

CLAREMORE SENIOR CITIZENS CENTER

FELLOWSHIP • FOOD • FUN



OCTOBER

WORD OF THE MONTH: **ACCEPTANCE**

The action of consenting to receive or undertake something offered. The agreement with or believe in an idea, opinion or explanation.

THANKSGIVING LUNCHEON

RESERVATIONS:

WE WILL START TAKING RESERVATIONS ON
OCTOBER 1st. RESERVATIONS REQUIRE PRE-PAY.
THANKSGIVING LUNCH WILL BE ON TUESDAY,
NOVEMBER 24th.

\$3.00 FOR DINE-IN AND \$3.50 TO GO

SEE STACEY OR DIANNA



INSIDE THIS ISSUE

Welcome & Center Information	2
Puzzles	3
October Activities	4
October Dining Menu	5
Information	6
What's Happening	7

CONTACT

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HOURS

Monday - Friday

8 a.m. - 4:45p.m.

WELCOME & CENTER INFORMATION

PAGE 2

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

A NOTE FROM THE DIRECTOR

FALL IS HERE– THAT MEANS THE START OF MORE ACTIVITIES AND GETTING READY FOR THE HOLIDAYS

WE WILL START BACK WITH ARTS & CRAFTS. SIGN UP SHEET WILL BE OUT OCTOBER 1. ARTS & CRAFTS WILL BE ON OCTOBER 14 AT 1PM, UPSTAIRS.

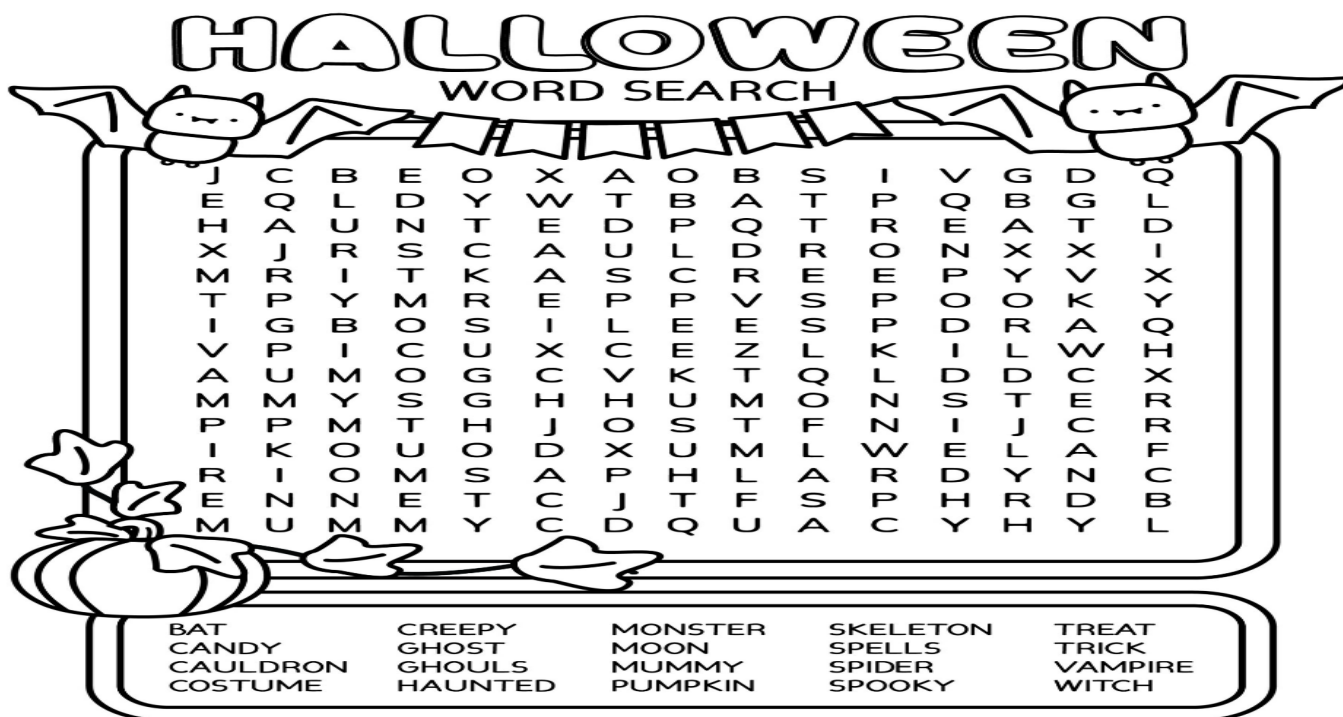
STARTING OCTOBER 1– YOU CAN START MAKING RESERVATIONS FOR THANKSGIVING LUNCHEON. THANKSGIVING LUNCH WILL BE ON TUESDAY NOVEMBER 24. THE COST IS THE SAME \$3.00 DINING ROOM- \$3.50 CARRY OUTS. WE WILL SALE RESERVATIONS UNTIL WE SELL OUT. GET YOUR RESERVATIONS EARLY.

