

# CLAREMORE SENIOR CITIZENS CENTER

FELLOWSHIP • FOOD • FUN



WORD OF THE MONTH:

## CREATIVITY

The use of the imagination or original ideas, especially in the in the production of an artistic work:

## ARTS & CRAFTS ARE BACK

3rd Wednesday of the month. Sign up will be out the 1st-10th of each month. You must sign up in advance for the classes. If you sign up and do not show up, you cannot attend the following month. By you signing up and not showing up you are keeping someone else from attending. Bring your glue guns!



## INSIDE THIS ISSUE

|                                    |   |
|------------------------------------|---|
| Welcome & Center Information ..... | 2 |
| Puzzles .....                      | 3 |
| October Activities .....           | 4 |
| October Dining Menu .....          | 5 |
| Information .....                  | 6 |
| What's Happening .....             | 7 |

### CONTACT

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Facebook: Claremore Senior Citizens Center

### HOURS

Monday - Friday

8 a.m. - 4:45p.m.

# WELCOME & CENTER INFORMATION

PAGE 2

## DIRECTOR

Stacey Dowden

## ASSISTANT DIRECTOR

Dianna Wiggs

## CHEF

Jackie Hemphill

## KITCHEN ASSISTANT

Andrea Marmon

## KITCHEN AIDE

Gale Phillips

Lucinda Wilson

## JANITORIAL ASST.

George Wright

David Sears

## JANITORIAL/DISHWASHER

Sarah Sislo

## PROTECT YOURSELF FROM FRAUD AND SCAMS

OCTOBER 10TH 9-11AM

SENIOR CENTER PARKING LOT (WEATHER PERMITTING) IF IT IS COLD OR RAINING, WE WILL MOVE THE EVENT UPSTAIRS.

WE WILL HAVE THE FOLLOWING ORGANIZATIONS SET UP IN THE PARKING LOT TO PROVIDE YOU INFORMATION TO PROTECT YOURSELF, PROPERTY AND FINANCES:

**OK COMPLETE-** FOOD TRUCK WILL BE PROVIDING BREAKFAST BURRITOS AND COFFEE

**CITY OF CLAREMORE SENIOR CENTER-** SHRED IT TRUCK WILL BE HERE—LIMIT OF 5 LBS PER HOUSEHOLD— OLD TAX DOCUMENTS— CHECKS— BANK/CREDIT CARD STATEMENTS

**RCB-** PROTECT YOUR FINANCES

**CLAREMORE POLICE-** INFORMATION ON HOW TO NOT BE A VICTIM OF FRAUD/SCAM

**LEGAL AID OK OKLAHOMA-** SCHEDULE TO RECEIVE A FREE WILL AND OR POWER OF ATTORNEY

**ROGERS COUNTY CLERK-** PROTECT YOUR HOME DEED

**OBN-** TAKE BACK PRESCRIPTIONS— BRING YOUR OLD PRESCRIPTIONS TO BE DISPOSED OF

**OKLAHOMA DEPARTMENT OF SECURITY-** PROTECT YOURSELF FROM SENIOR CITIZENS SCAMS

Tia-Chi is here. We will be adding Tia-Chi as one of our exercise classes. Scheduled Exercise will be the follows:

Line Dancing— Monday and Wednesday 10:30-11:30

Tia-Chi— Monday and Wednesday 9:00-10:00

Chair Exercise—Tuesday and Thursday 9:00 and 1:00

## Arts & Crafts:

Arts & Crafts will be the 3rd Wednesday of every month. You will be required to sign up for arts & crafts. The sign up sheet will be on the table, next to the puzzle table. The sign up sheet will be out from the 1st—10th. Classes are limited to the first 24. If you sign up and do not come to class, you will not be able to attend the following month. Due to limited class sizes, by signing up and not showing up, you kept someone else from being able to attend. Please be mindful when signing up and make sure you will be here!

STACEY DOWDEN— DIRECTOR

Growing  
PlayA word search puzzle grid with 15 rows and 15 columns. The grid is surrounded by a decorative border featuring autumn-themed illustrations like pumpkins, leaves, and acorns. The title 'OCTOBER WORD SEARCH' is at the top. Below the title are four columns of words to find: OCTOBER, FALL, AUTUMN; HALLOWEEN, ACORN, APPLES; CHILLY, HARVEST, MOON; and HAYRIDE, LEAVES, PUMPKIN. The grid itself contains a mix of letters for searching.

