
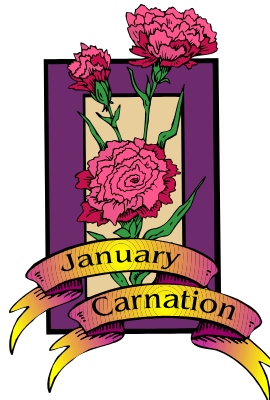
















January 2019

Dotson Family Assisted Living 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 Tubers & Dried Fruit Month</p>		<p style="text-align: right;">1</p> <p>9:00 Yoga - LR 10:00 Sing-a-long with Susan - B 1:15 Documentaries – GR 1:30 Laughter Club - HC 2:00-4:00 Ice Cream Parlor 2-4 Visits with Simone in ALP 3:00 Bible Study 3:45 Crossword Puzzle – LR</p> <p>1:00 Fiesta Bowl (LSU/UCF) 5:00 Rose Bowl (Washington/Ohio) 8:45 Sugar Bowl (Texas/Georgia) </p> <p style="text-align: center;">Happy New Year!</p>	<p style="text-align: right;">2</p> <p>9:30 Water Aerobics - WC 10:00 Holy Communion 10:30 Get Movin' - WC 10:30 Sit & Stretch - GR 1:00 On Location – GR 1:10 On Location – LR 1:20 Culinary Club: National Soup Month - ALP 2:00-4:00 Ice Cream Parlor 2-4 Visits with Simone I:l 3:30 Cocktail Hour – B 6:00 Bingo – B</p> <p style="text-align: center;">Happy Birthday Doris Stanton</p>	<p style="text-align: right;">3</p> <p>9:00 Yoga - LR 10:00 Catholic Mass in St. Anna's Chapel 10:45 Chair Tai Chi - LR 11:00 Walking Club - WC 1:00 Movie Matinee - GR 1:10 Stitch-in-time - OL 1:30 Water Walking - WC 2:00 – 4:00 Ice Cream Parlor 2-4 Visits with Simone in ALP 3:30 Hot Tea & Trivia- ALP</p> <p style="text-align: center;">Trivia Day</p>	<p style="text-align: right;">4</p> <p>9:30 Water Aerobics - WC 10:30 Wirick Music Series: Jerry Dwayne - HC 10:30 Get Movin' - WC 1:00 Games & Competition - GR 1:30 Bingo – ALP 2-4 Visits with Simone I:l 2:00 Movie Matinee - GR 2:00-4:00 Gift Garden Open</p>	<p style="text-align: right;">5</p> <p>10:00 Game Time in the Bistro 10:15 Karing K-9's - ALP  1:00 Afternoon Movie or Sports – LR 1:15 Movie Matinee – GR 2:00 Afternoon Movie ALP 2-4 Visits with Simone in ALP 2:00-4:00 Ice Cream Parlor</p>
<p style="text-align: right;">6</p> <p>10:00 Holy Communion 1:00 Afternoon Movie – GR 1:15 Movie Matinee – LR 2:00-4:00 Ice Cream Parlor 2-4 Visits with Simone in ALP 2:00 Afternoon Sports Or Movie – ALP</p>  <p style="text-align: center;">Epiphany</p>	<p style="text-align: right;">7</p> <p>9:30 Water Aerobics - WC 10:30 Get Movin' - WC 10:30 Sit & Stretch - GR 10:30 Art Expression w/ Jenny Nemece – S 1:00 Game Room Tree Undecorating Party 2:00 Movie Matinee - GR 2:00 – 4:00 Gift Garden Open 2-4 Visits with Simone I:l 3:30 Crossroads Tree Undecorating Party 6:00 Crossword Puzzle – GR 8:00 College Football National Championship Happy Birthday Adele Garren</p>	<p style="text-align: right;">8</p> <p>9:00 Yoga - LR 10:00 Sing-a-long - GR 11:00 Walking Club - WC 1:15 Documentaries – GR 1:30 Water Walking - WC 1:30 The Great Am. Songbook with Pat Hobbs - CR 2:00-4:00 Ice Cream Parlor 2-4 Visits with Simone in ALP 3:00 Bible