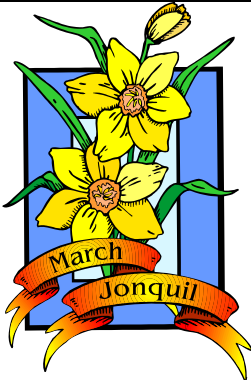


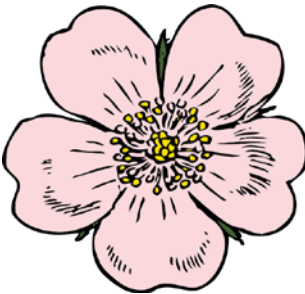

















March 2019

Memory Center Life Enrichment Program

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Calendar is subject to change – please check on website! ★☆☆☆☆★☆☆☆☆★☆☆☆☆</p> <p>March is:</p> <p>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 style="text-align: right;">1</p> <p>9:15 Coffee and conversation Tulsa News, exercise, music Word Games</p> <p>1:30 Dr. Seuss-Read Across America Day 2:00 Sing-A-Long with Virginia Serve Snacks 3:00 <i>active time with wellness center</i> 3:30 SPCA Pet Therapy Visits</p>	<p style="text-align: right;">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 Family and Friends Movie Time</p>
<p style="text-align: right;">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 style="text-align: right;">4</p> <p>9:15 Good Morning! Coffee & News 10:00 Exercise 10:30 1:1/Video</p> <p>1:30 Art with Jenny 1:30 Piano Player 2:30 All about your name day! 3:30 Wii games Serve Snacks Evening movie</p>	<p style="text-align: right;">5</p> <p>9:15 Good Morning! Coffee & News 10:00 Mardi Gras parade begins in the Memory Center 1:30 Mardi Gras Party – CR w/Steve Hamm Dixieland Band</p>  <p>1:30 Bead Toss (active game) 2:30 Word games 3:30 1:1/Video</p> <p>Evening Movie Mardi Gras</p>	<p style="text-align: right;">6</p> <p>9:15 Good Morning! Coffee & News 10:30 Holy Communion 11:00 Gospel Music</p> <p>1:30 Cooking w/Rikki! Meatballs 3:00 <i>Exercise with Wellness Center</i> Serve snacks 3:30: crossword puzzle</p> <p>Lawrence Welk Night</p>	<p style="text-align: right;">7</p> <p>9:15 Good Morning! Coffee & News! 10:00: Exercise 10:30: Brain teasers 10:00 Catholic Mass in Chapel</p> <p><i>1:00 Wellness Center</i> 1:30 Balloon ball</p> <p>BINGO</p> <p>2:15 Serve Snacks 3:30 Trivia Fun Evening Movie</p>	<p style="text-align: right;">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>Evening Movie</p>	<p style="text-align: right;">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 2:00 Sing-A-Long Serve Snacks 3:00 Movie Time</p>
<p style="text-align: right;">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>Daylight Savings Time Begins</p>	<p style="text-align: right;">11</p> <p>9:15 Good Morning! Coffee & News! 10:30: 1:1/Video</p> <p>1:30 Art with Jenny 1:30 Piano Player 2:00 Sing a long 3:00 Around the world trivia</p> <p>Serve Snacks</p> <p>Evening Movie Time</p>	<p style="text-align: right;">12</p> <p>9:15 Good Morning! Coffee & News! 10:00 Exercise 10:30 1:1/Video</p> <p><i>1:00 Wellness Center</i> 1:30: Water Pong (active game) 3:00 Wii games SNACKS!</p> <p>Evening Movie</p>	<p style="text-align: right;">13</p> <p>9:15 Good Morning! Coffee & News! 10:30 Holy Communion 11:00 Gospel Music Patio Time</p> <p>1:30 Cooking w/Rikki! Ranch chicken quesadillas 3:00 <i>Wellness center Stretch</i> 3:30: Pictionary</p> <p>6:00 Lawrence Welk Hour</p>	<p style="text-align: right;">14</p> <p>9:15 Good Morning! Coffee & News! 10:30 Bible Study 11:00 Brain Teasers</p> <p><i>1:00 Wellness Center</i> 1:30 Story Time 2:00 Singer Justin Fuller</p>  <p>3:30 Family Feud 6:00 Men of Note – CR</p>	<p style="text-align: right;">15</p> <p>9:15 Coffee and conversation Tulsa News, exercise 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>6:00 Classic Movie Night</p>	<p style="text-align: right;">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 2:00 Sing-A-Long Serve Snacks 3:00 Movie Time</p> <p style="text-align: right;"><i>Happy Birthday</i> Frances Roberts</p>

