The Absentee Shawnee News

www.astribe.com | Volume 36, No. 11 | November 2026

AST 477 Hosts 2nd Annual Education and Career Fair

The Absentee Shawnee Tribe 477 Program proudly hosted its 2nd Annual Education and Career Fair on Wednesday, October 7, 2026 bringing together 34 colleges, Universities, and technology institutions and 185 students representing 11 high schools.

The event provided students with an opportunity to explore educational pathways, learn about career options, and connect directly with representatives from various institutions.

The Education and Career Fair reflects the program's ongoing commitment to supporting education, workforce development, and career readiness throughout the communities it services.

"The success of our second annual Education and Career Fair demonstration the importance of connecting our students with educational opportunities, and career pathways. We are proud to bring these resources together and help our young people explore the possibilities available to them."

In addition to providing valuable resources for students, the event strengthened relationships between the Absentee Shawnee Tribe 477 Program, educational institutions, and surrounding communities. The program serves five counties: Cleveland, Lincoln, Oklahoma, Pottawatomie, and McClain. Through outreach efforts and community partnerships, the 477 Program continues to expand access to education, employment services, career training, and workforce development resources.



















GOVERNOR
John Johnson

GOVERNOR'S REPORT
John Johnson, AST Governor

Hello Tribal Members,

Thanksgiving is just around the corner so is the winter weather. With this summer being hot and dry, I honestly believe this winter will be cold. You have time to prepare, so be sure to get your homes winterized, stock pile your wood, and be sure to check your propane.

We had a good turnout for General Council. There was a total of 110 tribal members signed in at roll call. Many questions were asked and to update on one particular one; the Union street property was recently demolished. The cost to get the building completely taken down and cleaned up was $52,840.00. The tribe received several code violations from the City of Shawnee so this was the best option that made sense. It would have cost the tribe triple to restore this particular building, so having this building tore down was the beneficial for the tribe.

I recently attended NCAI in Palm Springs. This conference gives updates on worldwide issues and how to address them. It was a five-day conference that covered a variety of topics regarding Indian Country all around the globe. NCAI is one of the conferences I see mandatory for an elected official.

The 2026 Children's Christmas gift card applications will be ready online on 11/16/26 at 8:00am. The deadline will be December 31, 2026 at 5:00pm. The applications that are received before December 15, 2026 will be mailed out before Christmas. Applications received after this time will be mailed out after the holidays. Please make sure your child(ren) have an updated CDIB card with a current address. I would suggest calling Enrollment prior to the date, if you need to update your address.

Should you have any comments or concerns you may always call or email myself or my assistant at the emails listed below.

Happy Thanksgiving, hope you have many things to be thankful for.

Thank you,
Governor John Johnson

governor@astribe.com - 405-275-4030 ext. 3500

alvinab@astribe.com - 405-275-4030 ext. 3501



Lt. GOVERNOR
Diane Ponkilla

LT. GOVERNOR'S REPORT
Diane Ponkilla, AST Lt. Governor

Good Day All,

I hope this month finds everyone in great health in mind, body and soul. First off, I would like to explain my verbal report for General Council. I know I should not have let my feelings control my thought process. I felt like I sounded and appeared unprepared with the negative thoughts I felt due to others accusations against me. I know I wanted to explain the situation without mentioning names and department. I wanted to make the Tribal Members aware of situations existing. I am still compiling all my documentation on the accusations and complaints reported. As the Lt. Governor I understand and am aware of receiving negative responses from individuals but I also believe in proof behind all accusations and complaints.

I wanted to answer a few questions and concerns that were asked by Tribal Members. The Lt. Governor department was issued a white, 2001 Buick Encore, tag #EX002, the mileage was 33675 on the first gasoline fill and as of Wednesday, October 14, 2026 the mileage is 56013. I have traveled seven (7) times in 2026 to the following: 03/04-03/05 Stillwater (Lt. Govornor), Ok-OSU Tribal Partnership Summit, 05/31-06/05 Sacramento, CA-NINAETC (477), 08/06-08/08 Tama IA-Meskwaki Nation Powwow (Lt. Governor), 08/24-08/26 Washington, D.C-USDOT Modal Day (Roads), 10/17-10/23 Palm Springs, CA-NCAI (Lt. Governor), 11/15-11/20 Chandler, AZ-NTICC (Roads) and 12/07-12/11 LasVegas, NV- IAC (Lt. Governor). I was invited to the Chief's Dignitary Dinner as part of Celebration for the United Keetoowah Ban of Cherokee Indians on Thursday, October 1, 2026 in Tahlequah, Ok. I am the alternate for the DOI Self-Governance Committee for the Southern Plains Region, Delegate for the Absentee Shawnee Tribe for the IAC and I received my Gaming License on September 23, 2026.

