

CLAREMORE SENIOR CITIZENS CENTER

FELLOWSHIP • FOOD • FUN



Birthday cupcakes



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Angel Tree

Thank you everyone who participated in adopting an angel from our Angel Tree. You made Christmas very special for the clients at Rogers County Adult day Center.

Valentine's Day Dance

We are planning a Valentines Day Dance on February 14th from 6-9pm. There will be refreshments only. We will set up the dinning room with a very large dance floor. You can line dance or couple's dance. We will have plenty of room

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CONTACT

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Email: sdowden@claremorecity.com

Website: www.claremorecity.com/344/Senior-Citizens-Center

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

HOURS

Monday - Friday

8 a.m. - 5p.m.

WELCOME & CENTER INFORMATION

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DIRECTOR

Stacey Dowden

ASSISTANT DIRECTOR

Susan Craig

CHEF

Jackie Hemphill

JANITORIAL

Jenny Jones

KITCHEN ASSISTANT

Patricia Loraditch

LUNCH ASSISTANT

Nancy Beachner

DISHWASHER

Ron Altman

A NOTE FROM THE DIRECTOR

This time of year is a sad time for many. Especially, those that are widowed and live alone. I was given this writing that I though would benefit those that have lost a love and those of us that have not, to help understand.

The death of a spouse or partner is different than any other loss. In the sense that it literally changes every single in your world going forward, when your spouse dies. The way your eat, watch TV, your circle of friends change (or disappears) , your financial status, your job. It also effects It changes your self worth, self esteem, confidence, the way you breath, mental status, physically, hobbies & interest, sense of security, every single thing in your life changes.. You are handed a new life that you do not want. It is the hardest, most gut wrenching horrific, life alternating of things to live with. In the beginning people may call or offer help. It will soon end. The workd keeps turning, but your world as you knew it has ended. You become extremely cautious about spending money. You worry more about who will take car of you if you become sick. You tend to want to be with people that have experienced the same loss as you, hoping they understand. You worry about how to sign birthday cards to family and friends. People wish you a great day or happy holidays. For you, these are dreaded times, you strive to just get through. The first time you have to check your marital status, is extremely emotional. Then comes the first birthday and first year of holidays, let alone the first anniversary of your spouses passing. The dreaded times! You wonder why am I cleaning house or even doing their laundry. You wonder what is the purpose. Maybe you are the purpose. Maybe your purpose is to be here for your family. Losing a spouse is lonely. The rest of your “normal life changes, when your spouse dies. This has just became your normal life.

Stacey Dowden-Director

English

s a n d w i c h
r o n v g k f n h o p i a s n t e m p l i m f s f
a n d r n g k o p n a d s k t h a y i l v z k j h s h
w i f n c y e u r b d t c k g y l k v y p o g v a h t
c c y e u r b d t c k g y l k v y p o g v a h t
h u t l e m h r e a f a b l o d p o k e w e t
g l r e m h r e a f a b l o d p o k e w e t
s t n s j a w s n i b p n d t t o

sandwich
soup
pasta
hotdog

pizza
cutlet
tea
burger

rice
salad
chicken
milkshake

fish
porridge
shrimp
cereal

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>SPADES COMP 9:00 BEGINNER L.D. 9:00 INTERMEDIATE L.D. 10 ADVANCED L.D. 11:00 PROGRESSIVE BRIDGE 1-4</p>	<p>4</p>	<p>5</p> <p>HAND & FOOT COMP 9:00 BEGINNER L.D. 9:00 INTERMEDIATE L.D. 10:00 ADVANCED L.S. 11:00 PROGRESSIVE BRIDGE 1-4</p>	<p>6</p>	<p>7</p> <p>SNOOKER COMP 9:00 TICK COMP 9:00 PROGRESSIVE BRIDGE 1</p>
<p>10</p> <p>MANIPULATION 9:00 BEGINNER L.D. 9:00 INTERMEDIATE L.D. 10 ADVANCED L.D. 11:00 PROGRESSIVE BRIDGE 1</p>	<p>11</p>	<p>12</p> <p>PITCH COMP 9:00 BEGINNER L.D. 9:00 INTERMEDIATE L.D. 10 ADVANCED L.D. 11:00 PROGRESSIVE BRIDGE 1</p>	<p>13</p>	<p>14</p> <p>BINGO & DONUTS 9:00 PROGRESSIVE BRIDGE 1</p>
<p>17</p> <p>CLOSED IN OBSERVENCE OF MARTIN LUTHER KING DAY</p>	<p>18</p> <p>3RD TUESDAY BUNCO 1:00 IN BRIDGE ROOM</p>	<p>19</p> <p>BUCKAROO COMP 9:00 BEGINNER L.D. 9:00 INTERMEDIATE L.D. 10 ADVANCED L.D. 11:00 PROGRESSIVE BRIDGE 1</p>	<p>20</p> <p>BOARD MEETING 9:30</p>	<p>21</p> <p>DOMINO COMP 9:00 CARDO 12:00 PROGRESSIVE BRIDGE 12 BIRTHDAY CELEBRATION 1:30</p>
<p>24</p> <p>HIGH 5 COMP 9:00 BEGINNER L.D. 9:00 INTERMEDIATE L.D. 10 ADVANCED L.D. 11:00 PROGRESSIVE BRIDGE 1</p>	<p>25</p> <p>CARD LESSONS LEARN TO PLAY SPADES 1:30 IN THE BRIDGE ROOM</p>	<p>26</p> <p>PINCHOLE COMP 9:00 BEGINNER L.D. 9 INTERMEDIATE L.D. 10 ADVANCED L.D. 11 PROGRESSIVE BRIDGE 1</p>	<p>27</p> <p>TAI-CHI 10:30 AFTER NOON MOVIE 2-4 "WILD HOGS"</p>	<p>28</p> <p>SPADES COMP 9:00 CARDO 12:00 PROGRESSIVE BRIDGE 12-3 BIRTHDAY CELEBRATION 1:30</p>
<p>31</p> <p>CANASTA COMP 9:00 BEGINNER L.S. 9:00 INTERMEDIATE L.D. 10 ADVANCED L.D. 11:00 PROGRESSIVE BRIDGE 1-</p>				

