In compliance with the 1964 Civil Rights Act, no person shall be excluded from participation, denied any benefits, or subjected to discrimination on the basis of race, color, sex, national origin, or handicap.

Participant Confidentiality: The CCL's monthly newsletter guards its mailing list as strictly confidential. This list is used only to mail the newsletter and make contact with participating seniors on the mailing list. The list is NOT AVAILABLE for any commercial purpose or to any other non-profit agencies. All graphics are approved and/or a purchased product from Microsoft Word, or owned by the CCL.

#### **CCL OPERATING HOURS**

Monday - Friday 8:00am - 4:30pm Building Reservation and Rental Call 248-0471



# Center for Creative Living

3501 Dr. Elsie Hamm Drive Lawton, Oklahoma 73505-6943 (580) 248 – 0471

#### **CHECK OUT OUR NEW WEBSITE!**

https://centerforcreativeliving.org/

#### LIKE & FOLLOW OUR PAGE ON FACEBOOK!



| CCL ACTIVITIES   |            |               |              |  |
|--|------------|---------------|--------------|--|
| Arthritis Exercise   | T TH       | 9:00-10:00    |              |  |
| Bible Study  | F          | 9:30-10:30    |              |  |
| Bingo (1 <sup>st</sup> Friday of each month)               | F          |               | 12:30-1:30   |  |
| Canasta  | W          |               | 1:00-3:00    |  |
| Changeling Bridge  | TH         |               | 12:00 - 3:00 |  |
| Club Bridge  | T          |               | 12:00-3:00   |  |
| Cool Pool Guys   | T          |               | 1:00 - 3:00  |  |
| Cribbage   | M          |               | 1:00-3:00    |  |
| Dominos  | M T W TH F | 8:00-11:00    |              |  |
| E-Device Help (1 <sup>st</sup> & 3 <sup>rd</sup> Tuesdays) | T          | 10:30 - 11:30 |              |  |
| Golden Dancers   | F          | 11:00 - 12:00 |              |  |
| Keep Moving Aerobics                                       | MWF        | 9:00-10:00    |              |  |
| Lunch  | MWF        | 11:30 - 1:00  |              |  |
| Mexican Train Dominos                                      | T          |               | 1:00-3:00    |  |
| Movie Time   | W          |               | 2:00-4:00    |  |
| Painting Class   | Т          | 9:00-11:00    |              |  |
| Pinochle   | F          |               | 12:00-4:00   |  |
| Quilting   | TH         | 9:00-12:00    |              |  |
| Rummikub   | TH         |               | 1:00 - 4:00  |  |
| Seniors in Motion  | MWF        | 10:00 - 11:00 |              |  |
| Tai Chi  | M W        | 11:00 - 12:00 |              |  |
| Warm Hearts, Warm Heads                                    | F          |               | 2:00-4:00    |  |



# Center for Creative Living

# 3501 Dr. Elsie Hamm Drive Lawton, Oklahoma

**Telephone:** (580) 248-0471

E-mail: director@sccl-lawton.org
Hours: Monday – Friday 08:00 AM to 4:30 PM

Website: www.CenterforCreativeLiving.org



#### WELCOME

The Center for Creative Living (CCL) continues to serving lunch on Mondays, Wednesdays, & Fridays. All the other activities have resumed.

#### **MISSION STATEMENT**

The mission of the Center for Creative Living, a community senior center, is to provide a variety of programs, services, and activities which further the physical, emotional/social, and intellectual wellness of the active senior citizens in Lawton and surrounding areas.

#### ADDRESS & PERSONAL INFORMATION

Notify the CCL office of any changes to your address, email, or personal information.

#### NOON LUNCH SPEAKER

Would you like to share your life story? Be our honored guest speaker during lunch and tell your story your way. Call or visit the front desk for more information or to sign up.

#### **MENU**

Press the "Ctrl" key on your keyboard and click on the link below for direct access to the menu. <a href="https://centerforcreativeliving.org/pages/menu">https://centerforcreativeliving.org/pages/menu</a>

#### RESERVING MEALS

**Lunch Hours:** 11:30 AM to 1:00 PM\_ (MWF)

RESERVATIONS REQUIRED:

Call 580-248-0471 or stop by and see us at the front office.

\*\*Meal donations are **always welcome** & are used to combat the rising cost of food & support items.

#### **CCL CLOSURES**

Monday January 1 New Year's Day
Tuesday January 2 Day After New Year's Day

Monday February 19th Presidents day

**B-I-N-G-O AT THE CCL** 

1<sup>ST</sup> Friday of every month; 12:30 PM to 1:30 PM CCMH – Hospice - Lavonne Caldwell

#### E-DEVICE HELP

If you have question(s) concerning the everyday operation of your electronic device(s), please visit our computer lab on the 1<sup>st</sup> or 3<sup>rd</sup> Tuesday of each month to get your questions answered.

