

Life-Times



411 W. Mathews, Stillwater, OK 74075 405-377-0978

lifecenter@brightok.netwww.lifecenterads.org

Outing a Favorite

On Monday, April 19, several Participants and staff will travel to Pawnee, Okla., to visit the Pawnee Bill Museum. The Center has sponsored this trip many times over the years, and it has always been a favorite.

Participants will leave the Center at 9:30 and return by 3:00. Lunch will be provided, and hopefully the weather will permit us to eat picnic-style on the spacious Museum grounds.

Participants should wear clothing appropriate for the temperature and rays of the sun. The Center will provide sunscreen if needed.



Green Thumb Society Springs into Action!

Actually, members of the Center's Green Thumb Society will have anything BUT green thumbs as they plant, transplant, pick, prune, and dig around in the dirt!

This messy process is obviously as enjoyable as the finished product, as each year Participants go at it with great gusto!

It may even be good for you! I just read about Mr. Ruben Hopper, a farmer from Ralston, Okla., who at 106 years old oversees his truck garden!

Contributions

Monetary gifts to the Life Center are welcome at any time and can be designated for general or specific purposes, such as the scholarship fund. All donations are tax deductible and greatly appreciated.

Please share this information with family or friends who might want to know how they can help.



Let's Go Fly a Kite!

In recognition of National Kite Month, Richard and Marti Dermer will once again visit the Center to tell us everything we ever wanted to know about kites and even show us how to make and decorate our own. The preschoolers down the hall will join us for this educational and entertaining event scheduled for Wednesday, the 14th.

Last year, the weather and wind cooperated, and we were able to fly our homemade kites in the courtyard!

Mr. Dermer is a past president of the American Kiteflyers Assn. He and his wife have traveled the world collecting kites and sharing their experiences and kite making skills. Many of their kites adorn the walls of their landmark restaurant, *The Hideaway*.

Did You Know?


The Life Center was featured in Future Age magazine, a national publication.

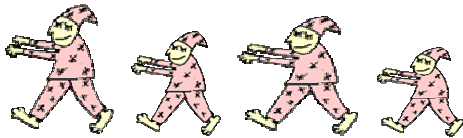
(continued on back)

Out and About in April



- **Stillwater Antique Mall**, Wed., the 7th
- **Pawnee Bill's Ranch**, Mon., the 19th
- **Tree Scavenger Hunt**, Fri., the 30th

... in celebration of **Arbor Day** 



We're Having a Pajama Party!!

Come one, come all, and **come comfy!!!** On Friday, the 16th, staff and Participants are going "hang loose" all day. Among the "leisure activities" will be popcorn and a movie. The movie will be the critically acclaimed and highly popular "The Blind Side," which is based on a true story and stars Academy Award winner Sandra Bullock.

What else will we do? Well, whatever we feel like doing. It's a Pajama Party!!

Foot Care Clinic

Wednesday, May 5, 10:00 - Noon

Sign up as soon as possible to ensure a spot! You can tell front desk staff or contact Health Services Coord. Lisa Jones.



Plans Still a'Cookin'!!

A busy past few months relegated work on our new cookbook to a back burner! However, we're back in production and are currently seeking more recipes from YOU!

Our cookbook editor Lisa Jones has already received several enticing recipes and now needs the **REST!!**

Caregiver Corner

ELDER CARE SUPPORT GROUP

Wednesday, April 14
11:30 A.M. – 1:30 P.M.

Guest Speaker: Debbie Wedel
Executive Director, Sterling House
Assisted Living

If you would like to eat a provided lunch (no charge), please R.S.V.P. (377-0978) by Monday, April 12.

For more information, contact Jacqui Sanders, Outreach Coordinator.

- Free and open to the public
- Bring a lunch if you wish
- Respite care with advance notice



Special Board Meeting

Tuesday, April 13, 12:15 p.m.

Fundraising and marketing will be the focus of a special meeting of interested Center board members. This will be a continuation of meetings for the purpose of developing and implementing strategies to ensure the Center's current and future financial stability.

If you are not a board member but have thoughts or ideas you would like to share, please contact Center Director Jane Carlson.

Donations We Could Use . . .

- ▶ **Styrofoam cups (small) and bowls**
- ▶ **Beverage supplies: decaf coffee, creamer, sugar substitutes** (*Splenda* is a good choice) & **sugar free drink mixes**