City of Weatherford Pioneer Center 1000 Gartrell Place Weatherford, OK 73096 June 2025 Vol. 35, No. 6



FATHER'S DAY CELEBRATION THURSDAY, JUNE 12TH 5:00 p.m.

For the guys only, join us Thursday, June 12th at 5:00 p.m. for grilled hot dogs. (Grill donated by Homestead Assisted Living, and Jeremy well be your grill master!) Pioneer Center will provide all the trimmings, sides, and dessert. Fresh watermelon is being donated by Shepard's Home Health. We will have dominos and cards out for anyone who wants to play, also we will set up corn hole for anyone who wants to try their hand at tossing the bean bags. Entertainment will be provided by Jacob Courtney. This will be a casual evening of fellowship and we hope you will be able to attend. Join us for good food, games, and wonderful socialization as we celebrate <u>ALL</u> of our men. You will need to sign up for this event starting Monday, June 2nd at 8:00 a.m., call the office at 580-772-1191 or stop by the office to sign up. Reservations are required and you must sign up by <u>Tuesday</u>, June 10th in order for us to know how much food to prepare.



OSU EXTENSION PROGRAM

TUESDAY, JUNE 3rd @9:00 a.m.

SPECTACULAR SUMMER SALADS

Summer is the perfect time to create healthy salads for meals and side dishes. Try some new combinations and taste the possibilities for spectacular dining without heating up the kitchen.

Join Lesa Rauh in the craft room for this informative program. Lesa never disappoints us with her vast knowledge. Thank you Lesa and OSU for providing this program.





Monday, June 2nd 10:00 a.m.

The Well Wishers Card Club meets on the first working day of the month. This month they will meet at 10:00 a.m. in the craft room, Monday, June 2nd. This group of ladies enjoy spreading warm wishes with the cards they write each month. Cards are sent out with the Homebound Meals or hand delivered to nursing homes. Please join us if you would like to participate in this wonderful act of kindness.







Blood Pressure/Blood Sugar Checks Wednesday, June 18th, 10:30 a.m.

Angels Care Home Health will be here to do our monthly Blood Pressure and Blood Sugar checks at 10:30 a.m.
Many use this screening, and we appreciate Angels Care Home Health and staff for being here faithfully to provide these health checks. The BP/BS checks are done on the third Wednesday of each month. A huge thank

you to Angels Care Home Health, Joyce Gastineau, and staff, from Pioneer Center for this wonderful service for our seniors. You ladies are the best!





Happy Father's Day

Sunday, June 15, 2025

JUNE B-I-N-G-O Thursday, June 5th, 10:00 a.m. Thursday, June 19th, 10:00 a.m.

Friday, June 27th, 2:00 p.m.

We meet in the Craft Room for Thursday BINGO. Pioneer Center provides all the prizes for BINGO. We meet in the Dining Room for Friday BINGO. It is always free to play and we love to fill the room with laughter, so bring a friend and join us for BINGO!







NUTRITION NEWS

I would like to thank all the volunteers from the Church of Christ who helped deliver homebound meals in the month of May. Also, thank you to any other volunteers who helped out.

For the month of June, volunteers from the Federated Church will be delivering meals. We will need extra volunteers this month to deliver, so if you can possibly take a day or two during the week I would appreciate the extra help. Please give me a call at 580-772-1193 if you are able to help with this much needed service.

Thank you!

Rhonda Nelson, Site Manager Weatherford Nutrition/SOCAG



Golden Age News

A big thank you to everyone who donated food, baked goods, silent auction items, your time, and donations to make this years fundraiser a success! A special Thank You to Ben E. Keith and an anonymous doner for food donations. We have cleared \$1,675.00 after expenses. I consider that a great success!

If you have any suggestions or ideas for the board, please speak with a Nutrition Site Board member. THANK YOU!

Kathy Megli- President

Pat Fields	Ayn Lamke
Linda Bryden	Janet Dewbre
Elaine Garner	Steve Bryden



Line Dance for Exercise Every Tuesday at 2:00 p.m.

Come join Jan Lichti for this ever growing, popular class. Jan will teach you all the dance moves to get you moving and dancing with the best of them. What a wonder-

ful and fun way to spend your Tuesday afternoon. Put on your dancing shoes and join us for an exciting new way to exercise. We meet in the stage area. See you here!