The Agriculture department I share oversight with the Secretary. I have recently recruited the BIA and Maintenance departments to assist in certain areas due to concerns of Agriculture being short staffed. I contacted Seth King at the OSU Extension for guidance on how to move forward with improvements of Agriculture. BIA will be maintaining the I-40 9A Earlsboro property, the staff will be cutting the over growth of weeds, prepping to plant winter wheat and/or rye on two locations to bring it back due to overgrazing, also aerators will be placed in three of the four ponds which tested positive for blue/green algae. The drought caused by the high temperatures have made a big negative impact not only on AST Agriculture but many other Oklahoma Agricultures. We have a total of 161 cattle which OSU Extension stated were looking good for the circumstances dealt by the Oklahoma weather. They also suggested we start haying more and come up with a grazing rotation plan. The Agriculture department process two cattle per month to sell and provide a fresh meat source to the following departments Building Blocks Daycare, AST Food Bank and rations to the three Ceremonial Dance Grounds.

Twyla Blanchard, BIA Roads department partnered with Abby Thompson with Pottawatomie Co. Dist. #3 and completed a resurfacing project and widened the entrance into the Agriculture farm. These two projects will benefit the AST by making access to the farm and Benson Park Road safer to travel.

I also mention following Policy and Procedure pertaining to employment of Indian Preference and it was explained differently as to why sometime this is not the best choice. I guess I see it differently because I worked my way up from being the receptionist in 1991 to Lt. Governor in 2024, it took almost 30 years but I was lucky enough to have Executive Committee and Directors who believed in me and gave me the opportunity to work for the AST. I have oversight of six departments and my staff: HVAC, Maintenance, BIA/Road/Self-Governance/Land Management, Agriculture, OEH, Lt. Governor staff and Culture/Language. There is a total of 32 employees, 28 native, 19 AST and 4 of those AST are directors. I want our AST Members to thrive and hold high positions and employment with the AST. I will continue to follow the Absentee Shawnee Tribe Administrative Manual Chapter VII; C. Employment.

Ne yi wa



SECRETARY
Misty McGirt







TREASURER
Joseph Blanchard

REPRESENTATIVE
Anthony Johnson

REPRESENTATIVE'S REPORT
Anthony Johnson, AST Representative

Hello Tribal Members,

In October, I had time to slow down a bit. This month we had General Council.

In Education, Director Tesha Spoon reports: 9/30 – Director of Education, Tresha Spoon, attended the 3rd annual Kiowa Education Agency's (KEA) College and Career Fair in Carnegie. Students from Riverside Indian School, Carnegie, Anadarko, Mountain View, and Lawton were in attendance. The KEA and AST Education Department are partners with the Sac and Fox Nation Education Department on the OK STEP Project which is a grant through the Office of Indian Education.

9/30 – Trevor Javenkoski with Native Connections, facilitated a vision board project with the Camp Nikoti Little Axe After School Program students to close out National Suicide Prevention Month 2026.

The Education Department, Tribal Youth program, and Native Connections staff have been busy during the month of October with College and Career fairs as well as Trunk or Treat festivities: October 7th – AST 477 Education Fair, October 14th – Noble High School College and Career Fair, and October 16th – Thunderbird Casino.

Historic Preservation, Director Carol Butler and her team, several elders and myself have been invited to attend a community event at the Octagon Earthworks on October 28th. This event and these site visits will serve as one of many opportunities to foster dialogue, connection and shared understanding in the years ahead.

If you have any questions, comments or need any assistance, please contact my office at (405) 531 – 3512, or by email: adjohnson@astribe.com.

Anthony "Tad" Johnson
Tribal Representative

NOTICE

IF YOU WOULD LIKE TO SUBMIT AN ARTICLE OR STORY

Please give us a call at (405) 598-1279 or send an email to media@astribe.com

All articles for the next month's issue are **DUE** by the **15th of the current month**.

Unfortunately we can only accept **ONE PICTURE PER BIRTHDAY PERSON**, not per birthday wish.

ELECTION COMMISSION
PO Box 741, Tecumseh, OK 74873 | ☎ (405) 275-4030 Ext. 3537 | Fax (405) 273-1337
Election.Commission@astribe.com

FILING PERIOD FOR ELECTIVE OFFICE IN 2027

A tribal member may file for elective office January 1 through January 10, 2027, **excluding weekends and holidays.** **Filing hours are 8:00 a.m. to 12:00 p.m. and 1:00 p.m. to 5:00 p.m.** Potential candidates, please consult the Election Ordinance for the procedures and qualifications for running for elective office.

