

















March 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>March is: National Irish American Heritage Month National Craft Month National Nutrition Month National Peanut Month National Women's History Month Poetry Month American Red Cross Month Social Workers Month National Noodle Month National Umbrella Month</p>		<p>Mardi Gras Tuesday, Feb. 5th</p>  <p>Mardi Gras Parade 10:00 a.m. Mardi Gras Party 3:00 p.m.</p>			<p>1</p> <p>9:30 <i>Water Aerobics</i> - WC 10:30 <i>Wirick Music Series:</i> Jerry Dwayne - HC 10:30 <i>Get Movin'</i> - WC 1:00 <i>Games & Competition</i> - GR 1:30 <i>Bingo</i> – ALP 2-4 <i>Visits with Simone</i> 1:l 2:00 <i>Movie Matinee</i> - GR 2:00-4:00 <i>Gift Garden Open</i></p>	<p>2</p> <p>10:00 <i>Game Time</i> in the Bistro 10:15 Karing K-9's - ALP</p>  <p>1:00 <i>Afternoon Movie</i> or <i>Sports</i> – LR 1:15 <i>Movie Matinee</i> – GR 2:00 <i>Afternoon Movie</i> ALP 2-4 <i>Visits with Simone</i> in ALP 2:00-4:00 <i>Ice Cream Parlor</i> Happy Birthday Vera Trotier</p>
<p>3</p> <p>10:00 Holy Communion 1:00 <i>Afternoon Movie</i> – GR 1:15 <i>Movie Matinee</i> – LR 2:00-4:00 <i>Ice Cream Parlor</i> 2-4 <i>Visits with Simone</i> in ALP 2:00 <i>Afternoon Sports</i> Or <i>Movie</i> – ALP</p>	<p>4</p> <p>9:30 <i>Water Aerobics</i> - WC 10:30 <i>Get Movin'</i> - WC 10:30 <i>Sit & Stretch</i> - GR 10:30 Art Expression w/ Jenny Nemeč – S 1:00 <i>Movie Matinee</i> - GR 1:15 Craft Club: Mardi Gras Float Building - CC 2:00 – 4:00 <i>Gift Garden Open</i> 2-4 <i>Visits with Simone</i> 1:l 3:30 <i>Bingo</i> - ALP 6:00 <i>Scrabble</i> - GR</p>	<p>5</p> <p>9:00 <i>Yoga</i> - WC 10:00 Mardi Gras parade begins in the Memory Center 1:15 <i>Documentaries</i> – GR 1:30 Water Walking - WC 2:00-4:00 <i>Ice Cream Parlor</i> 2-4 <i>Visits with Simone</i> in ALP 3:00 Mardi Gras Party – CR w/Steve Hamm's Dixieland Band</p>  <p>Mardi Gras</p>	<p>6</p> <p>9:30 <i>Water Aerobics</i> - WC 10:00 Holy Communion 10:30 <i>Get Movin'</i> - WC 10:30 <i>Sit & Stretch</i> - GR 10:30 Veteran's Coffee Bunker - HC 11:15 Brown Bag It Concerts at the PAC 1:00 <i>On Location</i> – GR 1:10 <i>On Location</i> – LR 2:00 – 4:00 <i>Gift Garden Open</i> 2-4 <i>Visits with Simone</i> 1:l 3:30 Cocktail Hour - B 6:00 <i>Bingo</i> – B</p>	<p>7</p> <p>9:00 <i>Yoga</i> - WC 10:00 Catholic Mass in St. Anna's Chapel 10:45 <i>Chair Tai Chi</i> - LR 11:00 Walking Club - WC 1:00 <i>Movie Matinee</i> - GR 1:10 <i>Stitch-in-time</i> - OL 1:30 Water Walking - WC 2:00 – 4:00 <i>Ice Cream Parlor</i> 2-4 <i>Visits with Simone</i> in ALP 3:30 <i>Board Games</i> - ALP</p>	<p>8</p> <p>9:30 <i>Water Aerobics</i> - WC 10:00 Friends of Flora & Fauna Meeting – B Oklahoma Monarch and Pollinators Collaborative 10:30 Wirick Music Series: Luigi Balletto - HC 10:30 <i>Get Movin'</i> - WC 1:00 <i>Games & Competition</i> - GR 1:30 <i>Bingo</i> – ALP 2-4 <i>Visits with Simone</i> 1:l 2:00 <i>Movie Matinee</i> - GR 2:00-4:00 <i>Gift Garden Open</i></p>	<p>9</p> <p>10:00 <i>Game Time</i> in the Bistro 10:30 <i>Bingo</i> - ALP 1:00 <i>Afternoon Movie</i> or <i>Sports</i> – LR 1:15 <i>Movie Matinee</i> – GR 2:00 <i>Afternoon Movie</i> – ALP 2-4 <i>Visits with Simone</i> in ALP 2:00-4:00 <i>Ice Cream Parlor</i></p>
