

# CLAREMORE SENIOR CITIZENS CENTER

FELLOWSHIP • FOOD • FUN



## INSIDE THIS ISSUE

### WORD OF THE MONTH: **INSPIRE**

Fill someone with the urge or ability to do or feel something, especially to do something creative:

Create a feeling, especially a positive one in a person

### **SENIOR DAY**

**I hope that those of you that attended Rogers County Senior Day at the Claremore Expo enjoyed your day! It was a wonderful time, lots of vendors, wonderful prizes, great entertainment and yummy food. If you missed this year, it will be back again next year. Watch the newsletter for info.**

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### **CONTACT**

Phone: 918-341-4734

Email: [sdowden@claremorecity.com](mailto:sdowden@claremorecity.com)

Website: [www.claremorecity.com/344/Senior-Citizens-Center](http://www.claremorecity.com/344/Senior-Citizens-Center)

Facebook: [@claremoreseniorcitizenscenter](https://www.facebook.com/claremoreseniorcitizenscenter)

### **HOURS**

Monday - Friday

8 a.m. - 5p.m.

# WELCOME & CENTER INFORMATION

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## DIRECTOR

Stacey Dowden

## ASSISTANT DIRECTOR

Jenny Jones

## CHEF

Jackie Hemphill

## KITCHEN ASSISTANT

Patricia Loraditch

## KITCHEN AIDE

Nancy Beachner

## JANITORIAL ASST.

Dennis Lindsey

## JANITORIAL/DISHWASHER

David Dempsey

## A NOTE FROM THE DIRECTOR

### Anna Jarvis Turns Mother's Day Into a National Holiday

The official Mother's Day holiday arose in the 1900s as a result of the efforts of Anna Jarvis, daughter of Ann Reeves Jarvis. Following her mother's 1905 death, Anna Jarvis conceived of Mother's Day as a way of honoring the sacrifices mothers made for their children. After gaining financial backing from a Philadelphia department store owner named John Wanamaker, in May 1908 she organized the first official Mother's Day celebration at a Methodist church in Grafton, West Virginia. That same day also saw thousands of people attend a Mother's Day event at one of Wanamaker's retail stores in Philadelphia. Following the success of her first Mother's Day, Jarvis—who remained unmarried and childless her whole life—resolved to see her holiday added to the national calendar. Arguing that American holidays were biased toward male achievements, she started a massive letter writing campaign to newspapers and prominent politicians urging the adoption of a special day honoring motherhood. By 1912 many states, towns and churches had adopted Mother's Day as an annual holiday, and Jarvis had established the Mother's Day International Association to help promote her cause. Her persistence paid off in 1914 when President Woodrow Wilson signed a measure officially establishing the second Sunday in May as Mother's Day. While Jarvis had initially worked with the floral industry to help raise Mother's Day's profile, by 1920 she had become disgusted with how the holiday had been commercialized. She outwardly denounced the transformation and urged people to stop buying Mother's Day flowers, cards and candies. Jarvis eventually resorted to an open campaign against Mother's Day profiteers, speaking out against confectioners, florists and even charities. She also launched countless lawsuits against groups that had used the name "Mother's Day," eventually spending most of her personal wealth in legal fees. By the time of her death in 1948 Jarvis had disowned the holiday altogether, and even actively lobbied the govern by 1920 she had become disgusted with how the holiday had been commercialized. She outwardly denounced the transformation and urged people to stop buying Mother's Day flowers, cards and candies. ment to see it removed from the American calendar. Jarvis eventually resorted to an open campaign against Mother's Day profiteers, speaking out against confectioners, florists and even charities. She also launched countless lawsuits against groups that had used the name "Mother's Day," eventually spending most of her personal wealth in legal fees. By the time of her death in 1948 Jarvis had disowned the holiday altogether, and even actively lobbied the government to see it removed from the American calendar.

HAPPY MOTHER'S DAY!

STACEY DOWDEN-DIRECTOR

Mother's Day Word Search Puzzle!



