

It's almost spring time!!! Now is the time to start preparing for summer by drinking your water, putting sunscreen on even though its cloudy somedays those sun rays still find a way to you.

March 8, set your clock up one hour!! Spring Up!!!

Spring Break will be this month so watch out for the Kids

We will have a Bingo at the Shawnee Site on March 19th at Noon – remember prizes for those who win a Bingo!!!

I know our menu has been crazy the last few weeks – we had problems with our freezer and we had to get the food cook and served as soon as possible. We now have a new freezer!! Working very well.

March Madness is this month- all the basketball games what a great time to watch with family and see whose bracket will win!!!

If you have any concerns or questions please feel free to call us at 405-275-4030 ext 6227

Homebound if you're not going to be home please let us know by the calling in 405-275-4030 ext 6227 by 9am Monday – Thursday and Friday by 7am or notify your driver. This saves us on time, gas and a meal that can be for someone else. Please when you're not going to be home but want your meal please have an ice chest out with some form of ice to keep the meal from spoiling.