GAME ROOM GAMES

Come join the fun every <u>Monday and Thursday</u> <u>after lunch at 12:30</u> <u>p.m.</u> Meet the group in

p.m. Meet the group in the PC game room and learn a new game.

Other activities at any time in the game room include jigsaw puzzles, pool, dominoes, and board games. Many of the completed jigsaw puzzles hang on the walls, providing interesting and cheerful decorations. The variety of lovely pictures is definitely worth seeing! There is always a puzzle in the works. So come anytime and relax in our game room. Check out all that the Pioneer Center has to offer.

YMCA WORKOUT

This dedicated group meets every Monday, Wednesday, Friday in the Pioneer Center Stage area at 9:45 a.m. Suzanne Dunai, from the YMCA is here to lead these workouts. Her workout is done to music and she does provide some equipment to add more to your workout. We are so lucky to have this FREE workout for all those that want to join in. You can do this workout from a chair or standing, just come and get moving. Don't forget to bring your water and stay hydrated! We do ask that you bring a bottle or cup with a lid, to cut down on spills.

PAGE TURNERS BOOK CLUB Thursday, June 26, 10:00 a.m.

Jason Dibler, Weatherford Public Library Manager, will be here to lead our monthly book club at the Pioneer Center. We will be reviewing the book "Wrong Place, Wrong Time" by Gillian McAllister. The book club meets in the Pioneer Center Library. If you missed the May book club, you can always stop by the Weatherford Public Library and pick up a copy of the current book. Just ask

for the Page Turners Book Club at the Pioneer Center and they will get you all set up. Summer is a great time to read a book,



"We have a place for anybody who wants to be a part of the Pioneer Center."

Linda Sullivan Olson

First Director 1990-2013

vol·un·teer·ing

(n.) is generally considered an altraistic activity and is intended to promote good or improve human quality of life. In return, this activity produces a feeling of self-worth and respect; however, there is no financial gain.

MONTHLY RSVP TIME SHEETS

Please turn in your RSVP time sheets by the 7th of each month to the Pioneer Center office.

If you are not signed up as a RSVP Volunteer and would like to sign up, stop by the office and fill out an application form. Every minute of volunteer time counts!

WRITING GROUP Friday, June 6th & 20th

This class meets in the Craft Room at 10:00 a.m. on the first and third Fridays of the month. This is a lively and creative group of writers. There is a pretty consistent bunch of people who are involved in the class, but newcomers of any level are always welcome to join in. If you have ever wanted to write or have works that you have written and would like to share with the group, this is your class. Who knows? You might make a new friend.

CRAFTS WITH JACKIE Thursday, June 12th, 10:00 a.m.

This month Jackie will teach us how to make Patriotic Stars out of clothes pins. This is a fun and easy craft for all to enjoy. We provide all the supplies for this project, all you have to do is sign up, show up and have some fun! Space is limited so sign up on June 2nd after 8:00 a.m.

HABASKETRY CLASS

Friday, June 13th, 9:00 a.m.

Pauline Asbury will be here at the Pioneer Center in the Craft Room for her monthly Habasketry Class. She offers a variety of projects to choose from, both small and large. The ladies always have a good time. Please call to reserve your spot. For more information concerning cost or details, contact Pauline at 405-833-8243. She has many different and beautiful basket projects to choose from. She needs to know who is coming and what project you want to do so that she can bring all the supplies needed

for your basket.

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A prim and proper minister's daughter is more than a match for cranky U.S. Marshal, Rooster Cogburn in this sequel to "True Grit". This classic 1975 western stars John Wayne and Katharine Hepburn.

HYDRATION

Did you know that adults should consume 48-64 ounces of liquid each day unless advised differently by a physician? Plan to drink more water if you are going to be out in hot or humid conditions or exercising. Remember, drink your water!



In this heartfelt movie based on a true story, a Brooklyn, New York man opens a restaurant on Staten Island, to honor his late mother. He hires four actual Italian nonnas - grandmothers as the chefs. Starring Vince Vaughn, Susan Sarandon, Lorraine Bracco, Talia Shire, Brenda Vaccaro, Linda Cardellini, Drea de Matteo, Joe Manganiello, Michael Rispoli, and Campbell Scott.

You will want to stay and watch the credits to get a glimpse of the real Joe Scaravell and Bruno Ramano.