The following positions will be open for the Elections to be held in 2027.

EXECUTIVE COMMITTEE

Position	Filing Fees	Term
Governor	$800.00	Four (4) Years
Tribal Secretary	$800.00	Four (4) Years

ELECTION COMMISSION

Position	Filing Fees	Term
Deputy Commissioner	$200.00	Three (3) year term *Deputy Commissioner: fulfilling the remaining unexpired 2-year term.*
Election Secretary	$100.00	Three (3) year term *Election Secretary: fulfilling the remaining unexpired 1-year term.*
Commission Member #1	$200.00	Three (3) year term *Commissioner Member #1: fulfilling the remaining unexpired 2-year term)*
Commission Member #2	$300.00	Three (3) year term

For questions about filing procedures and qualifications, contact the Election Commission at (405) 275-4030 Ext. 3537 or Election.Commission@astribe.com.

Mission Statement
To ensure that the democratic process is protected, secure, and strong. We strive to ensure that the voices of the Absentee Shawnee members are not only heard but also valued by their elected representatives.

Absentee Shawnee Tribe of Oklahoma
Building Blocks C.D.C.
2025 S. Gordon Cooper Dr.
Shawnee, Ok. 74801
(405)878-0633 FAX: (405)878-0156

BUILDING BLOCKS CHILD DEVELOPMENT CENTER
AN ABSENTEE SHAWNEE ENTERPRISE

November News

Building Blocks II is a 5 Star Accredited, OkDHS Licensed Center. Our hours are 7a.m. to 6p.m. Monday-Thursday. Building Blocks is accepting waiting list applications; 6 weeks through Pre-K/4 Year Olds. If you are interested in getting your child on our waiting list, please call and we can email you a waiting list application or you may stop by to fill one out. You can also put in a waiting list application at **https://www.astribe.com/building-blocks.**

We are currently hiring staff, if you are interested in applying visit https://www.astribe.com/employment for applications and to see what positions are available.

Dates to Remember:

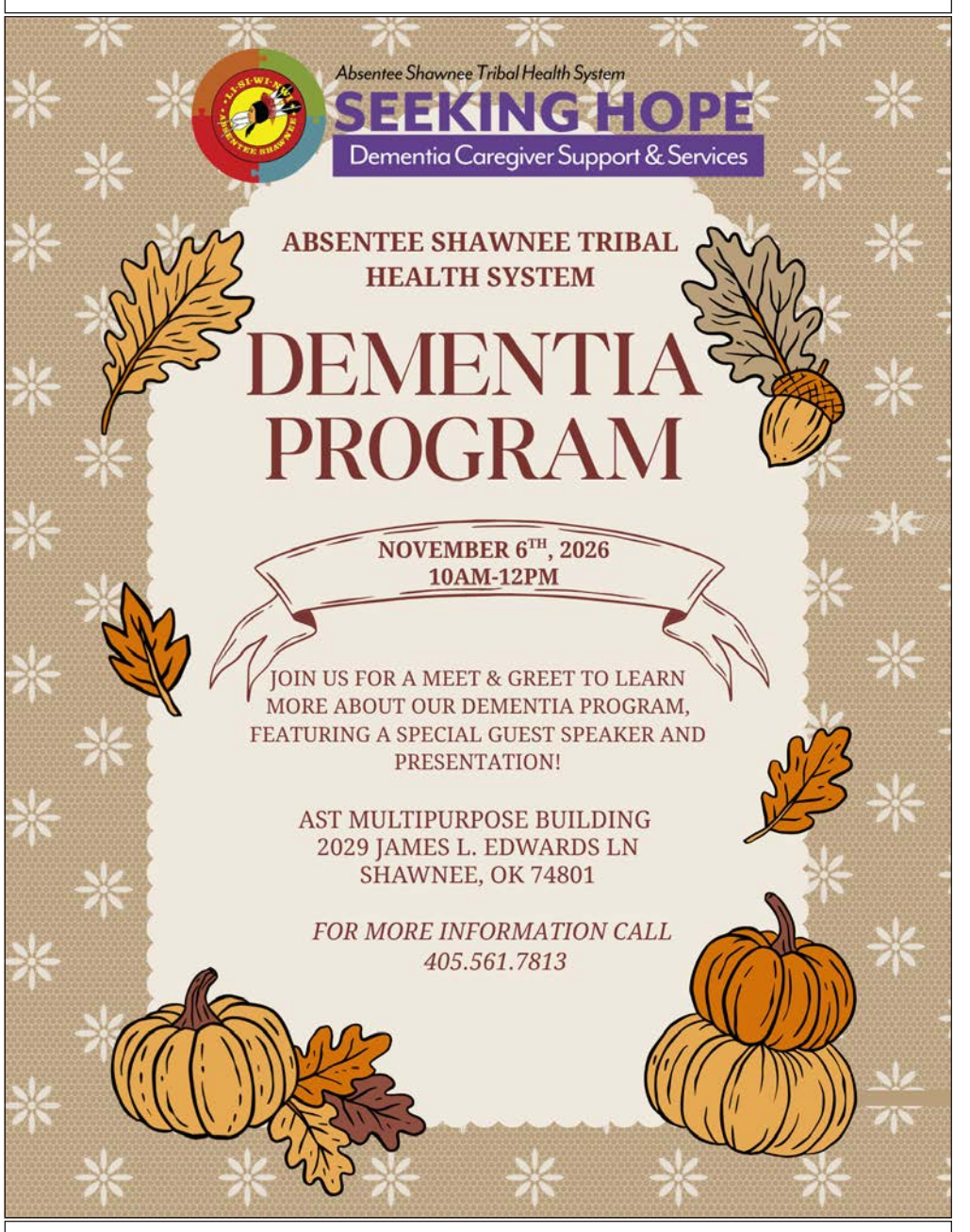
November 11th-Building Blocks is closed for Veteran's Day.

