

CLAREMORE SENIOR CITIZENS CENTER

FELLOWSHIP • FOOD • FUN



WORD OF THE MONTH: **COMMITMENT**

The state of quality of being dedicated to a cause, activity, etc: a pledge or undertaking: a promise or firm decision to do something, a willingness to give your time and energy to something or someone: a pledge or promise obligation

PELIVAN SCHEDULING

Schedulers from Pelivan will be at our senior center on the second Tuesday of each month. March 12, 2024 they will be here from 10am-1pm. Bring your calendar with all your appointments for a month. Pelivan scheduler will be here to schedule all your appointments for up to 30 days.



INSIDE THIS ISSUE

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

CONTACT

Phone: 918-341-4734

Email: sdowden@claremorecity.com

Website: 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

Nelda Borst

JANITORIAL ASST.

Dennis Lindsey

JANITORIAL/DISHWASHER

David Dempsey

Janitorial/Kitchen Support

Leonard Breitling

A NOTE FROM THE DIRECTOR

Mark your calendar for March 21st at 10:00 AM Legal Aid of Oklahoma will be here. They will cover the following topics!

Advance Directives, Wills and Estate Planning

Have you planned for what happens to your stuff after you pass away? Many Oklahomans haven't planned for this yet. But who needs to make these plans? Do you know how your medical care is going to be handled? With an Advance Directive, you can make those decisions. But what does this mean? In this presentation, you will learn about what a will is, how an advance directive can help you, who is responsible for your stuff after you pass away, and what does it mean to go into a probate process. This presentation can help you if you find yourself caring for another person who is unable to make decisions for themselves and will require additional care after your passing. This presentation is up to half an hour in length and will be presented by one of our trained disaster professionals.

Before A Disaster Strikes: Legal Tips to Help Your Disaster Recovery

In this presentation, you will learn how to protect yourself before a disaster strikes. Many times, Oklahomans are faced with legal barriers that delay their disaster recovery. Legal Aid Services of Oklahoma's Disaster Team has put together tips to help hasten your recovery from a disaster event. Topics covered in this presentation include important documents, insurance, contractors, and title issues. This presentation is up to half an hour in length and will be presented by one of our trained disaster professionals. During this presentation you will learn how to recognize the legal issues that can occur during and after a disaster. Often, Oklahomans are faced with legal problems that can happen during a disaster. These can easily be resolved by understanding and knowing what to look out for. Legal Aid Services of Oklahoma's Disaster Team has put together tips to help hasten your recovery from a disaster event. Topics covered in this presentation include important documents, insurance, contractors, and title issues. This presentation is up to half an hour in length and will be presented by one of our trained disaster professionals.

Legal Aid of Oklahoma will be here. They will have an attorney here. They will be going over Advance Directives, Wills and Estate Planning and Natural Disaster victim rights in Oklahoma. This will also be open for questions.

STACEY DOWDEN-DIRECTOR



St. Patrick's Day Word Search

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

GOLD
LEPRECHAUN
PATRICK

GREEN
POT
CLOVER

SHAMROCK
LUCK
IRISH

MARCH
EMERALD
WISH

RAINBOW
IRELAND
MAGIC

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

PAGE 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 BINGO & DONUTS 9AM (IN DINING ROOM) PROGRESSIVE BRIDGE 1 ARTS & CRAFTS SIGN UP
4 DOMINO COMP 9:00 LINE DANCING 10-12 PROGRESSIVE BRIDGE 1	5 CHAIR EXERCISE CLASS 9:30 & 1:30 CHEROKEE NATION BLOOD PRESSURE CHECKS 9-12 IN THE BRIDGE ROOM	6 LINE DANCING 10-12 PROGRESSIVE BRIDGE 1	7 CHAIR EXERCISE CLASS 9:30 & 1:30	8 PROGRESSIVE BRIDGE 1 SINGO BINGO 1:30 (UPSTAIRS)
11 LINE DANCING 10-12 BRIDGE 1	12 CHAIR EXERCISE CLASS 9:30 & 1:30 PELIVAN SCHEDULING 10-1- BRING APPOINTMENTS YOU NEED RIDES FOR	13 LINE DANCING 10-12 PROGRESSIVE BRIDGE 1 HAND & FOOT COMP 1	14 CHAIR EXERCISE CLASS 9:30 & 1:30	15 DINING ROOM IS CLOSED (NO LUNCH) GAME ROOM WILL BE OPEN BOARD MEETING 9:30 BRIDGE 1 DANCE 5-7
18 LINE DANCING 10-12 PROGRESSIVE BRIDGE 1 ARTS & CRAFTS 1:30 (BRING A GLUE GUN IF YOU HAVE ONE)	19 CHAIR EXERCISE CLASS 9:30 & 1:30	20 LINE DANCING 10-12 PROGRESSIVE BRIDGE 1	21 LEGALL AID OF OKLAHOMA—WILLS & TRUST 10AM (UPSTAIRS) CHAIR EXERCISE CLASS 1:30	22 BRUNCH 11:00 PROGRESSIVE BRIDGE 12 CARDO 12 BIRTHDAY CELEBRATION 1:30
25 LINE DANCING 10-12 PROGRESSIVE BRIDGE 1 BUNCO 1:30	26 CHAIR EXERCISE CLASS 9:30 & 1:30 UNITED WAY CHOCOLATE AFFAIR 6:30 - 8:30 AT CLAREMORE CONVENTION CENTER	27 LINE DANCING 10-12 PROGRESSIVE BRIDGE 1	28 CHAIR EXERCISE CLASS 9:30 & 1:30	29 CLOSED ON OBSERVANCE OF GOOD FRIDAY