## OCTOBER WORD SEARCH

OCTOBER  
FALL  
AUTUMNHALLOWEEN  
ACORN  
APPLESCHILLY  
HARVEST  
MOONHAYRIDE  
LEAVES  
PUMPKIN

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| O | L | A | U | D | J | P | A | Y | A | H | Q | K | M | H |
| P | C | R | U | D | V | S | M | P | Y | C | V | Y | O | A |
| U | H | T | H | T | M | K | O | A | P | W | K | P | O | L |
| M | R | I | O | A | U | E | C | M | R | L | P | R | N | L |
| P | J | C | G | B | Y | M | V | G | P | B | E | Z | S | O |
| K | V | P | X | Q | E | R | N | T | N | R | D | S | P | W |
| I | S | P | A | G | D | R | I | M | F | J | J | Z | L | E |
| N | H | F | F | L | G | B | C | D | W | V | Z | S | R | E |
| K | L | V | E | A | H | M | Y | Y | E | V | N | Z | W | N |
| Z | Z | Q | D | Y | L | U | Q | W | G | C | O | K | Q | E |
| Q | P | Q | R | V | E | L | X | A | F | P | K | Z | F | S |

Free Printable Puzzle

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   |
|--|--|---|---|--|
|  |  | <b>1</b><br>LINE DANCING 10:30<br>BRIDGE 1<br>CRAFT SIGN UP'S                             | <b>2</b><br>CHAIR EXERCISE 9 & 1                        | <b>3</b><br>BINGO & DONUTS 9AM<br>BRIDGE 1PM   |
| <b>6</b><br>LINE DANCING 10:30<br>BRIDGE 1                               | <b>7</b><br>CHAIR EXERCISE 9 & 1<br>CHEROKEE NATION<br>BLOOD PRESSURE CHECK<br>9-12 IN BRIDGE ROOM | <b>8</b><br>TIA-CHI 9<br>LINE DANCING 10:30<br>BRIDGE 1                                   | <b>9</b><br>CHAIR EXERCISE 9 & 1                        | <b>10</b><br><b>FRAUD/SCAM EVENT</b><br><b>9-11- PARKING LOT</b><br>BRIDGE 1<br>SINGO BINGO 1:15PM<br>UPSTAIRS |
| <b>13</b><br>TIA-CHI 9<br>LINE DANCING 10:30<br>BRIDGE 1                 | <b>14</b><br>CHAIR EXERCISE 9 & 1  | <b>15</b><br>TIA-CHI 9<br>LINE DANCING 10:30<br>BRIDGE 1<br>ARTS & CRAFTS 1 –<br>UPSTAIRS | <b>16</b><br>CHAIR EXERCISE 9 & 1<br>BOARD MEETING 9:30 | <b>17</b><br>BRIDGE 1<br>AFTERNOON MOVIE<br>1:15PM UPSTAIRS<br>“THE THURSDAY<br>MURDER CLUB”                   |
| <b>20</b><br>TIA-CHI 9<br>LINE DANCING 10:30<br>BRIDGE 1<br>UPSTAIRS     | <b>21</b><br>CHAIR EXERCISE 9 & 1  | <b>22</b><br>TIA-CHI 9<br>LINE DANCING 10:30<br>BRIDGE 1                                  | <b>23</b><br>CHAIR EXERCISE 9 & 1                       | <b>24</b><br>BRIDGE 1  |
| <b>27</b><br>TIA-CHI 9<br>LINE DANCING 10:30<br>BRIDGE 1<br>BUNCO 1:15PM | <b>29</b><br>CHAIR EXERCISE 9 & 1  | <b>29</b><br>TIA-CHI 9<br>LINE DANCING 10:30<br>BRIDGE 1                                  | <b>30</b><br>CHAIR EXERCISE 9 & 1                       | <b>31</b><br><b>BRUNCH 11:00</b><br>BRIDGE 12<br>CARDO 12<br>BIRTHDAY<br>CELEBRATION 1:30                      |
|  |  |   |   |  |