November 26th & 27th-Building Blocks is closed for Thanksgiving.



Building Blocks Teachers and Children enjoy preparing and doing activities for the holiday season. This month they are doing activities celebrating Thanksgiving. We wish everyone a safe and Happy Thanksgiving Holiday. Have a Happy November!







RESEARCH OPPORTUNITY

Share Your Experience with Chronic Pain Care

Your experiences and community knowledge can help improve care



A research study with the Absentee Shawnee Tribe Health System / RENEW Center

Who may be eligible?
Adults connected to the AST community who:
- Are age 18 or older and can complete the interview in English
- Have experience with chronic pain care or support, through their own care, supporting a family member or loved one, or sharing cultural, family, relational, spiritual, or community knowledge

What will you do?
- Take part in one 60-90 minute interview and journey-mapping session
- Meet at the AST Little Axe Health Center, or Shawnee Clinic.

You will receive a $100 physical gift card after beginning the session.

Important to know
- Participation is voluntary and will not affect your health care or tribal services.
- This study does not provide treatment, diagnosis, counseling, medication management, clinical assessment, or case management.

INTERESTED OR HAVE QUESTIONS?
Ashlynn Foreman, RENEW Community Research Liaison
(405)878-5850 | ajforeman@astribe.com

IRB Approved By Indian Health Services

50th Anniversary Frontier Days







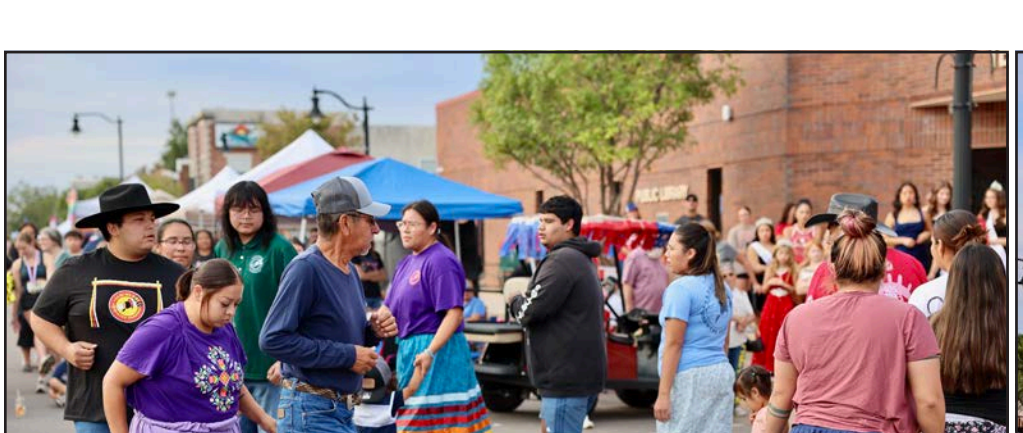


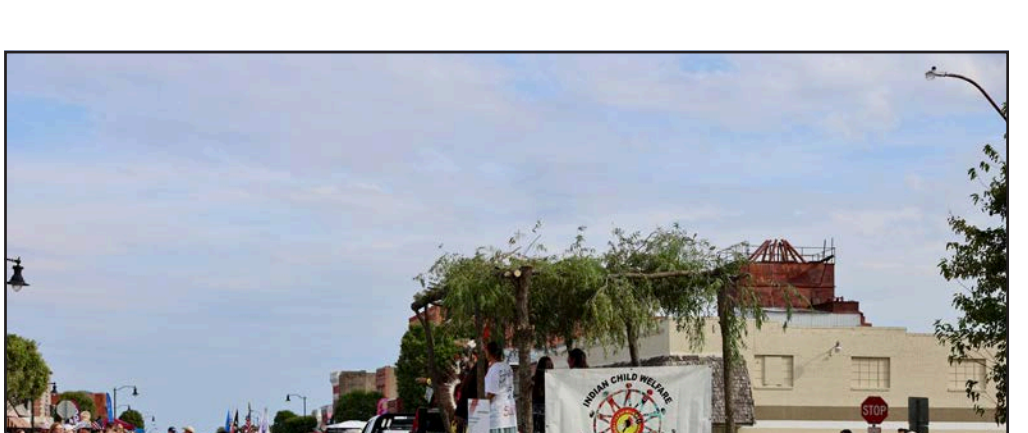












One Shoe, One Goal: Kamryn Hobia Runs Her Way to the Top



Kamryn Hobia had spent the season preparing for this moment. The sixth-grade Pleasant Grove student had trained at least five days a week, often practicing and competing alongside runners in grades 6–8. As the ORES Division II Cross Country State Meet approached, Kamryn knew she would have to compete against some of the strongest runners in her age group—and older. She was excited. She was nervous. But most importantly, she was ready. "I was thinking, do my best," Kamryn said.

That mindset would become especially important once the race began. Just about 100 meters into the race, Kamryn lost one of her shoes. Rather than stop, she made a quick decision. "Keep going, don't stop, just leave it," she recalled. There was no turning back. "I wanted to win," Kamryn said. And she kept running.

Throughout the season, Kamryn had challenged herself by training with older athletes. While she wasn't particularly worried about the sixth- and seventh-graders, she admitted she was nervous about racing against the eighth-graders. That preparation helped her when the pressure was at its highest. According to her coach, Kamryn's competitiveness is one of the things that separates her from other runners. "Her competitiveness and she makes everything into a race," the coach, Rocky Hobia who is also her father, said.

