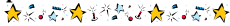

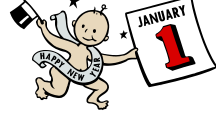










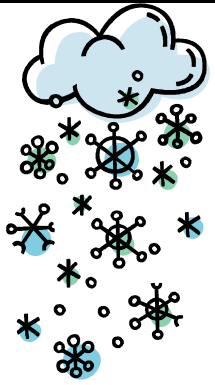






# January 2019

# Memory Center Life Enrichment Program

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Calendar is subject to change – please check on website!    <b>January is:</b></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 &amp; Dried Fruit Month</p>		<p><b>1</b></p> <p>9:15 Good Morning! Beverages, newspaper, exercise, crafts, word games.</p> <p><i>Small groups/1:1</i>            1:30 New Year's Day Football Fun and crafts</p> <p><b>Happy New Year!</b></p> 	<p><b>2</b></p> <p>9:15 Good Morning! Beverages, newspaper, exercise, crafts, word games.</p> <p><b>10:30 Holy Communion</b>            Gospel Music  <i>Small groups/1:1</i>            1:30 Cookin Fun- <i>Baby it's Chili outside</i>            Serve snacks            3:00 <i>Exercise with Wellness Center</i></p>	<p><b>3</b></p> <p>9:15 Good Morning! Beverages, newspaper, exercise, crafts, word games.</p> <p><b>10:00 Catholic Mass in Chapel</b>            10:30 Bible Study  <i>Small groups/1:1</i>            1:00 <i>Wellness Center</i>            1:30 Active Game</p> <p><b>BINGO</b></p> <p>Serve Snacks            Video or trivia  <b>Happy Birthday</b>            Elaine Morris            Rose Gillig</p>	<p><b>4</b></p> <p>9:15 Good Morning! Beverages, newspaper, exercise, crafts, word games.</p> <p>Word Games  <i>Small groups/ 1:1</i></p> <p>1:30 Trivia Treasure            2:00 Sing-A-Long with Virginia            Serve Snacks            3:00 <i>active time with wellness center</i>            Afternoon show</p>	<p><b>5</b></p> <p>9:15 Good Morning! Beverages, newspaper, exercise, crafts, word games.</p> <p><b>10:30 Karing K-9's</b>            Exercise / Word Games</p> <p>1:30 Sing a long            2:00-4:00 Ice Cream Parlor Open            Serve Snacks/ Small groups</p> <p>Movie time/ sports/ small groups</p>
<p><b>6</b></p> <p>9:15 Coffee Corner/news  <b>10:00 Holy Communion at St. Anna's Chapel</b>            10:30 Worship Video</p> <p><b>1:30 Holy Communion</b>            2-4 Ice Cream Parlor Open            2:15 Gospel Sing-A-Long            Movie/sports/ small groups</p>  <p><b>Epiphany</b>  <b>Happy Birthday</b>            Bob McGuire</p>	<p><b>7</b></p> <p>9:15 Good Morning! Beverages, newspaper, exercise, crafts, word games.  <i>Small groups/ 1:1</i>  <b>1:30 Art with Jenny</b>            1:30 sing a long, trivia            Serve Snacks  <b>Christmas Tree coming down</b></p> <p>Evening movie</p>	<p><b>8</b></p> <p>9:15 Good Morning! Beverages, newspaper, exercise, crafts, word games.  <i>Small groups/1:1</i>            1:00 <i>Wellness Center</i>            1:30 toss an ornament challenge            Serve snacks –            Poetry day  <b>Christmas Tree coming down.</b></p> <p>Evening movie</p>	<p><b>9</b></p> <p>9:15 Good Morning! Beverages, newspaper, exercise, crafts, word games.  <b>10:30 Holy Communion</b>            Gospel Music  <i>Small groups/1:1</i>            National Bird Day            1:30 Cookin Time- Chicken spaghetti            Serve snack            3:00 <i>Exercise with Wellness Center</i></p> <p><b>Happy Birthday</b>            Deborah Childers</p>	<p><b>10</b></p> <p>9:15 Good Morning! Beverages, newspaper, exercise, crafts, word games.  <i>Small groups/1:1</i>            1:00 <i>Wellness Center</i>            1:30 Active Game</p> <p>Serve Snacks</p> <p>Evening movie</p>	<p><b>11</b></p> <p>9:15 Good Morning! Beverages, newspaper, exercise, crafts, word games.  <i>Small groups/1:1</i>            1:30 Trivia Treasure            2:00 Sing-A-Long with Virginia            Serve Snacks            3:00 <i>active time with wellness center</i></p>	<p><b>12</b></p> <p>9:15 Good Morning! Beverages, newspaper, exercise, crafts, word games.</p> <p>1:30 Trivia Tease &amp; More            2:00-4:00 Ice Cream Parlor            2:00 Sing-A-Long            Serve Snacks            3:00 Movie Time</p> <p>Movie time/sports/ small groups</p>
<p><b>13</b></p> <p>9:15 Coffee Corner/news  <b>10:00 Holy Communion at St. Anna's Chapel</b>            10:30 Worship Video</p> <p><b>1:30 Holy Communion</b>            2-4 Ice Cream Parlor Open            2:15 Gospel Sing-A-Long            Movie/sports/small groups</p>	<p><b>14</b></p> <p>9:15 Good Morning! Beverages, newspaper, exercise, crafts, word games.  <i>Small groups/1:1</i>  <b>1:30 Art with Jenny</b>            1:30 sing a long, trivia            Serve Snacks            National Clean off your desk day.            Wii games</p> <p>7:00 Movie Time</p>	<p><b>15</b></p> <p>9:15 Good Morning! Beverages, newspaper, exercise, crafts, word games.  <i>Small groups/1:1</i>            1:00 <i>Wellness Center</i>            1:30 Toss lemons in the hat day-competition            Serve snacks            Learn your name in morse code.</p>	<p><b>16</b></p> <p>9:15 Good Morning! Beverages, newspaper, exercise, crafts, word games.  <b>10:30 Holy Communion</b>            Gospel Music  <i>Small groups/1:1</i></p> <p>1:30 Cookin Time- Hot and Spicy            Serve snacks            3:00 <i>Wellness center Stretch</i>            Do Nothing Day            6:00 Lawrence Welk Hour</p>	<p><b>17</b></p> <p>9:15 Good Morning! Beverages, newspaper, exercise, crafts, word games.  <b>9:30 Tulsa Heartstrings</b>            10:30 Bible Study  <i>Small groups. 1:1</i>            1:00 <i>Wellness Center</i></p> <p><b>1:30 Luigi Sings!!</b></p>  <p>Serve Snacks            Trivia or video</p>	<p><b>18</b></p> <p>9:15 Good Morning! Beverages, newspaper, exercise, crafts, word games.  <i>Small groups/ 1:1</i></p> <p>1:30 Trivia Treasure            2:00 Sing-A-Long with Virginia            Serve Snacks            3:00 <i>active time with wellness center</i></p> <p>6:00 Classic Movie Night</p>	<p><b>19</b></p> <p>9:15 Good Morning! Beverages, newspaper, exercise, crafts, word games.</p> <p>1:30 Trivia Tease &amp; More            2:00-4:00 Ice Cream Parlor            2:00 Sing-A-Long            Serve Snacks</p> <p>Movie time/sports/small groups</p> <p><b>Happy Birthday</b>            George Carver</p>

