

CLAREMORE SENIOR CITIZENS CENTER

FELLOWSHIP • FOOD • FUN



WORD OF THE MONTH:

CREATIVITY

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



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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 signing up and not showing up you are keeping someone else from attending. Bring your glue guns!

CONTACT

Phone: 918-341-4734

Email: sdowden@claremorecity.com

Website: www.claremore.com

Facebook: Claremore Senior Citizens Center

HOURS

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

WELCOME & CENTER INFORMATION

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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
Play**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	N
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

ACTIVITIES-ALL GAMES START PROMPTLY AT SCHEDULED TIMES– YOU MUST BE IN YOUR SEAT READY TO PLAY

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

DINING MENU-LUNCH IS SERVED AT 12:00

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

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

SENIOR CITIZENS INFORMATION

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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

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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"