

CLAREMORE SENIOR CITIZENS CENTER

FELLOWSHIP • FOOD • FUN



WORD OF THE MONTH: MINDFULNESS

The practice of paying deliberate, nonjudgmental attention to the present moment, including thoughts, feelings, bodily sensations, and the surrounding

PARKING LOT:

**School is starting August 20th.
Please pay attention in our
parking lot. Several kids cut
across our parking lot, going to
and from school.**



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CONTACT

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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

KITCHEN MANAGER

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



IF YOU NEED MORE INFORMATION CALL OWASSO SENIOR CENTER
918-272-3903

STACEY DOWDEN-DIRECTOR

WORD SCRAMBLE

KAPABKCC _____

RSISCSSO _____

ELUG _____

ATHCEER _____

TMAH _____

LGINPESL _____

DERGIAN _____

SERCSE _____

DFERNSI _____

CEPNLI _____

TTSUEND _____

YOITRHS _____

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

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 TAI-CHI 9:15- BEGINNER LINE DANCING 10:30 BRIDGE 1	4 CHAIR EXERCISE 11 & 1 CHEROKEE NATION BLOOD PRESSURE CHECK 9:30-12 IN BRIDGE ROOM	5 TAI-CHI 9:15 PROGRESSED LINE DANCING 10:30 BRIDGE 1	6 CHAIR EXERCISE 11 & 1	7 BINGO & DONUTS 9AM BRIDGE 1
10 TAI-CHI 9:15- BEGINNER LINE DANCING 10:30 BRIDGE 1	11 CHAIR EXERCISE 11 & 1	12 TAI-CHI 9:15- PROGRESSED LINE DANCING 10:30 BRIDGE 1	13 CHAIR EXERCISE 11 & 1	14 BRIDGE 1 SINGO BINGO 1:15 Sponsored by Archwell Health
17 TAI-CHI 9:15- BEGINNER BRIDGE 1	18 CHAIR EXERCISE 11 & 1	19 TAI-CHI 9:15- PROGRESSED BRIDGE 1	20 CHAIR EXERCISE 11 & 1	21 BOARD MEETING 9:30 BRIDGE 1 AFTERNOON MOVIE 1:00 "
24 TAI-CHI 9:15- BEGINNER BRIDGE 1 BUNCO 1:00-UPSTAIRS	25 CHAIR EXERCISE 11 & 1	26 TAI-CHI 9:15- PROGRESSED BRIDGE 1	27 CHAIR EXERCISE 11 & 1	28 BRUNCH 11:00 CARDO- 12:00 BRIDGE -12:00 BIRTHDAY'S 1:30
31 TAI-CHI 9:15- BEGINNER BRIDGE 1:00				

DINING MENU-LUNCH IS SERVED AT 12:00

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 SWEET & SOUR CHICKEN OVER RICE STIR FRY ASIAN RAMEN SALAD REESE'S ICE CREAM SUNDAE	4 LASAGNA ITALIAN VEGGIES CUCUMBER RANCH SALAD GARLIC TOAST DESSERT	5 TACO SOUP CORN BREAD ONION/TOMATO/CUCUMBER SALAD COCONUT CAKE	6 CRANBERRY CHICKEN SALAD ON CROISSANT CHIPS COTTAGE CHEESE W/ FRUIT DESSERT	7 BACON WRAPPED CHOPPED SIRLOIN POTATOES & GRAVY GREEN BEANS SPINACH SALAD ROLL FRENCH SILK PIE
10 CHICKEN FRIED STEAK POTATOES & GRAVY ASPARAGUS CAESAR SALAD ROLL STRAWBERRY GLAZED CAKE	11 COOK'S CHOICE	12 SLOPPY JOE CHIPS BOW TIE PASTA SALAD CARROT CAKE	13 CHEF SALAD CRACKERS COTTAGE CHEESE W/ FRUIT DESSERT	14 PULLED PORK SANDWICH BBQ CHIPS COLE SLAW BROWNIE
17 TURKEY POT ROAST POTATOES & GRVY PEAS & CARROTS GARDEN SALAD DUBIA CHOCOLATE ICE CREAM BAR	18 BEEF TACO BLACK BEAN & RICE CASSEROLE MEXICAN STREET CORN SALAD TORTILLA CHIPS DESSERT	19 BROCCOLI CHEESE SOUP 1/2 HAM & CHEESE SANDWICH GARDEN SALAD LEMON LOAF	20 CHEESEBURGER (LOP) CHIPS STRAWBERRY SALAD DESSERT	21 CHICKEN FRIED STEAK POTATOES & GRAVY MIXED VEGGIES SUMMER SALAD CHOCOLATE LAYERED PIE
24 PORK FRITTER POTATOES & GRAVY BROCCOLI W/CHEESE GARDEN SALAD BANANA CREAM PIE	25 COOK'S CHOICE	26 BROWN BEANS FRIED CABBAGE CORNBREAD CAESAR SALAD COOKIES	27 SUB SANDWICH (LOP) CHIPS JELLO W/FRUIT DESSERT	28 BRUNCH 11:00 SCRAMBLED EGGS SAUSAGE BISCUIT & GRAVY FRUIT MUFFINS
31 MEATLOAF POTATOES & GRAVY MIXED VEGGIES GARDEN SALAD ROLL PECAN PIE				
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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PHONE ETIQUETTE: If you have to take a phone call and you are in the dining room, attending an activity, exercise class, anywhere other people are in close proximity, please step outside or to an area where there are no other people. We do not need to hear your phone conversation. It is distracting and people around you cannot talk.

PARKING LOT: Please slow down and pay attention. School is starting and we have lots of children crossing our parking lot on foot, bikes, scooters etc.

AFTERNOON MOVIE: Starting this month we will be playing an 8 movie series. Love Comes Softly, written by Jannette Oke and directed by Michael Landon Jr.

BRIDGE: If you would like to learn to play BRIDGE, we will start classes in September. Please see Stacey to get signed up.

WHAT'S HAPPENING AROUND THE COMMUNITY

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August 4– 6:30-8:30 pm– National Night Out & Back to School Bash– FREE– Claremore Lake

August 6– 7:00-9:00 pm– Summer Concert Series– Paul Holt Band– FREE– Gazebo Park– 120 W. Will Rogers Blvd.

August 15– 8:00 am– 3:00 pm– Claremore's Indoor Flea Market– Claremore Expo

August 15-16– 8:00am –5:00 pm– Oklahoma Buckskin Horse Show– Claremore Expo

August 21-23– Tunes & Spoons Chili Festival and Cook Off– FREE- Live Performance Lonestar and Gretchen Wilson

UPCOMING EVENTS

B	I	N	G
FREE			

August 7 at 9:00am
Bingo & Donuts

S	I	N	G	O
		Free!		

August 14 at 1:15pm
Singo Bingo



August 28 at 11:00 am
BRUNCH