

Join us for an exciting evening out. The bus will leave Pioneer Center and travel to Clinton for dinner at Lucille's. From there we will make our way to Southwest Playhouse to watch MATILDA THE MUSICAL!

Introducing the Wormwood family:

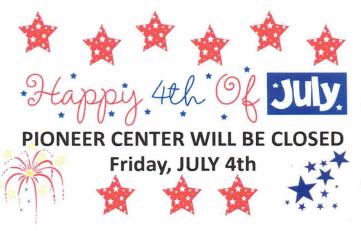
Mrs. Wormwood—Loud, proud, and not about to learn a thing! Mr. Wormwood—A used car salesman with a used moral compass! Michael Wormwood—Let's just say...he tries. Rudolpho—Flexibility, flair, and fabulousness all rolled into one! While little Matilda is off reading Dickens and dodging chokeys, the Wormwoods are here to remind you that "tel-ee-vision is the new education!"

WARNING: Side effects may include jazz hands, loud laughter, and a sudden urge to dance like Rudolpho.

Reservations are required, space is limited, so sign up by calling 580-772-1191 or stop by the office on or after Tuesday, July 1st. If you are meeting us in Clinton for dinner or driving yourself to the play please let us know. I will turn in the numbers for the restaurant the day before. The bus is free to ride, dinner is on your own. We hope you will join us for good food, great entertainment and a lot of laughs!

We can not express enough how important it is for all of us to drink water during the hot summer months. Please, listen and drink water, take breaks often if you are working out in your yard, stay in during the hottest part of the day. Stay safe and if you feel like you need to, call for help!





WELL WISHERS CARD CLUB

Tuesday, July 1st, 10:00 a.m.

The Well Wishers meet the first working day of each month to put together cards for homebound. They do holiday, get well, and thinking of you cards. We write short notes in each card to help brighten someone's day.

NUTRITION NEWS

I want to thank the volunteers from the Federated Church for delivering meals in the month of June. Thank you to these individuals who also delivered meals, Candace Lindamood, Brenda Skinner, Mary Ralston, Bud and Ayn Lamke, Vergil and Sonya Roper, Neal and Luann Vasser, Glenn Wynn, Steve and Linda Bryden and Susan Kirk.

Meals in July will be delivered by members of the Methodist Church. We also need volunteers that can cover if needed, so if you would like to volunteer please call me at (580)772-1193 or stop by the Nutrition office.

*** I would like to thank everyone who participated in the fire drill and the tornado drill. These drills are mandatory for our funding and your safety.

Rhonda Nelson Site Manager
Weatherford Nutrition/SOCAG





JULY B-I-N-G-O



Thursday, July 3rd, 10:00 a.m. Thursday, July 17th, 10:00 a.m. Friday, July 25th, 2:00 p.m.

Want a fun way to stay cool this summer? Join us in the Pioneer Center craft room for Thursday BINGO and in the dining room for the fourth Friday BINGO! We provide all the prizes and play a few different games to challenge your brain, regular games and two Blackout games. Grab a friend and join in the fun! Don't miss out, come play!





OSU EXTENSION PROGRAM WITH LESA RAUH

Tuesday, July 8th—10 a.m.

"Fun with Cupcakes"

Join Lesa Rauh in the Pioneer Center craft room for another informative and fun program. Lesa shares her knowledge and creativity with us every month, and we hope you will join in on the fun.







PATHWAYS

Sara Whiteshield, <u>Director of Digital Inclusion</u>
<u>& Social Benefits</u> at Western Plains Library
System, will be at Pioneer Center on July 23rd
and 30th, to speak with our participants, right
before lunch is served.

Sara assists with finding resources and filling out applications for various programs, including Medicare, Medicaid, EBT, tribal GA, etc.
She can also help with entry level skills on computers, phones, and other electronic devices. She has experience in setting up new phones, creating emails, and even social media accounts.

Sara will be in the dining room on both of the dates listed and speak briefly about programs she has to offer. She will be available to talk to you one on one if you are interested in what her program has to offer you.

This is a wonderful opportunity to use a resource that is being offered to us.



JULY GUEST SPEAKERS TUESDAYS at 10:30 a.m.



15th—Weatherford Mayor, Mike Brown
22nd—Mike Karlin Weatherford Emergency Management













YMCA WORKOUT

The YMCA Workout is still going strong and we want to thank Suzanne Dunai from the Great Plains Family YMCA, for leading this class. There will be times when Suzanne can not be here, but the class will still meet. The only exception is if Pioneer Center is closed for a holiday. We meet every Monday, Wednesday, and Friday at 9:45 a.m. in the stage area.

