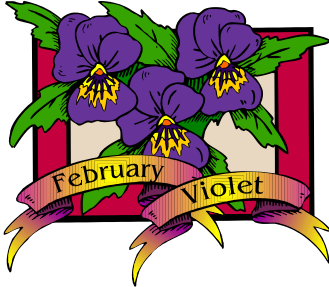

















# February 2019

# Assisted Living Plus Life Enrichment Program

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Calendar is subject to change – please check on website!</p> <p>February is:</p> <ul style="list-style-type: none"> <li>Black History Month</li> <li>American History Month</li> <li>National Wedding Month</li> <li>National Embroidery Month</li> <li>National Grapefruit Month</li> <li>Nat'l. Snack Food Month</li> <li>Nat'l. Blah Busters Month</li> <li>American Heart Month</li> <li>National Cherry Month</li> <li>Int'l. Friendship Month</li> <li>Nat'l. Wild Bird Feeding Mo.</li> <li>Chocolate Lovers Month</li> <li>Potato Lovers Month</li> </ul>					<p style="text-align: right;"><b>1</b></p> <p>9:30 Water Aerobics - WC            10:30 Wirick Music Series:                Jerry Dwayne - HC            10:30 Get Movin' - WC            1:00 Games &amp;                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 style="text-align: right;"><b>2</b></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  <b>Groundhog Day</b>  <i>Happy Birthday Tom Mason</i></p>
<p style="text-align: right;"><b>3</b></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;"><b>Super Bowl Sunday</b></p>	<p style="text-align: right;"><b>4</b></p> <p>9:30 Water Aerobics - WC            10:30 Get Movin' - WC            10:30 Sit &amp; Stretch - GR            10:30 Art Expression w/ Jenny Nemeč – S            1:15 Culinary Club: Cherry Dump Cake - CC            2:00 – 4:00 Gift Garden Open            2:00 Movie Matinee - GR            2:00 – 4:00 Gift Garden Open            2-4 Visits with Simone I:I            3:30 Bingo - ALP            6:00 Scrabble – GR</p> <p style="text-align: center;"><i>Happy Birthday Theola Standridge</i></p>	<p style="text-align: right;"><b>5</b></p> <p>9:00 Yoga - L            10:00 Sing-a-long with Susan - B            11:00 Walking Club - WC            1:15 Documentaries – GR            1:30 Craft Club: Chinese New Year Fans - ALP            1:30 Water Walking - WC            2:00-4:00 Ice Cream Parlor            2-4 Visits with Simone in ALP            3:00 Bible Study            3:45 Crossword Puzzle – LR            Chinese New Year            Year of the Pig </p>	<p style="text-align: right;"><b>6</b></p> <p>9:30 Water Aerobics - WC            10:00 Holy Communion            10:30 Get Movin' - WC            10:30 Sit &amp; Stretch - GR            10:30 Veteran's Coffee Bunker - HC            11:15 Brown Bag It  <b>Concerts at the PAC</b>            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            6:00 Bingo – B</p>	<p style="text-align: right;"><b>7</b></p> <p>9:00 Yoga - L            10:00 Catholic Mass in St. Anna's Chapel            10:15 Tulsa Heartstrings - HC            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 Board Games – ALP</p> <p style="text-align: center;"><i>Happy Birthday Lois Fick</i></p>	<p style="text-align: right;"><b>8</b></p> <p>9:30 Water Aerobics - WC            10:30 Wirick Music Series:                Luigi Balletto - HC            10:30 Get Movin' - WC            1:00 Games &amp;                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 style="text-align: right;"><b>9</b></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            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;"><b>10</b></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;"><b>11</b></p> <p>9:30 Water Aerobics - WC            10:30 Get Movin' - WC            10:30 Sit &amp; Stretch - GR            10:30 Art Expression w/ Jenny Nemeč – S            1:30 Ava Stanley &amp; Joe Wilkinson - CR            2:00 – 4:00 Gift Garden Open            2:30 Movie Matinee - GR            2-4 Visits with Simone I:I            3:00 Men's Club - B            3:30 Bingo - ALP            6:00 Scattergories - GR</p>	<p style="text-align: right;"><b>12</b></p> <p>9:00 Yoga - L            10:00 Marquette School Songs &amp; Crafts - B            11:00 Walking Club - WC            11:30 Tuesdays at Trinity Tulsa Opera - "The Little Prince"            1:30 Documentaries – GR            1:30 Water Walking - WC            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: right;"><b>13</b></p> <p>9:30 Water Aerobics - WC            10:00 Holy Communion            10:30 Get Movin' - WC            10:30 Sit &amp; 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:I            3:30 Cocktail Hour w/Singer &amp; Guitarist James Tate -B            6:00 Bingo – B</p>	<p style="text-align: right;"><b>14</b></p> <p>9:00 Yoga - L            10:30 Pianist Lillian McConnell - CR            11:00 Walking Club - WC            1:00 Movie Matinee - GR            1:10 Culinary Club: Valentine Cookies - CC            1:30 Water Walking - WC            2:00 – 4:00 Ice Cream Parlor            2-4 Visits with Simone in ALP            3:00 Valentine's Day Social w/ Pat Hobbs - CR</p> <p style="text-align: center;"> Valentine's Day</p>	<p style="text-align: right;"><b>15</b></p> <p>9:30 Water Aerobics - WC            10:30 Wirick Music Series:                Pianist Bill Rowland -HC            10:30 Get Movin' - WC            1:00 Games &amp;                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 style="text-align: right;"><b>16</b></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>

