



Piedmont Community News & Events



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January 2019

Denim & Diamonds Gala

Piedmont Public School Education Foundation's Denim & Diamonds Gala will be held Friday, January 18th at 7:00 p.m. at the McGranahan Barn, 12310 Northwest Expressway. The proceeds from the event will benefit teachers and students of the Piedmont Public School district.

Tickets for the the Denim & Diamonds Gala are \$50. A cash bar will be available at an additional cost.

Diamond level sponsorship tables are \$1000 for a table of 8 and include a VIP reception, dinner, premium seating, table wine, and marketing as a Diamond level sponsor. Ruby level sponsorship tables for 8 are \$500 and include dinner and wine.

For more information, or to purchase tickets, email ppsefevents@gmail.com or call Elizabeth at 204-0966.

Library Garden Club

The January meeting of the garden club will be Saturday, January 19, at 9:00 a.m. at the library.

No gardening experience is necessary and everyone is welcome to attend.

For more information, call the library at 373-9018.

Chamber of Commerce Annual Awards Banquet

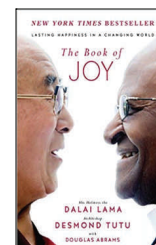


The Chamber's banquet will be held on Saturday, January 26, at 6:30 p.m. at the Piedmont Intermediate School, 977 Washington Ave.

The tickets are \$30 and are available at the Chamber office, 12 Monroe NW.

For tickets or more information, email piedmontokchamber@gmail.com, or call Jennifer at 373-2234.

Readers Who Lunch



The library book club will meet Thursday, January 17 at noon at the library. *The Book of Joy: Lasting Happiness in a Changing World* by Desmond Tutu and Dalai Lama will be discussed, but reading the book is not a requirement for participating. The book club meetings are also a great place to hear about other books worth reading.

Questions? Call the library at 373-9018.

Fit Over Fifty Fitness Class

Mona Pucket will lead a fitness class designed for older adults beginning January 15 at the Nazarene Church, 2011 Piedmont Rd N.

The class will meet on Tuesdays and Thursdays from 10:00 to 11:00.

The fitness program, called Geri-fit, is designed exclusively for older adults, and helps rebuild strength that has been lost through the aging process to help ensure a higher level of function.

There is no dancing, choreography or floor work, and both men and women can enroll. The workout is effective, challenging, and very safe to do. Participants will see an improvement in balance and functional capacity which will help lessen the chance of falls.

The class is funded by a grant to the library and is free to the public.

For more information, call Mona at 245-6470.

SAIL Fitness Classes

SAIL fitness class for older adults will meet at the Nazarene church every Monday, Wednesday and Friday from 2:00 to 3:00 p.m. beginning January 14. The classes are free. For more information, call 974-5309.

**January 14
National Clean Off
Your Desk Day**



Instant Pot Pressure Cooker Class

Learn tips, tricks, and some cooking techniques that will help you get the most out of your Instant Pot. The class will meet on Thursday, January 31, at 6:30 p.m. at the library. The class is free.

For more information, call the library at 373-9018.



How to Make Healthy Changes Stick

The last of four sessions on nutrition will be held on Tuesday, January 8, from 6:30 to 8:00 p.m.

The class is free and will be taught by Keri Layton, MS, RD, LD at the library. For more information, call the library at 373-9018.

First Day Hikes

If your family enjoys participating in America's State Parks First Day Hikes initiative that takes place in all 50 states on January 1st, you can find several Oklahoma state parks that are holding first day hikes on the Oklahoma state parks website at www.travelok.com/article_page/first-day-hikes-at-oklahoma-state-parks.

Information provided includes where and what time to meet, the length and difficulty of the hike, what to bring, the minimum age for kids, whether pets are welcome on the hike, and a phone number for more information or for cancellation information..

If You're Looking for a New Year's Resolution...

If you like the challenge of a New Year's resolution, here are some to consider, along with reasons you should give them a try:

Walk two miles every week.

Walking at least two miles every week was found to significantly improve cognitive scores in patients with Alzheimer's, and to reduce the risk of Alzheimer's in people without it. An average person can walk one mile in 20 minutes or less, making the weekly investment of time just 40 minutes or less in order to receive the benefits.

Reduce your intake of red meat.

A 28-year study of over 24,000 people found each additional daily serving of red meat increased the risk of death by 13%, and servings of processed meat increased the risk even more. However, the mortality risk was reduced by the following percentages by substituting equivalent servings of fish (-7%), legumes or low-fat dairy (-10%), poultry or whole grains (-14%), or nuts (-19%) in place of red or processed meat.