DINING MENU-LUNCH IS SERVED AT 12:00

PAGE 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dine in lunch is \$3.00 Carry Out lunch \$3.50				1 BACON WRAPPED CHOPPED SIRLOIN POTATOES & GRAVY PARSLEY CARROTS GARDEN SALAD CHEESECAKE
4 SLICED TURKEY DESSING W/GRAVY CALIFORNIA VEGGIES GARDEN SALAD CHOCOLATE PEANUT BUTTER PIE	5 CHOPPED BRIKET SANDWICH CHIPS COLE SLAW DESSERT	6 TACO SOUP CORN BREAD GARDEN SALAD LEMON LIME BUNDT CAKE	7 CHILI DOGS CHIPS MACARONI SALAD DESSERT	8 CHICKEN FETTUCCHINE ALFRADO GARLIC TOAST GARDEN SALAD GARLIC TOAST STRAWBERRY GLAZED CAKE
11 BAKED CHICKEN POTATOES & GRAVY TUSCAN VEGGIE GARDEN SALAD LEMON PIE	12 TACO SALAD CORN TROPICAL FRUIT SALAD DESSERT	13 COOK'S CHOICE	14 CHEF SALAD COTTAGE CHEESE W/ FRUIT CRACKERS DESSERT	15 NO LUNCH SERVED
18 BRISKET BAKED BEANS COLE SLAW ROLL COCONUT CREAM LUSH	19 STUFFED PEPPER CHUCKWAGON CORN CEASAR SALAD DESSERT	20 BROCCOLI CHEESE SOUP HAM & CHEESE SANDWICH GARDEN SALAD STRAWBERRY CHORT CAKE	21 CRANBERRY CHICKEN SALAD ON CROISSANT CHIPS COTTAGE CHEESE W/ FRUIT DESSERT	22 BRUNCH 11:00 SCRAMBLED EGGS SAUSAGE BISCUIT & GRAVY FRUIT CUP DANISH
25 SMOTHERED PORK CHOP NEW POTATO W/ GREEN BEANS GARDEN SALAD LAYERED CHOCOLATE PIE	26 CHEESE MANICOTTI MIXED VEGGIE GARDEN SALAD GARLIC TOAST DESSERT	27 BEEF STEW CORN BREAD PEPPERONI SALAD CARROT CAKE	28 FRITO CHILI PIE CORN CEASAR SALAD DESSERT	29 CLOSED FOR GOOD FRIDAY

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

PAGE 6

UNITED WAY 2024 CHOCOLATE WINE AND MORE AFFAIR

MARCH 26 FROM 6:30-8:30 AT THE CLAREMORE CONVENTION CENTER. TICKETS ARE \$25 IN ADVANCE (STACEY HAS TICKET IF YOU WOULD LIKE TO PURCHASE) OR \$30 AT THE DOOR. THIS WILL BE A GREAT FUNDRAISER EVENT. LOTS OF FUN, LOTS OF CHOCOLATE DESSERTS AND MORE, GREAT SILENT AUCTION BASKETS TO BID ON AND WONDERFUL LIVE AUCTION ITEMS. ALL MONEY RAISED IN ROGERS COUNTY STAYS IN ROGERS COUNTY. THE CLAREMORE SENIOR CENTER IS PARTNERED WITH OUR LOCAL UNITED WAY. WE RECEIVE A VERY LARGE GRANT FROM THEM EVERY YEAR. THIS MONEY GOES 100% TO OFFSET THE COST OF OUR GROCERIES. THIS IS HOW WE ARE ABLE TO KEEP OUR COST OF LUNCH AT A RESONABLE PRCE.

Parking Lot repairs to fix our draining issue are complete. The no parking in front of the trash dumpster and in front of the fire department doors are clearly marked. If you park there you will be asked to move immediately.

The Wild Onion Feast celebrates the beginning of Spring and the gathering of the Indian Women's Pocahontas Club members together, along with the community, to raise money for the club's Higher Education Scholarship Program. March 16, 2023 - 12:00 - 2:00 p.m. "Wild Onion Feast" Claremore First Methodist Church, 1615 N. Hwy 88, Claremore, OK 74017

To reserve your table of 8 for \$250, contact Ollie Starr today at 918-760-7499 or email olliecstarr@gmail.com.



Thank you RCB Bank for your donation of iPads. You are welcome to check out an iPad to use while you are here. They are set up to automatically log onto our guest wi-fi. You will be able to search information on the internet, check your email or play games while here at the Sr Center. If you need help learning how to use an iPad we are happy to teach you one on one. Just get with Stacey

UPCOMING EVENTS

B	I	N	G	O
				
		YUM		
	I LOVE DONUTS	Free!		
				
				

March 1 at 9am
BINGO & DONUTS 9:00 AM
In the dining room
SPONSORED BY BROOKDALE



FRIDAY NIGHT
DANCE
March 15th from 5-7pm



We are closed March
29th for Good Friday