

REGULAR PROGRAMS

TUESDAY	8:00 - 11:00 am	Friendship, Fellowship, and Games
WEDNESDAY	8:00 - 11:00 am 1:00 - 3:00 pm	Friendship, Fellowship, and Games Gifted Gabbers ARTeries in April & May
THURSDAY	8:00 - 11:00 am 12:30 - 1:15 pm 5:30 - 7:30 pm	Friendship, Fellowship, and Games Beginner Tai Chi Starts April 15, 12-Week Class Senior Painting Class
1st Thursday	1:30 - 3:30 pm	Bunco \$2
2nd Monday	1:30 - 3:30 pm	Bunco \$2

Program Descriptions

BEGINNING TAI CHI Simple, graceful movements that are easy to learn and build stamina, muscular strength, postural control, self-confidence, memory, and reduces the likelihood of falling. Taught by Jan Duke, certified instructor through Creek County Health Department

BUNCO \$2 (For use as prizes) No experience necessary - Dice game played at tables of 4 players. Community dice, gloves encouraged.

FRIENDSHIP, FELLOWSHIP, & GAMES Come visit with friends, play dominoes, work on a jigsaw puzzle, or reminisce about years gone by.

GIFTED GABBERS Crafty group of (mostly) ladies. Occasional organized instruction with individuals always welcome to bring their own projects.

SENIOR PAINTING CLASS Taught by our friends from the Sapulpa Artists' Guild. Bring your own supplies and painting project to receive professional instruction.

This Month

APRIL 6 & 20 9:30 - 11:00 am

Registration Assistance for Seniors Farmers' Market Nutrition Program (SFMNP), providing funds for Seniors to use at the Farmer's Market.

APRIL 27 Meet at 9 am

Field trip to Honor Heights Park in Muskogee. Limit 13 in Park Van (masks required). Talk to Susan for details.

ARTeries takes the place of Gifted Gabbers in April and May, each month as a separate ARTeries class. Contact Sheri Ishmael-Waldrop at Sapulpa Chamber / Sapulpa Arts (918-224-0170) to register for each class.

Don't forget to pick up this month's *Vintage Newsmagazine*, published by LIFE Senior Services, at the Sapulpa Senior Center.

HEALTH PRECAUTIONS

We're so excited to welcome you back to the Senior Center, but we want to make sure we can do so as safely as possible. Here are the changes you can expect:

- Proper mask usage is **required** inside the Senior Center at all times, based on the current City of Sapulpa mandate. Reusable and disposable masks are available at no cost for those that need one.
- Upon arrival, everyone is encouraged to self-administer a temperature check using provided IR thermometer.
- All building visitors must sign in, confirming they are free from COVID symptoms. Sign-in is required as it will serve as contact tracing, if needed.
- Individuals exhibiting COVID symptoms will be asked to leave the Senior Center immediately.
- Physical/Social distancing is highly encouraged by seating no more than 4 people per table.
- Food and drinks/coffee are prohibited during mask mandate.
- Hand sanitizer is readily available and frequent use is encouraged.

SAPULPA PARK & REC. NEWS



Sapulpa Parks
Colors of the Wind
Spring Festival

HOLLIER PARK

Saturday, May 1st ♦ 2:00-7:00pm

Kite Flying Demonstrations
by Tulsa Wind Riders

Free Crafts ♦ Bubble Fun ♦ Food Trucks

FREE KITES TO FIRST 60 FAMILIES!

AROUND TOWN

Check out these other great ideas for adults of all ages! Free unless denoted by "\$"

- April 12** Catfish Stocking at Pretty Water Lake
- April 17** Catfish Derby, 8am-Noon at Pretty Water Lake
- April 22** Public Meeting regarding Booker T. Washington Recreation Center, 5:30pm at BTW
- May 1** Colors of the Wind Spring Festival, 2-7pm at Hollier Park (900 W. Okmulgee)
- May 7-8** 100 Mile Yard Sale - Includes Sapulpa, Drumright, Mannford, Hominy, Pawnee and more!
- May 10** Catfish Stocking at Pretty Water Lake
- May 15** Sapulpa Farmer's Market Opening Day (Every Sat. 7:30-11am)
- May 14-16** \$ Sapulpa Community Theatre presents:
"The Fate of Fairchild Farm or Be It Ever So Mortgaged, There's No Place Like Home"
- May 20** Rock the Route, 6:30-8:30pm at N. Park St & E. Hobson Ave.
- May 21-23** \$ Sapulpa Community Theatre presents:
"The Fate of Fairchild Farm or Be It Ever So Mortgaged, There's No Place Like Home"
- May 29** \$ Sapulpa Community Theatre presents:
"The Fate of Fairchild Farm or Be It Ever So Mortgaged, There's No Place Like Home"

Weekly

- Tuesday** RSVP Knitting/Crocheting Group 1-3pm at Community Resource Center
Penny Woolery, RSVP Creek County Coordinator, 918-227-3844
- Thursday** Library Book Club reading *Where the Crawdads Sing*, 5-6pm at Library & Facebook Live
Sapulpa Public Library, 918-227-5624
- Thursday** Painting Class with Sapulpa Artists' Guild, 5:30pm at Sapulpa Senior Center
Open studio time for painters of all levels. Work on your own project with the opportunity to receive individualized assistance from members of the Sapulpa Artists' Guild.

NUMBERS TO KNOW

CITY OF SAPULPA

City Hall
Police (Non-Emergency)
Fire (Non-Emergency)

www.cityofsapulpa.net

918-224-3040
918-227-5100
918-224-3359

Animal Shelter
Library
Utility Billing

918-227-2722
918-224-5624
918-224-6220

CARING COMMUNITY FRIENDS

Free assistance with food, utilities, rent, and life-sustaining medications for Creek County residents in Sapulpa, Kellyville, Kiefer, Oakhurst, and Mounds. No proof of income needed, only photo identification and proof of residence

918-224-6464 www.caringcommunityfriends.org

Monday, Wednesday, & Friday: Shopper's Choice Food Pantry
(free food once a month by appointment only)
Thursday: Drive-Thru Fresh Market Food Distribution, 2:30-3:30pm
Monthly food boxes for Seniors

CIMARRON PUBLIC TRANSIT

800-789-7314 www.ucapinc.org/creek-pawnee.html

Rural transit system providing curb-to-curb service on an as-scheduled basis

CREEK COUNTY SENIOR NUTRITION PROGRAM

918-835-4160 www.tccsnp.com

Provides frozen, home delivered meals for homebound seniors.

LIFE SENIOR SERVICES

918-664-9000 www.lifeseniorservices.org

Help seniors maintain their independence and live their lives to the fullest.

SENIOR INFORMATION LINE

800-211-2116 www.lifeseniorservices.org/seniorline/seniorline.asp

Connects seniors and their caregivers to local information and assistance.

Senior Citizen
Community Center

Open Monday-Friday 8am-5pm
Excluding City Holidays
918-224-3300 • 515 E. Dewey Ave.

Sapulpa Parks

918-227-5151
www.sapulpaparks.com
parkrec@cityofsapulpa.net • FB @SapulpaCityParks

Booker T. Washington
Recreation Center

Open by Appt. Only
Excluding City Holidays
918-224-5770 • 209 N. Gray St.