March 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="center">Happy St. Patrick's Day</p>	<p align="right">18</p> <p>9: 15 Good Morning! Coffee & News! 10:30: 1:1/Video</p> <p>1:30 Art with Jenny 1:30 Sing a long 2:00 Faces & Places Serve Snacks 3:30 Wii games</p> <p align="center">Evening Movie</p>	<p align="right">19</p> <p>9:15 Good Morning! Coffee & News! 10:00 Exercise 10:30 Astrology Fun</p> <p>1:00 <i>Wellness Center</i> 1:30 Shamrock Race</p>  <p>2:15 3:30 Welcome Spring crafts</p> <p>7:00 Movie <i>Happy Birthday Marilyn McCullough</i></p>	<p align="right">20</p> <p>9:15 Good Morning! Coffee & News! 10:30 Holy Communion 11:00 Gospel music</p> <p>1:30 Cooking w/Rikki! Sloppy Joes 3:00 <i>Wellness center Stretch</i> 3:30 Won't you be my neighbor day! (Mr. Rogers) 6:00 Lawrence Welk Hour</p>  <p align="center">First Day of Spring</p>	<p align="right">21</p> <p>9:15 Coffee and Conversation Tulsa News, exercise/hydration 9:30 Tulsa Heartstrings 10:30 Bible Study 1:00 <i>Wellness Center</i></p>  <p>1:30 Luigi Sings Serve Snacks 2:30 Word games</p> <p align="center">POETRY DAY</p>	<p align="right">22</p> <p>9:15 Coffee and conversation Tulsa News, exercise</p>  <p>9:30 Gathan Graham 1:30 Trivia Treasure 2:00 Sing-A-Long with Virginia Serve Snacks 3:00 <i>active time with wellness center</i> GOOF OFF DAY 6:00 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 <i>Happy Birthday Pete Pryor</i></p>	<p align="right">25</p> <p>9:15 Good Morning! Coffee & News! 10:30 1:1/Video</p> <p>1:00 RESIDENT COUNCIL 1:30 Art with Jenny 1:30 Piano Player Serve Snacks 3:00 Quirky Country Music day! 3:30 Pictionary</p> <p>7:00 Movie Time</p>	<p align="right">26</p> <p>9:15 Good Morning! Coffee & News! 10:30 1:1/Video 1:00 <i>Wellness Center</i></p>  <p>2:00 March Birthday Party!!! Railway Mtn. band 3:30 Birthday facts and fun</p> <p align="center">Evening Movie <i>Happy Birthday Hazel Jackson</i></p>	<p align="right">27</p> <p>9:15 Good Morning! Coffee & News 10:30 Holy Communion 11:00 Gospel music</p> <p>1:30 Cooking w/Rikki! Spinach dip 3:00 <i>Wellness center stretch</i> Serve snacks 3:30 Little Red Wagon Race</p> <p>6:00 Lawrence Welk Hour</p>	<p align="right">28</p> <p>9:15 Good Morning! Coffee Tulsa News, exercise 10:30 Bible Study 11:00 Crossword</p> <p>1:00 <i>Wellness Center</i> 1:30 balloon ball</p>  <p>2:15 Serve Snacks 3:30 Wii games</p>	<p align="right">29</p> <p>9:15 Coffee and conversation Tulsa News, exercise 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> 6:00 Classic Movie Night</p>	<p align="right">30</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">31</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="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"><i>The Crossroads Ice Cream Parlor</i></p>  <p align="center">Open Tuesday, Thursday, Saturday and Sunday 2:00 p.m.- 4:00 p.m.</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"><u>Activity Location Key</u></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"><i>The Gift Garden Shop</i></p>  <p align="center">Open Monday, Wednesday and Friday 2:00 p.m. – 4:00 p.m.</p>