue Zones where the life expectancy is much greater. In the US, about 20 people in 100,000 reach their 100th birthday, but in Okinawa (Japan), for example, approximately 50 per 100,000 will reach 100. The other Blue Zones are Sardinia (Italy), Nicoya Peninsula (Costa Rica), Icaria (Greece), and the Seventh-day Adventists in Loma Linda, California.

It is estimated that as little as 10% of a person's longevity is determined by genetics, and that the lifespan could be extended an average of 14 years if we made some simple changes in the choices we make daily.

The people living longer lives in the five Blue Zones have nine characteristics in common:

1. A lifestyle with more movement, like gardening, and fewer mechanical conveniences for house and yard work. Because their daily lifestyle leads to greater movement, they don't need to set aside time to exercise.
2. A sense of purpose in life that gives them a reason to get up in the morning..
3. Daily routines that help lower stress.
4. A plant-based diet with meat eaten only a few times a month.
5. Moderate but regular consumption of wine. (The Seventh-day Adventists are an exception to this.)
6. Belonging to a faith-based community.
7. Putting family first and keeping them close.
8. Belonging to a social circle of people that have healthy behaviors.
9. Making the last meal of the day the smallest meal of the day.

There's an area of Okinawa where people live the longest disability-free life in the world. They have a saying, *hara hachi bu*, which reminds them to stop eating when they are 80% full. Because it takes about 20 minutes for the stomach stretch receptors to tell the body that it is full, if you wait until your body receives the message that it is full, you are actually very full, so stop at 80% instead.

For more information, visit the Blue Zones web site at [www.bluezones.com](http://www.bluezones.com).

# December Community Calendar

*Where friends meet!*

- 1 (noon) - Chamber Luncheon at city hall, Carol Plemmons from United Way will speak, free, optional lunch \$10, 373-2234
- 1, 8, 15, 22, 29 (4:00-7:00 pm) - Piedmont Area Veterans Building is open, free, 170 Edmond Rd NW, 373-4820
- 2, 9, 16 (10:00 am) - Mother Goose on the Loose for ages birth to 3, at the library, free, 373-9018
- 2 (6:30-8:30 pm) - Mayor's Christmas Tree Lighting, 168 Jackson NW, photos with Santa, food trucks, scavenger hunt, carriage rides, school choir and percussion band performances, 373-2000
- 2 (7:30 pm) - The Night Before Christmas by the OKC Handbell Ensemble at McGranahan Barn, 12310 NW Expressway, free, 373-2298
- 3, 10, 17 (7:00-9:00 am) - Coffee at Piedmont Area Veterans Building, free, 373-4820
- 3, 17 (8:00-noon) - Recycling at 164th & Cemetery, free, 373-2000
- 3, 10, 17 (10:00-2:00 pm) - Historical Society Museum is open, free, 373-2905
- 4 (7:00 pm) - Carols and Bells: A Christmas Celebration, cocoa and cookies, free, at Methodist church, 373-2298
- 6, 13, 20 (10:00 am) - Storytime for toddlers & preschoolers, at the library, free, 373-9018
- 7 (10:00 & 10:45 am) - Preschool Music & Movement with Ms. Alyssa, for toddlers and preschoolers, at the library, free, 373-9018
- 7, 14, 21 (noon) - Senior Adults Lunch & Fellowship at the Methodist church, \$4, for reservations call 373-2905
- 7 (4:00-5:00 pm) - Super Cool Cooking School with Ms. Yuliya for all ages, at the library, free, 373-9018
- 9 (6:00-9:00 pm) - Stampin' Up Card Class at city hall, \$12, bring adhesive, RSVP 535-8849
- 10 (9:30-noon) - Pictures with Santa at Piedmont F&M Bank, punch & cookies, free, 373-1600
- 10 (6:00 pm) - Christmas Dinner & Party at Chester's, magic show, craft, pictures with Santa, \$10 per person, RSVP by 12/8, 373-1595
- 11 (8:30 & 11:00 am) - Faces at the Manger, a service of lessons and carols, at Methodist church, 373-2298
- 12-14 (6:00 pm-9:00 pm) - Lights on Piedmont holiday decorating contest sponsored by the Piedmont Chamber, 373-2234
- 14, 21, 28 (10:00-noon) - Library Quilters at library, free, 919-0870
- 15 (noon) - Readers Who Lunch book club at the library, book is any novel with a recipe, make the dish and bring to share, free, 373-9018
- 17 (9:00 am) - Gardener's Group, free, call for location, 373-9018
- 24 (5:00 pm) - Family Candlelight Service at Methodist church, 373-2298
- 24 (5:30 pm) - Carols & Candles Service at Nazarene church, 373-2308
- 24 (7:00 pm & 11:00 pm) - Candlelight Service at Methodist church, 373-2298
- 25 (9:00 am) - Candlelight Service at Baptist church, 373-2420
- 25 (10:30 am) - Christmas Day Worship Service at Nazarene church, 373-2308

An expanded version of the calendar is online at [piedmont-ok.com](http://piedmont-ok.com)  
A Piedmont map of community events is online at [piedmont-ok.com/map.pdf](http://piedmont-ok.com/map.pdf)