

CLAREMORE SENIOR CITIZENS CENTER

FELLOWSHIP • FOOD • FUN



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WORD OF THE MONTH:

EMPOWERMENT

To process of gaining the tools, resources and confident needed to take control over one's life and make informed decisions.

JANUARY 23, 2026– SHRED IT TRUCK

If you attended our fraud/scam prevention event on October 10, 2025, you received a certificate to have 5lbs per household of documents shredded. You have to have your certificate with you or they will not accept your documents. They will be in our parking lot from 9am-11am. If you have any questions please call the Senior Center.

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

Sarah Sislo

A NOTE FROM THE DIRECTOR

Angel Tree: Thank you to everyone who adopted an angel. We sponsored a single dad raising three young children. I am so thankful to be among such caring and giving group of people. What a joy to be able to bless someone.

Christmas Party: WOW! What a party. I hope everyone enjoyed our Christmas Party. We had a packed house. Special thanks to everyone who purchased tickets on brunch day for our drawings. Every .50 ticket adds up. This allows us to purchase all the food! Thank you to everyone who donated prizes for our bingo/trivia/drawing.

What 2026? I cannot believe 2025 is in the books. What an amazing year here at the Senior Center. We have been blessed with some amazing new staff and they are doing a fabulous job. Our exercise classes are growing! We added Tai-Chi on Monday and Wednesdays. This is a great time to start getting a little more active. We have Tai-Chi on Mondays and Wednesdays at 9:00 am. Line dancing on Mondays and Wednesdays at 10:30 am. Chair Exercise on Tuesdays and Thursdays at 11:00 am and 1:00 pm. Plus, we have indoor and outdoor exercise equipment. We have lots of fun activities such as Bingo & Donuts, Arts & Crafts, Singo Bingo, Afternoon Movie, Bunco, Bridge, Pool, Dominoes, puzzles and all kinds of board games and card games. Don't forget about having a great meal with us. You can join us in the dining room at noon or get a lunch to go. If you would like a lunch to go. You must call in daily between 8:00 am—10:30 am. Pick up starts at 11:00 am. Start the new year off by getting involved, making new friends and having some fun!

Hospitality Dues: Those that can participate, it is \$15.00 per year. This helps offset the cost of coffee, tea, sugar, creamer, sweetener, coffee cups, coffee stirrers and hot chocolate. These items are not included in the price you pay for lunch. By paying your dues you are entered into a drawing the first day we are open each month. The drawing is right at noon right before we serve lunch. You must be present to win. We draw a king and queen each month. If you are the king or queen you will get to eat FREE the entire month. So, get those dues in starting in January! Dues need to be paid to Dianna.

Closed due to inclement weather: With the winter months upon us we could have snow or ice at any time. If we decide to close we will notify everyone as soon as possible. We will be on Channel 6 News, our official FACEBOOK page claremoreseniorcitizenscenter, Claremore.com website or you can call the center at 8:00 am.

Stacey Dowden-Director

JANUARY WORD SCRAMBLE

NUYARJA _____

OSFRT _____

SIMTETN _____

KFWNESAL _____

IEICL _____

CCAOO _____

WENITR _____

SCRAF _____

SAMOWNN _____

DAILZBZR _____

SRENJOILT _____

FIEALERCP _____



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 CLOSED IN OBSERVANCE OF NEW YEARS DAY	2 BINGO & DONUTS 9AM BRIDGE 1PM MAKE YOUR RESERVATION FOR ARTS & CRAFTS
5 LINE DANCING 10:30 BRIDGE 1	6 CHAIR EXERCISE 11 & 1 CHEROKEE NATION BLOOD PRESSURE CHECK 9-12 IN BRIDGE ROOM	7 LINE DANCING 10:30 BRIDGE 1	8 CHAIR EXERCISE 11 & 1	9 BRIDGE 1 SINGO BINGO 1:15
12 LINE DANCING 10:30 BRIDGE 1	13 CHAIR EXERCISE 11 & 1	14 LINE DANCING 10:30 BRIDGE 1 ARTS & CRAFTS 1 - UPSTAIRS	15 CHAIR EXERCISE 11 & 1	16 BRIDGE 1 AFTERNOON MOVIE 1:15 "THE LIFE LIST"
19 CLOSED IN OBSERVANCE OF MLK DAY	20 CHAIR EXERCISE 11 & 1	21 TAI-CHI 9 LINE DANCING 10:30 BRIDGE 1	22 CHAIR EXERCISE 11 & 1	23 BOARD MEETING 9:30 BRIDGE 1
26 TAI-CHI 9 LINE DANCING 10:30 BRIDGE 1 BUNCO 1:15-UPSTAIRS	27 CHAIR EXERCISE 11 & 1	28 TAI-CHI 9 LINE DANCING 10:30 BRIDGE 1	29	30 BRUNCH 11:00 BRIDGE 12 CARDO 12 BIRTHDAY CELEBRATION 1:30

