# CADDO NATION AOA ACTIVITIES

Caddo Nation AoA Title VI/Caregiver Programs  
Fritz Hendrix Memorial Building  
117 Memorial Lane; PO Box 487  
Binger, OK 73009 * (405) 656-9042

## May 2023

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>
| 10:00 Chat & exercise  
10:30 – 1:30 table games  
Anadarko Elder pickup at CHR building – 9:30 – 9:40  
CNCC visit | 10:00 Chat & exercise  
10:30 – 1:30 open craft  
10:00 Chat & exercise  
10:30 – 1:00 finish craft  
1:00 kitchen creation | 10:00 Chat & exercise  
10:30 – 1:00 finish craft  
1:00 kitchen creation | 10:00 Chat & exercise  
10:30 – 1:30 table games  
Binger Elder pickup near Post office – 10 –10:10 | AoA building closed for monthly deep cleaning, maintenance and staff training |
| 8      | 9       | 10        | 11       | 12     |
| 10:00 Chat & exercise  
10:30 – 1:30 table games  
Anadarko Elder pickup at CHR building – 9:30 – 9:40  
CNCC visit | 10:00 Chat & exercise  
10:30 – 1:30 open craft  
10:00 Chat & exercise  
10:30 – 1:00 finish craft  
1:00 kitchen creation | 10:00 Chat & exercise  
10:30 – 1:30 table games  
Binger Elder pickup near Post office – 10 –10:10 | 10:00 Chat & exercise  
11:00 popcorn & a movie  
12:00 shopping – Crest |  |
| 15     | 16      | 17        | 18       | 19     |
| 10:00 Chat & exercise  
10:30 – 1:30 table games  
Anadarko Elder pickup at CHR building – 9:30 – 9:40  
CNCC visit | 10:00 Chat & exercise  
10:30 – 1:30 open craft  
10:00 Chat & exercise  
10:30 – 1:00 finish craft  
1:00 kitchen creation | 10:00 Chat & exercise  
10:30 – 1:30 table games  
Binger Elder pickup near Post office – 10 –10:10 | 10:00 Chat & exercise  
11:00 popcorn & a movie  
12:00 shopping – Thrift stores |  |
| 22     | 23      | 24        | 25       | 26     |
| 10:00 Chat & exercise  
10:30 – 1:30 table games  
Anadarko Elder pickup at CHR building – 9:30 – 9:40  
CNCC visit | 10:00 Chat & exercise  
10:30 – 1:30 open craft  
10:00 Chat & exercise  
10:30 – 1:00 finish craft  
1:00 kitchen creation | 10:00 Chat & exercise  
10:30 – 1:30 table games  
Binger Elder pickup near Post office – 10 –10:10 | 10:00 Chat & exercise  
11:00 popcorn & a movie  
12:00 shopping – Walmart |  |
| 29     | 30      | 31        |          |        |
| 10:00 Chat & exercise  
10:30 – 1:30 open craft  
Anadarko Elder pickup at CHR building – 9:30 – 9:40  
CNCC visit | 10:00 Chat & exercise  
10:30 – 1:00 finish craft  
1:00 kitchen creation | 10:00 Chat & exercise  
11:00 popcorn & a movie  
12:00 shopping – Crest |  |

Daily activities are subject to change due to availability, inclement weather or other unforeseen event.

The AoA/Fritz Hendrix building is open for elder use daily at 10:00. It is closed at 3:00 for daily cleaning and sanitizing.