JANUARY DINING MENU

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 BRISKET BAKED BEANS COLE SLAW ROLLS COCONUT CAKE	4 STUFFED PEPPERS STEAMED CARROTS 3 BEAN SALAD DESSERT	5 NAVY BEANS MIXED VEGGIES PEPPERONI SALAD CORN BREAD APPLE TURNOVER	6 CHOPPED BRISKET SANDWICH CHIPS POTATO SALAD DESSERT	7 SALISBURY STEAK POTATOES & GRAVY CHUCKWAGON CORN SUMMER SALAD FRENCH SILK PIE
10 MEATLOAF POTATOES & GRAVY ASPARAGUS GARDEN SALAD LEMON PIE	11 SPAGHETTI W/MEAT SAUCE GARLIC KNOTS GARDEN SALAD DESSERT	12 BEEF STEW CORN BREAD CAESAR SALAD BANANA PUDDING	13 MINISTRONE SOUP HAM & CHEESE SANDWICH GARDEN SALAD DESSERT	14 ROAST BEEF POTATOES & GRAVY CALIFORNIA VEGGIES GARDEN SALAD PEANUT BUTTER OIE
17 CLOSED IN OBSERVANCE OF MLK DAY	18 COOKS'S CHOICE	19 LOADED BAKED POTATO CAULIFLOWER W/ CHEESE GARDEN SALAD PUDDING CUPS	20 SWEET & SOUR CHICKEN ORIENTAL VEGGIES ASIAN RAMEN SALAD EGG ROLLS DESSERT	21 BAKED CHICKEN STUFFING W/GRAVY MIXED VEGGIES GARDEN SALAD STRAWBERRY PIE
24 CHICKEN FRIED STEAK POTATOES & GRAVY TUSCAN VEGGIES GARDEN SALAD PUMPKIN BARS	25 CHICKEN & NOODLES PEAS TROPICAL FRUIT DESSERT	26 TACO SOUP CORN BREAD COTTAGE CHEESE W/ FRUIT GERMAN CHOCOLATE CAKE	27 CHILI DOGS CHIPS SPAGHETTI SALAD DESSERT	28 BRUCH AT 11:00 SCRAMBLED EGGS SAUSAGE BISCUIT & GRAVY FRUIT MUFFINS
31 SMOTHERED PORK CHOP NEW POTATOES & GREEN BEANS GARDEN SALAD ROLLS PINEAPPLE DREAM				

CARRY OUT ORDERS MUST BE CALLED IN BY 10:30– PICK UP IS 11:15– NO LUNCHES WILL BE HANDED OUT EARLY



UNDERSTANDING COVID VARIANTS

The virus that causes COVID-19 is constantly changing, and new variants of the virus are expected to occur. Sometimes new variants emerge and disappear. Other times, new variants persist. Numerous variants of the virus that causes COVID-19 are being tracked in the United States and globally during this pandemic.

If you think about a virus like a tree growing and branching out; each branch on the tree is slightly different than the others. By comparing the branches, scientists can label them according to the differences. These small differences, or variants, have been studied and identified since the beginning of the pandemic. Some variations allow the virus to spread more easily or make it resistant to treatments or vaccines. Those variants must be monitored more carefully.


As the virus spreads, it has new opportunities to change and may become more difficult to stop. These changes can be monitored by comparing differences in physical traits (such as resistance to treatment) or changes in genetic code (mutations) from one variant to another.

By studying each variant and understanding these differences, scientists can monitor, and often predict, whether a variant is more dangerous than others. Scientists can also use this information to track the spread of a variant.

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We have someone looking to buy a used, good working condition portable oxygen machine.. Call Stacey at the Sr Center 918-341-4734

AFTERNOON JANUARY 27th AT 2:00 PM WE PROVIDED DRINKS, POPCORN AND CANDY, JUST LIKE GOING TO THE MOVIES! I THINK OURS ARE EVEN BETTER BECAUSE ITS FREE! WE ENCOURAGE EVERYONE TO BRING A LAWN CHAIR OR SOMETHING COMFORTABLE TO SIT IN. WE WILL BE WATCHING "WILD HOGS" LINE DANCING CLASSES. EVERY MONDAY AND WEDNESDAY WE OFFER LINE DANCING CLASSES FOR BEGINNER-INTERMEDIATE- ADVANCED. THIS IS ALSO GREAT EXERCISE. CHECK NEWSLETER FOR TIMES- TAI-CHI- THIS IS A WONDERFUL CLASS FOR BALANCE AND HELP REDUCE THE RISK OF FALLING. EVERY THURSDAY AT 10:30 AM. TAI-CHI CLASS WILL NOT START IN JANUARY UNTIL JANUARY 20TH. BINGO & DONUTS WILL BE THE SECOND FRIDAY OF EVERY MONTH. THANK YOU TO OUR SPONSOR RITZENDOLLAR CONCRETE 6651 S. UTICA PL. TULSA OK 74136



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UPCOMING EVENTS

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Bingo & Donuts

January 14th @ 9am



Closed for MLK Day

January 17th

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