

# CLAREMORE SENIOR CITIZENS CENTER

## FELLOWSHIP • FOOD • FUN



### INSIDE THIS ISSUE

#### WORD OF THE MONTH: **PEACE**

Freedom from disturbance, tranquility, harmony, quiet, calm, amicable: Peace is not merely the absence of war but the presence of justice, of law, of law of order. The state of mutual harmony between people or groups, especially in personal relations.

#### PRICE OF LUNCH INCREASE:

Unfortunately, the insane cost of groceries has caught up with us. We have not had a price increase in over 10 years. As much as I hate this, it cannot be avoided. Starting February 1st we will have a .50 increase. If you eat with us in the dining room lunch will be \$3.00. If you choose carry outs (lunches to go) lunch will be \$3.50.

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

#### CONTACT

Phone: 918-341-4734

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

Website: [www.claremore.com](http://www.claremore.com)

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

#### HOURS

Monday - Friday

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

# WELCOME & CENTER INFORMATION

PAGE 2

## 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

## Janitorial/Kitchen Support

Leonard Breitling

## A NOTE FROM THE DIRECTOR

As the new year begins, we may feel that we need to make changes in our life, or start a new path, do new things, and say goodbye to old habits, problems and difficulties.

Often we start making new plans or new resolutions. We might feel inspired or hopeful.

### 5 Steps for Creating Changed in Your Life!

**A well-defined goal:** Without a well defined goal you will just be drifting and might lose interest and stop what you have started. A general and unclear goal is not enough, and it does not matter whether it is a big or small goal. In both cases, it should be well defined

**Perseverance:** Usually, when we start something new, we have a motivation and inspiration, but after encountering difficulties and obstacles, and if things take too much time to change, we begin to lose enthusiasm and question whether it's worth it. This is the time for self discipline. Do not give up. Start thinking of the benefits of reaching your goal.

**Action:** To carry out a resolution you need to take action, not tomorrow or next week, but right now. Procrastination means waiting for ever. So, do not wait for the right time. The right time is now!

**Leave your comfort zone:** We feel comfortable and safe in a well-known environment and situation, and are often afraid to leave our comfort zone. If you wish to improve your life, you will need to be brave enough to leave your comfort zone and do something different.

**Do not listen to doubts of discouragement:** Your mind might raise doubts, family and friends might discourage you. People are afraid of change and might be discouraging. Think, use common sense, and get facts before making a resolution, but once you are sure of what you are doing, do not let anyone deter you.

Make this year stand out! If you want to lose weight, or just get healthier, by eating right and exercising, travel or make investments. Do your homework. Seek out people that can help you reach your goals. If your goal is to get healthier, check with your doctor.

Make this year stand out, so that at the end of the year you feel happy and satisfied that you carried out your resolution and accomplished what you set out to do.

My prayer is that each of you have a blessed and happy 2024!

