CLAREMORE SENIOR CITIZENS CENTER

FELLOWSHIP • FOOD • FUN





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WORD OF THE MONTH: **GRATITUDE**

A thankful appreciation for what an individual receives. With gratitude, people acknowledge the goodness in their lives. Gratitude also helps people connect to something larger than themselves as individuals.

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

We will take reservations until we are sold out.

CONTACT

Phone: 918-341-4734

Email: stacey.dowden@claremore.com

Website: www.claremore.com

Facebook: ClaremoreSeniorCitizensCenter

HOURS

Monday - Friday

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

WELCOME & CENTER INFORMATION

DIRECTOR
Stacey Dowden

ASSISTANT DIRECTOR
Dianna Wiggs

KITCHEN MANAGER
Jackie Hemphill

KITCHEN ASSISTANT
Andrea Marmon

JANITORIAL/DISHWASHER
Sarah Sislo

KITCHEN AIDE
Gale Phillips
Lucinda Wilson

JANITORIAL ASST.
George Wright
David Sears

A NOTE FROM THE DIRECTOR

STARTING OCTOBER 1– YOU CAN START MAKING RESERVATIONS FOR THANKSGIVING LUNCHEON. THANKSGIVING LUNCH WILL BE ON TUESDAY NOVEMBER 24. THE COST IS $3.00 DINING ROOM- $3.50 CARRY OUTS. WE WILL SALE RESERVATIONS UNTIL WE SELL OUT. GET YOUR RESERVATIONS EARLY. WE WILL HAVE A BACK UP LIST ONCE WE SALE OUT, IN CASE SOMEONE CANCELS THEIR RESERVATION.

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.

OUR ANGEL TREE WILL BE UP AND READY NOVEMBER 16TH. IF YOU ADOPT AN ANGEL PLEASE FOLLOW THE FOLLOWING STEPS, TO ENSURE WE RECEIVE ALL ANGEL GIFTS BACK. ALL ANGELS WILL HAVE A NUMBER. PLEASE WRITE YOUR NAME AND PHONE NUMBER NEXT TO THE ANGEL NUMBER (THIS SIGN UP SHEET WILL BE ON THE CASHIERS TABLE IN THE DINING ROOM NEXT TO THE ANGEL TREE). ALL GIFTS MUST BE RETURNED TO STACEY OR DIANNA NO LATER THAN DECEMBER 15. ALL GIFTS NEED TO BE NEW. ALL GIFTS NEED TO BE RETUNED IN A GIFTBAG. AND AS ALWAYS IF YOU NEED A PERSONAL SHOPPER, I WILL BE HAPPY TO DO THAT. JUST CHOOSE YOUR ANGEL, PROVIDE THE AMOUNT OF MONEY YOU WISH TO SPEND AND I WILL TAKE CARE OF THE REST.

DIRECTOR-STACEY

Thanksgiving

WORD SEARCH



CHILDREN
DINNER
FAMILY
GATHERING
GRATEFUL

HOLIDAY
HOME
JOYFUL
MEMORIES
OCCASION

PARENTS
RELATIVES
SEASON
VISITING
THANKFUL

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 TAI-CHI 9:15– BEGINNER LINE DANCING 10:30 BRIDGE 1 ARTS & CRAFTS SIGN UP	**3** CHAIR EXERCISE 11 & 1 CHEROKEE NATION BLOOD PRESSURE CHECK – GLUCOSE CHECK 9:30-12 **FREE FLU SHOTS 10:30-12 IN BRIDGE ROOM**	**4** LINE DANCING 10:30 BRIDGE 1	**5** CHAIR EXERCISE 11 & 1 BRIDGE LESSONS 1:00	**6** BINGO & DONUTS 9AM **Sponsored by Northeast Cancer Institute and Brookdale** BRIDGE 1
9 TAI-CHI 9:15– BEGINNER LINE DANCING 10:30 BRIDGE 1	**10** CHAIR EXERCISE 11 & 1	**11** **CLOSED FOR** **VETERANS DAY**	**12** CHAIR EXERCISE 11 & 1 BRIDGE LESSONS 1:00	**13** BOARD MEETING 9:30 BRIDGE 1 SINGO BINGO 1:15 **Sponsored by Archwell Health**
16 TAI-CHI 9:15– BEGINNER LINE DANCING 10:30 BRIDGE 1	**17** CHAIR EXERCISE 11 & 1	**18** TAI-CHI 9:15– PROGRESSED LINE DANCING 10:30 BRIDGE 1 ARTS & CRAFTS 1- UPSTAIRS	**19** CHAIR EXERCISE 11 & 1 BRIDGE LESSONS 1:00	**20** **BRUNCH 11:00** CARDO– 12:00 BRIDGE –12:00 BIRTHDAY'S 1:30
23 TAI-CHI 9:15– BEGINNER LINE DANCING 10:30 BRIDGE 1 BUNCO 1:00-UPSTAIRS	**24** THANKSGIVING LUNCH YOU MUST HAVE PRE-REGISTERED AND PRE PAID	**25** **NO ACTIVITIES**	**26** **CLOSED FOR** **THANKSGIVING**	**27** **CLOSED FOR** **THANKSGIVING**
30 TAI-CHI 9:15– BEGINNER LINE DANCING 10:30 BRIDGE 1:00				