Keep a journal.

Studies have shown that keeping a journal stretches your IQ, increases mindfulness, helps you achieve goals, boosts memory and comprehension, strengthens self-discipline, improves communication skills, promotes emotional, physical and psychological healing, lowers anxiety and stress, inspires creativity, and builds self confidence.

An alternative to writing about your day is to write each day about a memory from your past. By the end of the year, you will have 365 written stories to share with your children.

Spend more time outdoors.

Studies have shown that children who spend

more time outdoors have a lower incidence of myopia (nearsightedness), and children and adults have more energy, improved memory and attention, better sleep, and are happier. Not sure what to do outside? Check out REI's website at www.rei.com/blog/social/95-ways-to-spend-more-time-outside.

Read more.

Lifehack.org lists these 10 benefits of reading: mental stimulation, stress reduction, memory improvement, knowledge, an expanded vocabulary, stronger analytical thinking skills, improved focus and concentration, better writing skills, tranquility, and free entertainment.

The Piedmont Public Library is located at 1129 Stout NW. Library cards are free for Piedmont residents. Call 373-9018 for more information.

Get organized.

The book *The Life-changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing* by Marie Kondo is a step-by-step guide on how to organize and declutter everything in your home, beginning with your clothes.

Create a welcoming haven for wildlife.

By providing 1 source of water (example: bird-bath), 3 sources of food (examples: birdfeeder, butterfly feeder, a plant with berries), 2 places for shelter (examples: small rock pile, dense shrub), and 2 places to raise young (examples: tree, nest box), and two sustainable gardening practices (examples: use soaker hoses, plant native plants), your yard will be a haven for wildlife, and make you eligible to certify it as a wildlife habitat. For more information, go to <https://www.nwf.org/Garden-for-Wildlife/Certify>.



January Community Calendar

Where friends meet!

- 2, 9, 16, 23, 30** (10:00-noon) - Library Quilters at the library, free, 919-0870
- 4, 11, 18, 25** (10:00 am) - Mother Goose on the Loose for infants & toddlers, fingerplay, stories & songs, at the library, free, 373-9018
- 5, 12, 19, 26** (7:00-9:00 am) - Coffee at PAVA building, free, 373-4820
- 5, 12, 19, 26** (10:00-2:00 pm) - Historical Society Museum is open, free, 373-9018
- 8, 15, 22, 29** (10:00 am) - Storytime for toddlers & preschoolers, stories and fingerplay, at library, free, 373-9018
- 8** (10:00-2:00 pm) - Quilt of Valor sewing day - bring sewing machine and \$3 for lunch, at PAVA building, free, 419-778-9533
- 8** (6:30-8:00 pm) - Making Healthy Changes Stick - nutritionist will share tips and information at the library, free, 373-9018
- 9** (10:00 or 10:45 am) - Music and Movement - for toddlers & preschoolers, dancing, singing, instruments, at the library, free, 373-9018
- 9, 16, 23, 30** (noon) - Senior Adults Lunch & Fellowship, \$4, at Methodist church, for reservations call 373-2905
- 14, 16, 18 & every MWF** (2:00-3:00 pm) - SAIL fitness class for older adults, at Nazarene church, free, 974-5309
- 14, 17 & every M, Th** (6:00-7:00 pm) - Ladies Group Fitness exercise class at Nazarene church, \$5 per class, 245-6470
- 15, 17 & every T, Th** (10:00 am) - Fit Over Fifty exercise class at Nazarene church, free, 245-6470
- 17** (noon) - Readers Who Lunch - book is *Lasting Happiness in a Changing World* by Dalai Lama & Desmond Tutu, at library, free, 373-9018
- 18** (7:00 pm) - Denim & Diamonds Gala hosted by Piedmont Public Schools Education Foundation, at McGranahan Barn, 12310 NW Expwy, \$50, 204-0966
- 19** (9:00 am) - Garden Club at the library, free, 373-9018
- 25** (6:00-9:00 pm) - Stampin' Up! Card Class, \$15, bring adhesive, at city hall, RSVP 535-8849
- 26** (6:30 pm) - Chamber of Commerce Banquet at Intermediate school, tickets \$30 at chamber office, 373-2234
- 31** (6:30 pm) - Instant Pot Pressure Cooker Class at library, free, 373-9018

An expanded version of the calendar is online at piedmont-ok.com
A Piedmont map of community events is online at piedmont-ok.com/map.pdf