

CLAREMORE SENIOR CITIZENS CENTER

FELLOWSHIP • FOOD • FUN



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BREAKFAST!

We are now offering breakfast items daily. Each day we will have different breakfast items. There is no charge for breakfast. They will be in the dining room from 8am-10am. Please one food item and one juice per person.

Tax season is upon us. LIFE Senior Services offers free tax service to seniors over the age of 60. If you made \$56,000 or less in 2021 you would qualify for free tax services. Tax assistance is available by appointment only. Call 918-664-9000 ext.1189.

Refund of sales tax form. Claim you \$40.00 sales tax refund. If you are single household with gross income of \$50,000 or less. You are over 65 or disabled, we have the forms to just ask Stacey or Susan.

CONTACT

Phone: 918-341-4734

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

PAGE 2

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

10 SIMPLE WAYS TO ENJOY LIFE MORE!

1. **GET OUT OF YOUR COMFORT ZONE**– YOU WILL NEVER EXPERIENCE LIFE FROM PROSPECTIVES WHEN YOU DON'T ACTIVELY DO THINGS YOUR NOT COMFORTABLE WITH. GET OUT THERE AND AVOID STAYING STUCK IN ONE PLACE.
2. **MEET NEW PEOPLE**– IF YOU'RE AN INTROVERT YOU DON'T LIKE SOCIALIZING TO START WITH. ISOLATION IS DANGEROUS, YOU GET USED TO BEING ALONE, YOU FORGET WHAT IT FEELS LIKE WHEN YOUR SURROUNDED BY NEW PEOPLE AND NEW ADVENTURES. ITS AN ESSENTIAL PART OF LIFE TO CONNECT WITH OTHER PEOPLE.
3. **TRAVEL OFTEN**– TRAVELING AND GOING ON ADVANTURES GIVES YOU SOMETHING TO LOOK FORWARD TO. TRAVEL FOR LEISURE, EXPOSE YOURSELF TO DIFFERENT CULTURES AND ENVIROMENTS.
4. **CREATE THE LIFE YOU WANT**– ENJOY LIFE TO THE FULLEST, CREATE THE LIFE YOU WANT AND DON'T MAKE EXCUSES. DO YOUR BEST TO SHAPE YOUR IDEAL LIFE, AS LONG AS YOU AREN'T HURTING ANYONE, DON'T LET ANYONE STOP YOU.
5. **INVEST IN YOURSELF**– NOT ONLY INVEST IN YOUR FINANACES, INVEST IN YOUR TIME, ENERGY AND RESOURCES. WHEN YOU INVEST IN YOURSELF, OTHERS WILL INVEST IN YOU ALSO.
6. **SURROUND YOURSELF WITH YOUR LOVED ONES**– IT DOSENT HAVE TO BE DAILY, BUT DON'T LET YOURSELF NEGLECT THE PEOPLE YOU LOVE. YOU WIL REGRET NOT GIVING MORE WHEN YOU REALIZE HOW FRAGILE TIME REALLY IS.
7. **RECORD HAPPY MOMENTS**– WRITE A JOURNAL, TAKE THE PICTURE, ANYWAY YOU WANT TO REMEMBER THE MOMENTS YOU TREASURE.
8. **FIND A REASON TO LAUGH OR SMILE**– LIFE DOSENT HAVE TO BE ALL **SERIOUS. MAKE SURE YOU FIND A REASON TO LAUGH OR SMILE.**
9. **SHOW KINDNESS**– PRACTICING ACTS OF KINDNESS TO OTHERS CAN BE SO UNDERATED, BUT CAN MAKE YOU ENJOY LIFE SO MUCH MORE. IN FACT, DOING ACTS OF KINDNESS WILL MAKE YOU REMEMBER WHAT LIFE IS ALL ABOUT, WHICH IS A LIFE FULL OF LOVE, COMPASSION, SELFLESSNESS AND GIVING.
10. **TAKE CARE OF YOUR BODY**– NO MATTER HOW BUSY YOU ARE, ALWAYS FIND A WAY TO TAKE CARE OF YOUR BODY, AND GIVE IT WHAT IT NEEDS, WHETHER ITS EXERCISE, YOGA OR PROPER NUTRITION.