DINING MENU-LUNCH IS SERVED AT 12:00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 PECAN CRUSTED TILAPIA BAKED BEANS COLE SLAW ROLL PEANUT BUTTER PIE	**3** COOK'S CHOICE	**4** POTATO SOUP 1/2 HAM & CHEESE SANDWICH GARDEN SALAD TURNOVER	**5** TACO SALAD CORN JELLO W/FRUIT DESSERT	**6** SALISBURY STEAK POTATOES & GRAVY CALIFORNIA VEGGIES ROLL STRAWBERRY GLAZED CAKE
9 CHICKEN FRIED CHICKEN POTATOES & GRAVY CORN GARDEN SALAD CARROT CAKE	**10** TUNA SALAD ON CROISSANT CHIPS COTTAGE CHEESE W/ FRUIT DESSERT	**11** CLOSED FOR VETERANS DAY	**12** PHILLY CHEESESTEAK SANDWICH CHIPS SUMMER SALAD DESSERT	**13** CHICKEN STRIPS POTATOES & GRAVY GREEN BEANS GARDEN SALAD ROLL COOKIES
16 CHICKEN & NOODLES MIXED VEGGIES GARDEN SALAD FRENCH SILK PIE	**17** COOK'S CHOICE	**18** BEEF STEW CORNBREAD CAESAR SALAD BROWNIE	**19** SPAGHETTI W/MEAT SAUCE CAULIFLOWER W/ CHEESE GARDEN SALAD GARLIC TOAST DESSERT	**20** BRUNCH 11:00 SCRAMBLED EGGS SAUSAGE BISCUIT & GRAVY FRUIT MUFFIN
23 PULLED PORK SANDWICH CHIPS COLE SLAW PECAN PIE	**24-**RESERVATION ONLY TURKEY STUFFING W/GRAVY GREEN BEANS CRANBERRY SALAD ROLL PUMPKIN CHEESECAKE	**25** SACK LUNCH HAM & CHEESE SANDWICH CHIPS FRUIT CUP PUMPKIN LOAF	**26** CLOSED FOR THANKSGIVING	**27** CLOSED FOR THANKSGIVING
30 CHILI CRACKERS MIXED VEGGIES BLT SALAD DESSERT				

CARRY OUT ORDERS MUST BE CALLED IN BY 10:30– PICK UP STARTS 10:45– NO LUNCHES WILL BE HANDED OUT EARLY

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

CHRITMAS LUNCH DECEMBER 21ST – RESERVATION AND PRE-PAY REQUIRED– COST IS $3.00 Dine-In- $3.50 Carry out

Christmas Lunch reservations will go on sale starting November 25th. We will take reservations through December 15th or until we sell out.

CHRISTMAS PARTY–DECEMBER 3RD– RESERVATIONS REQUIRED- This is a free event– Space is limited so you must have a reservation to attend. We will start taking reservations November 25th until all seats are spoken for– Reminder if you make reservations for the Christmas Party and cannot attend and do not cancel, you will not be able to attend next year. Space is limited and we will fill up.

Free Technology Help: Mike Ruttgen 701-207-0712

One of our seniors, Mike is experienced in all kinds of electronics support. He is offering his services free to anyone that may need assistance with:
Computers or laptops– Smartphones (Apple, Android etc.)– Tablets (I-pads etc.)- Printers– Email– Internet or Wi-Fi– Kindel Book Readers– Alexa Devices– Strange Pop-Ups or Virus Warnings– Getting logged into your accounts– Resetting or changing passwords– Connecting your phone to car via Bluetooth– Resetting or changing passwords– Don't struggle with it– Do not call any phone number from a pop up or a number you do not recognize– There is NO CHARGE for this help– You can meet at the Sr Center– Call and ask questions or schedule an appointment.

Time Change is November 1st– Set those clocks back one hour

Wreaths Across America– With your help over the past several years, we have proudly supported participating in wreaths across America– a national wide effort to honor and remember our Veterans during the holiday season. Rogers County tries to put a fresh wreath on each Veterans grave. Wreaths cost $17.00 each and we have over 3,000 Veterans buried in Rogers County. If you would like to honor our local Veterans, you may give your donation to Stacey.

UPCOMING EVENTS



WE ARE CLOSED

November 11– Veterans Day

November 26-27 Thanksgiving



BINGO & DONUTS

November 6 @ 9am



Thanksgiving Lunch

November 24th

Reservations are required–