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

CARING  
FAMILY  
HELPFUL  
KIND  
LOVING  
MOTHER  
SMILE



Visit [www.ChefSalus.com](http://www.ChefSalus.com) for free kids' nutrition games, interactive word puzzles and fun healthy food activities!  
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# ACTIVITIES- ALL GAMES START PROMPTLY AT SCHEDULED TIMES- YOU MUST BE IN YOUR SEAT READY TO PLAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b></p> <p>DOMINO COMP 9:00                      LINE DANCING 10-12                      PROGRESSIVE BRIDGE 1                      PITCH COMP 1:00</p>	<p><b>2</b></p> <p>BLOOD PRESSURE CHECK                      9:30-11:30 IN BRIDGE                      ROOM BY OXFORD HOME                      HEALTH  <b>SINGO BINGO 1PM-                      MUSICAL BINGO HOSTED                      BY ARCHWELL HEALTH</b></p>	<p><b>3</b></p> <p>LINE DANCING 10-12                      PROGRESSIVE BRIDGE 1                      BUCKAROO COMP 1:00</p>	<p><b>4</b></p> <p>TAI-CHI                      BEGINNER 9:30                      ADVANCED 10:30</p>	<p><b>5</b></p> <p>BINGO &amp; DONUTS 9AM                      PROGRESSIVE BRIDGE 1</p>
<p><b>8</b></p> <p>LINE DANCING 10-12                      PROGRESSIVE BRIDGE 1                      HIGH -5 COMP 1:00</p>	<p><b>9</b></p>	<p><b>10</b></p> <p>LINE DANCING 10-12                      PROGRESSIVE BRIDGE 1                      TICK COMP 1:00</p>	<p><b>11</b></p> <p>TAI-CHI                      BEGINNER 9:30                      ADVANCED 10:30</p>	<p><b>12</b></p> <p>PROGRESSIVE BRIDGE 1                      MANIPLULATION COMP 1</p>
<p><b>15</b></p> <p>LINE DANCING 10-12                      PROGRESSIVE BRIDGE 1                      HAND &amp; FOOT COMP 1</p>	<p><b>16</b></p> <p>BUNCO 1PM</p>	<p><b>17</b></p> <p>SNOOKER COMP 9:00                      LINE DANCING 10-12                      PROGRESSIVE BRIDGE 1</p>	<p><b>18</b></p> <p>TAI-CHI                      BEGINNER 9:30                      ADVANCED 10:30                      BOARD MEETING 9:30</p>	<p><b>19</b></p> <p>PROGRESSIVE BRIDGE 1</p>
<p><b>22</b></p> <p>LINE DANCING 10-12                      PROGRESSIVE BRIDGE 1  <b>CLAREMORE POLICE                      WILL BE TALKING                      ABOUT FRAUD 1PM                      UPSTAIRS</b></p>	<p><b>23</b></p>	<p><b>24</b></p> <p>LINE DANCING 10-12                      PROGRESSIVE BRIDGE 1</p>	<p><b>25</b></p> <p>TAI-CHI                      BEGINNER 9:30                      ADVANCED 10:30                      AFTERNOON MOVIE                      1 PM UPSTAIRS                      "TRUE SPIRIT"</p>	<p><b>26</b></p> <p><b>BRUNCH 11:00</b>                      PROGRESSIVE BRIDGE                      12:00                      CARDO 12:00</p>
<p><b>29</b></p> <p><b>CLOSED IN                      OBSERVANCE OF                      MEMORIAL DAY</b></p>	<p><b>30</b></p>	<p><b>31</b></p> <p>LINE DANCING 10-12                      PROGRESSIVE BRIDGE 1</p>		

# MAY DINING MENU

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> PORK FRITTER POTATOES & GRAVY CALIFORNIA VEGGIES CEASAR SALAD STRAWBERRY CREAM PIE	<b>2</b> LASAGNA W/MEAT SAUCE ITALIAN VEGGIES GARDEN SALAD GARLIC TOAST DESSERT	<b>3</b> PINTO BEANS STIR FRY GARDEN SALAD CORN BREAD SNICKERDOODLE COOKIE	<b>4</b> LOADED BAKED POTATO CAULIFLOWER W/ CHEESE GARDEN SALAD DESSERT	<b>5</b> CORDON BLUE CHICKEN MAC & CHEESE RUSSELL SPROUTS GARDEN SALAD CUPCAKES
<b>8</b> BACON WRAPPED SIRLOIN POTATOES & GRAVY TUSCAN VEGGIES GARDEN SALAD CHOCOLATE PEANUT BUTTER PIE ROLLS	<b>9</b> CHILI DOGS CHIPS BOW TIE PASTA SALAD DESSERT	<b>10</b> TACO SOUP CORN BREAD GARDEN SALAD ICE CREAM SANDWICH	<b>11</b> SWEET & SOUR CHICKEN RICE ORIENTAL VEGGIES ASIAN RAMEN SALAD DESSERT	<b>12</b> CHICKEN STRIPS POTATOES & GRAVY GLAZED CARROTS GARDEN SALAD TRIPLE LAYER CHOCOLATE PIE
<b>15</b> CHICKEN SPAGHETTI STEAMED BROCCOLI GARDEN SALAD GARLIC TOAST COCONUT CAKE	<b>16</b> ENCHILIDA CASSEROLE FIESTA SALAD AVACADO SALAD CHIPS DESSERT	<b>17</b> CRANBERRY CHICKEN SALAD ON CROISSANT CHIPS JELLO SALAD APPLE TURNOVER	<b>18</b> SLOPPY JOE CHIPS JELLO W/FRUIT DESSERT	<b>19</b> CHICKEN STRIPS POTATOES & GRAVY GREEN BEANS GARDEN SALAD PECAN PIE
<b>22</b> BRISKET BAKED BEANS COLE SLAW ROLLS STRAWBERRY GLAZED CAKE	<b>23</b> TACO SALAD CORN TROPICAL FRUIT SALAD DESSERT	<b>24</b> CHOPPED BRISKET SANDWICH CHIPS SUMMER SALAD BROWNIE	<b>25</b> CHEF SALAD COTTAGE CHEESE W/ FRUIT CRACKERS DESSERT	<b>26</b> <b>BRUNCH 11:00</b> SCRAMBLED EGGS SAUSAGE BISCUIT & GRAVY FRUIT CUP CINNAMON ROLL
<b>29</b> CLOSED IN OBSERVANCE OF MEMORIAL DAY	<b>30</b> COOK'S CHOICE	<b>31</b> NAVY BEANS FRIED CABBAGE CEASAR SALAD CORN BREAD CHOCOLATE CREAM PIE		