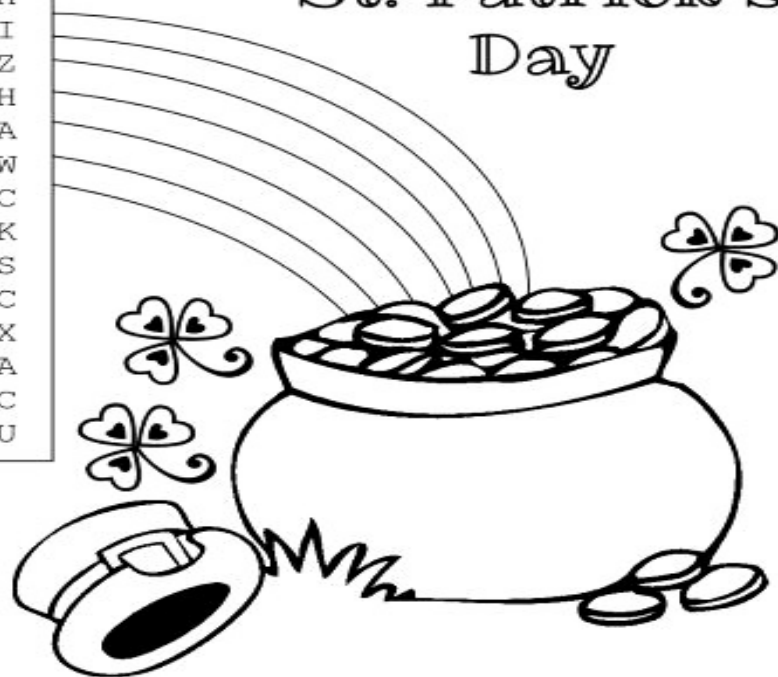
IF IT MAKES YOU HAPPY DO IT! INCLUDING TAKE THE TRIP, BUY THE SHOES AND EAT THE CAKE.

THREE SIMPLE WORDS I TRY TO LIFE BY IS BE KIND, FORGIVING AND LOVING. IF WE ALL PRACTICE THIS, HOW MUCH BETTER THIS WORLD WE LIVE IN WOULD BE.