# February 2019

# Assisted Living Plus Life Enrichment Program

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p align="right"><b>17</b></p> <p><b>10:00 Holy Communion</b>            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"><b>18</b></p> <p>9:30 <i>Water Aerobics - WC</i>            10:30 <i>Get Movin' - WC</i>            10:30 <i>Sit &amp; Stretch - GR</i>  <b>1:30 Gilcrease Speaker</b>  <b>Dick Clark - LR</b>            2:00 – 4:00 Gift Garden Open            2-4 Visits with Simone I:I  <b>2:30 Art Expression w/</b>  <b>Jenny Nemece - S</b>            2:30 Movie Matinee - GR            3:30 Bingo - ALP  <b>6:00 President's Day</b>  <b>Trivia – GR</b>    <b>President's Day</b></p>	<p align="right"><b>19</b></p> <p>9:00 <i>Yoga - L</i>  <b>10:00 Sing-a-long with</b>  <b>Susan - B</b>            11:00 <i>Walking Club - WC</i>            1:30 Documentaries – GR  <b>1:30 Water Walking - WC</b>  <b>1:30 Tulsa Air &amp; Space</b>  <b>Museum outing</b>            2:00-4:00 Ice Cream Parlor            2-4 Visits with Simone in ALP            3:00 Bible Study – S            3:45 Crossword Puzzle – LR  <b>Happy Birthday</b>  <b>Dorothy Findley</b></p>	<p align="right"><b>20</b></p> <p>9:30 <i>Water Aerobics - WC</i>  <b>10:00 Holy Communion</b>            10:30 <i>Get Movin' - WC</i>            10:30 <i>Sit &amp; Stretch - GR</i>  <b>10:30 Veteran's</b>  <b>Coffee Bunker - HC</b>            1:00 On Location – GR            1:10 On Location – LR  <b>1:20 Culinary Club:</b>  <b>Birthday Cupcakes- ALP</b>            2:00 – 4:00 Gift Garden Open            2-4 Visits with Simone I:I  <b>3:30 February Birthday</b>  <b>Party &amp; Cocktail Hour – B</b>            6:00 Bingo – B</p>	<p align="right"><b>21</b></p> <p>9:00 <i>Yoga - L</i>  <b>9:30 Rosary in the Library</b>            10:45 Chair Tai Chi - LR  <b>11:00 Walking Club - WC</b>            1:00 Movie Matinee - GR            1:30 Stitch-in-time - OL  <b>1:30 Water Walking - WC</b>            2:00 – 4:00 Ice Cream Parlor            2-4 Visits with Simone in ALP            3:30 Board Games - ALP</p> <p align="center"><b>Happy Birthday</b>  <b>Elizabeth Blue</b></p>	<p align="right"><b>22</b></p> <p>9:30 <i>Water Aerobics - WC</i>  <b>10:30 Wirick Music Series:</b>  <b>Gathan Graham - HC</b>            10:30 <i>Get Movin' - WC</i>  <b>1:00 Games &amp;</b>  <b>Competition - GR</b>            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="right"><b>23</b></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"><b>Happy Birthday</b>  <b>Eleanor Gillock</b></p>
