



For Your Information Newsletter

A Monthly Publication



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



**50/50 POT
BLACKOUT PRIZE!
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!*



Children's with Disabilities Christmas party

Our annual Children's with Disabilities Christmas Party is on Friday, December 19th at Dream City @6:30p.m. Located 124 V Hubert Smith Dr., McAlester OK. Children who have a disability and/or IEP, and their siblings are invited to attend. Gifts will be given to those 14 and under and who register.

**Registration starts on
Monday, Dec. 1st,**

**2026 and the last day to
register is on Tuesday,
December 15th, 2026 at 5
p.m.**



National Diabetes Month is observed every November to raise awareness about diabetes prevention, education, and health management. What is Diabetes? High Blood Sugar: A chronic condition where blood glucose (sugar) is too high because the body does not make enough insulin or cannot use it properly.

Here's a couple ways to prevent diabetes such as eating a balanced diet with staying physically active. Having regular checkups and blood glucose tests catch predictable early. Managing blood sugar prevents long term risks like heart disease, kidney failure, nerve damage, and vision loss.

Skills for Success

Come join us 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 @1:15 pm at
O.I.L. Office)**

November 16th- Topic:
Finances/ Saving/ Banking

November 30th- Topic:
Personal Docs/Social Security/

State ID/ Health Insurance/
Driver License, Passport

December 14th – Topic:
Emergency Preparedness

January 11th – Topic: Life
Transition (DNR, Power
Attorney, Guardianship)

February 8th- Topic: Cooking
Healthy on a Budget,
Reduce Food waste & make
left-over last.

NOVEMBER 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, November 10th,
1:15 pm at Charlie's Chicken.



**Office closed Nov. 11th for
Veteran's Day.**

Women's Group

Thursday, November 12th,
1:15 pm at East Gourmet.

Game Day

Wednesday, November 18th,
1:15 pm at OIL Boardroom.

Social Group Disability

Friday, November 20th, 1:15
pm at O.I.L. Office. Join us in
a fun activity. Call in Advance
to register.

**O.I.L. office will be
closed on Nov. 26th &
27th for Thanksgiving.**



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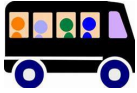
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is available in
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upon
request



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.

November 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2	3	4	5 Bingo @American Legion 6:00 p.m.	6	7
8	9	10 Men's Group 1:15 p.m. @Charlie'S Chicken	11 O.I.L. Closed! 	12 Women's Group 1:15 p.m. @East Gourmet	13	14
15	16 Skills for Success 1:15 p.m. @O.I.L. Boardroom	17	18 Game Day 1:15 p.m. @O.I.L. Boardroom	19	20	21
22	23	24	25	26  O.I.L. Closed!	27 O.I.L. Office Closed!	28
29	30 Skills for Success 1:15 p.m. @O.I.L. Boardroom					

What has no legs but can do a split?

A banana.

