
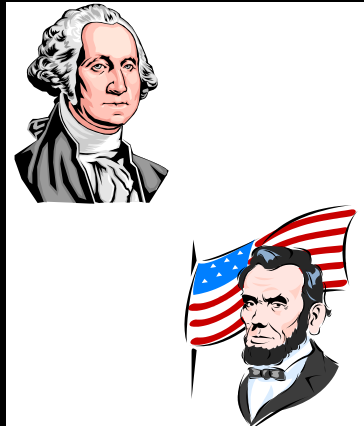
















# February 2019

# 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>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>1</p> <p>9:30 Water Aerobics - WC</p> <p>10:30 Wirick Music Series: Jerry Dwayne - HC</p> <p>10:30 Get Movin' - WC</p> <p>1:00 Games &amp; Competition - GR</p> <p>1:30 Bingo – ALP</p> <p>2-4 Visits with Simone I:I</p> <p>2:00 Movie Matinee - GR</p> <p>2:00-4:00 Gift Garden Open</p>	<p>2</p> <p>10:00 Game Time in the Bistro</p> <p>10:15 Karing K-9's - ALP</p>  <p>1:00 Afternoon Movie or Sports – LR</p> <p>1:15 Movie Matinee – GR</p> <p>2:00 Afternoon Movie ALP</p> <p>2-4 Visits with Simone in ALP</p> <p>2:00-4:00 Ice Cream Parlor</p> <p><b>Groundhog Day</b></p> <p><i>Happy Birthday Tom Mason</i></p>
<p>3</p> <p>10:00 Holy Communion</p> <p>1:00 Afternoon Movie – GR</p> <p>1:15 Movie Matinee – LR</p> <p>2:00-4:00 Ice Cream Parlor</p> <p>2-4 Visits with Simone in ALP</p> <p>2:00 Afternoon Sports Or Movie – ALP</p> <p><b>Super Bowl Sunday</b></p>	<p>4</p> <p>9:30 Water Aerobics - WC</p> <p>10:30 Get Movin' - WC</p> <p>10:30 Sit &amp; Stretch - GR</p> <p>10:30 Art Expression w/ Jenny Nemeč – S</p> <p>1:15 Culinary Club: Cherry Dump Cake - CC</p> <p>2:00 – 4:00 Gift Garden Open</p> <p>2:00 Movie Matinee - GR</p> <p>2:00 – 4:00 Gift Garden Open</p> <p>2-4 Visits with Simone I:I</p> <p>3:30 Bingo - ALP</p> <p>6:00 Scrabble – GR</p> <p><i>Happy Birthday Theola Standridge</i></p>	<p>5</p> <p>9:00 Yoga - L</p> <p>10:00 Sing-a-long with Susan - B</p> <p>11:00 Walking Club - WC</p> <p>1:15 Documentaries – GR</p> <p>1:30 Craft Club: Chinese New Year Fans - ALP</p> <p>1:30 Water Walking - WC</p> <p>2:00-4:00 Ice Cream Parlor</p> <p>2-4 Visits with Simone in ALP</p> <p>3:00 Bible Study</p> <p>3:45 Crossword Puzzle – LR</p> <p>Chinese New Year</p> <p>Year of the Pig </p>	<p>6</p> <p>9:30 Water Aerobics - WC</p> <p>10:00 Holy Communion</p> <p>10:30 Get Movin' - WC</p> <p>10:30 Sit &amp; Stretch - GR</p> <p>10:30 Veteran's Coffee Bunker - HC</p> <p>11:15 Brown Bag It</p> <p><b>Concerts at the PAC</b></p> <p>1:00 On Location – GR</p> <p>1:10 On Location – LR</p> <p>2:00 – 4:00 Gift Garden Open</p> <p>2-4 Visits with Simone I:I</p> <p>3:30 Cocktail Hour</p> <p>6:00 Bingo – B</p>	<p>7</p> <p>9:00 Yoga - L</p> <p>10:00 Catholic Mass in St. Anna's Chapel</p> <p>10:15 Tulsa Heartstrings - HC</p> <p>11:00 Walking Club - WC</p> <p>1:00 Movie Matinee - GR</p> <p>1:10 Stitch-in-time - OL</p> <p>1:30 Water Walking - WC</p> <p>2:00 – 4:00 Ice Cream Parlor</p> <p>2-4 Visits with Simone in ALP</p> <p>3:30 Board Games – ALP</p> <p><i>Happy Birthday Lois Fick</i></p>	<p>8</p> <p>9:30 Water Aerobics - WC</p> <p>10:30 Wirick Music Series: Luigi Balletto - HC</p> <p>10:30 Get Movin' - WC</p> <p>1:00 Games &amp; Competition - GR</p> <p>1:30 Bingo – ALP</p> <p>2-4 Visits with Simone I:I</p> <p>2:00 Movie Matinee - GR</p> <p>2:00-4:00 Gift Garden Open</p>	<p>9</p> <p>10:00 Game Time in the Bistro</p> <p>10:30 Bingo - ALP</p> <p>1:00 Afternoon Movie or Sports – LR</p> <p>1:15 Movie Matinee – GR</p> <p>1:30 SPCA Pet Therapy Visits – ALP</p> <p>2:00 Afternoon Movie – ALP</p> <p>2-4 Visits with Simone in ALP</p> <p>2:00-4:00 Ice Cream Parlor</p>
