

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

TITLE VI SEPTEMBER

ACTIVITY DESCRIPTIONS

MONDAY

Birthday Blessings Celebration
First Monday of the Month

Let's Make It Monday 11AM to 1PM - create hand crafted art

TUESDAY

Talking Circle 11AM to 12PM - fellowship and inspire

Get Fit 10:30AM - exercise for all fitness levels

WEDNESDAY

Wellness Wednesday 10AM to 2 PM - focus on improving health

Respite Care

THURSDAY

Technology Tuesday 11AM to 1PM - tech savvy education sessions

Get Fit 10:30AM - exercise for all fitness levels

Iowa Casino 11AM to 2PM
Third Thursday of the Month

FRIDAY

Foodie Friday 9AM to 10AM
Breakfast food make and take meals.

Cimarron Casino 10AM to 1PM
Fourth Friday of the Month

Meal Times

Lunch 11:30PM to 12:30PM
Breakfast Hours 9AM to 10AM

Title VI

Community Hall
Cell Number 405-334-6905

MONTHLY
Birthday
BLESSINGS
FIRST MONDAY OF THE MONTH

Salad
BAR
MONDAY - THURSDAY

OKLAHOMA
STATE FAIR
SENIOR DAY
FREE ADMISSION
September 20th

01
Fried Eggs
Served with: pancakes, sausage, and juice
Foodie
FRIDAY

04
Holiday
CLOSED

05
Chicken Pot Pie
Served with: peaches
Salad Bar
TALKING CIRCLE
TUESDAY **GET FIT**

06
Goulash
Served with: 4-Way blend, garlic bread, and tropical fruit
Salad Bar
Wellness
WEDNESDAY *RESPIRE CARE*
WEDNESDAY

07
Baked Potato
Served with:
Salad Bar
Technology
THURSDAY **GET FIT**

08
Ham
Served with: grits, boiled eggs, toast, and Juice
Foodie
FRIDAY

11
Chicken Chunks
Served with: scalloped potatoes, broccoli
Salad Bar
Birthday Blessings *Let's Make it*
MONDAY

12
Hamburgers
(with all the fixings)
Served with: baked Lays chips, Tabouli, and cookies
Salad Bar
TALKING CIRCLE
TUESDAY **GET FIT**

13
Meat Loaf
Served with: cauliflower MP, gravy, capri blend, and cheesecake
Salad Bar
Wellness
WEDNESDAY *RESPIRE CARE*
WEDNESDAY

14
Baked Potato
Served with:
Salad Bar
Technology
THURSDAY **GET FIT**

15
Biscuits & Gravy
Served with: bacon and juice
Foodie
FRIDAY

18
Tater Tot Casserole
Served with: carrot cake
Salad Bar
Let's Make it
MONDAY

19
Fried Chicken
Served with: California blend and pears
Salad Bar
TALKING CIRCLE
TUESDAY **GET FIT**

20
Chopped BBQ Sandwich
Served with: chips and apricots
Salad Bar
Wellness
WEDNESDAY *RESPIRE CARE*
WEDNESDAY **OKLAHOMA STATE FAIR SENIOR DAY FREE ADMISSION**

21
Baked Potato
Served with:
Salad Bar
Technology
THURSDAY **GET FIT** **IOWAY CASINO**

22
Holiday
CLOSED

25
Beef Hot Dog
Served with: chips, coleslaw, and apple cobbler
Salad Bar
Let's Make it
MONDAY

26
Chicken Alfredo
Served with: Italian blend and pineapple
Salad Bar
TALKING CIRCLE
TUESDAY **GET FIT**

27
Salisbury Steak
Served with: wild rice, capri blend, fruit cocktail, and cake
Salad Bar
Wellness
WEDNESDAY *RESPIRE CARE*
WEDNESDAY

28
Baked Potato
Served with:
Salad Bar
Technology
THURSDAY **GET FIT**

29
Waffles
Served with: sugar free syrup, sausage links, and juice
Foodie
FRIDAY **CIMARRON CASINO**