<p>10</p> <p>10:00 Holy Communion 1:00 <i>Afternoon Movie</i> – GR 1:15 <i>Movie Matinee</i> – LR 2:00-4:00 <i>Ice Cream Parlor</i> 2-4 <i>Visits with Simone</i> in ALP 2:00 <i>Afternoon Sports</i> Or <i>Movie</i> – ALP</p>  <p>Daylight Savings Time Begins</p>	<p>11</p> <p>9:30 <i>Water Aerobics</i> - WC 10:30 <i>Get Movin'</i> - WC 10:30 <i>Sit & Stretch</i> - GR 10:30 Art Expression w/ Jenny Nemeč – S 1:00 <i>Movie Matinee</i> - GR 1:15 Culinary Club: Homemade Meatballs - CC 2:00 – 4:00 <i>Gift Garden Open</i> 2-4 <i>Visits with Simone</i> 1:l 3:00 Men's Club - B 3:30 <i>Bingo</i> - ALP 6:00 <i>Scattergories</i> - GR Nat'l. Meatball Day</p>	<p>12</p> <p>9:00 <i>Yoga</i> - WC 10:00 <i>Sing-a-long</i> - GR 11:00 Walking Club - WC 1:00 <i>Documentaries</i> – GR 1:10 Tulsa Air & Space Museum outing 1:30 Water Walking - WC 2:00-4:00 <i>Ice Cream Parlor</i> 2-4 <i>Visits with Simone</i> in ALP 3:00 <i>Bible Study</i> – S 3:45 <i>Crossword Puzzle</i> – LR</p>	<p>13</p> <p>9:30 <i>Water Aerobics</i> - WC 10:00 Holy Communion 10:30 <i>Get Movin'</i> - WC 10:30 <i>Sit & Stretch</i> - GR 10:30 Veteran's Coffee Bunker - HC 11:15 Outing to St. John's Concert & lunch series 1:00 <i>On Location</i> – GR 1:10 <i>On Location</i> – LR 2:00 – 4:00 <i>Gift Garden Open</i> 2-4 <i>Visits with Simone</i> 1:l 3:30 Cocktail Hour - B 6:30 St. Patty's Concert with <i>Celtic Cheer</i> - V Happy Birthday Dorothy Engeldinger</p>	<p>14</p> <p>9:00 <i>Yoga</i> - WC 9:45 <i>Laughter Club</i> - GR 10:45 <i>Chair Tai Chi</i> - LR 11:00 Walking Club - WC 1:00 <i>Movie Matinee</i> - GR 1:10 <i>Stitch-in-time</i> - OL 1:30 Water Walking - WC 2:00 – 4:00 <i>Ice Cream Parlor</i> 2-4 <i>Visits with Simone</i> in ALP 3:30 Chip Tasting Social – ALP 6:00 Men of Note – CR</p> <p>National Potato Chip Day</p>	<p>15</p> <p>9:30 <i>Water Aerobics</i> - WC 10:30 Wirick Music Series: Pianist Bill Rowland –HC 10:30 <i>Get Movin'</i> - WC 1:00 <i>Games & Competition</i> - GR 1:30 <i>Bingo</i> – ALP 2-4 <i>Visits with Simone</i> 1:l 2:00 <i>Movie Matinee</i> - GR 2:00-4:00 <i>Gift Garden Open</i></p>	<p>16</p> <p>10:00 <i>Game Time</i> in the Bistro 10:30 <i>Bingo</i> - ALP 1:00 <i>Afternoon Movie</i> or <i>Sports</i> – LR 1:15 <i>Movie Matinee</i> – GR 2:00 <i>Afternoon Movie</i> – ALP 2-4 <i>Visits with Simone</i> in ALP 2:00-4:00 <i>Ice Cream Parlor</i></p>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>17</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>Happy St. Patrick's Day Happy Birthday James Perry</p>	<p>18</p> <p>9:30 Water Aerobics - WC 10:30 Art Expression w/ Jenny Nemec – S 10:30 Get Movin' - WC 10:30 Sit & Stretch - GR 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 Tea Time in the Bistro-B 6:00 Crossword Puzzle – GR</p>	<p>19</p> <p>9:00 Yoga - WC 10:00 Sing-a-long with Susan - B 11:00 Walking Club - WC 1:15 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>20</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 1:20 Culinary Club: Birthday Cupcakes- ALP 2:00 – 4:00 Gift Garden Open 2-4 Visits with Simone I:I 3:30 March Birthday Party & Cocktail Hour – B 6:00 Bingo – B  First Day of Spring</p>	<p>21</p> <p>9:00 Yoga - WC 9:30 Rosary in the Library 10:15 Tulsa Heartstrings - CR 11:00 Walking Club - WC 1:00 Movie Matinee - GR 1:30 Saint Simeon's Art Show – B & LR</p>  <p>1:30 Water Walking - WC 2:00 – 4:00 Ice Cream Parlor 2-4 Visits with Simone in ALP Happy Birthday Venis Treiber</p>	<p>22</p> <p>9:30 Water Aerobics - WC 10:30 Wirick Music Series: Gathan Graham - HC 10:30 Get Movin' - WC 11:00 Jazzwich outing 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>Happy Birthday Elizabeth Spragg</p>	<p>23</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>24</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>25</p> <p>9:30 Water Aerobics - WC 10:30 Art Expression w/ Jenny Nemec – S 10:30 Get Movin' - WC 10:30 Sit & Stretch - GR 1:00 Movie Matinee - GR 2:00 – 4:00 Gift Garden Open 3:30 Bingo - ALP</p>	<p>26</p> <p>9:00 Yoga - WC 10:00 Resident Council – S 11:00 Walking Club - WC 1:15 Resident Council – ALP 1:15 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 3:45 Crossword Puzzle – LR</p> <p>Happy Birthday Bill Grant</p>	<p>27</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 Gift Garden Open 2-4 Visits with Simone I:I 3:30 Cocktail Hour – B 6:00 Bingo – B Happy Birthday Minna Lo Squires</p>	<p>28</p> <p>9:00 Yoga - WC 10:00 Resident Council – LR 10:30 David Horne Jazz Duo -CR 11:00 Sit & Stretch - ALP 11:00 Walking Club - WC 1:00 Movie Matinee - GR 1:30 Water Walking - WC 2:00 – 4:00 Ice Cream Parlor 2-4 Visits with Simone in ALP 3:00 Bingo - HC</p>	<p>29</p> <p>9:30 Water Aerobics - WC 10:30 Wirick Music Series: Linda Traw - HC 10:30 Get Movin' - WC 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 3:00 SPCA Pet Therapy Visits – ALP & GR</p>	<p>30</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>31</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>Happy Birthday Katie Amend</p>		<p>The Crossroads Ice Cream Parlor</p> <p>Open Tuesday, Thursday, Saturday and Sunday 2:00 p.m. – 4:00 p.m.</p> 	<p>The Bishop Moody Wellness Center</p>  <p>Open Monday – Friday 9:00 a.m. – 4:30 p.m.</p>	<p>Activity Location Key CR = Common Room ALP = Assisted Living Plus- Crossroads Parlor 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) H – Hille Foyer (Dotson AL Lobby) HC – Healthcare Center MC – Memory Center</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>The Gift Garden Shop</p>  <p>Open Monday, Wednesday and Friday 2:00 p.m. – 4:00 p.m.</p>