Study 3:45 Crossword Puzzle – LR</p>	<p style="text-align: right;">9</p> <p>9:30 Water Aerobics - WC 10:00 Holy Communion 10:30 Get Movin' - WC 10:30 Sit & Stretch - GR 10:30 Veteran's Coffee Bunker - HC 1:00 On Location – GR 1:10 On Location – LR 2:00-4:00 Ice Cream Parlor 2-4 Visits with Simone I:l 3:30 Cocktail Hour & Tree Undecorating Party In Hille Foyer 6:00 Bingo – B</p>	<p style="text-align: right;">10</p> <p>9:00 Yoga - LR 9:45 Laughter Club - GR 10:00 Friends of Flora & Fauna Meeting – B 11:00 Walking Club - WC 1:00 Movie Matinee - GR 1:10 Stitch-in-time - OL 1:30 Water Walking - WC 2:00 – 4:00 Ice Cream Parlor 2-4 Visits with Simone in ALP 3:00 Common Room Tree Undecorating Party</p> 	<p style="text-align: right;">11</p> <p>9:30 Water Aerobics - WC 10:30 Wirick Music Series: Luigi Balletto - HC 10:30 Get Movin' - WC 1:00 Games & Competition - GR 1:30 Bingo – ALP 2-4 Visits with Simone I:l 2:00 Movie Matinee - GR 2:00-4:00 Gift Garden Open</p>	<p style="text-align: right;">12</p> <p>10:30 Wayman Tisdale Fine Arts Academy Dance Troupe - CR 1:00 Afternoon Movie or Sports – LR 1:15 Movie Matinee – GR 1:30 SPCA Pet Therapy Visits – ALP 2:00 Afternoon Movie – ALP 2-4 Visits with Simone in ALP 2:00-4:00 Ice Cream Parlor</p>
<p style="text-align: right;">13</p> <p>10:00 Holy Communion 1:00 Afternoon Movie – GR 1:15 Movie Matinee – LR 2:00-4:00 Ice Cream Parlor 2-4 Visits with Simone in ALP 2:00 Afternoon Sports Or Movie – ALP</p>	<p style="text-align: right;">14</p> <p>9:30 Water Aerobics - WC 10:30 Get Movin' - WC 10:30 Sit & Stretch - GR 10:30 Art Expression w/ Jenny Nemece – S 1:00 Movie Matinee - GR 1:15 Culinary Club: Granola - CC 2:00 – 4:00 Gift Garden Open 2-4 Visits with Simone I:l 3:00 Men's Club - B 3:30 Bingo - ALP 6:00 Scattergories - GR National Granola Bar Day</p>	<p style="text-align: right;">15</p> <p>9:00 Yoga - LR 10:00 Sing-a-long with Susan - B 11:00 Walking Club - WC 1:15 Documentaries – GR 1:30 Water Walking - WC 1:30 Painting - ALP 2:00-4:00 Ice Cream Parlor 2-4 Visits with Simone in ALP 3:00 Bible Study – S 3:45 Crossword Puzzle – LR</p> <p style="text-align: center;">Happy Birthday Eleanor Smith</p>	<p style="text-align: right;">16</p> <p>9:30 Water Aerobics - WC 10:00 Hyechka Choir outing 10:00 Holy Communion 10:30 Get Movin' - WC 10:30 Sit & Stretch - GR 10:30 Veteran's Coffee Bunker - HC 1:00 On Location – GR 1:10 On Location – LR 2:00 – 4:00 Gift Garden Open 2-4 Visits with Simone I:l 3:30 Cocktail Hour 6:00 Bingo – B</p>	<p style="text-align: right;">17</p> <p>9:00 Yoga - LR 9:30 Rosary in the Library 10:15 Tulsa Heartstrings - CR 11:00 Walking Club - WC 1:00 Movie Matinee - GR 1:10 Stitch-in-time - OL 1:30 Water Walking - WC 2:00 – 4:00 Ice Cream Parlor 2-4 Visits