WE WILL HAVE CLAREMORE POLICE DEPARTMENT HERE OCTOBER 7 AT 1PM, UPSTAIRS. THEY WILL BE GOING OVER THE LATEST FRAUD– SCAMS THAT ARE GOING AROUND LOCALLY. WITH THE HOLIDAY SEASON STARTING, THESE SCAMMERS WILL TAKE THINGS TO AN ALL NEW LEVEL. THIS WILL BE A CHANCE FOR YOU TO ASK QUESTIONS AND TALK ONE ON ONE WITH ONE OF CLAREMORE POLICE DEPARTMENTS FINEST, OFFICER EPPERSON.

OCTOBER 30– WEAR YOUR HALLOWEEN COSTUME–

FLU SHOTS– CHEROKEE NATION WILL BE HERE NOVEMBER 3RD FROM 10:30AM-12PM, IN THE BRIDGE ROOM. THEY WILL BE PROVIDING THE HIGH DOSE FLU VACCINE, FOR SENIOR CITIZENS. THEY ARE ASKING YOU CALL THE SENIOR CENTER AND LET THEM KNOW YOU ARE GOING TO BE GETTING YOUR FLU VACCINE FROM THE CHEROKEE NATION. THEY WANT TO MAKE SURE THEY HAVE ENOUGH VACCINES FOR EVERYONE COMING IN. IF YOU HAVE ANY QUESTIONS, JUST CALL THE SENIOR CENTER.

DIRECTOR-STACEY



ACTIVITIES- ALL ACTIVITIES START PROMPTLY AT SCHEDULED TIMES- YOU MUST BE

PAGE 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 CHAIR EXERCISE 11 & 1 BRIDGE LESSONS 1:00 ARTS & CRAFTS SIGN UP	2 BINGO & DONUTS 9AM Sponsored by Northeast Cancer Institute and Brookdale BRIDGE 1
5 TAI-CHI 9:15- BEGINNER LINE DANCING 10:30 BRIDGE 1	6 CHAIR EXERCISE 11 & 1 CHEROKEE NATION BLOOD PRESSURE CHECK 9:30-12 IN BRIDGE ROOM	7 TAI-CHI 9:15- PROGRESSED LINE DANCING 10:30 BRIDGE 1 FRAUD INFORMATION WITH CPD 1PM	8 CHAIR EXERCISE 11 & 1 BRIDGE LESSONS 1:00	9 BRIDGE 1 SINGO BINGO 1:15 Sponsored by Archwell Health
12 TAI-CHI 9:15- BEGINNER LINE DANCING 10:30 BRIDGE 1	13 CHAIR EXERCISE 11 & 1	14 TAI-CHI 9:15- PROGRESSED LINE DANCING 10:30 BRIDGE 1 ARTS & CRAFTS 1- UPSTAIRS	15 CHAIR EXERCISE 11 & 1 BRIDGE LESSONS 1:00	16 BOARD MEETING 9:30 BRIDGE 1 AFTERNOON MOVIE 1:00 "LOVES LONG JOURNEY"
19 TAI-CHI 9:15- BEGINNER LINE DANCING 10:30 BRIDGE 1	20 CHAIR EXERCISE 11 & 1	21 TAI-CHI 9:15- PROGRESSED LINE DANCING 10:30 BRIDGE 1	22 CHAIR EXERCISE 11 & 1 BRIDGE LESSONS 1:00	23 BRIDGE 1
26 TAI-CHI 9:15- BEGINNER LINE DANCING 10:30 BRIDGE 1:00 BUNCO 1:00-UPSTAIRS	27 CHAIR EXERCISE 11 & 1	28 TAI-CHI 9:15- PROGRESSED LINE DANCING 10:30 BRIDGE 1	29 CHAIR EXERCISE 11 & 1 BRIDGE LESSONS 1:00	30 BRUNCH 11:00 CARDO- 12:00 BRIDGE -12:00 BIRTHDAY'S 1:30 WEAR YOUR HALLOWEEN CONSTUME

