














January 2018

Memory Center Life Enrichment Program

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Calendar is subject to change - please check on website! ★☆☆☆☆★☆☆☆☆★☆☆☆☆</p> <p>January is:</p> <p>Hot Tea Month National Hobby Month National Oatmeal Month National Soup Month Nat'l Letter Writing Month National Egg Month National Candy Month Eye Care Month Nat'l. Thank You Month Int'l. Creativity Month Apple and Apricots Month</p>						<p>Please note – if there is a threat of severe weather or the temperatures is too extreme, outings will have to be rescheduled!</p> 
	<p style="text-align: right;">1</p> <p>9:15 Good Morning! Coffee, news, exercise/water</p> <p>Rose Parade </p> <p>1:30 Trivia/ Music Serve Snacks/snack mix 4:00 Rose Bowl OU vs. Georgia</p> <p style="text-align: center;">Full Moon</p>	<p style="text-align: right;">2</p> <p>9:15 Good Morning! Coffee News, exercise, word games</p> <p>1:30 Active Game- Volleyball Bingo Serve snacks 3:00 Small groups</p> <p>6:00 Word Games 7:00 Movie</p>	<p style="text-align: right;">3</p> <p>9:15 Good Morning! Coffee Tulsa News, exercise/hydration 10:30 Holy Communion Gospel Music 1:30 Art with Jenny 1:30 Active Game-balloon Sing with Gary Serve Snacks 3:00 small groups 6:00 Lawrence Welk Hour 7:00 Movie Time</p> <p style="text-align: center;">Rose Gillig Birthday!</p>	<p style="text-align: right;">4</p> <p>9:15 Good Morning! Coffee Tulsa News, exercise/hydration 9:30 Visits w/ Jan & Simone 10:30 Bible Study</p> <p>1:30 Piano with Karen Harrington 2:00 Asbury Methodist Puppet Show 3:00 Trivia Day</p> <p>6:00 Karaoke</p>	<p style="text-align: right;">5</p> <p>9:15 Coffee and conversation Tulsa News, exercise/hydration Word Games- Bird Day</p>  <p>1:30 Trivia Treasure 2:00 Sing-A-Long with Virginia Serve Snacks 3:00 travel video/ Bird day</p> <p>Classic Movie Night</p>	<p style="text-align: right;">6</p> <p>9:15 Coffee and conversation 10:00 Tulsa World 10:30 Karing K-9's Exercise / Word Games</p> <p>1:30 Sing a long 2:00-4:00 Ice Cream Parlor Open Serve Snacks/ Small groups Movie Time</p> <p style="text-align: center;">Epiphany</p> <p style="text-align: center;">Bob McGuire Birthday!</p>
<p style="text-align: right;">7</p> <p>9:15 Coffee Corner 9:30 Tulsa World 10:00 Holy Communion at St. Anna's Chapel 10:30 Worship Video 1:30 Holy Communion 2-4 Ice Cream Parlor Open 2:15 Gospel Sing-A-Long 3:00 Friend and family movie Time Ray Bingham Birthday!</p>	<p style="text-align: right;">8</p> <p>9:15 Good Morning! Coffee, Tulsa News, exercise/hydration</p> <p>1:30 Art with Jenny 1:30 Piano with Karen Rich Christmas Trees Down Serve Snacks/ Travel video</p> <p>7:00 College Football National Championship Game</p>	<p style="text-align: right;">9</p> <p>9:15 Good Morning! Coffee, Tulsa News, exercise/hydration 10:00 Catholic Mass in Chapel</p> <p>1:30 Volleyball Crossword Puzzle Serve Snacks/ Poetry Day Small Groups</p> <p>6:00 Word Game 7:00 /Movie Time</p>	<p style="text-align: right;">10</p> <p>9:15 Good Morning! Coffee Tulsa News, exercise/hydration 10:30 Holy Communion Gospel Music</p> <p>1:30 active time with wellness center Clavinova sing Serve snacks 3:00 small groups videos snowflakes 6:00 Lawrence Welk Hour</p>	<p style="text-align: right;">11</p> <p>9:15 Good Morning! Coffee Tulsa News, exercise/hydration 9:30 Visits w/ Jan & Simone 10:30 Bible Study</p> <p>1:30 Snow Ball fight Bingo Serve Snacks/ Milk Day 3:00 small group/table games Travel time</p>	<p style="text-align: right;">12</p> <p>9:15 Coffee and conversation News, exercise, word games 10:00 Friends of Flora & Fauna Meeting – LR</p> <p>1:30 Trivia Treasure 2:00 Sing-A-Long with Virginia Serve Snacks 3:00 active time with wellness center</p> <p>6:00 Classic Movie Night</p>	<p style="text-align: right;">13</p> <p>9:15 Coffee Corner, Tulsa News Exercise, drinks, word games</p> <p>1:45 SPCA Pet Therapy</p>  <p style="text-align: center;">Visits</p> <p>2:00 Sing a long 2:00-4:00 Ice Cream Parlor 3:00 Movie Time</p>

