



For Your Information Newsletter

A Monthly Publication



ADHD Awareness Month

ADHD, is a common condition that can cause difficulty paying attention, impulsivity, and hyperactivity. While it's normal to struggle with focusing on a project occasionally, ADHD causes persistent symptoms that can affect a person's daily functioning and quality of life.



Halloween Dance

Mark your calendars! Join us for a **Halloween Dance** on **Friday, October 30th at 6:00 PM** at Saint

John Parish Hall, 300 E Washington, McAlester. We kindly ask everyone to bring a **store-bought dessert, snack, or 2 liter of soda** to share. 🍪 🥤

🌟 Costume & Dance Contests!

- Scariest Costume 🧛
- Most Unique Costume 🎭
- Best Couple Dancers 🧑‍🤖
- Best Participation 🏆

Come ready for a night of fun, community, and plenty of Halloween spirit! 🧛

Skills for Success

Come join us Wednesday, October 19th, 3:15 pm at O.I.L. office after school hour to learn Independent Living Skills, connect with others, and enjoy a fun game with us! It's a great chance to learn, laugh, and have fun together.

Upcoming Classes
(All Classes held @3:15 pm at O.I.L. Office)

October 19th – Topic: Personal Docs (Social Security Card, ID, Health Insurance, Driver License)

November 16th – Topic: Emergency Preparedness

November 30th – Topic: Life Transition (DNR, Power Attorney, Guardianship)

December 14th– Topic: Cooking Healthy on a Budget, Reduce Food waste & make left-over last.

OCTOBER EVENTS

Please call-in advance to reserve your seat on the bus. Remember, transportation to O.I.L. events are free!

Men's Group

Tuesday, October 6th,
1:15pm at Taco Bell

Women's Group

Wednesday, October 7th,
1:15 pm at East Gourmet

Game Day

Wednesday, October 14th,
1:15 pm at O.I.L.
Boardroom.

Cross Disability

Friday, October 23th, 1:15 pm at O.I.L. Office. Call in a Advance to register. Join us in a fun Memory Game.



Thursday, November 5th
Family Fun Bingo
Fundraiser @ 6pm at
American Legion 400 S
2nd St. McAlester, OK



50/50 POT
CASH BLACKOUT!
CONCESSIONS SERVED
Cake Raffle

Join us for an exciting Family Fun Night! Help support our annual Christmas party for children with disabilities. For just \$25.00, you can play 20 games and be a part of this great cause!



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How to schedule Transportation:

***CALL 918 426-6220**

Call 24 hours in advance.

***Have information ready such as**

name, address, and pick-up time.

***If it is a Round Trip, give a Return**

pick-up time. If you don't know the

Return pick-up time, you must call

918 426-6220 back to provide a

requested pick-up.

***Transportation begins at**

8 a.m. and ends at 4:30 p.m.

Monday-Thursday.

Friday 8 a.m. - 4 p.m.

***The Bus Driver will not give out a**

cell phone number. You must call

the O.I.L. office.

All donations to O.I.L. are tax deductible.

The contents of this newsletter were developed under a grant from the Department of Education. However, these

contents do not necessarily represent the policy of the

Department of Education and you should not assume

endorsement by the Federal Government.

October 2026						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6 Men's Group 1:15 pm @Taco Bell	7 Women's Group 1:15 pm @East Gourmet	8	9	10
11	12	13 S.O. Bowling!	14 Game Day 1:15 pm @ O.I.L. Boardroom	15	16	17
18	19 Skills for Success 3:15 pm @O.I.L. Boardroom	20	21	22	23 Cross Disability 1:15 pm @ O.I.L. Boardroom	24
25	26	27	28	29	30 Halloween dance @ 6:00 pm	31

WHAT DID THE OCEAN SAY TO THE BEACH?

NOTHING, IT JUST WAVED.