That competitive drive was on full display at state. Even without one of her shoes, Kamryn continued to move through the field. Her coach remembers seeing her still running without the shoe around the half-mile mark. "I was surprised she didn't stop, but happy she kept going," the coach said. Kamryn wasn't thinking about the missing shoe. She was thinking about the runners ahead of her. "Once I passed those girls in front of me," she said, she knew she was in a position to make something happen.

When she finally crossed the finish line, the result was almost hard for her to believe. 9:46.18. First place. "I won?!" Kamryn recalled. "I was shocked."

The emotion quickly set in. "Happiness. Proud of myself, but mostly happiness," she said. For Kamryn's family, watching the race unfold was an emotional experience of its own. Her family was stunned when they realized she had completed the race with only one shoe. "We didn't see her lose her shoe, but we were very shocked when we realized she only had one shoe," Lydia, Kamryn's mother, said. And when she finished? "Overwhelmed with joy, super proud. She amazes us."

Kamryn's success wasn't simply the result of one good race. Her family said she made changes throughout the season, including eating healthier, putting in extra work and becoming a better teammate. Her coach sees those qualities as a big part of what makes her special. "She doesn't give up. She always gives 110%," the coach said, describing Kamryn as a hard worker, determined and resilient. Those qualities were tested throughout the season. Her coach recalled one particularly impressive performance when Kamryn competed against sixth graders while running as a third grader, finishing fifth. Experiences like that helped establish the competitive mindset she carried into this season. By the time she reached the state meet, Kamryn had learned how to compete, how to push herself and, how to keep going when things didn't go according to plan.

For Kamryn, the state meet offered a lesson that goes beyond cross country. "That with no shoes I ran faster," she joked. But she also took something more meaningful away from the experience: "No matter what happens, just do your best." Kamryn already has her sights set on her next goal: "Beat the state record." Her coach believes her future could be even bigger. "Getting her state records, and I can see her running college at a high level," the coach said. For now, though, Kamryn can celebrate an unforgettable season and a race that showed exactly what kind of competitor she is. She lost a shoe. She didn't stop. She kept running, crossed the finish line and left the state meet with the ORES Division II state title. And if this season is any indication, Kamryn Hobia is just getting started.

Kamryn is the daughter of Lydia Hobia, an Absentee Shawnee tribal member, and Rocky Hobia, a Kickapoo tribal member. Her accomplishment is a proud moment for her family, Pleasant Grove and the communities she represents.

Tribal Member Recognized by First Lady





During her visit to Mountain View Elementary, First Lady Melania Trump recognized the resilience of our community following Hurricane Helene—and the way neighbors stepped up to help neighbors when it mattered most.