# DINING MENU-LUNCH IS SERVED AT 12:00

PAGE 5

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   |
|--|--|---|--|--|
| <b>DINE IN LUNCHESES \$3.00</b><br><b>CARRY OUT LUNCHESES \$3.50</b><br><b>918-341-4734 ext 1</b>                    |  | <b>1</b><br>PULLED PORK SANDWICH<br>BBQ CHIPS<br>POTATO SALAD<br>PUMPKIN LOAF                 | <b>2</b><br>COOK'S CHOICE  | <b>3</b><br>MEATLOAF<br>POTATOES & GRAVY<br>GLAZED CARROTS<br>GARDEN SALAD<br>ROLL<br>CUPCAKE                          |
| <b>6</b><br>BACON WRAPPED SIRLOIN<br>POTATOES & GRAVY<br>GREEN BEANS<br>GARDEN SALAD<br>LEMON LOAF                   | <b>7</b><br>BAKED ZITI<br>ITALIAN SALAD<br>ITALIAN VEGGIE<br>GARLIC TOAST<br>DESSERT       | <b>8</b><br>POTATO SOUP<br>HAM & CHEESE SANDWICH<br>CUCUMBER/TOMATO/ONION SALAD<br>BROWNIE    | <b>9</b><br>CHILI DOG<br>CHIPS<br>BOW TIE PASTA SALAD<br>DESSERT                   | <b>10</b><br>TURKEY POT ROAST<br>OVER POTATOES<br>MIXED VEGGIE<br>GARDEN SALAD<br>PUMPKIN PIE                          |
| <b>13</b><br>PORK FRITTER<br>POTATOES & GRAVY<br>CAULIFLOWER & CHEESE<br>GARDEN SALAD<br>CHOCOLATE PEANUT BUTTER PIE | <b>14</b><br>PHILLY CHEESE STEAK SANDWICH<br>CHIPS<br>MEDITERRANEAN PASTA SALAD<br>DESSERT | <b>15</b><br>CHICKEN & NOODLES<br>ASPARAGUS<br>AMBROSIA SALAD<br>ROLL<br>STRAWBERRY CREAM PIE | <b>16</b><br>CHEESEBURGER (LOP)<br>CHIPS<br>MACARONI SALAD<br>DESSERT              | <b>17</b><br>PEPPER STEAK<br>OVER RICE<br>STIR FRY VEGGIES<br>ASIAN RAMEN SALAD<br>KEY LIME PIE                        |
| <b>20</b><br>BRISKET<br>BAKED BEANS<br>COLESLAW<br>ROLL<br>PECAN PIE   | <b>21</b><br>BEEF TACO<br>MEXICAN RICE<br>AVOCADO SALAD<br>TORTILLA CHIPS<br>DESSERT       | <b>22</b><br>COOK'S CHOICE  | <b>23</b><br>BROWN BEANS<br>CORN BREAD<br>FRIED CABBAGE<br>CAESAR SALAD<br>DESSERT | <b>24</b><br>CHICKEN FETTUCCINE ALFRADO<br>STEAMED BROCCOLI<br>GARDEN SALAD<br>GARLIC TOAST<br>FRENCH SILK PIE         |
| <b>27</b><br>CHICKEN STRIPS<br>POTATOES & GRAVY<br>BRUSSEL SPROUTS<br>GARDEN SALAD<br>COCONUT CAKE                   | <b>27</b><br>SUB SANDWICH (LOP)<br>CHIPS<br>PEPPERONI SALAD<br>DESSERT                     | <b>29</b><br>SLOPPY JOE<br>CHIPS<br>POTATO SALAD<br>COOKIES                                   | <b>30</b><br>TACO SOUP<br>CORN BREAD<br>CAESAR SALAD<br>DESSERT                    | <b>31</b><br><b>BRUNCH 11:00</b><br>SCRAMBLED EGGS<br>SAUSAGE<br>BISCUIT & GRAVY<br>FRUIT CUPS<br>CINNAMON COFFEE CAKE |

CARRY OUT ORDERS MUST BE CALLED IN BY 10:30- PICK UP IS 11:00- NO LUNCHESES WILL BE HANDED OUT EARLY

# SENIOR CITIZENS INFORMATION

PAGE 6

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## CELL PHONE ETIQUETTE

I have had multiple complaints regarding cell phones during scheduled activities: If you bring your cell phone to Bingo, Singo Bingo, Bunco, Afternoon Movie or Exercise Class ect. Please be considerate of the people around you and do the following:

1. Be present. Give your full attention to the people you are with.
2. Keep your phone on silent or vibrate.
3. Excuse yourself if you must take a call. Step away politely, do not have speaker on to politely avoid disturbing others

We do not need to hear anyone's personal conversations!

The Holidays will be here before we know it. The dates below you will want to mark on your calendar. We will continue to update each newsletter throughout the holiday season:

November 3rd— We will start taking reservation for Thanksgiving lunch. Remember, seats will sell out fast. So, you will want to make your reservations ASAP. You will be required to come in and make your reservations and pay. No phone reservations will be accepted. We will take reservations until November 18th or all lunches are sold out. Cost: Dine-In \$3.00 Carry out \$3.50

November 22nd 10:00am come and help decorate our Sr Center for Christmas— Let Stacey or Dianna know if you are coming to help decorate.

November 25th—Thanksgiving Lunch

November 26th— We will start taking reservations for our Christmas Party and Christmas Lunch. You will be required to come in and make your reservations and pay. No phone call reservations will be accepted. We will take reservations for the Christmas Party until December 11th or all seats are spoken for. Reservations for Christmas lunch will be taken until December 16th or all lunches are sold out.

December 12th— Sr Center Christmas Party (free)- Reservations required. 5pm-7:30pm— Limit of 165

December 22nd Christmas Lunch— Reservations required



# UPCOMING EVENTS

PAGE 8



## BINGO & DONUTS

October 3rd at 9am

DINING ROOM



## Exercise:

Tia-Chi Mon & Wed 9am

Line Dance Mon & Wed 10:30am

Chair Exercise Tue & Thur 9 & 1



## AFTERNOON MOVIE

October 17 at 1:15pm

"The Thursday Murder Club"