





















February 2019

Memory 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: Black History Month American History Month National Wedding Month National Embroidery Month National Grapefruit Month Nat'l. Snack Food Month Nat'l. Blah Busters Month American Heart Month National Cherry Month Int'l. Friendship Month Nat'l. Wild Bird Feeding Mo. Chocolate Lovers Month Potato Lovers Month</p>			<p><i>Be My Valentine</i></p> 		<p>1</p> <p>9:15 Coffee and conversation Tulsa News, exercise, music Word Games</p> <p>1:30 Football Trivia 2:00 Sing-A-Long with Virginia Serve Snacks 3:00 <i>active time with wellness</i> 3:30 SUPER BOWL PARTY Food and football fun</p> 	<p>2</p> <p>9:15 Coffee, 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 3:00 Movie Time</p>
<p>3</p> <p>9:15 Coffee Corner/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 Friend & family movie</p> <p>Super Bowl Sunday</p>	<p>4</p> <p>9:15 Good Morning! Coffee & News 10:00 Exercise 10:30 Craft time! Tulsa Video</p> <p>1:30 Art with Jenny 1:30 Karen Harrington (Piano) 2:30 Experiments- Women in Science Serve Snacks 3:30 Pictionary Evening movie <i>Happy Birthday Theola Standridge & Jean Saylor</i></p>	<p>5</p> <p>9:15 Good Morning! Coffee & News 10:00 Exercise 10:30 Word Search, 1:1 & Comedy Video</p> <p><i>1:00 Wellness Center</i> 1:30 Active Game- Boy Scouts Serve snacks 3:00 Brain Teasers</p>  <p>Chinese New Year Year of the Pig</p>	<p>6</p> <p>9:15 Good Morning! Coffee Tulsa News 10:30 Holy Communion 11:00 Gospel Music</p> <p>1:30 Cooking w/Rikki Tator Tot Casserole 3:00 <i>Exercise with Wellness Center</i> Serve snacks 3:30 Women in Sports Day</p> <p>Lawrence Welk Night</p>	<p>7</p> <p>9:15 Good Morning! Coffee Tulsa News 9:30 Tulsa Heartstrings 10:00 Catholic Mass in Chapel 10:30 Bible Study</p> <p><i>1:00 Wellness Center</i> 1:30 Balloon Ball BINGO 2:00 Serve Snacks 3:30 Around the World Trivia Fun Evening movie</p>	<p>8</p> <p>9:15 Coffee and conversation Tulsa News, exercise, music Word Games</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>9</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 Serve Snack 3:00 Movie Time</p>
<p>10</p> <p>9:15 Coffee Corner/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 Friend & family movie</p>	<p>11</p> <p>9:15 Good Morning! Coffee & News 10:00 Exercise 10:30 Craft time! Tulsa Video</p> <p>1:30 Art with Jenny 1:30 Karen Rich (Piano) 2:30 Organ Donor Day w/special guest Kelly Serve snacks 3:30 Guitar w/Gary</p> <p>Movie Night</p>	<p>12</p> <p>9:15 Good Morning! Coffee & News 10:00 Exercise 10:30 Word Search, Puzzles, 1:1 Comedy Video</p> <p><i>1:00 Wellness Center</i> 1:30 Game- Daytona 500 Race</p>  <p>Snacks 3:00 Wii Games Evening Movie</p>	<p>13</p> <p>9:15 Good Morning! Coffee Tulsa News 10:30 Holy Communion 11:00 Gospel Music</p> <p>1:30 Cooking w/Rikki Potato Soup 3:00 <i>Wellness center Stretch</i> 3:30 World Radio Day</p> <p>Lawrence Welk Night</p>	<p>14</p> <p>9:15 Good Morning! Coffee Tulsa News 10:00 Exercise 10:30 Pianist Lillian M. - CR 10:30 Bible Study</p> <p><i>1:00 Wellness Center</i> 1:30 balloon ball BINGO 2:00 Valentine's Day Party</p>  <p>Valentine's Day</p>	<p>15</p> <p>9:15 Coffee and conversation Tulsa News 10:30 Word Games</p> <p>1:30 Trivia Treasure 2:00 Sing-A-Long with Virginia Serve Snacks 3:00 <i>active time with wellness center</i> 3:30 National Gumdrop Day Candyland Classic Movie Night</p>	<p>16</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 Serve Snacks 3:00 Movie Time</p>