Stacey Dowden– Director



Happy St. Patrick's Day



CLOVER
GOLD
GREEN
IRISH
LEPRECHAUN

LUCK
MARCH
POT
RAINBOW
SHAMROCK

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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
	1	2 HAND & FOOT COMP 9:00 BEGINNER L.D. 9:00 INTERMEDIATE L.D. 10 ADVANCED L.D. 11:00 PROGRESSIVE BRIDGE 1	3 TAI-CHI 10:30	4 DOMINO COMP 9:00 PROGRESSIVE BRIDGE 1
7 CANASTA COMP 9:00 BEGINNER L.D. 9:00 INTERMEDIATE L.D. 10 ADVANCED L.D. 11:00 PROGRESSIVE BRIDGE 1	8	9 PITCH COMP 9:00 BEGINNER L.D. 9:00 INTERMEDIATE L.D. 10 ADVANCED L.D. 11:00 PROGRESSIVE BRIDGE 1	10 TAI-CHI 10:30	11 BINGO & DONITS 9:00 PROGRESSIVE BRIDGE 1-
14 SPADES COMP 9 BEGINNER L.D. 9:00 INTERMEDIATE L.D. 10 ADVANCED L.D. 11:00 PROGRESSIVE BRIDGE 1	15 3RD TUESDAY BUNCO 1:00	16 BUCKAROO COMP 9 BEGINNER L.D. 9:00 INTERMEDIATE L.D. 10 ADVANCED L.D. 10:00 PROGRESSIVE BRIDGE 1	17 BOARD MEETING 9:30 TAI-CHI 10:30	18 MANIPULATION COMP 9 PROGRESSIVE BRIDGE 1
21 HIGH-5 COMP 9:00 BEGINNER L.D. 9:00 INTERMEDIATE L.D. 10 ADVANCED L.D. 11:00 PROGRESSIVE BRIDGE 1	22 CARD LESSONS HIGH-5 1:30 BRIDGE ROOM	23 PINCHOLE COMP 9:00 BEGINNER L.D. 9:00 INTERMEDIATE L.D. 10 ADVANCED L.D. 11:00 PROGRESSIVE BRIDGE 1	24 TAI-CHI 10:30	25 TICK COMP 9:00 CARDO 12:00 PROGRESSIVE BRIDGE 12 BIRTHDAY CELEBRATION 1:30
28 "TICK" COMP 9:00 BEGINNER L.D. 9 INTERMEDIATE 10 ADVANCED 11 PROGRESSIVE BRIDGE 1	29	30 SNOOKER COMP 9:00 BEGINNER L.D. 9:00 INTERMEDIATE L.D. 10 ADVANCED L.D. 11:00 PROGRESSIVE BRIDGE 1	31 AFTERNOON MOVIE 2-4 WE WILL BE WATCHING THE LAST LAUGH	

MARCH DINING MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 CHILI DOGS CHIPS 3 BEAN SALAD DESSERT	2 CORN CHOWDER HAM & CHEESE SANDWICH GREEK CUCUMBER SALAD LEMON LIME BUNDT	3 CHICKEN & NOODLES PEAS STRAWBERRY SALAD DESSERT	4 CHICKEN FRIED STEAK POTATOES & GRAVY PARSLEY CARROTS GARDEN SALAD RED VELVET CAKE
7 SALISBURY STEAK POTATOES & GRAVY CALIFORNIA VEGGIES GARDEN SALAD LEMON CAKE	8 PHILLY CHEESE STEAK SANDWICH CHIPS JELLO W/FRUIT DESSERT	9 PINTO BEANS STIR FRY CEASAR SLAD CORN BREAD COCONUT CAKE	10 ALBERTY HOT SANDWICH CHIPS GARDEN SALAD DESSERT	11 CHICKEN FETTUCCINE ALFREDO CAULIFLOWER W/ CHEESE GARDEN SALAD GARLIC TOAST STRAWBERRY PIE
14 MEATLOAF POTATOES & GRAVY TUSCAN VEGGIES GARDEN SALAD HUMMINGBIRD CAKE	15 TACO SALAD CORN TROPICAL FRUIT SALAD DESSERT	16 COOK'S CHOICE	17 CABBAGE ROLLS GREEN BEANS GARDEN SALAD PISTACHIO PUDDING	18 CHICKEN STUFFING W/GRAVY PACIFIC VEGGIES GARDEN SALAD CHERRY TURNOVERS
21 ROAST BEEF POTATOES & GRAVY ASPARAGUS GARDEN SALAD COCONUT CAKE	22 STUFFED PEPPERS CHUCKWAGON CORN COTTAGE CHEESE W/ FRUIT DESSERT	23 LOADED BAKED POTATO BROCCOLI W/CHEESE GARDEN SALAD STRAWBERRY CAKE	24 CRANBERRY CHICKEN SALAD ON CROISSANT CHIPS BOW TIE PASTA SALAD DESSERT	25 BRUNCH 11:00 AM SCRAMBLED EGGS SAUSAGE BISCUIT & GRAVY FRUIT DANISH
28 BRISKET BAKED BEANS COLE SLAW ROLLS PEANUT BUTTER PIE	29 FRITO CHILI PIE RANCH POTATOES CEASAR SALAD DESSERT	30 BEEF STEW CORN BREAD PEPPERONI SALAD CORN BREAD CHOCOLATE CAKE	31 CHOPPED BRISKET SANDWICH CHIPS POTATO SALAD DESSERT	