MVES, along with our other schools, became an important distribution center for our community, and First Lady Trump specifically recognized the school's role in helping families and neighbors in need. She called Vice Principal Cynthia Harless to the stage to personally thank her for helping organize those efforts. To say Mrs. Harless was surprised is an understatement!

Her recognition is a powerful reminder of something we already know: when Ashe County faces a challenge, we come together. Our schools opened their doors, administrators and educators stepped up, volunteers gave their time, and neighbors helped neighbors. That spirit of resilience continues to define who we are.

Cynthia Iris Kastl Harless is the daughter of Scott C. Kastl and Thelma Kastl. She is the Grandaughter of Jim E. Kastl and the Greatgranddaughter of Willa Mae Spybuck Kastl Tallchief and Harold Kastl.

Thank You for Your Support



Slayer Dane Little Axe, 15 yrs, 6' 1", 245 lbs, 9th grade varsity running back for Little Axe Indians. Slayer has MCAD, which is considered a disability where he can't break down fat tissue and use it for fuel as you and I do naturally; he is missing the enzymes that carry out this natural function. Slayer loves sports and is a member of the Choir as a true Bass Voice, winning first place last year in his State competition. Slayer worked hard to transform himself from a lineman to a Tight End, Running Back, and Defensive End. During the off-season, he continued to train, weight, and run every day to build his speed and agility. He has attended multiple football camps, but his favorite is the Oklahoma Sooners Football camps held every summer in June or July. I would like to share his success with his larger family, the Absentee Shawnee Tribe, who have been very supportive in his endeavors. Thank you for your support.





AFTERSCHOOL'S ASP AND HSB
November P'sa 'k fe we ke s'fwa "Deer Month" Newsletter



CLOSURES

NOVEMBER 11TH IN OBSERVANCE VETERAN'S DAY

THANKSGIVING HOLIDAY 26TH-27TH

Along with after school tutoring available for homework, both of the ASP's at Shawnee and Horse Shoe Bend incorporate age appropriate and focused weekly lessons along with our daily AST Creed and hands on activities developed by the AST Shawnee Language Specialists.

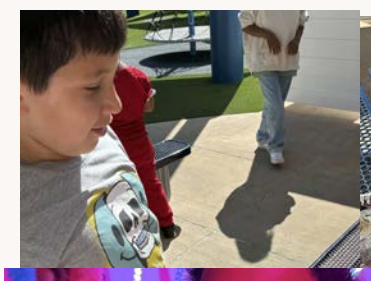
WEEK ONE
KITCHENS
WEEK TWO
LUNAR LOOKS
WEEK THREE
MUSIC
WEEK FOUR
NOVEMBER RECAP



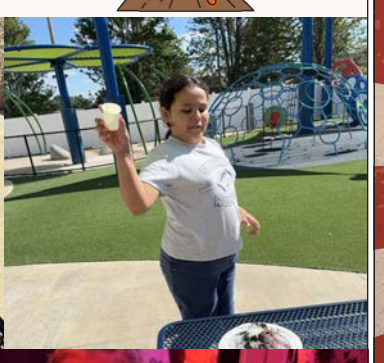
ASP

VOLCANO ERUPTIONS AND FIELD TRIPS









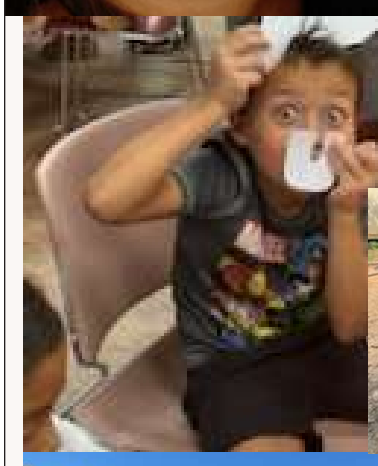








HSB



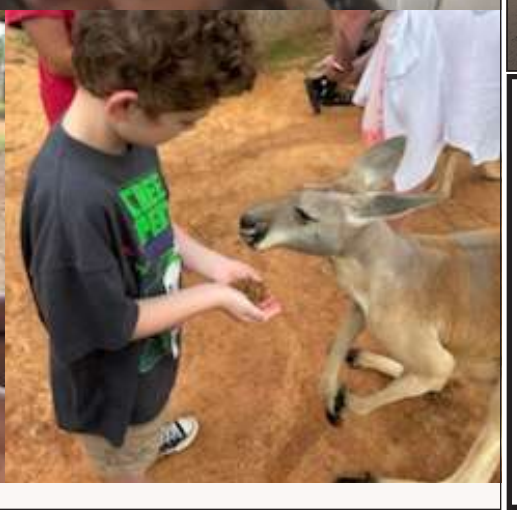


















The Absentee Shawnee Tribe will be closed

Wednesday, November 11th - Veterans Day

Wednesday, November 25th- Closing at Noon

Thursday & Friday November 26th & 27th - Thanksgiving

ABSENTEE SHAWNEE TRIBAL
HEALTH SYSTEM
Prevention. Progress. Pride.

