

CLAREMORE SENIOR CITIZENS CENTER

FELLOWSHIP • FOOD • FUN



WORD OF THE MONTH:

EMPOWERMENT

The granting of power, right, or authority to perform various acts or duties.

SPILLS IN GAME ROOM AND BRIDGE ROOM

If a spill occurs—such as coffee, tea, soda, or anything that could stain—please notify either Stacey or Dianna right away so we can ensure it is cleaned up immediately.

We work very hard to keep our Senior Center clean and in excellent condition, so it's important that any potential stains are addressed as quickly as possible.

Thank you for your cooperation!

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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

Memorial Day is a [federal holiday in the United States](#) for [mourning](#) the U.S. military personnel who died while serving in the [United States Armed Forces](#). It is observed on [the last Monday](#) of May. It is also considered to be the unofficial beginning of [summer](#).

Memorial Day is a time for visiting cemeteries and memorials to mourn the military personnel who died in the line of duty. Volunteers will place [American flags](#) on the graves of those military personnel in [national cemeteries](#).

The first national observance of what would become Memorial Day occurred on May 30, 1868. Then known as *Decoration Day*, the holiday was proclaimed by Commander-in-Chief [John A. Logan](#) of the [Grand Army of the Republic](#) – a fraternal organization of veterans – to honor [Union](#) soldiers who had died in the [American Civil War](#). This national observance followed the example of many local observances which were begun between the end of the Civil War and Logan's declaration. Many cities and people have claimed to be the first to observe it, however, the [National Cemetery Administration](#), a division of the [Department of Veterans Affairs](#), credits [Mary Ann Williams](#) of the Ladies Memorial Association of [Columbus, Georgia](#) with originating the idea of an annual date to decorate the graves of Civil War veterans with flowers.

Official recognition as a holiday spread among the states, beginning with New York in 1873.¹ By 1890, every union state had adopted it. The [world wars](#) turned it into a day of remembrance for all members of the U.S. military who fought and died in service. In 1968, Congress changed its observance to the last Monday in May, and in 1971 standardized its name as "Memorial Day." Two other days celebrate those who have served or are serving in the U.S. military: [Armed Forces Day](#), which is earlier in May, a ceremonial U.S. day of commemoration for honoring those currently serving in the armed forces, and [Veterans Day](#) on November 11, a legal holiday which honors all those who have served in the [United States Armed Forces](#).

CD's—If you have a movie that would be a great movie for our afternoon movie, on the third Friday of the month, please bring them to me. I am looking for some good movies. They must be on CD.

Tea Cups and Coffee Mugs— **Needed by May 1.** If you have any tea cups or coffee mugs, not broken or chipped and no business logos on them, I am needing some donated for a project. It would be greatly appreciated! You can give them to myself or Dianna.

There will be no Bunco in May

Stacey Dowden-Director

MAY WORD SCRAMBLE

WROAIBN _____

BLLAMURE _____

WFLORE _____

LFBTUTREY _____

DREGNA _____

PTILU _____

EDES _____

GNRIPS _____

HSSNIEUN _____

MLOBO _____

YBNUN _____

CAMHR _____



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 BINGO & DONUTS 9AM BRIDGE 1
4 TAI-CHI 9 LINE DANCING 10:30 BRIDGE 1	5 CHAIR EXERCISE 11 & 1 CHEROKEE NATION BLOOD PRESSURE CHECK 9-12 IN BRIDGE ROOM VOLUNTEER APPRECIATION BANQUET 5PM (INVITATION ONLY)	6 TAI-CHI 9 LINE DANCING 10:30 BRIDGE 1	7 CHAIR EXERCISE 11 & 1	8 BRIDGE 1 SINGO BINGO 1:15 Sponsored by Archwell Health
11 TAI-CHI 9 LINE DANCING 10:30 BRIDGE 1	12 CHAIR EXERCISE 11 & 1	13 TAI-CHI 9 LINE DANCING 10:30 BRIDGE 1	14 CHAIR EXERCISE 11 & 1	15 BOARD MEETING 9:30 BRIDGE 1 AFTERNOON MOVIE 1:15 "How About Bob" Sponsored by Good Shepard Hospice
18 TAI-CHI 9 LINE DANCING 10:30 BRIDGE 1	19 CHAIR EXERCISE 11 & 1	20 TAI-CHI 9 LINE DANCING 10:30 BRIDGE 1	21 CHAIR EXERCISE 11 & 1	22 BRIDGE 1
25 CLOSED FOR MEMORIAL DAY	25 CHAIR EXERCISE 11 & 1	27 TAI-CHI 9 LINE DANCING 10:30 BRIDGE 1	28 CHAIR EXERCISE 11 & 1	30 BRUNCH 11:00 NO ACTIVITIES- GAME ROOM CLOSED

