

CLAREMORE SENIOR CITIZENS CENTER

FELLOWSHIP • FOOD • FUN



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WORD OF THE MONTH:

FREEDOM

**The power or right to act, speak, or think as one wants without hinderance or restraint.
The absence of necessity, coercion, or restraint in choice or action.**

Parking Lot Reminders:

1. All vehicles must be parked in designated parking spots. You will be ask to move to a designated parking spot
2. Please make sure you park between the yellow lines

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

David Dempsey

Self Care for Senior Citizens

Prioritize Physical Health- It's normal for older individuals to experience changes in their health. Even if you're feeling generally healthy, it's always a good idea to schedule regular appointments with your doctor to help catch and address potential issues early.

Perform Brain Exercises- Just like your body needs regular exercise, your brain does, too. To keep your brain sharp and healthy, consider taking up a retirement job, playing brain-healthy games, learning a new skill on a topic that interests you. In addition to helping preserve your cognitive skills, which are increasingly important as we age, good brain health can also help delay or prevent cognitive decline among older adults.

Eat Healthy and Stay Hydrated- It's well known that eating a well-balanced diet can play a key role in maintaining good health. While you may indulge in the occasional treat, it's important to prioritize healthier foods, such as whole grains, vegetables, and lean protein. Try to limit or avoid processed foods or anything loaded with too much sugar, particularly if you're managing a chronic condition. It's also important to drink plenty of water to stay hydrated.

Manage Stress- High levels of stress have been shown to have many negative health effects, including high blood pressure and heart problems. Sometimes, the worries of life can feel overwhelming, and that's normal; you don't have to figure it out alone. If you need additional help or simply someone to offer a listening ear, consider speaking to a trained professional who can help you develop strategies to manage these feelings.

Exercise Regularly- If you want to meet new people to enjoy your workouts with, consider signing up for a senior fitness class in your area. Before trying out a new workout, particularly if you have an existing medical condition, it's always wise to speak with your doctor first. They can help you figure out which exercises are good for you.

Stay Socially Connected- It's normal for our social circles to shrink as we grow older. As such, many seniors especially those who live alone may face an increased risk of feeling lonely and isolated, which can lead to depression and anxiety. Your local senior center offers plenty of opportunities to socialize, including fitness classes, games, lunch and much more.

Get Enough Sleep

Not getting adequate sleep has been linked to numerous health problems, including a weakened immune system, cognitive decline, and heart disease. Experts say we should aim for around 7 to 9 hours of quality sleep each night. If you're having trouble falling asleep, try to limit naps during the day, avoid coffee before bedtime, establish a regular sleep routine, and refrain from using your phone before bed.

STACEY DOWDEN— DIRECTOR

FINAL EXAMS

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

ACADEMIC
 BUBBLE SHEET
 CONCENTRATE
 ESSAY QUESTIONS
 GUESS
 MULTIPLE-CHOICE
 OBJECTIVE
 PASS
 READING
 SCORE

ANSWER
 CLOSED BOOK
 COURSES
 FAIL
 HEALTHY BREAKFAST
 NO TALKING
 OPEN BOOK
 PROCTOR
 RECALLING
 SHARPENED PENCILS

BEGIN
 CLUES
 CRAMMING
 GRADE
 KNOW
 NOTES
 ORAL
 QUESTION
 REMEMBERING
 WRITTEN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 CHAIR EXERCISE 9 & 1	2 BRIDGE 1	3 CHAIR EXERCISE 9 & 1	4 CLOSED IN OBSERVANCE OF INDEPENDENCE DAY
7 BRIDGE 1	8 CHAIR EXERCISE 9 & 1	9 BRIDGE 1	10 CHAIR EXERCISE 9 & 1	11 BRIDGE 1
14 BRIDGE 1	15 CHAIR EXERCISE 9 & 1	16 BRIDGE 1	17 CHAIR EXERCISE 9 & 1	18 BOARD MEETING 9:30 BRIDGE 1
21 BRIDGE 1	22 CHAIR EXERCISE 9 & 1	23 BRIDGE 1	24 CHAIR EXERCISE 9 & 1	25 BRUNCH 11:00 BRIDGE 12 BIRTHDAY CELEBRATION 1:30
28 BRIDGE 1	29 CHAIR EXERCISE 9 & 1	30 BRIDGE 1	31 CHAIR EXERCISE 9 & 1	

