

CLAREMORE SENIOR CITIZENS CENTER

FELLOWSHIP • FOOD • FUN



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WORD OF THE MONTH: **PATRIOTISM**

Devoted love, support, and defense of one's country: national loyalty.

Happy 250th Birthday, America! May we continue to build a nation worthy of generations that came before us and those yet to come.



CONTACT

Phone: 918-341-4734

Email: stacey.dowden@claremore.com

Website: www.claremore.com

Facebook: [ClaremoreSeniorCitizensCenter](https://www.facebook.com/ClaremoreSeniorCitizensCenter)

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

We are partnering with the Claremore Police Department to help Rogers County Senior Citizens receive faster, more informed assistance during emergency situations.

Beginning July 1, forms will be available for our senior citizens to complete. The information you provide will be entered into the Computer-Aided Dispatch (CAD) system by authorized staff members of the Claremore Police Department.

The information requested includes:

- Name
- Address
- Phone number
- Life-threatening medical conditions
- Primary care physician
- Current medications
- Preferred hospital
- Emergency contacts
- Vehicle information
- Hidden key location or door access code (if applicable)
- Pets
- Storm shelter location

Why is this information important?

Having this information available before first responders arrive can save valuable time during an emergency. It may assist law enforcement, firefighters, and emergency medical personnel in situations such as:

- Medical emergencies when you cannot reach the door
- Welfare checks requested by family members who cannot contact you
- Stolen vehicle investigations
- House fires
- Tornadoes or severe weather events when responders need to locate your storm shelter
- Traffic accidents or other emergencies where medical information is critical

By providing this information in advance, Rogers County law enforcement agencies, fire departments, and emergency responders can have access to pertinent details before they arrive on scene. This valuable information may help responders act more quickly and could potentially save lives.

We encourage all our Rogers County residents to participate in this program and help us better serve and protect our community.

Representatives from the Claremore Police Department will be available on the following dates and times to meet with residents and collect information for the program:

- July 27: 9:00 a.m. – 3:00 p.m.
- July 31: 12:00 p.m. – 3:00 p.m.

Appointments are required. Please see Stacey to schedule your date and time.

Your information will remain completely secure and confidential. It will be accessible only to authorized local law enforcement personnel and emergency responders through the secure Computer-Aided Dispatch (CAD) system and will be used solely for emergency response and public safety purposes.

STACEY DOWDEN-DIRECTOR

JULY WORD SCRAMBLE

EOFMDER _____

DPEIR _____

YNUTI _____

GYLCAE _____

NIIEEERSCL _____

NNNOOIIATV _____

EIIDYVTSR _____

OEHP _____

EEDDNNNIPEEC _____

PIIOAASTR _____

RFEI SKWRO _____

AAIECRM _____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 TAI-CHI 9:15 LINE DANCING 10:30	2 CHAIR EXERCISE 11 & 1	3 CLOSED FOR INDEPENDENCE DAY
6 TAI-CHI 9:15 LINE DANCING 10:30 BRIDGE 1	7 CHAIR EXERCISE 11 & 1	8 TAI-CHI 9:15 LINE DANCING 10:30 BRIDGE 1	9 CHAIR EXERCISE 11 & 1	10 BRIDGE 1 SINGO BINGO 1:15 Sponsored by Archwell Health
13 TAI-CHI 9:15 LINE DANCING 10:30 BRIDGE 1	14 CHAIR EXERCISE 11 & 1 CHEROKEE NATION BLOOD PRESSURE CHECK 9:30-12 IN BRIDGE ROOM	15 TAI-CHI 9:15 LINE DANCING 10:30 BRIDGE 1	16 CLOSED FOR STAFF TRAINING	17 BOARD MEETING 9:30 BRIDGE 1 AFTERNOON MOVIE 1:00 "CHEAPER BY THE DOZEN"
20 TAI-CHI 9:15 LINE DANCING 10:30 BRIDGE 1 BUNCO 1:00-UPSTAIRS	21 CHAIR EXERCISE 11 & 1	22 TAI-CHI 9:15 LINE DANCING 10:30 BRIDGE 1	23 CHAIR EXERCISE 11 & 1	24 BRIDGE 1
27 TAI-CHI 9:15 LINE DANCING 10:30 9-3 MEET WITH CLAREMORE POLICE TO ENTER YOUR INFORMATION INTO THEIR SYSTEM	28 CHAIR EXERCISE 11 & 1	29 TAI-CHI 9:15 LINE DANCING 10:30 BRIDGE 1	30 CHAIR EXERCISE 11 & 1	31 BRUNCH 11:00 12-3 MEET WITH CLAREMORE POLICE TO ENTER YOUR INFORMATION INTO THEIR SYSTEM FRIDAY NIGHT DANCE