DINING MENU-LUNCH IS SERVED AT 12:00

PAGE 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 TACO SALAD CORN JELLO W/FRUIT DESSERT	2 TURKEY POT ROAST POTATOES & GRAVY CALIFORNIA VEGGIES GARDEN SALAD STRAWBERRY CREAM PIE
5 SLICED BRISKET BAKED BEANS COLE SLAW ROLL BANAN CREAM PIE	6 COOK'S CHOICE	7 FRITO CHILI PIE MIXED VEGGIES CAESAR SALAD BOSTON CREAM PIE	8 CHEESEBURGER (LOP) CHIPS POTATO SALAD DESSERT	9 CHICKEN STRIPS POTATOES & GRAVY GREEN BEANS GARDEN SALAD ROLL FRENCH SILK PIE
12 SALISBURY STEAK POTATOES & GRAVY STEAMED CAULIFLOWER GARDEN SALAD CARROT CAKE	13 SLOPPY JOE BBQ CHIPS BOW TIE PASTA SALAD DESSERT	14 CRANBERRY CHICKEN SALAD CHIPS COTTAGE CHEESE W/ FRUIT COOKIES	15 TACO SOUP TORTILLA CHIPS CHOPPED MEXICAN SALAD DESSERT	16 CHICKEN FRIED STEAK POTATOES & GRAVY CORN GARDEN SALAD PUMPKIN PIE
19 PORK FRITTER POTATOES & GRAVY STEAMED BROCCOLI GARDEN SALAD PECAN PIE	20 CHILI DOGS CHIPS CAESAR SALAD DESSERT	21 BROCCOLI CHEESE SOUP 1/2 HAM & CHEESE SANDWICH GARDEN SALAD PUMPKIN LOAF	22 TURKEY SWISS WRAP CHIPS CHERRY MIXED FRUIT DESSERT	23 PULLED PORK SANDWICH CHIPS COLE SLAW ICE CREAM SANDWICH
26 BACON WRAPPED CHOPPED SIRLOIN POTATOES & GRAVY MIXED VEGGIE GARDEN SALAD ROLL BROWNIE	27 STUFFED PEPPER STEAMED ASPARAGUS CARROT RAISIN SALAD DESSERT	28 BROWN BEANS FRIED CABBAGE CORNBREAD CAESAR SALAD CHOCOLATE LAYERED PIE	29 GOULASH ITALIAN VEGGIES ITALIAN SALAD GARLIC TOAST DESSERT	30 BRUNCH 11:00 CHEESE OMELET SAUSAGE BISCUIT & GRAVY CINNAMON ROLL FRUIT

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

PAGE 6

BRIDGE LESSONS: Every Thursday at 1:00 pm, In the Bridge Room.

Arts & Crafts Sign-Up Sheet - October 1

We have 24 available seats. After those seats are filled, we will accept five additional names for the waiting list. If anyone among the first 24 participants cancels, we will contact those on the waiting list in the order they signed up. Important: If you sign up but cannot attend, please cancel in advance. Anyone who does not cancel and does not show up will not be allowed to sign up the following month.

Blood Pressure & Glucose Checks by Cherokee Nation, October 6, 9:30-11:30 in the bridge room.

Arts & Crafts October 14 at 1 pm, upstairs

Exercise with us: Tai-Chi Monday & Wednesday at 9:15– Line Dancing Monday & Wednesday 10:30– Chair Exercise Tuesday & Thursday 11am or 1pm

WHAT'S HAPPENING AROUND THE COMMUNITY

PAGE 7

October 2nd @ 5pm-7pm– German Dinner– Redeemer Luther Church– 5th & Seminole- \$14 Adults & \$7 Children.

October 3rd @ 10am-4pm– Pumpkin Festival– VFW– Fun-filled day of pumpkins, pies, games, food, shopping and community.

October 16th @ 6pm Overnight at the Museum– Will Rogers Memorial– Overnight sleep over for children and one parent or guardian. Activity filled night, stay up all night, sleep where you choose and play into the early hours. For children ages 5-14 and one adult family member. Cost is \$50 per person.

October 23 @ 7pm– Will Rogers Memorial Movie Night– Hocus Pocus– Free admission and popcorn.

October 28-31 @ 6pm– Claremore Museum of History– American West will come to life in northeastern OK as award winning authors, filmmakers, actors, historians and admirers of Western culture gather for four days of storytelling, education and entertainment.

October 31 1-4pm– hocus Pocus Halloween at Claremore Museum of History– for kiddos to collect candy and scavenger hunt.

October 31– Elks Lodge– Trunk or Treat

UPCOMING EVENTS

B	I	N	G
			
			
			
FREE			

October 2 at 9:00am
Bingo & Donuts
In the Dining Room



October 14 @ 1pm
Must pre-register
starting October 1



October 30
Wear your Halloween
Custom to Brunch