

OCTOBER 2019 SENIORS IN ACTION



Ponca City Parks and Recreation Senior Center

319 W. Grand “A great place for fellowship.”

It's Coming Soon!! Save the Date!!

What: Ponca City Senior Expo

Come meet the new orthopedic physician/surgeon Dr. K.S. Menon, who recently opened his practice in Ponca City

When: Saturday, October 19th

9:30 a.m. to 1:30 p.m.—lunch included

Where: Ponca City Senior Center

Expo Program Theme: “Balancing Your Life Effectively”

Reservations are needed for lunch. Please call 763-8051

Thursday Oct. 10th at 10:00 “Row at a Time” will meet at the Center and then go to Union School and deliver over 200 colorful handmade hats to the students there. These ladies give so much to our community. Thank you



October 31st



Dress in costume for lunch and join the fun. Prizes for best costumes.



The 2020 Census is about to take place. For our city and county to continue to receive funding from Federal and State agencies we must turn in every resident. Please participate.

Remember you count.

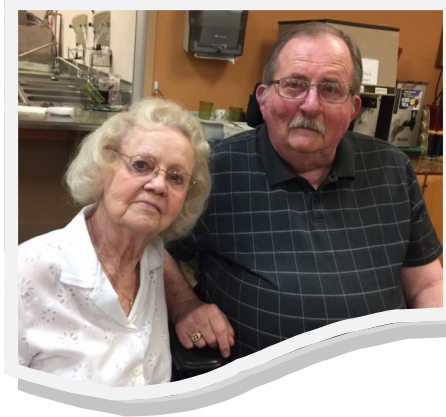
Volunteer Spotlight:

Our volunteer spotlight this month shines on mother/son, Lucy and Van Page. Both are life-long residents of Ponca City.

Lucy is a newcomer to the Center joining us in 2018. She enjoys visiting with others and working on the puzzle. Her volunteer tasks involve helping with the serving of our

Friday meals. Lucy is a retired Conoco secretary and was a valued substitute teacher for the Ponca City school district.


Van has assisted us, by keeping track of our meal attendance on Fridays. He said “This position helped me put names and faces together.” In addition Van serves as our resident observer. No one that comes in the door escapes his notice. He feels that every person entering the door deserves to be welcomed and appreciated. In his words, “Nothing gets passed me.” Van is a retired minister and serves as the Parkinson’s Support Group coordinator.



October 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Center is Open on Mondays NO MEALS	ESL (English as a Second Language) Classes meet every Wednesday evening at 5:00.	1 8:15 Cardio 12:30 Choir 2:30 Mid Steppers	2 8:15 Cardio 12:30 Bridge I 1:00 Pitch Games 1:00 Coloring 3:00 Ukulele Class	3 8:15 Cardio 10:00 Row at a Time Dance Classes 1:30 Advanced LD 3:00 Beginning LD	4 8:15 Cardio 10-12 Flu Shots 1:00 Parkinson Mtg 5:00 Bunco/Games	5
6	7 8:15 Cardio 12:30 Bridge I 1:00 Bridge II 5:30 Beginners Line Dance	8 Election No Recreation room closed 12:30 Choir 2:30 Mid Steppers	9 8:15 Cardio 12:30 Bridge I 1:00 Pitch Games 1:00 Coloring 3:00 Ukulele Class	10 8:15 Cardio 10:00 Row at a Time Dance Classes 1:30 Advanced LD 3:00 Beginning LD	11 8:15 Cardio 12:00 Reserved Bridge in Rec Rm 5:00 Pitch/Games	12
13	14 8:15 Cardio 12:30 Bridge I 5:30 Beginners Line Dance	15 8:15 Cardio 12:30 Choir 2:30 Mid Steppers	16 8:15 Cardio 12:30 Bridge I 1:00 Pitch Games 1:00 Coloring 3:00 Ukulele Class	17 8:15 Cardio 10:00 Row at a Time Dance Classes 1:30 Advanced LD 3:00 Beginning LD	18 8:15 Cardio 11:00 Medivac Info 12:30 Bingo 5:00 Bunco/Pitch	19 EXPO EVENT 9:30-1:30
20	21 8:15 Cardio 12:30 Bridge I 1:00 Bridge II 5:30 Beginners Line Dance	22 8:15 Cardio 12:30 Choir 2:30 Mid Steppers	23 8:15 Cardio 12:30 Bridge I 1:00 Pitch Games 1:00 Coloring 3:00 Ukulele Class	24 8:15 Cardio 10:00 Row at a Time Dance Classes 1:30 Advanced LD 3:00 Beginning LD	25 8:15 Cardio 12:30 Bingo 5:00 Pitch and Games	26
27	28 8:15 Cardio 12:30 Bridge I 5:30 Beginners Line Dance	29 8:15 Cardio 12:30 Choir 2:30 Mid Steppers	30 8:15 Cardio 12:30 Bridge I 1:00 Pitch Games 1:00 Coloring 3:00 Ukulele Class	31 8:15 Cardio 10:00 Row at a Time Dance Classes 1:30 Advanced LD 3:00 Beginning LD		