<p align="right"><b>24</b></p> <p><b>10:00 Holy Communion</b>            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"><b>25</b></p> <p>9:30 <i>Water Aerobics - WC</i>            10:30 <i>Get Movin' - WC</i>            10:30 <i>Sit &amp; Stretch - GR</i>  <b>10:30 Art Expression w/</b>  <b>Jenny Nemece – S</b>  <b>11:30 "I Can't Drum" @ TCC</b>            1:00 Movie Matinee - GR  <b>1:45 Culinary Club: Dark</b>  <b>Chocolate Chunk &amp; Cherry</b>  <b>Scones- ALP</b>            2:00 – 4:00 Gift Garden Open  <b>3:30 Tea Time in the</b>  <b>Bistro-B</b>            6:00 Beginnings and            Endings – GR</p>	<p align="right"><b>26</b></p> <p>9:00 <i>Yoga - L</i>  <b>9:30 Resident Council – S</b>            10:00 Sing-a-long - GR  <b>11:00 Walking Club - WC</b>  <b>1:15 Resident Council – ALP</b>            1:15 Documentaries – GR  <b>1:30 Water Walking - WC</b>            1:30 Painting - ALP            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"><b>27</b></p> <p>9:30 <i>Water Aerobics - WC</i>  <b>10:00 Holy Communion</b>            10:30 <i>Get Movin' - WC</i>            10:30 <i>Sit &amp; Stretch - GR</i>  <b>10:30 Veteran's</b>  <b>Coffee Bunker - HC</b>            1:00 On Location – GR            1:10 On Location – LR            2:00 – 4:00 Gift Garden Open            2-4 Visits with Simone I:I  <b>3:30 Cocktail Hour</b>            6:00 Bingo – B</p>	<p align="right"><b>28</b></p> <p>9:00 <i>Yoga - L</i>            9:30 Laughter Club - GR  <b>10:00 Resident Council – LR</b>  <b>10:30 David Horne</b>  <b>Jazz Duo -CR</b>  <b>11:00 Sit &amp; Stretch - ALP</b>  <b>11:00 Walking Club - WC</b>            1:00 Movie Matinee - GR            1:30 Stitch-in-time - OL  <b>1:30 Water Walking - WC</b>            2:00 – 4:00 Ice Cream Parlor            2-4 Visits with Simone in ALP            3:30 Board Games - ALP</p>		
		<p align="center"><b>The Crossroads</b>  <b>Ice Cream Parlor</b></p> <p align="center">—◆—</p> <p align="center"><b>Open</b>  <b>Tuesday, Thursday,</b>  <b>Saturday and Sunday</b>  <b>2:00 p.m. – 4:00 p.m.</b></p> 	<p align="center"><b>The Bishop Moody</b>  <b>Wellness Center</b></p>  <p align="center"><b>Open</b>  <b>Monday – Friday</b>  <b>9:00 a.m. – 4:30 p.m.</b></p>	<p align="center"><b>Activity Location Key</b></p> <p>GR = 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"><b>The Gift Garden Shop</b></p>  <p align="center"><b>Open</b>  <b>Monday, Wednesday</b>  <b>and Friday</b>  <b>2:00 p.m. – 4:00 p.m.</b></p>