February 2019

Memory Center Life Enrichment Program

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p align="right">17</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">18</p> <p>9:15 Good Morning! Coffee and News 10:00 Exercise 10:30 Craft time! Tulsa Video</p> <p>1:30 Art with Jenny 1:30 Sing along 2:30 Presidential Trivia and Word games Serve Snacks 3:45 Presidential Video President's Day </p>	<p align="right">19</p> <p>9:15 Good Morning! Coffee and News 10:00 Exercise 10:30 Word search, 1:1 and Comedy Video</p> <p>1:00 <i>Wellness Center</i> 1:30 Active game- NBA AllStars 2:00 BINGO 3:30 Brain Teasers</p> <p>Evening Movie Happy Birthday Irene McWha</p>	<p align="right">20</p> <p>9:15 Good Morning! Coffee, news 10:00 Exercise 10:30 Holy Communion 11:00 Gospel music</p> <p>1:30 Cooking w/Rikki Banana Bread 3:00 <i>Wellness center Stretch</i> Serve Snacks 3:30 Acts of Kindness Crafts</p> <p>Lawrence Welk Night</p>	<p align="right">21</p> <p>9:15 Coffee and News 10:00 Exercise 10:30 David Horne Jazz Duo - CR 10:30 Bible Study</p> <p>1:00 <i>Wellness Center</i>  1:30 Luigi Sings Serve Snacks 3:00 Curling Events (Active Game) Movie Night</p>	<p align="right">22</p> <p>9:15 Coffee and conversation Tulsa News</p> <p>9:30 Gathan Graham  10:30 Word Games 1:30 Trivia Treasure 2:00 Sing-A-Long with Virginia Serve Snacks 3:00 <i>active time with wellness center</i></p> <p>Classic Movie Night</p>	<p align="right">23</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">24</p> <p>9:15 Coffee Corner Tulsa World 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 Serve Snacks 3:00 Family & Friends Movie Time</p>	<p align="right">25</p> <p>9:15 Good Morning! Coffee & News 10:00 Exercise 10:30 Craft time! Tulsa Video</p> <p>1:30 Art with Jenny 1:30 Michael Bedford (Piano) 2:30 Academy Awards 3:30 Wii games</p> <p>Evening Movie</p>	<p align="right">26</p> <p>9:15 Coffee and conversation Tulsa News 10:00 Exercise 10:30 Word search, puzzles, 1:1, comedy video 1:00 <i>Wellness Center</i> </p> <p>2:00 February Birthday Party!!! Railway Mtn. band Snacks/patio time 3:30 Birthday Fun and Facts!</p> <p>Movie Night Happy Birthday Doreen Causon</p>	<p align="right">27</p> <p>9:15 Coffee and conversation Tulsa News, exercise/hydration 10:30 Holy Communion 11:00 Gospel music</p> <p>1:30 Cooking w/Rikki Chicken Chili 3:00 <i>Wellness center stretch</i> Serve snacks 3:30 Polar Bear Day- Fun, facts, and video</p> <p>Lawrence Welk Night</p>	<p align="right">28</p> <p>9:15 Good Morning! Coffee Tulsa News, exercise/hydration 10:30 Bible Study 1:00 <i>Wellness Center</i> 1:30 balloon ball  2:00 Serve Snacks 3:30 Floral Arts & Crafts</p> <p>Evening Movie</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">The Crossroads Ice Cream Parlor</p> <p align="center">◆</p> <p align="center">Open Tuesday, Thursday, Saturday and Sunday 2:00 p.m.- 4:00 p.m.</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 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">The Gift Garden Shop</p>  <p align="center">Open Monday, Wednesday and Friday 2:00 p.m. – 4:00 p.m.</p>