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<p align="right">14</p> <p>9:15 Coffee Corner, Tulsa News 10:00 Holy Communion at St. Anna's Chapel 10:30 Worship Video</p> <p>1:30 Holy Communion 2-4 Ice Cream Parlor Open 2:15 Gospel Sing-A-Long 3:00 Movie Time</p>	<p align="right">15</p> <p>9:15 Coffee and conversation Tulsa News, exercise/hydration MLK Parade on TV 1:30 Art with Jenny 1:30 Pianist Michele Cowen More music and singing Serve Snacks 3:00 Small Groups History video</p> <p align="center">Joan Magie Birthday!</p> <p align="center">Martin L. King, Jr. Day</p>	<p align="right">16</p> <p>9:15 Good Morning! Coffee, Tulsa News, exercise/hydration</p> <p>1:30 Active game- volleyball Bingo / Serve Snacks 3:00 small groups/table games</p> <p align="center"> Snowmen</p> <p>6:00 Sing a long 7:00 Movie</p>	<p align="right">17</p> <p>9:15 Good Morning! Coffee, conversation, news, exercise, hydration 10:30 Holy Communion Gospel music</p> <p>1:30 active time with wellness center Trivia time Serve Snacks 3:00 small groups/ travel videos</p> <p>6:00 Lawrence Welk Hour</p>	<p align="right">18</p> <p>9:15 Coffee and Conversation Tula News, exercise/hydration 9:30 Visits w/ Jan & Simone 10:30 Bible Study Small groups</p> <p>1:30 Luigi Sings 3:00 Small group/ trivia Serve Snacks/ Winnie the Pooh Day/ small groups</p> <p>6:00 Karaoke</p>	<p align="right">19</p> <p>9:15 Coffee Corner, Tulsa News, exercise/hydration 9:30 Gathan Graham performs</p> <p align="center"></p> <p>1:30 Trivia Treasure 2:00 Sing-A-Long with Virginia Serve Snacks 3:00 active time with wellness center</p> <p>6:00 Classic Movie Night</p> <p align="center">George Carver Birthday!</p>	<p align="right">20</p> <p>9:15 Coffee Corner, Tulsa News Exercise, drinks, word games</p> <p>1:30 Trivia Tease & More 2:00-4:00 Ice Cream Parlor 2:00 Sing-A-Long Serve Snacks 3:00 Movie Time</p>
<p align="right">21</p> <p>9:15 Coffee Corner Tulsa World 10:00 Holy Communion at St. Anna's Chapel 10:30 Worship Video 1:30 Holy Communion 2-4 Ice Cream Parlor Open 2:15 Gospel Sing-A-Long Serve Snacks 3:00 Family & Friends Movie Time</p>	<p align="right">22</p> <p>9:15 Good Morning! Coffee, Tulsa News, exercise/hydration Small group 1:30 Art with Jenny Sing a long Serve Snacks 3:00 Small groups Travel video 7:00 Movie Time</p>	<p align="right">23</p> <p>9:15 Coffee and conversation Tulsa News , exercise/hydration</p> <p>1:30 Trivia 2:00 Unit Birthday Party with Railway Mtn. Band 3:00 small group/quiet time</p> <p>6:00 Karaoke/ /Movie Time 7:00 Movie</p>	<p align="right">24</p> <p>9:15 Coffee and conversation Tulsa News, exercise/hydration 10:30 Holy Communion Gospel music</p> <p>1:30 Pianist Michael Bedford Crossword Puzzle 3:00 snacks/ small groups/ videos</p> <p>6:00 Lawrence Welk Hour</p>	<p align="right">25</p> <p>9:15 Coffee and Conversation Tula News, exercise/hydration 9:30 Visits w/ Jan & Simone 10:30 Bible Study</p> <p>1:30 Active Game Bingo 3:00 Small group/ Mardi Gras Serve Snacks</p> <p>6:00 Karaoke</p>	<p align="right">26</p> <p>9:15 Coffee Corner, Tulsa News, exercise/hydration</p> <p>1:30 Trivia Treasure 2:00 Sing-A-Long with Virginia Serve Snacks 3:00 Small Groups 3:00 Resident council</p> <p>6:00 Classic Movie Night</p>	<p align="right">27</p> <p>9:15 Coffee Corner, Tulsa News Exercise, drinks, word games</p> <p>1:30 Trivia Tease & More 2:00-4:00 Ice Cream Parlor 2:00 Sing-A-Long Serve Snacks 3:00 Movie Time/ football</p>
<p align="right">28</p> <p>9:15 Coffee Corner, News 10:00 Holy Communion at St. Anna's Chapel 10:30 Worship Video 1:30 Holy Communion 2-4 Ice Cream Parlor Open 2:15 Gospel Sing-A-Long Serve Snacks 3:00 Family & Friends Movie Time</p>	<p align="right">29</p> <p>9:15 Good Morning! Coffee, Tulsa News, exercise/hydration Small Groups 1:30 Art with Jenny Sing a long Serve Snacks/ 3:00 Small groups/valentines Travel video 7:00 Movie Time</p>	<p align="right">30</p> <p>9:15 Good Morning! Coffee News, exercise, word games</p> <p>1:30 Active Game- Volleyball 2:30 Pianist Danny Miller Serve snacks 3:00 Small groups</p> <p>6:00 Word Games 7:00 Movie</p>	<p align="right">31</p> <p>9:15 Good Morning! Coffee, news, exercise/hydration 10:30 Holy Communion Gospel music</p> <p>1:30 Active time with wellness center Trivia time Serve Snacks 3:00 small groups</p> <p>6:00 Lawrence Welk Hour</p>	<p align="center">Activity Location Key</p> <p>MC - Memory Center CR - Common Room D - Crossroads Ice Cream Parlor HC - Health Care Center SC - Smith Conference Center B - The Bistro in Assisted Living CC - Carla's Corner in AL LR - Living Room in AL V - Valleyview Dining Room In Assisted Living</p>	<p align="center"><i>The Crossroads Ice Cream Parlor</i></p> <p align="center">—◆—</p> <p align="center">Open Tuesday, Thursday, Saturday and Sunday 2:00 p.m.- 4:00 p.m.</p>	<p align="center"><i>The Gift Garden Shop</i></p> <p align="center"></p> <p align="center">Open Monday, Wednesday and Friday 2:00 p.m. - 4:00 p.m.</p>