

Seniors keeping up with the times

Harrah has plenty to offer more experienced citizens

By Maxine Wheelan
Staff Writer

The Senior Citizens of Harrah have a place to go to learn what is happening in their community.

Meals are served five days a week with reservations, and most days there is a program that informs seniors of opportunities available to them by participating in events at the Harrah Senior Center.

Harrah Senior Center

454-3586

19791 Summer Ave.

The second Monday of each month, at noon, is a program conducted by the Oklahoma County Sheriff's Office called TRIAD.

The TRIAD group is a S.A.L.T.

Center provides companionship, meals and fun

The Harrah Senior Center is conveniently located at 19791 Summers Avenue.

Director, Kim Reynolds, just recently became the new director on July 5.

She was previously the social director in Cyril for six years and before that lived in Houston, Texas where she worked in a large daycare with 686 children.

Her husband, Steven, works in the oil field for Baker Hughes GE. They have two girls, Payton and Kylee, who both attend Harrah schools.

Kim is excited about her new job and enjoys being around people, particularly the senior citizens that come to the Center.

The goal is to keep seniors busy, healthy and happy and with all the activities that happen and new ones that will certainly not be a problem.

Meals are available daily Monday through Friday, with reservations. They have a "Full Service Beauty Salon" and preferable perms are given after lunch. They have weekly dining

OPEN TO ALL

out trips as well as day trips to "Fun Places".

A Wellness Clinic is held monthly, dietician visits monthly and flu shots during October or November.

Educational Seminars are a must because; even senior citizens like to learn.

Activities are going on daily such as card games, dominoes and Bingo every Wednesday, noon to 1 p.m. Bible Study is held on Tuesdays from 9:30 to 10:30 a.m.

Exercise is not left out. The first and third Tuesdays a dance is hosted from 7 to 9:30 p.m., with an admission of \$3 per person. Also more exercise is provided on Monday, Wednesday and Fridays from 9:30 to 10:30 a.m.

They have transportation provided to the different stores such as Country Boy, Crest and Dollar Tree on certain days. Every Tuesday it is off to Walmart for shopping.

The Harrah Senior Center has plenty to offer and all seniors are invited to come and take advantage of the companionship, good meals and fun.



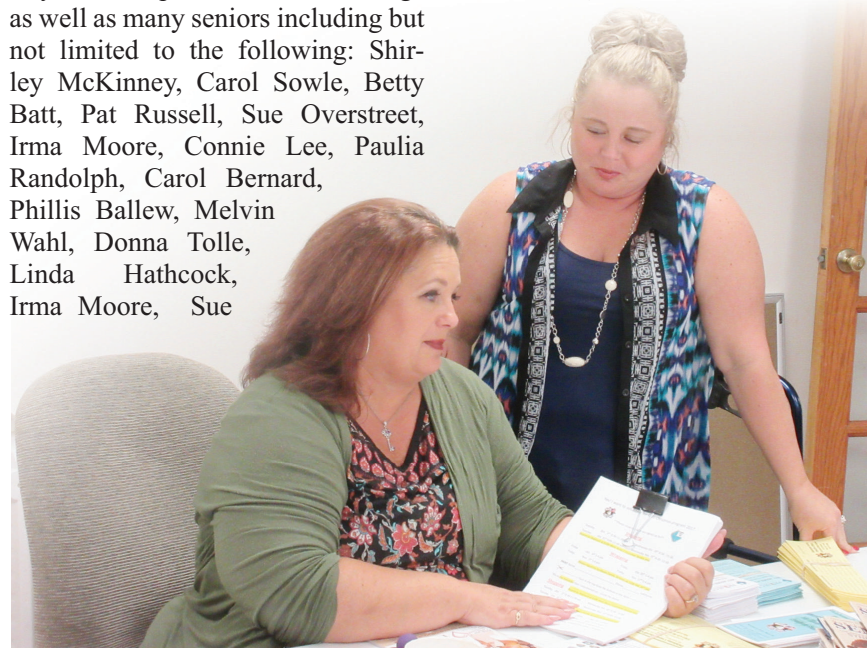
SENIORS PLAYING CARDS: Irma Moore, Betty Saunders, Sam Loewen and Dolores McDaniels. Table two included Marge Darby, Paula Randolph, Sue Overstreet and Mary Jane Estey. PHOTO BY MAXINE WHEELAN

Council which stands for seniors and Law Enforcement Together. Cpl. Kim Lopez is the coordinator for this program and she visits each of the cities in Oklahoma County on different days to keep them informed of events they can attend and she also provides the latest information to help keep them safe.

Director of the Senior Center, Kim Reynolds, is present at the meetings as well as many seniors including but not limited to the following: Shirley McKinney, Carol Sowle, Betty Batt, Pat Russell, Sue Overstreet, Irma Moore, Connie Lee, Paula Randolph, Carol Bernard, Phillis Ballew, Melvin Wahl, Donna Tolle, Linda Hathcock, Irma Moore, Sue

Overstreet, Sam Loewer, Marjorie Darby, Margaret Taylor, JoAnn Hilmore and JoAnn Pratch

Cpl. Lopez most recently explained to the group about the "Christmas for Grandparents Raising Grandchildren" program and invited them to become a part of the gift wrapping for the children in need as well as being involved in the many other projects needing senior participants.



Oklahoma County Sheriff's Office Cpl. Kim Lopez meets with Director of the Senior Center Kim Reynolds. PHOTO BY MAXINE WHEELAN