<p>10</p> <p>10:00 Holy Communion</p> <p>1:00 Afternoon Movie – GR</p> <p>1:15 Movie Matinee – LR</p> <p>2:00-4:00 Ice Cream Parlor</p> <p>2-4 Visits with Simone in ALP</p> <p>2:00 Afternoon Sports Or Movie – ALP</p>	<p>11</p> <p>9:30 Water Aerobics - WC</p> <p>10:30 Get Movin' - WC</p> <p>10:30 Sit &amp; Stretch - GR</p> <p>10:30 Art Expression w/ Jenny Nemeč – S</p> <p>1:30 Ava Stanley &amp; Joe Wilkinson - CR</p> <p>2:00 – 4:00 Gift Garden Open</p> <p>2:30 Movie Matinee - GR</p> <p>2-4 Visits with Simone I:I</p> <p>3:00 Men's Club - B</p> <p>3:30 Bingo - ALP</p> <p>6:00 Scattergories - GR</p>	<p>12</p> <p>9:00 Yoga - L</p> <p>10:00 Marquette School Songs &amp; Crafts - B</p> <p>11:00 Walking Club - WC</p> <p>11:30 Tuesdays at Trinity Tulsa Opera - "The Little Prince"</p> <p>1:30 Documentaries – GR</p> <p>1:30 Water Walking - WC</p> <p>2:00-4:00 Ice Cream Parlor</p> <p>2-4 Visits with Simone in ALP</p> <p>3:00 Bible Study – S</p> <p>3:45 Crossword Puzzle – LR</p>	<p>13</p> <p>9:30 Water Aerobics - WC</p> <p>10:00 Holy Communion</p> <p>10:30 Get Movin' - WC</p> <p>10:30 Sit &amp; Stretch - GR</p> <p>10:30 Veteran's Coffee Bunker - HC</p> <p>1:00 On Location – GR</p> <p>1:10 On Location – LR</p> <p>2:00 – 4:00 Gift Garden Open</p> <p>2-4 Visits with Simone I:I</p> <p>3:30 Cocktail Hour w/Singer &amp; Guitarist James Tate -B</p> <p>6:00 Bingo – B</p>	<p>14</p> <p>9:00 Yoga - L</p> <p>10:30 Pianist Lillian McConnell - CR</p> <p>11:00 Walking Club - WC</p> <p>1:00 Movie Matinee - GR</p> <p>1:10 Culinary Club: Valentine Cookies - CC</p> <p>1:30 Water Walking - WC</p> <p>2:00 – 4:00 Ice Cream Parlor</p> <p>2-4 Visits with Simone in ALP</p> <p>3:00 Valentine's Day Social w/ Pat Hobbs - CR</p>  <p><b>Valentine's Day</b></p>	<p>15</p> <p>9:30 Water Aerobics - WC</p> <p>10:30 Wirick Music Series: Pianist Bill Rowland -HC</p> <p>10:30 Get Movin' - WC</p> <p>1:00 Games &amp; Competition - GR</p> <p>1:30 Bingo – ALP</p> <p>2-4 Visits with Simone I:I</p> <p>2:00 Movie Matinee - GR</p> <p>2:00-4:00 Gift Garden Open</p>	<p>16</p> <p>10:00 Game Time in the Bistro</p> <p>10:30 Bingo - ALP</p> <p>1:00 Afternoon Movie or Sports – LR</p> <p>1:15 Movie Matinee – GR</p> <p>2:00 Afternoon Movie – ALP</p> <p>2-4 Visits with Simone in ALP</p> <p>2:00-4:00 Ice Cream Parlor</p>

# February 2019

# Dotson Family Assisted Living Center 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>                        President's Day</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>                      Dorothy Findley</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>                      Elizabeth Blue</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>                      Eleanor Gillock</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>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"><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>