DINING MENU-LUNCH IS SERVED AT 12:00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 PECAN CRUSTED TILAPIA BAKED BEANS COLESLAW ROLL KEY LIMEPIE
4 CHICKEN FETTUCCINE ALFRADO BRUSSELL SPROUTS GARDEN SALAD GARLIC TOAST STRAWBERRY & CREAM PIE	5 TUNA SALAD ON CROISSANT CHIPS COTTAGE CHEESE W/ FRUIT DESSERT	6 BEEF STEW CORN BREAD CAESAR SALAD RASPBERRY SHERBERT	7 FRITO CHILI PIE CHUCKWAGON CORN STRAWBERRY SALAD DESSERT	8 CHICKEN STRIPS POTATOES & GRAVY GREEN BEANS GARDEN SALAD CARROT CAKE
11 MEATLOAF POTATOES & GRAVY MIXED VEGGIE GARDEN SALAD LEMON MERINGUE PIE	12 LASAGNA ITALIAN VEGGIES GARDEN SALAD GARLIC TOAST DESSERT	13 CORN CHOWDER 1/2 HAM & CHEESE SANDWICH GARDEN SALAD STRAWBERRY SHORT CAKE	14 CHEF SALAD CRACKERS COTTAGE CHEESE W/ FRUIT DESSERT	15 PULLED PORK SANDWICH CHIPS COLE SLAW ICE CREAM SANDWICH
18 BAKED CHICKEN STUFFING & GRAVY MIXED VEGGIES GARDEN SALAD ROLL PEANUT BUTTER PIE	19 PHILLY CHEESESTEAK SANDWICH CHIPS CUCUMBER RANCH SALAD DESSERT	20 STUFFED PEPPER CAULIFLOWER W/CHEESE GARDEN SALAD COOKIES	21 TACO SALAD CORN JELLO W/FRUIT DESSERT	22 SLICED BRISKET BAKED BEANS COLESLAW ROLL LAYERED CHOCOLATE PIE
25 CLOSED FOR MEMORIAL DAY	26 COOK'S CHOICE	27 BROWN BEANS FRIED CABBAGE CAESAR SALAD CORNBREAD PUDDING CUPS	28 CHEESEBURGER CHIPS PEPPERONI SALAD DESSERT	29 BRUNCH 11:00 CHEESE OMELET SAUSAGE BISCUIT & GRAVY FRESH FRUIT MUFFIN

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

SENIOR CITIZENS INFORMATION

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City of Claremore is having a **HOUSEHOLD HAZARDOUS WASTE COLLECTION EVENT**

Saturday May 9, 2026 9am-2pm– West of Hwy 66 & Lowry Rd/E 470 Rd.

This is for all Rogers County Residents (proof of residency will be required)

They will be accepting Household Pollutants (paint, cleaners, solvents, oil, gasoline etc.), Medication, Ammunition, E-Waste (computers, anything that uses batteries or has power cord and weights less than 50lbs), Batteries (car & alkaline), Tires (10 per person and no wheels, rims, no tractor tires or dealers), Fire Extinguishers, Scrap Metal.

Processing fee of \$25 per TV and \$12 per computer monitor

THINGS NOT ACCEPTED: Refrigerators, A/C units, biomedical waste, radioactive waste, commercial waste and household trash.

Northeastern Oklahoma Cancer Network has provided cards that will be in my office for anyone going through cancer treatment. These cards provide you a \$100 per month to QT or Wal-Mart

GAME ROOM CLOSURE– GAME ROOM WILL BE CLOSED ON FRIDAY MAY 29TH. WE WILL BE SERVING BRUNCH. THERE WILL BE NO SCHEDULED ACTIVITIES ON THIS DAY.

ROGERS COUNTY TRASH OFF EVENT 2026: May 7, 8 & 9

This event is for Rogers County Residents Only (household no business)

You will need to go to your district to dispose of your trash

District 1– 6105 S. Industrial Dr. Chelsea– Dan DeLozier 918-789-2279

District 2– 6190 E. 400 Rd. Oologah– Steve Hendrix 918-443-2441

District 3– 2425 S. Warehouse Rd. Claremore– Ron Burrows 918-341-2380

What they will accept at this event: furniture, mattresses, carpeting, home remodeling debris, car and light truck tires, televisions, large items too big for a trash can, metal, appliances (refrigerant/CFCs removed, brush and branches)

NOT ACCEPTED: Dead animals, paint & paint products, caustic/hazardous materials, asbestos, compressed gas containers, any business or commercial waste, oil, gas, diesel or hydrocarbons

UPCOMING EVENTS

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BINGO & DONUTS

May 1 at 9am

DINING ROOM



CLOSED:

May 25th for

Memorial Day



Afternoon Movie 1:15 Upstairs "What About Bob" COMEDY-

A troubled but lovable therapy patient who fears everything. When his Dr tries to take a vacation, Bob shows up everywhere!