**STACEY DOWDEN-DIRECTOR**

# WORD PUZZLE GAMES

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

ARRANGE  
BEAUTIFUL  
BOUQUET  
CLIPPERS  
CULTIVATE

DELIVER  
DOZEN  
FERTILIZER  
FLORIST  
FLOWER

FRAGRANCE  
GARDEN  
GIFT  
GREENHOUSE  
GROW

LEAF  
LOVE  
PINK  
PLANT  
PRICKLY

PRUNE  
RAIN  
RED  
ROMANCE  
ROSE

SCENT  
SHRUB  
SOIL  
STEM  
SUN

SUPPLIER  
SURPRISE  
THORN  
VASE  
WATER

WEATHER  
WEDDING  
WEED  
WHITE  
YELLOW

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>1</div> <div>CLOSED FOR NEW YEAR'S DAY</div>	<div>2</div> <div>CHAIR EXERCISE CLASS 9:30 &amp; 1:30 CHEROKEE NATION BLOOD PRESSURE CHECKS 9-12 IN THE BRIDGE ROOM</div>	<div>3</div> <div>LINE DANCING 10-12 PROGRESSIVE BRIDGE 1</div>	<div>4</div> <div>CHAIR EXERCISE CLASS 9:30 &amp; 1:30</div>	<div>5</div> <div>BINGO &amp; DONUTS 9AM (IN DINING ROOM) PROGRESSIVE BRIDGE 1</div>
<div>8</div> <div>DOMINO COMP 9:00 LINE DANCING 10-12 PROGRESSIVE BRIDGE 1</div>	<div>9</div> <div>CHAIR EXERCISE CLASS 9:30 &amp; 1:30</div>	<div>10</div> <div>LINE DANCING 10-12 PROGRESSIVE BRIDGE 1</div>	<div>11</div> <div>CHAIR EXERCISE CLASS 9:30 &amp; 1:30</div>	<div>12</div> <div>PROGRESSIVE BRIDGE 1</div>
<div>15</div> <div>CLOSED FOR MARTIN LUTHER KING DAY</div>	<div>16</div> <div>CHAIR EXERCISE CLASS 9:30 &amp; 1:310</div>	<div>17</div> <div>LINE DANCING 10-12 PROGRESSIVE BRIDGE 1 HAND &amp; FOOT COMP 1</div>	<div>18</div> <div>CHAIR EXERCISE CLASS 9:30 &amp; 1:30</div>	<div>19</div> <div>BOARD MEETING 9:30 BRIDGE 1 AFTERNOON MOVIE 1:30 "RUMOR HAS IT"</div>
<div>22</div> <div>LINE DANCING 10-12 PROGRESSIVE BRIDGE 1 BUNCO 1:30</div>	<div>23</div> <div>CHAIR EXERCISE CLASS 9:30 &amp; 1:30</div>	<div>24</div> <div>LINE DANCING 10-12 PROGRESSIVE BRIDGE 1</div>	<div>25</div> <div>CHAIR EXERCISE CLASS 9:30 &amp; 1:30</div>	<div>26</div> <div>BRUNCH 11:00 PROGRESSIVE BRIDGE 12 CARDO 12 BIRTHDAY CELEBRATION 1:30</div>
<div>29</div> <div>LINE DANCING 10-12 PROGRESSIVE BRIDGE 1</div>	<div>30</div> <div>CHAIR EXERCISE CLASS 9:30 &amp; 1:30</div>	<div>31</div> <div>LINE DANCING 10-12 PROGRESSIVE BRIDGE 1</div>		

# DINING MENU-LUNCH IS SERVED AT 12:00

PAGE 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>CLOSED FOR NEW YEAR'S DAY</b>	<b>2</b> COOK'S CHOICE	<b>3</b> SLOPPY JOE CHIPS BOW TIE PASTA SALAD BROWNIE	<b>4</b> PEPPER STEAK W/RICE ITALIAN VEGGIES GARDEN SALAD DESSERT	<b>5</b> CHICKEN FRIED STEAK POTATOES & GRAVY GREEN BEANS GARDEN SALAD ROLL CARROT CAKE
<b>8</b> BRISKET BAKED BEANS COLE SLAW ROLL COCONUT CAKE	<b>9</b> STUFFED PEPPER STEAMED CARROTS 3- BEAN SALAD DESSERT	<b>10</b> NAVY BEANDS MIXED VEGGIE PEPPERONI SALAD CORN BREAD LEMON LOAF	<b>11</b> CHOPPED BRISKET SANDWICH CHIPS POTATO SALAD DESSERT	<b>12</b> PORK FRITTER POTATOES & GRAVY MIXED VEGGIES GARDEN SALAD FRENCH SILK PIE
<b>15</b> <b>CLOSED IN OBSERVANCE OF MLK DAY</b>	<b>16</b> CHILI DOG CHIPS CAESAR SALAD DESSERT	<b>17</b> PHILLY CHEESE STEAK SANDWICH CHIPS JELLO W/FRUIT COOKIES	<b>18</b> CHEF SALAD CRACKERS TROPICAL FRUIT DESSERT	<b>19</b> BEEF TIPS OVER POTATOES CALIFORNIA VEGGIES GARDEN SALAD PEANUT BUTTER PIE
<b>22</b> BAKED CHICKEN STUFFING W/GRAVY STEAMED CAULIFLOWER GARDEN SALAD PUMPKIN BARS	<b>23</b> SPAGHETTI W/MEAT SAUCE BRUSSELL SPROUTS GARDEN SALAD GARLIC TOAST DESSERT	<b>24</b> BEEF STEW CORN BREAD CAESAR SALAD BANANA PUDDING	<b>25</b> POTATO SOUP HAM & CHEESE SANDWICH GARDEN SALAD DESSERT	<b>26</b> BRUNCH 11:00 SCRAMBLED EGGS SAUSAGE BISCUIT & GRAVY TROPICAL FRUIT CINNAMON BUNDT CAKE
<b>29</b> MEATLOAF POTATOES & GRAVY ASPARAGUS GARDEN SALAD LEMON PIE	<b>30</b> CHICKEN & NOODLES PEAS GARDEN SALAD DESSERT	<b>31</b> COOK'S CHOICE		

