

# CLAREMORE SENIOR CITIZENS CENTER

FELLOWSHIP • FOOD • FUN



## WORD OF THE MONTH: **EMPOWERMENT**

The process of becoming stronger and more confident, especially in controlling one's life and claiming one's rights.

## SPECIAL THANK YOU:

### **TO RESTORATION 1 OF TULSA**

**FOR HOSTING AND SPONSORING OUR SENIOR CENTER CHRISTMAS PARTY.**

**THANK YOU TO EVERYONE THAT PARTICIPATED IN OUR ANGEL TREE. WE BLESSED TWO FAMILIES IN OUR COMMUNITY.**

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### CONTACT

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### HOURS

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

# WELCOME & CENTER INFORMATION

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Assistant Director

Jenny Jones

Chef

Jackie Hemphill

Kitchen Asst.

Patricia Loraditch

Kitchen Aide

Gale Phillips

Nelda Borst

Janitorial/Dishwasher

David Dempsey

Janitorial Asst.

George Wright

Janitorial/Kitchen Support

Leonard Breitling

David Sears

## 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 Changes 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. Do not start tomorrow or next week, but right now. Procrastination means waiting forever. 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 or discouragement:** Your mind might raise doubts and family and friends might discourage you. People are afraid of change and might be discouraged. Think, use common sense, and get facts before making a resolution. Once you are sure of what you are doing, do not let anything or anyone deter you.

Make this year stand out! If you want to lose weight, or just get healthier by eating right and exercising, this is the year. Travel, 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 2025!

**DIRECTOR**

**Stacey Dowden**









**HAPPY NEW YEAR**

*Wordsearch*

Search for the words going up, down, left and right.



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

CELEBRATION  
FIREWORKS  
JANUARY  
PARTY

COUNTDOWN  
GATHERING  
MIDNIGHT  
RESOLUTION

EXTRAVAGANZA  
INVITATION  
NOISEMAKER  
TRADITION



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> CLOSED IN OBSERVANCE OF NEW YEAR'S DAY	<b>2</b>	<b>3</b> BINGO & DONUTS 9AM SPONSORED BY NORTHEASTERN CANCER
<b>6</b> LINE DANCING BEGINNER 9:30 INTERMEDIATE 11:30 BRIDGE 1	<b>7</b> CHEROKEE NATION BLOOD PRESSURE CHECKS 9:30 -12 IN THE BRIDGE ROOM CHAIR EXERCISE 9 & 1	<b>8</b> LINE DANCING BEGINNER 9:30 INTERMEDIATE 11:30 BRIDGE 1	<b>9</b> CHAIR EXERCISE 9 & 1	<b>10</b> BRIDGE
<b>13</b> LINE DANCING BEGINNER 9:30 INTERMEDIATE 11:30 BRIDGE 1	<b>14</b> CHAIR EXERCISE 9 & 1	<b>15</b> LINE DANCING BEGINNER 9:30 INTERMEDIATE 10:30 BRIDGE 1	<b>16</b> CHAIR EXERCISE 9 & 1	<b>17</b> BOARD MEETING 9:30 BRIDGE 1 AFTERNOON MOVIE 1:30 "CARRY-ON"
<b>20</b> CLOSED IN OBSERVANCE OF MLK DAY	<b>21</b> CHAIR EXERCISE 9 & 1	<b>22</b> LINE DANCING BEGINNER 9:30 INTERMEDIATE 10:30 BRIDGE 1	<b>23</b> CHAIR EXERCISE 9 & 1	<b>24</b> BRIDGE 1
<b>27</b> LINE DANCING BEGINNER 9:30 INTERMEDIATE 11:30 BRIDGE 1 BUNCO 1	<b>28</b> CHAIR EXERCISE 9 & 1 BLOOD PRESSURE & GLUCOSE CHECKS 9- 12 IN BRIDGE ROOM— <b>YOUR CHOICE HEALTH CARE</b>	<b>29</b> LINE DANCING BEGINNER 9:30 INTERMEDIATE 10:30 BRIDGE 1	<b>30</b> CHAIR EXERCISE 9 & 1	<b>31</b> <b>BRUNCH 11:00</b> BRIDGE 12 CARDO 12 BIRTHDAY CELEBRATION 1:30