Mon	Tue	Wed	Thu	Fri
	1 \$3.00 Festive Mac n Cheese/Hamburger Veggie Blend Dessert	2 \$2.00 Sausage Gravy/ Biscuits/Hash Browns and Or- ange Juice	3 \$2.00 Chef Salad Dessert	4 Alliance \$4.00 Swiss Steak Sides/Dessert
7 Center Open NO MEAL	8 \$3.00 Judi's Pulled Pork Sand- wich / Chips Cole slaw-Dessert	9 \$2.00 Sausage Gumbo Soup/French Bread / Dessert	10 \$2.00 Open Face Taco/ Dessert	11 \$4.00 Alliance Lasagna/ Sides/Dessert
14 Center Open NO MEAL	15 \$3.00/Marie's Ham/Cheese Grits/ Specialty Green Beans/Dessert	16 \$2.00 Chicken/ Noo- dles /Mashed Po- tatoes/ Peas— Dessert	17 \$2.00 Goulash and Mixed Veggies / Dessert	18 \$4.00 Alliance Meat Loaf/ Sides/Desserts
Center Open NO MEAL	22 \$3.00 Judi's Pork/Rice Veggies Dessert	23 \$2.00 Beans/ Cornbread Dessert	24 \$2.00 Marie's Chicken Casserole Delight/ Veggies Dessert	25 \$4.00 Alliance Catfish / Sides/ Desserts
28 Center Open NO MEAL	29 \$3.00 Specialty Sandwiches/Chips/ Desserts	30 \$2.00 Chicken Vegie Soup/Hot Rolls/ Dessert	31 \$2.00 Halloween "Rigabonie" Bone Sticks Orange Goop 	

Senior Diner News: In the spirit of team-work watch for special days.

The "Senior Diner" is moving more and more toward success! Most of our meals have met or exceeded our expectations. But as always, something you think will be a success turns out to not be a favorite. October is our Final month of trial so if you have a favorite meal that we have served, please let us know. During October the staff will adopt a specialty meal and actually do the meal preparations. This will be fun as we operate as a team.

Our attendance continues to average forty to fifty clients each day and our popularity is growing. Remember, for us to accurately measure the success of the food program, reservations need to be made the day before. If you cancel, we will not be able to refund your money. If you make a reservation without paying and don't show you will have to pay for future meals in advance. If you need to cancel, you may have a friend pick up your meal and deliver it to you. **Call to make your reservation today (580) 763-8051.**

We would like to thank you for joining us on this journey and appreciate the encouragement we have received.

Don't eat alone, socialization is VERY important as we age.



**Ponca City Parks
and Recreation
Senior Center**

319 W. Grand Ave.

Ponca City, OK 74601

Phone: 580-763-8051

www.poncacityok.gov

Fax: 580-718-5079

email: trenaam@poncacityok.gov

Parks and Recreation Dept.

580-767-0430

**Tuesday—Friday Meals:
call 580-763-8051**

For Transportation:

Cimarron Transit 580-718-0444

Parkinson's Meeting : Friday October 4th at 1 p.m. We will host the annual 'Parkinson's Awareness Month " and a member of our State Parkinson's group will be with us. Please invite someone to join us.

November 1st Jeff Soto from Alliance Health will be here to encourage us to stay fit and provide pointers to achieve a proper diet.

Medicare Part D- October 21-25th

Beginning October 1st Senior Center staff will start scheduling appointments for the Annual Medicare Part D reviews. This is an important step in securing the best costs for your prescription medications. **Call 763-8051**

**Flu Shots available on Friday, October 4th
10-12:00 Bring your Medicare Card.**



**Beginners Line Dance Class 2019
Meeting on Monday at 5:30**



**Wednesdays at 3:30
Beginners
Ukulele Class**

**You're never too old to
learn something new,
especially if it is some-
thing you enjoy.**

**The Senior Center offers
these new classes.
Come join the fun!**