CARRY OUT ORDERS MUST BE CALLED IN BY 10:30- PICK UP IS 11:15- NO LUNCHESES WILL BE HANDED OUT EARLY

# SENIOR CITIZENS INFORMATION

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**SPECIAL RAFFLE THIS MONTH– MAY 5TH WE WILL HAVE A RAFFLE RIGHT BEFORE LUNCH. THIS RAFFLE WILL BE LIKE OUR LAST FRIDAY OF THE MONTH RAFFLE. YOU MUST BE PRESENT TO WIN. THIS RAFFLE WILL BE ALL THE NEW ITEMS WE HAVE BEEN DONATED. YOU MAY PURCHASE TICKETS ANYTIME MAY 1ST-5TH BEFORE LUNCH OR WHEN JENNY ISN'T BUSY.**

CHICK-FIL-A IS HAVING SENIOR BINGO ON THE FIRST MONDAY OF EACH MONTH AT 8:30. PRIZES ARE COPONS FOR FREE FOOD ITEMS. THEY WOULD LOVE TO HAVE ANY SENIOR CITIZENS THAT WOULD LIKE TO JOIN THEM.

IF YOU ARE A CHEROKEE NATION CITIZEN. CHEROKEE NATION HUMAN SERVICES ARE NOW PAYING WATER BILLS. THEY DO NOT HAVE TO BE IN DISCONNECT STATUS. THEY WILL ALSO PAY FOR SEPTIC SYSTEM CLEAN OUT. YOU WILL NEED TO BRING IN A QUOTE FROM A SEPTIC COMPANY. TO SEE IF YOU QUALIFY FOR ASSISTANCE AND MEET THE INCOME GUIDELINES. CALL 918-453-5000 EXT 2390.

THERE IS A NEW SENIOR HOUSING DEVELOPMENT IN CLAREMORE. IT IS FOR 55 AND OVER TOWNHOMES. IT IS INCOME BASED ON WHAT YOUR RENT WILL BE. LEASE TERMS ARE 6 MONTHS. PETS ARE WELCOME. FOR MORE INFORMATION CALL 580-630-1967

## **CLAREMORE POLICE FRAUD INFORMATION SEMINAR**

**MAY 22 AT 1:00 PM UPSTAIRS**

**CLAREMORE POLICE WILL BE HERE TALKING IN DEPTH REGARDING SCAM/FRAUD CALLS, EMAILS AND MAIL. THEY WILL PROVIDE INFORMATION ON DIFFERENT TYPES OF PHONE CALLS, EMAILS AND MAIL THAT YOU COULD RECEIVE THAT ARE SCAMS. THEY WILL PROVIDE INFORMATION TO HELP YOU DETERMINE IF A CALL, EMAIL OR MAIL YOU RECEIVE IS A SCAM OR FRAUD. THEY WILL PROVIDE INFORMATION ON HOW TO HANDLE THESE TYPES OF CALLS, EMAILS AND MAIL. IF YOU HAVE MAIL OR EMAIL THAT YOU WOULD LIKE THEM TO LOOK AT, THAT YOU THINK MAY BE A SCAM, BRING IT WITH YOU. IF YOU HAVE QUESTIONS HOW TO HANDLE THESE SITUATIONS, THEY WILL BE HERE TO ANSWER THEM. THIS IS ALSO A GOOD TIME TO MEET ONE OF OUR LOCAL OFFICERS. WE WILL BE PROVIDING DRINKS AND SNACKS DURING THIS TIME.**

**THESE SEMINAR'S WILL BE HELD PERIODICALLY THOUGHOUT THE YEAR AND COVERING DIFFERENT TOPICS.**

**IF YOU HAVE QUESTIONS CALL AND ASK FOR STACEY 918-341-4734**

# UPCOMING EVENTS



MAY 2ND AT 1PM  
PRIZES AND A RAFFLE  
HOSTED BY ARCHWELL  
HEALTH

B	I	N	G	O
		YUM		
	I LOVE DONUTS	Free!		

BINGO & DONUTS 9:00AM  
MAY 5TH. SPONSORED BY  
BROOKDALE AND NORTHEAST  
OK CANCER INSTITUTE



CLAREMORE POLICE FRAUD  
INFORMATION SEMINAR  
MAY 22 AT 1:00 PM  
REFRESHMENTS PROVIDED