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

INFORMATION

Federal Government offers funeral cost reimbursement for families that have had family member died from COVID-19


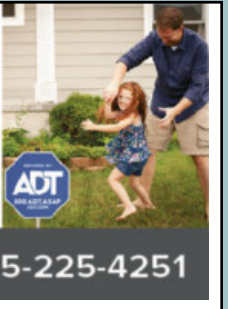
Funeral reimbursement is a maximum of \$9,000 per deceased individual and a maximum of \$35,500 per application, if you occurred multiple deceased individuals.

Application process is started by calling 844-684-6333. The information you will need is deceased legal name, date of birth, social security number and location of death.

FREE AT HOME COVID TEST– the federal government will mail each home 4 at home COVID test. You will have to go online at COVIDTests.gov. Just fill out the form with name and address or call 800-232-0233 and order them over the phone.


FREE N95 MASK– If you would like to get your free mask, they have them in the pharmacies at Wal-greens, Wal-Mart and Sam's.

Earn Extra Income: Claremore Schools are looking for bus drivers. Call Jeff O'Shields 918-923-4320 if interested

	<p>Be a Will Rogers Roper and meet people from around the world.</p> <p>www.willrogers.com</p>	<p>ADT-Monitored Home Security</p> <p>Get 24-Hour Protection From a Name You Can Trust</p> <ul style="list-style-type: none">• Burglary• Flood Detection• Fire Safety• Carbon Monoxide <p>ADT Authorized Provider SafeStreets 1-855-225-4251</p> 
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	<p>FREE AD DESIGN</p> <p>WITH PURCHASE OF THIS SPACE</p> <p> CALL 800.950.9952</p>	<p> CANOE BROOK</p> <p>Affordable & Safe Assisted Living & Memory Care in Catoosa!</p> <p>CanoeBrookAL.com</p> <p>(918) 416-8902</p>
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SUPPORT OUR ADVERTISERS!



We received a grant through the CARES ACT. Included in this grant is money to help cover the cost of our groceries. This is a grant that includes all Rogers County senior nutrition programs, which is Claremore Senior Center, Inola Senior Center and Chelsea Senior Center. We are going back and asking the Department of Commerce for more funding to help Oologah Senior Center and Claremore Meals on Wheels. There is a form with your name, address and age that you will have to fill out. See Stacey for the form.

AFTERNOON MOVIE. ONCE A MONTH WE HAVE MOVIE . WE PROVIDED DRINKS, POPCORN AND CANDY, JUST LIKE GOING TO THE MOVIES! I THINK OURS ARE EVEN BETTER BECAUSE ITS FREE! MOVIE THIS MONTH IS MARCH 31 AT 2PM. WE ENCOURAGE EVERYONE TO BRING A LAWN CHAIR OR SOMETHING COMFORTABLE TO SIT IN. WE WILL BE WATCHING THE LAST LAUGH

THAI-CHI- THIS IS A WONDERFUL CLASS FOR BALANCE AND HELP REDUCE THE RISK OF FALLING. EVERY THURSDAY AT 10:30 AM.

BINGO & DONUTS IS SPONSORED BY RITZENDOLLAR CONCRETE 6651 S UTICA PL. TULSA, OK 74136

WE WILL BE HOSTING A DANCE EVERY OTHER MONTH. WE HAD AN AMAZING VALENTINE'S DAY DANCE. OUR NEXT DANCE WILL BE IN APRIL. WATCH NEXT MONTHS NEWSLETTER FOR THE DATE.



LPI

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UPCOMING EVENTS

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Time Change March 13th.
Remember to set your
clocks forward 1 hour



March 17th St. Patrick's Day



Afternoon Movie March 31st
at 2pm upstairs– We will be
watching The Last Laugh

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