# DINING MENU-LUNCH IS SERVED AT 12:00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> CLOSED IN OBSERVANCE OF MLK DAY	<b>2</b> SLOPPY JOES CHIPS COLE SLAW DESSERT	<b>3</b> CHICKEN STRIPS POTATOES & GRAVY GREEN BEANS GARDEN SALAD CARROT CAKE
<b>6</b> PORK FRITTER POTATOES & GRAVY BROCCOLI W/CHEESE GARDEN SALAD COCONUT CAKE	<b>7</b> CABBAGE ROLL STEAMED CARROTS] 3 BEAN SALAD DESSERT	<b>8</b> BROWN BEANS FRIED CABBAGE CAESAR SALAD CORNBREAD BROWNIE	<b>9</b> CRANBERRY CHICKEN SALAD ON CROISSANT CHIPS PEACH PARFAIT DESSERT	<b>10</b> TURKEY POTATOES & GRAVY MIXED VEGGIES GARDEN SALAD FRENCH SILK PIE
<b>13</b> MEATLOAF POTATOES & GRAVY TUSCAN VEGGIES GARDEN SALAD PEANUT BUTTER PIE	<b>14</b> BEEF TACO MEXICAN RICE CHOPPED MEXICAN SALAD TORTILLA CHIPS DESSERT	<b>15</b> BEEF STEW CORNBREAD CAESAR SALAD BANANA PUDDING	<b>16</b> PHILLY CHEESE STEAK SANDWICH CHIPS JELLO W/FRUIT DESSERT	<b>17</b> BEEF TIPS OVER POTATOES CALIFORNIA VEGGIES GARDEN SALAD CHEESECAKE
<b>20</b> CLOSED IN OBSERVANCE OF MLK DAY	<b>21</b> SPAGHETTI W/ MEATSAUCE BRUSSELL SPROUTS GARDEN SALAD GARLIC TOAST DESSERT	<b>22</b> BROCCOLI CHEESE SOUP 1/2 HAM & CHEESE SANDWICH BLT SALAD STRAWBERRY CREAM PIE	<b>23</b> CHICKEN & NOODLES PEAS GARDEN SALAD DESSERT	<b>24</b> BAKED CHICKEN STUFFING & GRAVY ASPARAGUS RAMEN SALAD ROLL PECAN PIE
<b>27</b> BACON WRAPPED SIRLOIN POTATOES & GRAVY CAULIFLOWER W/ CHEESE GARDEN SALAD CUPCAKE	<b>28</b> PULLED PORK SANDWICH CHIPS COLESLAW DESSERT	<b>29</b> FRITO CHILI PIE CHUCKWAGON CORN CEASAR SALAD LEMON PIE	<b>30</b> CHEESEBURGER (LOP) CHIPS JELLO W/FRUIT DESSERT	<b>31</b> BRUNCH 11:00 SCRAMBLED EGGS SAUSAGE BUSCUIT & GRAVY FRUIT CINNAMON BUNDT CAKE

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

# SENIOR CITIZENS INFORMATION

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**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 drawn 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!**

We will be closed January 1, 2025 for New Year's Day!

Decorating Committee: Please come and help us put up all the Christmas decorations on Saturday, January 4th at 10:00am.

We are closed January 20th for Martin Luther King Jr Day.

Exercise opportunities: Line Dancing is Monday & Wednesday from 10-12.

Chair exercise program is Tuesday & Thursdays, 9:00 am or 1:00 pm.

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 to where no other car can park next to those "line violators"! Please be courteous as we often have a full parking lot.



We offer several exercise options: Line Dancing, Chair Exercise, and indoor/outdoor exercise equipment. We encourage you to get moving in 2025.

I would like you to meet our chair exercise instructor, Kelsea Leal. Kelsea is a Claremore native; born and raised right here in Claremore. Kelsea and her husband, Jorge, make their home here. They are raising 3 beautiful daughters, Gracey age 12, Sophia age 10 and Jentry age 7. Kelsea's three daughters keep her very busy with all of their activities. They are involved in cheerleading, tumbling, basketball and running club, which keeps her busy most evenings. Kelsea also enjoys spending time with her girls, husband, extended family and friends. In her free-time, which is minimal, Kelsea enjoys volunteering at her church, traveling, crafting and shopping.

Kelsea would like to encourage you to come to her chair exercise class. This is a fun and energetic class with lots of moving, all while sitting in your chair. Exercise should be a part of your everyday life. Come and try one of Kelsea's classes every Tuesday and Thursday at 9am or 1pm.

# UPCOMING EVENTS



January 4th—9:00am

Bingo and Donuts

You must be 50 or over to attend.



We are closed

January 1st –New Years Day

January 20th– MLK Day



January 17th at 1:30 PM

“CARRY –ON”