with Simone in ALP 3:00 Culinary Club: Caramel Corn - ALP National Popcorn Day Happy Birthday Arlene Pryor</p>	<p style="text-align: right;">18</p> <p>9:30 Water Aerobics - WC 10:30 Wirick Music Series: Pianist Bill Rowland -HC 10:30 Get Movin' - WC 1:00 Games & Competition - GR 1:30 Bingo – ALP 2-4 Visits with Simone I:l 2:00 Movie Matinee – GR 2:00-4:00 Gift Garden Open</p>	<p style="text-align: right;">19</p> <p>10:00 Game Time in the Bistro 10:30 Bingo - ALP 1:00 Afternoon Movie or Sports – LR 1:15 Movie Matinee – GR 2:00 Afternoon Movie – ALP 2-4 Visits with Simone in ALP 2:00-4:00 Ice Cream Parlor</p>

January 2019

Dotson Family Assisted Living Center Life Enrichment Program

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p align="right">20</p> <p>10:00 Holy Communion 1:00 Afternoon Movie – GR 1:15 Movie Matinee – LR 2:00-4:00 Ice Cream Parlor 2-4 Visits with Simone in ALP 2:00 Afternoon Sports Or Movie – ALP</p>	<p align="right">21</p> <p>9:30 <i>Water Aerobics - WC</i> 10:30 Art Expression w/ Jenny Nemeč – S 10:30 <i>Get Movin' - WC</i> 10:30 <i>Sit & Stretch - GR</i> 1:30 Gilcrease Speaker Dick Clark - LR 2:00 – 4:00 Gift Garden Open 2-4 Visits with Simone I:I 2:30 Movie Matinee - GR 3:30 Bingo - ALP 6:00 Scrabble – GR</p>  <p align="center">Martin L. King, Jr. Day</p>	<p align="right">22</p> <p>9:00 <i>Yoga - LR</i> 10:00 Sing-a-long - GR 11:00 <i>Walking Club - WC</i> 1:15 Documentaries – GR 1:30 <i>Water Walking - WC</i> 1:30 Painting - ALP 2:00-4:00 Ice Cream Parlor 2-4 Visits with Simone in ALP 3:00 Bible Study – S 3:45 Crossword Puzzle – LR</p>	<p align="right">23</p> <p>9:30 <i>Water Aerobics - WC</i> 10:00 Holy Communion 10:30 <i>Get Movin' - WC</i> 10:30 <i>Sit & Stretch - GR</i> 10:30 Veteran's Coffee Bunker - HC 1:00 On Location – GR 1:10 On Location – LR 1:20 Culinary Club: Birthday Cupcakes- ALP 2:00 – 4:00 Gift Garden Open 2-4 Visits with Simone I:I 3:30 January Birthday Party & Cocktail Hour – B 6:00 Bingo – B Nat'l Irish Coffee Day</p>	<p align="right">24</p> <p>9:00 <i>Yoga - LR</i> 10:30 David Horne Jazz Duo -CR 11:00 <i>Walking Club - WC</i> 1:00 Movie Matinee - GR 1:10 Tulsa Air & Space Museum Outing 1:30 <i>Water Walking - WC</i> 2:00 – 4:00 Ice Cream Parlor 2-4 Visits with Simone in ALP 3:45 Board Games - ALP</p> <p align="center"><i>Happy Birthday</i> Bishop William Cox</p>	<p align="right">25</p> <p>9:30 <i>Water Aerobics - WC</i> 10:30 Wirick Music Series: Gathan Graham - HC 10:30 <i>Get Movin' - WC</i> 1:00 Games & Competition - GR 1:30 Bingo – ALP 2-4 Visits with Simone I:I 2:00 Movie Matinee - GR 2:00-4:00 Gift Garden Open</p> <p align="center"><i>Happy Birthday</i> Virginia Franklin</p>	<p align="right">26</p> <p>10:00 Game Time in the Bistro 10:30 Bingo - ALP 1:00 Afternoon Movie or Sports – LR 1:15 Movie Matinee – GR 2:00 Afternoon Movie – ALP 2-4 Visits with Simone in ALP 2:00-4:00 Ice Cream Parlor</p> <p align="center"><i>Happy Birthday</i> Bill Fry</p>