DINING MENU-LUNCH IS SERVED AT 12:00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 CLOSED IN OBSERVANCE OF NEW YEARS DAY	2 TURKEY WRAP CHIPS PEACH PARFAIT LEMON LOAF
5 PORK FRITTER POTATOES & GRAVY BROCCOLI W/CHEESE GARDEN SALAD PECAN PIE	6 TURKEY DRESSING W/GRAVY MIXED VEGGIE GARDEN SALAD DESSERT	7 BROWN BEANS STIR FRY VEGGIES CAESAR SALAD CORNBREAD CARROT CAKE	8 SLOPPY JOE CHIPS COLE SLAW DESSERT	9 CHICKEN STRIP POTATOES & GRAVY MIXED VEGGIE GARDEN SALAD COCONUT CAKE
12 MEATLOAF POTATOES & GRAVY TUSCAN VEGGIE GARDEN SALAD PEANUT BUTTER PIE	13 SPAGHETTI W/MEAT SAUCE BRUSSEL SPROUTS GARDEN SALAD GARLIC TOAST DESSERT	14 BEEF STEW CORNBREAD CAESAR SALAD LEMON BUNDT CAKE	15 TACO SALAD CHUCKWAGON CORN JELLO W/FRUIT DESSERT	16 BEEF TIPS OVER MASHED POTATOES CALIFORNIA VEGGIE GARDEN SALAD STRAWBERRY CREAM PIE
19 CLOSED IN OBSERVANCE OF MLK DAY	20 COOK'S CHOICE	21 POTATO SOUP 1/2 HAM & CHEESE SANDWICH BLT SALAD BANANA PUDDING	22 CHCIKEN & NOODLES PEAS CAESAR SALAD DESSERT	23 PECAN CRUSTED TALIPA BAKED BEANS COLE SLAW ROLL FRENCH SILK PIE
26 CHICKEN FRIED STEAK POTATOES & GRAVY MIXED VEGGIE GARDEN SALAD LEMON PIE	27 PULLED PORK SANDWICH CHIPS COLE SLAW DESSERT	28 CHILI DOG FRITOS PEPPERONI SALAD CUPCAKE	29 LOADED BAKED POTATO CAULIFLOWER W/ CHEESE GARDEN SALAD DESSERT	30 BRUNCH 11:00 SCRAMBLED EGGS SAUSAGE BISCUIT & GRAVY FRUIT CINNAMON ROLL

CARRY OUT ORDERS MUST BE CALLED IN BY 10:30- PICK UP STARTS 11:00- NO LUNCHES WILL BE HANDED OUT EARLY

SENIOR CITIZENS INFORMATION

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Wreaths Across America: We had a total of \$150.00 in donations. Thank you everyone that donated to this great cause.

DAV FOOD BOX DISTRIBUTION DAY: January 14th at Claremore Expo Center parking lot. 400 S. Veterans Pkwy. You must register before January 14th. 918-342-8990

Tax Services: Senior Life Services of Tulsa 918-664-9000. You must call and schedule your appointment

OKLAHOMA SENIOR LAW:

Legal Planning for Seniors. We will partner with Will Rogers Library located at 1515 N Florence Ave. Topics covered will be protect your assets, plan for your future, learn the truth about Wills and Trusts, protect your home from expensive nursing home cost and guardianship information. Classes will be Tuesday Afternoons from 1:00pm-3:00pm

February 10th– Claremore Senior Citizens Center

February 17th– Will Rogers Library

February 24th– Claremore Senior Citizens Center

March 3rd– Will Rogers Library

RSVP by calling the Senior Center at 918-341-4734

Bring your questions and get answers from an Oklahoma attorney

WHAT'S HAPPENING AROUND THE COMMUNITY

January 3rd– Claremore's World Championship Rodeo—Starts at 7pm at Claremore Expo–

January 10th– Will Rogers Library—Holiday Family Cookbook Club from 2pm-3pm

January 17th– Mad Dog Demolition Derby– Doors open at 5pm and show starts at 6pm at Claremore Expo–
Advanced tickets are \$25 for adults and \$15 for age 11 and under.

January 17th– Around the Hollywood Campfire– Will Rogers Library– This musical revue explores the rich legacy of Western film and television music ranging from Gene Autry, Cole Porter and Johnny Mercer. Tickets are \$20.00– For more information call 918-341-0719

January 21st– Will Rogers Library– Family Coloring Club from 11:30am-12:30am

If you have not had a chance to drive Claremore Lake and see the Christmas lights, they are on display until January 5th. Definitely worth the drive.

Special Thanks for Claremore Fire Dept for serving Thanksgiving lunch and Claremore Police Dept for serving Christmas lunch. RCB for the volunteer's that helped get all our Christmas decorations out of storage and coming back and packing everything up and getting it back in storage.

UPCOMING EVENTS

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BINGO & DONUTS
January 2 at 9am
DINING ROOM



If we close due to inclement weather. Will be on Channel 6 News, our Facebook page, Claremore.com or you can call the center.



CLOSED:
January 1 for New Years Day
January 19th for MLK Day