This workout is perfect for anyone at any level, if you do not feel you can do an exercise modified movements can be done until you build strength. This workout can be done from a chair or from standing, it is up to you and what you are comfortable with. This class has proven to provide benefits to the regular participants. We walk taller, and feel better after this workout, so bring a friend, bring a bottle of water, and come enjoy exercise at the Pioneer Center.



Angels Care Home Health **Community Classroom** Tuesday, July 15th 11:15 a.m.

Joyce from Angels Care Home Health is continuing a series of informative workshops called Community Classroom, here at the Pioneer Center. We will meet at 11:15 on the 3rd Tuesday of the month, in the dining room. Please make plans to come learn, or refresh your memory with tips and more gels about staying hydrated during

the hot summer months.



Thursday, July 24th

The Page Turners Book Club meets the last Thursday of each month in the Pioneer Center Library. Jason Dibler, Weatherford Library Director, leads our Book Club. He provides all the books. If you miss our meeting, you can always go to the library and check out the current book we are reading for the month. Come join us!

IN SEARCH OF SOMEONE TO **TEACH MAHJONG**

We have had several request for a teacher who is willing to volunteer their time teaching Mahjong. Pioneer Center has a Mahjong set from years past, it is just sitting on the shelf. If you know of anyone please have them contact Melissa, 580-772-1191.

GAMES IN THE GAME ROOM

The Game Players meet in the Pioneer Center Game Room every Monday and Thursday at 12:30 p.m. They play a variety of different games, which are decided on by the group. So, stop by and check it out. They always have a great time.

BLOOD PRESSURE/BLOOD SUGAR CHECKS **Angels Care Home Health** Wednesday, July 16th, 10:30 a.m.

Angels Care Home Health will be here to do our monthly Blood Pressure/Blood Sugar checks at 10:30 a.m. These monthly checks are on the 3rd Wednesday of the month. Many people use and value this service. We are so grateful to the angels from Angels Care Home Health for coming here to provide this service.



MONTHLY RSVP TIME SHEETS

Pease turn your RSVP time sheets into the Pioneer Center office by the 7th of each month. If you have previous months we will take those as well.



WRITING GROUP

Friday, July 18th 10:00 a.m.

The writing group is made up of many people with very diverse backgrounds. Most are retired and have a true love of writing. They were teachers, published authors, pharmacists, homemakers, and so much more. The group will meet on the third Friday this month at 10:00 a.m. in the Pioneer Center craft room. Newcomers are always welcomed. Come join this fun and diverse group.



LINE DANCING FOR EXERCISE

Join Jan and June for this fun form of exercise every Tuesday at 2:00. You will learn all the steps needed to dance. Jan has been kind enough to leave her CD and written instructions here, so if you want to get in some extra practice you can. We want to thank Jan and the girls for donating their time and talent to teach this wonderful class. See you all on the dance floor!

HABASKETRY

Friday, July 11th, 9:00 a.m.

Pauline Asbury will be here at the Pioneer Center for her monthly Habasketry Class on Friday, July 11th. She has her class the 2nd Friday of each month. They meet in the Pioneer Center craft room. She offers a variety of projects to choose from, both small and large. There is something for everyone. To reserve your spot and for more information concerning cost or details, call Pauline at 405-833-8243. She has many different and beautiful basket projects to choose from. We thank Pauline for providing this wonderful class!



Her mother's last wish. A summer in Rome. A studious American teen finds romance with help from her vivacious Italian godmother and her supportive BFF.

Join us in the Pioneer Center library for popcorn, soda and a good movie!

CORN HOLE/GIANT JENGA

This month we will have the corn hole boards and a table for giant Jenga set up in the stage area on Monday afternoons and leave them up for Tuesday mornings. We hope you will come toss the bags or try your hand at Jenga. It's all about having fun with your friends!



TOWN TOUR



Thursday, July 31st, 9:30 a.m.

Grab a cup of coffee, I will bring the donuts, and we will take a drive around Weatherford. We will be back in time for lunch. There are a lot of things going on in Weatherford, and we miss a lot when we are doing the driving.

Do you know how many parks are in Weatherford? Have you seen the progress of the Jerry and Margaret Hodge Center at SWOSU? What's going on at the "Ole" Fishing Hole? We hear a lot about the Industrial Park, but have you driven out there to see it? What about Wanderlust Crossing RV Park, and the new Westview Boys Home?

The bus will leave the center at 9:30 and we will drive around Weatherford to see all the progress and wonderful things our city has to offer. Space on the bus is limited, so please sign up in the office or by calling 580-772-1191 on or after Tuesday, July 1st. If we have a lot of interest in this tour and a lot of alternates on the list we could possibly schedule another tour in August.