<p align="right">27</p> <p>10:00 Holy Communion 1:00 Afternoon Movie – GR 1:15 Movie Matinee – LR 2:00-4:00 Ice Cream Parlor 2-4 Visits with Simone in ALP 2:00 Afternoon Sports Or Movie – ALP</p> <p align="center"><i>Happy Birthday</i> Delores Betz</p>	<p align="right">28</p> <p>9:30 Vintage TV – GR 10:30 Art Expression w/ Jenny Nemeč – S 10:30 <i>Sit & Stretch - GR</i> 1:00 Movie Matinee - GR 1:40 Culinary Club: Apricot Orange Scones - ALP 3:30 Tea Time in the Bistro</p>  <p>6:00 Beginnings and Endings – GR</p>	<p align="right">29</p> <p>9:00 <i>Yoga - LR</i> 10:00 Resident Council – S 10:30 Outing to Victoria's Tea Room 11:00 <i>Walking Club - WC</i> 1:15 Resident Council – ALP 1:15 Documentaries – GR 1:30 <i>Water Walking - WC</i> 1:30 Laughter Club - HC 2:00-4:00 Ice Cream Parlor 2-4 Visits with Simone in ALP 3:00 Bible Study 3:45 Crossword Puzzle – LR</p>	<p align="right">30</p> <p>9:30 <i>Water Aerobics - WC</i> 10:00 Holy Communion 10:30 <i>Get Movin' - WC</i> 10:30 <i>Sit & Stretch - GR</i> 10:30 Veteran's Coffee Bunker - HC 1:00 On Location – GR 1:10 On Location – LR 2:00 – 4:00 Gift Garden Open 2-4 Visits with Simone I:I 3:30 Cocktail Hour w/Singer & Guitarist James Tate -B 6:00 Bingo – B</p>	<p align="right">31</p> <p>9:00 <i>Yoga - LR</i> 10:00 Resident Council – LR 10:45 Chair Tai Chi - LR 11:00 <i>Sit & Stretch - ALP</i> 11:00 <i>Walking Club - WC</i> 1:00 Movie Matinee - GR 1:30 Stitch-in-time - OL 1:30 <i>Water Walking - WC</i> 2:00 – 4:00 Ice Cream Parlor 2-4 Visits with Simone in ALP 3:30 Board Games - ALP</p>		
		<p align="center"><i>The Crossroads Ice Cream Parlor</i></p> <hr/> <p align="center">Open Tuesday, Thursday, Saturday and Sunday 2:00 p.m. – 4:00 p.m.</p> 	<p align="center">The Bishop Moody Wellness Center</p>  <p align="center">Open Monday – Friday 9:00 a.m. – 4:30 p.m.</p>	<p align="center"><u>Activity Location Key</u> CR = Common Room ALP = Crossroads Parlor (Assisted Living Plus- formerly D hall) LR – Downstairs Living Room GR – Upstairs Game Room B – The Bistro CC – Carla's Corner V – Valley View Dining Room S – Skyline DR (upstairs) WC – Wellness Center OL – Osage Lookout (Casey Hall) SC – Smith Conference Center H – Hille Foyer (Dotson AL Lobby) HC – Healthcare Center MC – Memory Center</p>	<p align="center">Please note – if there is a threat of severe weather or the temperatures is too extreme, outings will have to be rescheduled!</p> 	<p align="center"><i>The Gift Garden Shop</i></p>  <p align="center">Open Monday, Wednesday and Friday 2:00 p.m. – 4:00 p.m.</p>