#### JAN. FEB, MAR BIRTHDAYS



#### AAPR TAXES

AARP taxes will take place February 1st to April 15<sup>th</sup> as follows:

Tuesdays and Thursdays: 11:00 - 3:15

Wednesdays: 1:00 - 3:15

Walk-Ins Only

#### AARP DRIVER 2024 SAFETY CLASSES

Jan 18; Mar 14; May 16; July 18: Sept 19; & Nov 14 Classes Start at 8:30 AM, please arrive 8:00 to 8:15 AM

Classes will be held at the Center for Creative Living 3501 Dr. Elsie Hamm Drive; Lawton, Oklahoma 73505 Reservations REQUIRED\* please call 580-248-0471

For Questions: Call or stop by and see us at the CCL

#### THE CCL ANNUAL FUNDRAISER - PLEASE SUPPORT THE CCL



# Center for Creative Living

3501 Dr. Elsie Hamm Drive Lawton, Oklahoma

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Website: <a href="https://www.centerforcreativeliving.org/">https://www.centerforcreativeliving.org/</a>

## **CENTER FOR CREATIVE LIVING (CCL)**

### **ANNUAL FUND RAISING DRIVE**

### **CONTRIBUTIONS**

## **Center for Creative Living Supporters**

| Benefactor Gold Member Silver Member Bronze Member Friends of the Cen | ter  | \$1,000 & above<br>\$500 - \$999<br>\$250 - \$499<br>\$100 - \$249<br>Up to \$99 |
|---|--|--|
| •   | tax deduction gift of ks payable to Center for Creative Liv                | \$ ving or CCL)  |
| Name Address  | Please print your name and addres  | s below:   |
| City  | State  | Zip Code   |
| Please mail to:   | Center for Creative Living<br>3501 Dr. Elsie Hamm Drive<br>Lawton, OK 7350 |  |
| Thank You So Mu<br>Jeannine Lilly<br>Executive Director               | ich for Your Support,  |  |

# QUARTERLY TRIPS NEXT TRIP

**Charleston, South Carolina** 

**April 27 - May 5, 2024** 

#### **This Tour Includes:**

Motorcoach transportation - 8 nights lodging including 4 consecutive nights in the Charleston area - 14 meals: 8 breakfasts and 6 dinners - Visit to The Historic Charleston City Market - Relaxing Harbor Cruise in Charleston - Visit to Famous and Historic Middleton Place - Guided Tour of Charleston - Tour of a Historic Charleston Home - Guided Tour of a Historic Charleston Plantation

Join the trip at: https://centerforcreativeliving.org/pages/charleston-trip

#### **PROJECTED TRIPS**

July 09 – 19: New York City & the Statue of Liberty: <a href="https://www.grouptrips.com/creativeliving/2066607">https://www.grouptrips.com/creativeliving/2066607</a>
September 21 - 29: Mackinac Island: <a href="https://centerforcreativeliving.org/pages/mackinac-trip">https://centerforcreativeliving.org/pages/mackinac-trip</a>

#### **WEEKEND MEALS**

Nora O'Neal Adult Daycare Center, 3rd Saturday, 4-6 pm, 631 SW E Ave, Lawton, OK 73501 Centenary Church, 4<sup>th</sup> Saturday, 9-10:30 am, 704 SW D Avenue, Lawton, Ok First Presbyterian Church, 5<sup>th</sup> Saturday, 10:30, 1302 SW A Avenue, Lawton, OK

#### **FUNDRAISER(S)**

All fundraiser will be held at the CCL unless otherwise stated. Flyers will be provided as they come available.

#### **IT'S SCAM SEASON! BE AWARE!**

#### Don't fall for a fake

Imposters/fraudsters can come in all different shapes and sizes, from banks, real estate and utility companies to family members and government agencies. These fraudsters use pressure tactics to create a false sense of urgency. They may tell you they'll disconnect your electricity, you're late with a payment or your benefits will be discontinued if you don't act now.

Be aware of Fraudsters asking for the following Information: We'll never call you and ask for a one-time verification code, PIN, password or other personal identification details. We also won't ask you to delete Mobile Apps or forward your calls. If something feels strange, hang up immediately

<u>If it sounds too good to be true, it probably is:</u> Beware of anyone promising you high returns, low risk and "golden" opportunities. Take the time to ask questions that can keep you from getting scammed.

**Avoid grandparent scams:** If someone claims to be a family member, verify with that family member by calling them directly. If you think your grandchild needs help, contact them directly, not by email, social media or text, or call their parents before sending money unintentionally to a scammer.

<u>Never share your passwords or PIN</u>: Keep your passwords and PINs a secret, even from close friends, family and relatives. It's never a good idea to share your login information.

<u>Protect yourself from phishing emails</u>: Pay attention to any email claiming to be a bill or a security alert. If anything looks odd such as misspelled words, your name not appearing on the email, links that don't appear to go to the right place, requests for you to "verify" account or personal information, delete the message and report these requests to abuse@usaa.com.

<u>Never send money to anyone you don't know:</u> Be alert. Never send money to someone you don't know in real life, especially through third party services such as Zelle®, Venmo and Cash App. Don't send a payment with gift cards. Legitimate businesses will never request a gift card to satisfy a bill.

<u>Don't respond to unsolicited messages</u>: Ignore and delete random texts and e-mails that ask you to click a link or provide personal information. Don't ever click links from untrusted or unknown sources.

**Monitor your accounts regularly:** Keep a close eye on your accounts, respond to fraud alerts and report unauthorized transactions right away.