ASTHS Health Fair Draws More Than 246 Participants

The Absentee Shawnee Tribal Health System (ASTHS) welcomed more than 246 participants to its annual Health Fair on September 18, bringing together patients, families, employees, and community members for an afternoon focused on health, wellness, education, and prevention.

This year's basketball-themed event, "Hustle For Your Health," encouraged attendees to take an active role in their health while connecting them with valuable information, resources, and services available through ASTHS.

Throughout the afternoon, participants had the opportunity to visit a variety of booths, meet with health professionals, and learn more about ways to improve and maintain their overall well-being. Interactive activities and demonstrations helped make health education engaging and accessible for attendees of all ages.

Among the activities offered were chair exercise bingo, Narcan training, CPR demonstrations, and other health and wellness education opportunities. ASTHS departments and community partners were also on hand to share resources and answer questions about services available to patients and families.

With more than 246 people participating, the event provided an opportunity for ASTHS to connect with the community outside of the traditional clinical setting and reinforce the importance of preventive care, education, and healthy lifestyles.

The Health Fair also highlighted the collaboration of ASTHS employees and departments who worked together to provide attendees with an informative and welcoming experience.

ASTHS remains committed to providing quality, culturally sensitive healthcare while creating opportunities that empower Native American families and the surrounding community to make informed decisions about their health.

Thank you to everyone who participated, volunteered, and helped make this year's Health Fair a success.







ASTHS Welcomes New Patient Advocate



Alexis Edwards

The Absentee Shawnee Tribal Health System (ASTHS) is pleased to announce the promotion of Alexis Edwards to Patient Advocate.

Since joining ASTHS in January 2026, Alexis has served as the Dental Scheduling Coordinator, assisting patients with scheduling appointments and accessing the care they need. Through this experience, she developed strong communication and organizational skills while gaining a deeper understanding of patient-centered care.

Alexis is currently pursuing a bachelor's degree in Healthcare Management at the University of Oklahoma, where she continues to expand her knowledge and prepare for future opportunities in healthcare.

An enrolled member of the Iowa Tribe of Oklahoma, she is also a descendant of the Absentee Shawnee, Seminole, Osage, and Blackfeet tribes. She resides in Norman with her husband, Connor, and their three dogs. Outside of work, she enjoys sewing, playing softball, and attending powwows.

In her new role, Alexis looks forward to helping patients navigate their healthcare needs, address concerns, and feel heard and supported throughout their healthcare experience.

"I am excited about the opportunity to serve our community as a Patient Advocate," she shared. "I hope to make a meaningful difference in patients' experiences while continuing to grow professionally."

ASTHS congratulates Alexis on her new position and looks forward to the positive impact she will continue to make for patients and the community.

ASTHS Celebrates Community and Culture at Annual Parade

The Absentee Shawnee Tribal Health System (ASTHS) was proud to join the community in celebration during this year's parade, where the Absentee Shawnee Tribe served as the Legacy Sponsor.

ASTHS participated in the parade with a float highlighting the future Tecumseh Health and Wellness Center. The float offered an opportunity to share the excitement surrounding the new facility and its future role in expanding access to healthcare services for the community.

As the Legacy Sponsor, the Absentee Shawnee Tribe played an important role in supporting the celebration and bringing community members together for the event.

For ASTHS, participating in the parade was about more than having a presence along the parade route. It was an opportunity to proudly represent the health system, connect with community members, and share what is ahead as ASTHS continues to grow.

ASTHS is grateful to everyone who helped organize, participate, and represent the health system during the parade. Events like these serve as a reminder that healthcare extends beyond the walls of our clinics—it is also about building relationships, celebrating community, and being present for the people we serve.

ASTHS was honored to participate and looks forward to continuing to support events that celebrate the Absentee Shawnee Tribe, its people, and its community.







ABSENTEE SHAWNEE TRIBAL
HEALTH SYSTEM
Prevention. Progress. Pride.

Scheduled Closures

November 4th- Closed at NOON for Townhall Day
PlusCare & Pharmacy will re-open at 5pm

November 11th - Closed in observance of Veterans Day

November 25th - Closed at NOON in observance of Thanksgiving

November 26-27 - Closed in observance of Thanksgiving

Follow us on Facebook or visit asthealth.org for closure information and updates!