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

MYSELF, ALONG WITH 3 OF OUR BOARD MEMBERS ATTENDED THE GRAND GATEWAY AREA ON AGING AGENCY, LEGISLATIVE BREAKFAST ON DECEMBER 8TH, 2023. WE RECEIVED A CENA (COMMUNITY ENHANCEMENT OF NUTRITION ASSISTANCE) GRANT. THIS GRANT IS FOR \$2,000 AND WILL HELP OFF SET THE INCREASING COST OF FOOD. I APPRECIATE OUR BOARD MEMBERS: DWAYNE CALDWELL—VICE PRESIDENT, DEBBIE FICKLIN—SECRETARY AND SHIRLEY BAKER—MEMBER. I WOULD LIKE TO THANK ALL OUR BOARD MEMBERS FOR YOUR SUPPORT. MOST OF THEM CERTAINLY STEP UP AND ARE ALWAYS AVAILABLE WHEN THEY ARE NEEDED. DWAYNE CALDWELL WAS HONORED AS ONE OF THE VETERAN'S THAT ATTENEDED . THANK YOU DWAYNE AND ALL VETERANS FOR YOUR SERVICE!





**We will be closed January 1, 2024, for New Year's Day!**

***Decorating Committee: Please come and help us put up all the Christmas decorations Saturday, January 6th at 10:00am***

**There will be no arts & crafts the month of January. We are closed that day, January 15th for Martin Luther King Day.**

**Exercise opportunities: Line Dancing is Monday & Wednesday from 10-12. Chair exercise program is Tuesday & Thursdays, 9:30 or 1:30 classes.**

**Parking complaints. Please make sure you are parking between the yellow lines. Several complaints have come in regarding parking over the yellow line and making it where no other car can park next to those "line violators"! Please be courteous.**

**Remember it is time to pay your annual hospitality dues. \$15.00 per year! This helps cover the cost of coffee, tea, sugar, creamer, sweetener, popcorn, coffee cups and afternoon snacks. If you pay your dues you are entered into the monthly drawing (the first day of the month during lunch) for King and Queen. If your name is drawing you get to eat free for the entire month that your name is drawn. This is not a requirement to come here. If you do not want to participate you are not required too. Everyone is welcome!**

# UPCOMING EVENTS



LINE DANCING CLASSES MONDAY  
& WEDNESDAY 10AM-12PM -  
CHAIR EXERCISE CLASS TUESDAYS  
AND THURSDAY. 2 CLASSES 9:30  
AM & 1:30 PM

B	I	N	G	O
		YUM		
	I LOVE DONUTS	Free!		

January 5th  
BINGO & DONUTS 9:00 AM  
In the dining room  
SPONSORED BY BROOKDALE



We are closed January 1st for  
New Years Day and January  
15th for Martin Luther King  
Day