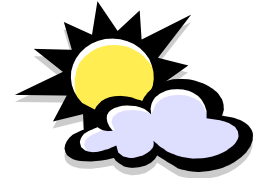


# Life-Times



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

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It's that time again! **Weather permitting**, the Annual **All-Center Picnic** will be on Friday, May 21, at Boomer Lake Pavilion #5 (east side of the lake). This ever-popular event will include lawn and table games, yummy "picnic" food, and old-fashioned "kick-back" FUN.

If a Participant is not normally scheduled to attend on Fridays but would like to attend for this special event, call the Center **a.s.a.p.** to reserve a space.

All Participants and staff will "load up" in cars and the Center's van at 9:30 A.M. and return to the Center around 1:30 P.M. Participants who are unable to be at the Center by 9:30 should come directly to the picnic pavilion. Comfortable attire and **sun hats or caps** will be the dress of the day.

If any caregivers, family members, or friends of the Center would like to volunteer their time for part or all of the outing, please contact Activity Coordinator Sandy Bond by Monday, May 17. Volunteers would be much appreciated, and we promise them a good time too!

If you would like to donate a picnic-related item to help defray the Center's expenses, we have the following suggestion:



**bottled water!!!**

## 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, friends, or groups who might want to know how they can help.



Traditional Mexican food (including Center-made salsa), "virgin" margaritas, and the Macarena and Mexican Hat dances will all be enjoyed on Wednesday, the **Cinco De Mayo** (5<sup>th</sup> of May). Participants will also whack away at the piñata they will have made and stuffed with goodies earlier in the week. Don't miss the fun! Okay? Olé!



## Focus on Mexico

On Tuesday, the 4<sup>th</sup>, Participants in the "Armchair Travelers Club" will take a tour of our neighbor south of the border and explore Mexico's geography, culture, and people.

Participants will also brush up on common Spanish words and expressions.

**¿Si si? Ole!**

(continued on back)



*Participants and Families  
are invited to a*

## *Mother's Day Potluck Luncheon*

*Honoring all Moms*

*Friday, May 7, 12:00 noon  
Small fellowship Hall*



Please RSVP and bring a dish if you plan to attend. Call Sandy or Lisa at 377-0978.

## **Donations We Could Use . . .**

- ▶ Disposable cups and plates
- ▶ Hand held garden tools
- ▶ Watering cans
- ▶ Beverage supplies: decaf coffee, creamer, sugar substitutes (*Splenda* is a good choice), sugar free drink mixes like *Crystal Light* but generic preferred!



## **Out and About in May**

The following outings have been planned during the month of May:

- **Botanical Gardens** - Thur. the 13th
- **Farmer's Market** - Wed., the 19th
- **All Center Picnic** - Friday, the 21st
- **Jim Thorpe's Home** - Fri., the 28<sup>th</sup>  
(Yale, Okla.)

## *Caregiver Corner*

### **CAREGIVER SUPPORT GROUP**

**Wednesday, May 12**

**11:30 A.M. – 1:30 P.M.**



### **Informal Group Discussion**



If you would like to eat a provided lunch (no charge), please R.S.V.P. (377-0978) by Monday, May 10.

For more information, contact Jacqui Sanders, Outreach Coordinator.

- Free and open to the public
- Respite care with advance notice

## **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.



## **Don't Forget**

- \* **Life Center Board of Directors Meeting:**  
*Tuesday, May 18, 12:15*
- \* **Caregiver Support Group Meeting:**  
*Wednesday, May 19, 11:30 – 1:30*
- \* **Center CLOSED for Memorial Day:**  
*Monday, May 31*