DINING MENU-LUNCH IS SERVED AT 12:00

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 FRITO CHILI PIE MIXED VEGGIES CAESAR SALAD APPLE SPICE CAKE	2 TACO SALAD CORN JELLO W/FRUIT DESSERT	3 CLOSED FOR INDEPENDENCE DAY
6 BAKED CHICKEN STUFFING & GRAVY MIXED VEGGIES GARDEN SALAD ROLL STRAWBERRY & CREAM PIE	7 TUNA SALAD ON CROISSANT CHIPS COTTAGE CHEESE W/ FRUIT DESSERT	8 BEEF STEW CORN BREAD CAESAR SALAD COOKIES	9 CHEESEBURGER (LOP) CHIPS STRAWBERRY SALAD DESSERT	10 CHICKEN STRIPS POTATOES & GRAVY GREEN BEANS ROLL PECAN PIE
13 TRUKEY-SWISS WRAP CHIPS PEACH PARFIT LEMON LOAF	14 PULLED PORK SANDWICH BBQ CHIPS COLE SLAW DESSERT	15 COOK'S CHOICE	16 CLOSED FOR STAFF TRAINING	17 PECAN CRUSTED TILAPIA BAKED BEANS COLE SLAW ROLL PEANUT BUTTER PIE
20 CHICKEN FETTUCCINI ALFREDO BRUSSELL SPROUTS GARDEN SALAD GARLIC TOAST STRAWBERRY CAKE	21 PHILLY CHEESESTEAK SANDWICH CHIPS SUMMER SALAD DESSERT	22 POTATO SOUP HAM & CHEESE SANDWICH GARDEN SALAD HAAGEN-DAZS ICE CREAM BAR	23 CHEF SALAD CRACKERS COTTAGE CHEESE W/ FRUIT DESSERT	24 SALISBURY STEAK POTATOES & GRAVY CALIFORNIA VEGGIES GARDEN SALAD CHOCOLATE LAYERED PIE
27 SLICED BRISKET BAKED BEANS COLE SLAW ROLL BROWNIE	28 COOK'S CHOICE	29 BROWN BEANS FRIED CABBAGE CAESAR SALAD CORN BREAD BANANA PUDDING	30 LOADED BAKED POTATO BROCCOLI W/CHEESE GARDEN SALAD DESSERT	31 BRUNCH 11:00 SCRAMBLED EGGS SAUSAGE BISCUIT & GRAVY WATERMELON MUFFIN
CARRY OUT ORDERS MUST BE CALLED IN BY 10:30– PICK UP STARTS 10:45– NO LUNCHES WILL BE HANDED OUT EARLY				

SENIOR CITIZENS INFORMATION

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KIDS IN PARKINGLOT ON BIKES:

Please be cautious driving in our parking lot. There have been several kids on bikes riding around in our parking lot.

CLOSED:

We will be closed July 3 for Independence Day—July 16 for staff training

CLAREMORE POLICE DEPARTMENT FORMS:

Forms will be available July 1. These forms will be in the dining room. Please take them and fill them out. Get with Stacey to schedule a time to meet with one of our officers. They will put all your information into their CAD (Computer Aided Dispatch). This will allow them to have all your information available immediately, instead of having to search for it. Quick response from our Police and Fire could possible save your life. See page 2 “Note from the Director” for more information.

PARKING LOT:

Please slow down while turning into and driving through our parking lot. Our parking lot is one way, please make sure you are going the correct direction. You are required to park in a marked and designated parking spot. If you are not parked in a designated spot, you will be asked to move.

WHAT'S HAPPENING AROUND THE COMMUNITY

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JULY 3rd & 16th Claremore Senior Center will be closed

JULY 4– 7am-10am– Kids Fishing Derby– Claremore Lake

JULY 11– 7pm-9pm– Will Rogers Memorial– Around The Hollywood Campfire– The show features Gene Autry, The Sons of the Pioneers, Cole Porter, Johnny Mercer and more. It's a tribute to the unforgettable soundtracks of TV Westerns from the 50's through the 70's. Tickets are \$20.00

JULY 31– 5pm-7pm– Claremore Senior Center– Friday Night Dance– Live band – lots of dancing– snacks– FREE

Reminder: If you have to use your cell phone during lunch or an activity, please be respectful of others around you and step out in the hallway or outside. Call Phone Etiquette 101 = Be respectful of others around you.

UPCOMING EVENTS

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**July 3
And
July 16**



**July 31
5pm-7pm
Friday Night Dance**



**Claremore Police Dept
July 27th & July 31st
Officers will be here to put
your information into their
system**