DINING MENU-LUNCH IS SERVED AT 12:00

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 CHICKEN SPAGHETTI MIXED VEGGIE GARDEN SALAD GARLIC TOAST DESSERT	2 CHILI DOG CHIPS CEASAR SALAD PUDDING CUP	3 CHEF SALAD COTTAGE CHEESE W/ FRUIT CRACKERS DESSERT	4 CLOSED IN OBSERVANCE OF INDEPENDENCE DAY
7 SALISBURY STEAK POTATOES & GRAVY GREEN BENAS GARDEN SALAD ROLL KEY LIME PIE	8 SLOPPY JOE CHIPS COLE SLAW DESSERT	9 FRITO CHILI PIE MIXED VEGGIE BOW TIE PASTA SALAD ICE CREAM SANDWICHES	10 CHICKEN SALAD ON CROISSANT CHIPS PEACH PARFAIT DESSERT	11 CHICKEN STRIPS POTATOES & GRAVY PEAS & CARROTS GARDEN SALAD STRAWBERRY GLAZED CAKE
14 SACK LUNCH HAM & CHEESE SANDWICH CHIPS FRUIT CUP COOKIES	15 PEPPER STEAK W/RICE ORIENTAL VEGGIES ASIAN RAMEN SALAD DESSERT	16 TACO SALAD CORN JELLO W/FRUIT PUMPKIN LOAF	17 SUB SANDWICH (LOP) CHIPS BROCCOLI SALAD DESSERT	18 SLICED BRISKET BAKED BEANS COLE SLAW ROLL LEMON BUNDT CAKE
21 CHICKEN FRIED CHICKEN POTATOES & GRAVY GLAZED CARROTS GARDEN SALAD STRAWBERRY CREAM PIE	22 BEEF ENCHILADA MEXICAN RICE AVACADO SALAD TORTILLA CHIPS DESSERT	23 BROCCOLI CHEESE SOUP HAM & CHEESE SANDWICH CEASAR SALAD KIT KAT ICE CREAM BAR	24 COOK'S CHOICE	25 BRUNCH 11:00 SCRAMBLED EGGS SAUSAGE BISCUIT & GRAVY GRAPES DANISH
28 BACON WRAPPED CHOPPED SIRLOIN POTATOES & GRAVY MIXED VEGGIE CUCUMBER RANCH SALAD CHOCOLATE LAYERED PIE	29 TUNA SALAD ON CROISSANT CHIPS TROPICAL FRUIT SALAD DESSERT	30 CHOPPED BRISKET SANDWICH CHIPS POTATO SALAD SNICKERS ICE CREAM BAR	31 LOADED BAKED POTATO CAULIFLOWER W/ CHEESE GARDEN SALAD DESSERT	DINE IN LUNCHES \$3.00 CARRY OUT LUNCHES \$3.50 918-341-4734 ext 1

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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PAYING FOR LUNCHES AT THE SENIOR CENTER.

We will no longer accept anything over \$20 bill in the lunch line. If you have anything larger you must get with Stacey or Dianna. We will make change for you prior to going through the lunch line. Cashier will no longer be accepting larger bills.

Summer Reading Program– All Ages– Starts June 2nd– Will Rogers Library– 1515 N. Florence Ave

Genealogy at the Library– Every Monday afternoon at 4:30pm– Volunteers are available to help you search your family tree

Rogers County Farmers Market– Every Saturday Morning– Rogers County Courthouse Parking Lot

City of Claremore has some great attractions. Everyone should check out:

Belvidere Mansion– 121 N Chickasaw Ave– Free self-guided tours and gifts shop. Pink House is located inside.

Claremore Museum of History– 121 N Weenonah Ave- Free self guided tours

J.M. Davis Gun Museum– 330 N JM Davis Blvd– Free self guided tours

Oklahoma Military Academy Museum– Located at RSU on second floor of Meyer Hall– Open Monday– Friday 8am-5pm

Will Rogers Memorial– 1720 W. Will Rogers Blvd– Open daily 10am-5pm– Cost for seniors 62+ is \$5.00

UPCOMING EVENTS



**WE ARE CLOSED
FRIDAY JULY 4TH**



**CHAIR EXERCISE
EVERY TUE & THUR
9AM OR 1PM**



**JULY 25TH
Brunch at 11am**