ABSENTEE SHAWNEE TRIBAL
HEALTH SYSTEM
Prevention. Progress. Pride.

KNOW YOUR MEDICARE
Protect Your Native Care



The 2027 Medicare Annual Enrollment Period spans from October 15 – December 7, but it can be difficult to know where to start.

Let us help! Schedule your ASTHS medical screening to determine the best Medicare plan option for you.

November Medicare Town Hall Meeting

Thursday November 5th 2026

1-3pm

AST Multipurpose Building

- 2027 Medicare Updates and Q&A
- 2027 AST Medicare B Premium Reimbursement Renewals
- Giveaways and Snacks

Navigating Your Medicare Tribal Health Path Together

Patient Benefits Advocates

LITTLE AXE HEALTH CENTER
405.447.0300

pba@astribe.com

SHAWNEE CLINIC
405.878.5850

BE WELL
WI SI KA TO WI

WI SI KA TO WI project is part of a community support system that provides access to critical services for the Indigenous population experiencing opioid and stimulant crisis through prevention, treatment, MAT assistances, and harm reduction services.

TOR

Amanda Upshaw, Project Director
Lacy J Carroll, Project Coordinator
Michaela Tuberville, Case Manager

REQUIREMENTS
Eligible individuals must have a SUD (Substance Abuse Disorder), enrolled in a federally reognized tribe, and live within Pottawatamie, Cleveland, Lincoln, Logan, or Oklahoma Counties.

TREATMENT/RECOVERY
Be Well program can help explore options for detox, rehabilitation, and sober living. TOR also helps with connecting to Medicated Assisted Treatment (MAT services) therapy for substance use disorder (SUD).

HARM REDUCTION
Be Well provides free Narcan throughout the Shawnee/Little Axe Area. Narcan is used to reduce overdoses and save lives.

PREVENTION
Be Well can provide Narcan demonstrations, facilitate outreach, school presentations, cultural trainings, and teachings, and work with tribal population to ensure community needs are met.

TOR@ASTRIBE.COM | 405.701.7059

ELDER'S FUN DAY
Winter Event Schedule

Elders ages 55 & older are invited to join the Public Health Department for cooking demos, bingo, and other educational activities. Elders must reserve their spots in order to receive incentives.

NOV 5	*LA Resource Center* 11am-1pm
NOV 19	*Shawnee Title VI* 11am-1pm
DEC 3	*LA Resource Center* 11am-1pm
DEC 17	*Shawnee Title VI* 11am-1pm

Lunch is provided for those enrolled in the Title VI Program. Meals are $5 for those not enrolled.

All participants who register will receive supplies needed to replicate the recipe for their families. Cooking demo and supplies provided by ASTHS Diabetes & Wellness.

For registration, contact
Vivian Bunch: 405-827-7704
VBUNCH@ASTRIBE.COM
PUBLIC HEALTH: 405-447-0300

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 SMOKED SAUSAGE MAC N CHEZ VEGGIES PEACHES	3 CHICKEN DUMPLINGS BEETS BISCUIT COOKIE	4 STEW CRACKERS CHEZ STICKS JELL-O W FRIUT	5 BEANS W HAM CORNBREAD ONIONS FLUFF	6 ROAST CARROTS, ONIONS, POTATOES ROLL SALAD BAR
9 PHILLY STEAK SANDWICH STEAK FRIES COLESLAW/FRUIT	10 BBQ CHICKEN VEGGIES BREAD SALAD BAR	11 VETERANS DAY 	12 BEEFY TACO SOUP CORNBREAD FRUIT SALAD BAR	13 ENCHILADA CASSEROLE SPANISH RICE COOKIE
16 EGG ROLLS STIR FRY VEGGIES RICE BANANAS & GLAZE	17 BAKED ZITI GARLIC TOAST BRUSSEL SPROUTS SALAD BAR	18 GOULASH SQUASH BREAD CRISP	19 BAKED POTATO CHEZ, HAM BROCC & CHEZ SALAD BAR	20 CHICKEN TORTILLA SOUP TORTILLA CHIPS FRUIT COCKTAIL
23 BAKED FRIED CHICKEN MASHED POT/GRAVY GREENBEANS PEARS	24 HOMINY & PORK ZUCCINI & TOMATOES CAKE	25 HOT HAM & CHEZ SANDWICH CHIPS FRUIT	26 	27 CLOSED FOR THANKSGIVING
30 KRAUT & WEINERS VEGGIES BREAD MANDARIN ORANGES				Control your Diabetes. For Life.

MENU SUBJECT TO CHANGE*