# January 2019

# Memory Center Life Enrichment Program

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>20</b></p> <p>9:15 Coffee Corner, Tulsa News  <b>10:00 Holy Communion at St. Anna's Chapel</b>                      10:30 Worship Video</p> <p><b>1:30 Holy Communion</b>                      2-4 Ice Cream Parlor Open                      2:15 Gospel Sing-A-Long                      Movie/sports/small groups</p>	<p><b>21</b></p> <p>9:15 Good Morning! Beverages, newspaper, exercise, crafts, word games.  <i>Small groups/ 1:1</i></p> <p><b>1:30 Art with Jenny</b>                      1:30 sing a long, trivia, Serve Snacks                      Wii games</p> <p>  <b>Martin L. King, Jr. Day</b></p>	<p><b>22</b></p> <p>9:15 Good Morning! Beverages, newspaper, exercise, crafts, word games.</p> <p>1:00 <i>Wellness Center</i></p> <p>  <b>2:00 January Birthday Party!!! Railway Mtn. band</b>                      Snacks/ drinks                      Trivia</p>	<p><b>23</b></p> <p>9:15 Good Morning! Beverages, newspaper, exercise, crafts, word games.  <b>10:30 Holy Communion</b>                      Gospel music  <i>Small groups/ 1:1</i>  <b>1:30 Cookin Time- Southern Food</b>                      Serve Snacks</p> <p>3:00 <i>Wellness center Stretch</i>                      6:00 Lawrence Welk Hour</p>	<p><b>24</b></p> <p>9:15 Good Morning! Beverages, newspaper, exercise, crafts, word games.                      10:30 Bible Study</p> <p>1:00 <i>Wellness Center</i>                      1:30 Active game</p> <p>                      Serve Snacks                      National Compliment Day</p>	<p><b>25</b></p> <p>9:15 Good Morning! Beverages, newspaper, exercise, crafts, word games.</p> <p>  <b>9:30 Gathan Graham</b>                      1:30 Trivia Treasure                      2:00 Sing-A-Long with Virginia                      Serve Snacks                      3:00 <i>active time with wellness center</i></p> <p>6:00 Classic Movie Night</p>	<p><b>26</b></p> <p>9:15 Good Morning! Beverages, newspaper, exercise, crafts, word games.</p> <p>1:30 Trivia Tease &amp; More                      2:00-4:00 Ice Cream Parlor                      2:00 Sing-A-Long                      Serve Snacks</p> <p>Movie time/sports/small groups</p>
<p><b>27</b></p> <p>9:15 Coffee Corner                      Tulsa World  <b>10:00 Holy Communion at St. Anna's Chapel</b>                      10:30 Worship Video</p> <p><b>1:30 Holy Communion</b>                      2-4 Ice Cream Parlor Open                      2:15 Gospel Sing-A-Long                      Serve Snacks                      Movie/sports/small groups</p>	<p><b>28</b></p> <p>9:15 Good Morning! Beverages, newspaper, exercise, crafts, word games.</p> <p><i>Small groups 1:1</i>  <b>1:30 Art with Jenny</b>                      1:30 sing a long, trivia, Serve Snacks                      Wii games</p> <p>7:00 Movie Time</p>	<p><b>29</b></p> <p>9:15 Good Morning! Beverages, newspaper, exercise, crafts, word games.  <i>Small groups/ 1:1</i></p> <p>1:00 <i>Wellness Center</i>                      1:30 Grumpy Games                      Snacks/patio time                      trivia</p> <p>7:00 Movie</p>	<p><b>30</b></p> <p>9:15 Good Morning! Beverages, newspaper, exercise, crafts, word games.  <b>10:30 Holy Communion</b>                      Gospel music  <i>Small groups/ 1:1</i>                      1:30 Cookin Time- frito chili pie                      Serve snacks                      3:00 <i>Wellness center stretch</i>                      Serve snacks/ video travel</p>	<p><b>31</b></p> <p>9:15 Good Morning! Beverages, newspaper, exercise, crafts, word games.                      10:30 Bible Study  <i>Small groups/ 1:1</i>                      1:00 <i>Wellness Center</i>                      1:30 balloon ball</p> <p>                      Serve Snacks</p> <p>Trivia or video</p>		
		<p><b>The Bishop Moody Wellness Center</b></p> <p></p> <p><b>Open Monday – Friday 9:00 a.m. – 4:30 p.m.</b></p>	<p><b>The Crossroads Ice Cream Parlor</b></p> <p></p> <p><b>Open Tuesday, Thursday, Saturday and Sunday 2:00 p.m.- 4:00 p.m.</b></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></p>	<p><b>Activity Location Key</b></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><b>The Gift Garden Shop</b></p> <p></p> <p><b>Open Monday, Wednesday and Friday 2:00 p.m. – 4:00 p.m.</b></p>