

Seniors in Action

December 2011

Ponca City Senior Center
580-763-8051

319 W. Grand Ave
Ponca City, OK

Volume 5, Issue 2

Activities

Wheatheart December schedule: Wheatheart lunch program will be closed December 23rd and will reopen on January 2nd.

Ponca City Senior Center will be closed Friday December 23rd and Monday December 26th.

The Senior Center will be closed Monday January 2nd.

Chef of the month has been a fun and interesting program for the past four years. Our first chef was Chuck Hoddy September 19th 2007. With this program we have had the opportunity to taste some of Ponca City's best dishes from some of the greatest chefs. The Ponca City News, Sherry Muchmore has attended every program, and followed with a special article and photos in the newspaper. **December 7th at 1:00** will be the last "Chef of the Month" program with Tom Muchmore as our chef. Please make reservations and plan to attend this special event. (Please note the event is the first Wednesday of the month instead of the usual third Wednesday)

Ponca City Pool Players recently hosted the Stillwa-

ter vs. Ponca City tournament. Thirty eight players gathered for an afternoon of fun. Stillwater was victorious with a 22-16 win.

During the month of December **the line dance classes** have been cancelled to accommodate holiday schedules. During January line dancing will resume with a combined class on Wednesdays at 1:00. Both classes will meet for one hour of fun. This change is only for January.

A special thanks to Mary Murray, Cheryl Knowlton and Sharon Ridgway for their leadership and fun during 2011.

Friday December 2nd 10:30 Get your hands waxed and take away the winter dryness.

Friday December 9th at 10:45 "The Quarter Notes" will be singing Christmas Carols, come early and hear this great group. Lunch reservations are required.

Friday December 16th at 12:00 the PCCA youth choir will perform. If you ride the transit and would like to stay for the program which will run around 30 minutes, the transit will provide a second pick up. Please plan to attend and hear this won-

derful group of children.

Alzheimer Notes: Monday December 12th 1:00 Jeremy Nichols will be our guest speaker at the Alzheimer meeting. Jeremy will discuss veteran's benefits and as always he provides an informative program. Everyone is invited to this special event.

Thursday December 15th 7:00 Dr. Bill Hamilton will be the guest speaker for the evening Alzheimer meeting.

Lupus Notes: Ending the year with a meeting covered dish supper; the lupus support group will meet at 5:00 on Monday December 5th. The group is asked to bring their favorite dish to share at the meeting.

"Where Were You" Wednesday December 7th will be the 70th anniversary of the bombing of Pearl Harbor. Take a few minutes and drop by the front office and let us record your remembrance. Were you outside playing, were you with your parents, what were their reactions? The comments will be posted on the memory wall during the month of December. The remembrance discussion will begin at 12:30 December 7th prior to Chef of the

Month.

Wednesday December 14th 12-2:00 TRIAD will be conducting eye exams.

Bob Hope Christmas hour, enjoy some of the scenes and music from some of Bob Hopes most memorable Christmas tours.

Wednesday December 21st at 12:30.

As the weather turns cold and the afternoons are long the Ponca City Senior Center is a great place to be. Cards, pool, dominos and Wii games are available for you during the afternoons. The coffee pot is always on and we invite you to come hang out with us.

Wednesday December 21st 10:00 . Blood Pressure and Blood sugar checks by Home Call.

Covered dish luncheon: Please drop your dish off at the west kitchen window and staff will place it on the line. Many times to make sure everyone gets a sample we rotate dishes. After lunch please wait for your dish at the window as well. This will reduce the confusion in the kitchen. Thank you.



DECEMBER 2011

Ponca City Senior Center 763-8051

Wheatheart Nutrition 767-1620

Cimarron Transit 718-0444

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 9:30 Exercise	2 9:30 Exercise 10:45 HealthBack Hand Waxing 5:30 Pitch & games	3
4	5 5:00 Lupus Support Christmas Gathering	6 9:30 Exercise 6:00 Music	7 12:30 Pearl Harbor Program 1:00 Final Chef Program	8 9:30 Exercise	9 9:30 Exercise 10:45 Quarter Notes 11:30 Covered Dish 5:30 Pitch & games	10
11	12 1:00 Alzheimer Support Mtg	13 9:30 Exercise 6:00 Music	14 TRIAD 12-2:00	15 9:30 Exercise 7:00 Alzheimer Support Mtg	16 9:30 Exercise 12:00 Christmas Program 5:30 Pitch & games	17
18	19 12:30 BINGO	20 9:30 Exercise 6:00 Music	21 10:00 Blood Pressure "Home Call" 12:30 Bob Hope Christmas Video	22 9:30 Exercise	23 CLOSED	24
25	26 Closed	27 9:30 Exercise 6:00 Music	28	29 9:30 Exercise	30 9:30 Exercise 11:30 Brown Bag Drinks provided 5:30 Pitch & games	31

Ponca City Herb Festival

2012 will be the 18th year for the Ponca City Herb Festival. Mark your calendar for June 2nd to attend the festival at the L.A. Cann garden. The garden was given to Ponca City by fashion designer, Elsie Cann Brown in 1976.

Benefits from the festival go to projects to benefit Cann Garden that are chosen by the new Herb Festival Committee. Venders come from all over to provide plants, garden accessories, food, etc. in a wonderful event for our city.



Regular Activities

Monthly

1 st Monday	Lupus Support Group—Evening
2 nd Monday	Alzheimer Support Group—Afternoon
3 rd & 4 th Monday	Bingo
4 th Thursday	Alzheimer Support Group—Evening

Weekly

Tuesday	Exercise
Tuesday	Open Games
Tuesday	Country Music
Wednesday	Beginner Line Dance will resume in January
Thursday	Morning Exercise
Thursday	Line Dancing for Fun will resume in January
Friday	Morning Exercise
Friday	Progressive Pitch & Table Games

November Chef of the Month

Texas Ranch Style Cookies

- 1/2 C butter
- 1 1/2 C brown sugar
- 1 1/2 C sugar
- 4 eggs
- 1 tsp. vanilla
- 1 16 oz. Crunchy peanut butter
- 2 1/2 tsp. baking soda
- 1 16 oz. tub of regular oats
- 1 pkg chocolate chips.

Combine all ingredients and back 10-12 min at 350 degrees.
Makes a big batch



Carol Bouldin
Chef of Month
November 2011

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Ponca City OK 74601

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www.poncacityok.gov

Wheatheart Nutrition
580-767-1620

Cimarron Transit
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Promoting successful aging!

Friday Meal Schedule

December Menu

Friday December 2nd
Pizza

Friday December 9th
Covered Dish Luncheon

Friday December 16th
Baked Potato

Friday December 30th
Brown bag it! Bring your lunch
and come and eat with us.

Important Notes:

Due to several conflicting holiday events and schedules the computer classes will begin in January. There will be three classes Tuesday, Wednesday and Thursday afternoons at 1:00. Please call the office 763-8051 to confirm your continued interest.

Parkinson's disease is a chronic and progressive movement disorder, meaning that symptoms continue to worsen over time. Nearly one million people in the US are living with the disease. The cause is unknown. There has been an expressed interest in coordinating a local Parkinson's support group. January 3rd at 1:00 the center will host a pilot meeting to see if there is enough interest in developing a support group. The guest speaker will be Jim Keating president of the Parkinson's Foundation, Tulsa.

Merry Christmas



"Silent night! Holy night! All is calm, all is bright." — Joseph Mohr (1818)



City of Ponca City Parks and Recreation Staff
Terri, Jim, Marie, and Katie