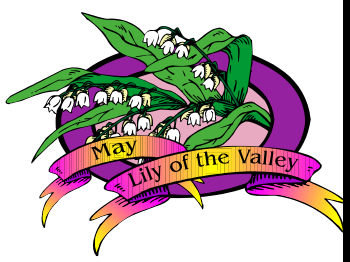
















# May 2019

# 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!<br/>                     ☆☆☆☆☆☆☆☆☆</p> <p><b>May is:</b><br/>                     Asian/Pacific American Heritage Month<br/>                     National Older Americans Mo.<br/>                     National Egg Month<br/>                     National Herb Month<br/>                     Better Hearing &amp; Speech Mo.<br/>                     Nat'l. Hamburger Month<br/>                     Nat'l Bar-B-Que Month<br/>                     Flower Month<br/>                     Duckling Month<br/>                     Nat'l Strawberry Month<br/>                     Nat'l Salad Month<br/>                     Nat'l Salsa Month<br/>                     Sweet Vidalia Onion Month<br/>                     Jewish-Am. Heritage Month</p> |    |   | <p style="text-align: right;"><b>1</b></p> <p>9:30 Water Aerobics - WC<br/>                     10:00 Holy Communion<br/>                     10:30 Get Movin' - WC<br/>                     10:30 Sit &amp; Be Fit- GR<br/>                     10:00 Tulsa Zoo Outing</p> <p style="text-align: center;"></p> <p>10:30 Veteran's Coffee Bunker - HC<br/>                     1:00 On Location – GR<br/>                     1:10 On Location – LR<br/>                     2:00 – 4:00 Gift Garden Open<br/>                     2-4 Visits with Simone I:l<br/>                     3:30 Cocktail Hour - B<br/>                     6:00 Bingo – B</p> | <p style="text-align: right;"><b>2</b></p> <p>9:00 Yoga - LR<br/>                     10:00 Catholic Mass in St. Anna's Chapel<br/>                     11:00 Walking Club - WC<br/>                     1:00 Movie Matinee - GR<br/>                     1:00 Water Walking &amp; Open Pool - WC<br/>                     1:10 Stitch-in-time - OL<br/>                     2:00 – 4:00 Ice Cream Parlor<br/>                     2-4 Visits with Simone in ALP<br/>                     3:30 Board Games – ALP</p>   | <p style="text-align: right;"><b>3</b></p> <p>9:30 Water Aerobics - WC<br/>                     10:30 Wirick Music Series: Jerry Dwayne - HC<br/>                     10:30 Get Movin' - WC<br/>                     10:30 Sit &amp; Be Fit- GR<br/>                     1:00 Games &amp; Competition - GR<br/>                     1:30 Bingo – ALP<br/>                     2-4 Visits with Simone I:l<br/>                     2:00 Movie Matinee - GR<br/>                     2:00-4:00 Gift Garden Open</p> <p style="text-align: center;"><i>Happy Birthday</i><br/>                     Pat Perrin</p> | <p style="text-align: right;"><b>4</b></p> <p>10:00 Game Time in the Bistro<br/>                     10:15 Karing K-9's - ALP</p> <p style="text-align: center;"></p> <p>1:00 Afternoon Movie or Sports – LR<br/>                     1:15 Movie Matinee – GR<br/>                     2:00 Afternoon Movie ALP<br/>                     2-4 Visits with Simone in ALP<br/>                     2:00-4:00 Ice Cream Parlor</p> <p style="text-align: center;">145<sup>th</sup> Kentucky Derby</p> |
| <p style="text-align: right;"><b>5</b></p> <p>10:00 Holy Communion<br/>                     1:00 Afternoon Movie – GR<br/>                     1:15 Movie Matinee – LR<br/>                     2:00-4:00 Ice Cream Parlor<br/>                     2-4 Visits with Simone in ALP<br/>                     2:00 Afternoon Sports Or Movie – ALP</p>  | <p style="text-align: right;"><b>6</b></p> <p>9:30 Water Aerobics - WC<br/>                     10:30 Get Movin' - WC<br/>                     10:30 Sit &amp; Be Fit- GR<br/>                     10:30 Art Expression w/ Jenny Nemeč – S<br/>                     11:00 Outing to Tulsa Drillers<br/>                     1:00 Movie Matinee - GR<br/>                     2:00 – 4:00 Gift Garden Open<br/>                     2-4 Visits with Simone I:l<br/>                     3:30 Mexican Fiesta w/ Mariachi Jorge Rodriguez In the Common Room<br/>                     6:00 Scrabble – GR</p>   | <p style="text-align: right;"><b>7</b></p> <p>9:00 Yoga - LR<br/>                     10:00 Sing-a-long with Susan - B<br/>                     11:00 Walking Club - WC<br/>                     1:00 Water Walking &amp; Open Pool - WC<br/>                     1:15 Documentaries – GR<br/>                     2:00-4:00 Ice Cream Parlor<br/>                     2-4 Visits with Simone in ALP<br/>                     3:00 Bible Study – S<br/>                     3:45 Crossword Puzzle – LR<br/>                     Happy Birthday Pia Petculescu &amp; Dave Schaaf</p>   | <p style="text-align: right;"><b>8</b></p> <p>9:30 Water Aerobics - WC<br/>                     10:00 Holy Communion<br/>                     10:30 Get Movin' - WC<br/>                     10:30 Sit &amp; Be Fit- GR<br/>                     10:30 Veteran's Coffee Bunker - HC<br/>                     11:15 Brown Bag It Concerts at the PAC<br/>                     1:00 On Location – GR<br/>                     1:10 On Location – LR<br/>                     2:00 – 4:00 Gift Garden Open<br/>                     2-4 Visits with Simone I:l<br/>                     3:30 Cocktail Hour - B<br/>                     6:00 Bingo – B</p>  | <p style="text-align: right;"><b>9</b></p> <p>9:00 Yoga - LR<br/>                     10:00 Lightfoot Family Band In Valleyview DR (bluegrass)<br/>                     11:00 Walking Club - WC<br/>                     1:00 Movie Matinee - GR<br/>                     1:00 Water Walking &amp; Open Pool - WC<br/>                     1:10 Stitch-in-time - OL<br/>                     2:00 – 4:00 Ice Cream Parlor<br/>                     2-4 Visits with Simone in ALP<br/>                     3:30 Craft Club: Paper Flower Décor - ALP</p>  | <p style="text-align: right;"><b>10</b></p> <p>9:30 Water Aerobics - WC<br/>                     10:30 Wirick Music Series: Luigi Balletto - HC<br/>                     10:30 Get Movin' - WC<br/>                     10:30 Sit &amp; Be Fit- GR<br/>                     1:00 Games &amp; Competition - GR<br/>                     1:30 Bingo – ALP<br/>                     2-4 Visits with Simone I:l<br/>                     2:00 Movie Matinee - GR<br/>                     2:00-4:00 Gift Garden Open</p>   | <p style="text-align: right;"><b>11</b></p> <p>10:00 Game Time in the Bistro<br/>                     10:30 Bingo - ALP<br/>                     1:00 Afternoon Movie or Sports – LR<br/>                     1:15 Movie Matinee – GR<br/>                     2:00 Afternoon Movie – ALP<br/>                     2-4 Visits with Simone in ALP<br/>                     2:00-4:00 Ice Cream Parlor</p>   |
| <p style="text-align: right;"><b>12</b></p> <p>10:00 Holy Communion<br/>                     1:00 Afternoon Movie – GR<br/>                     1:15 Movie Matinee – LR<br/>                     2:00-4:00 Ice Cream Parlor<br/>                     2-4 Visits with Simone in ALP<br/>                     2:00 Afternoon Sports Or Movie – ALP</p> <p style="text-align: center;"></p> <p>Happy Mother's Day</p>  | <p style="text-align: right;"><b>13</b></p> <p>9:30 Water Aerobics - WC<br/>                     10:30 Get Movin' - WC<br/>                     10:30 Sit &amp; Be Fit- GR<br/>                     10:30 Art Expression w/ Jenny Nemeč – S<br/>                     1:00 Movie Matinee - GR<br/>                     1:15 Culinary Club: Turtle Treats – CC <br/>                     2:00 – 4:00 Gift Garden Open<br/>                     2-4 Visits with Simone I:l<br/>                     3:00 Men's Club - B<br/>                     3:30 Celebration of Mothers - ALP<br/>                     6:00 Scattergories - GR</p> | <p style="text-align: right;"><b>14</b></p> <p>9:00 Yoga - LR<br/>                     10:30 The 6<sup>th</sup> Annual Running of the Turtles</p> <p style="text-align: center;"></p> <p>11:00 Walking Club - WC<br/>                     1:00 Water Walking &amp; Open Pool - WC<br/>                     1:15 Documentaries – GR<br/>                     2:00-4:00 Ice Cream Parlor<br/>                     2-4 Visits with Simone in ALP<br/>                     3:00 Bible Study – S<br/>                     3:45 Crossword Puzzle – LR</p> | <p style="text-align: right;"><b>15</b></p> <p>9:30 Water Aerobics - WC<br/>                     10:00 Holy Communion<br/>                     10:30 Get Movin' - WC<br/>                     10:30 Sit &amp; Be Fit- GR<br/>                     10:30 Veteran's Coffee Bunker - HC<br/>                     1:00 On Location – GR<br/>                     1:10 On Location – LR<br/>                     2:00 – 4:00 Gift Garden Open<br/>                     2-4 Visits with Simone I:l<br/>                     3:30 Cocktail Hour w/Jim Tate - B<br/>                     6:00 Bingo – B</p>  | <p style="text-align: right;"><b>16</b></p> <p>9:00 Yoga - LR<br/>                     9:30 Rosary in Blue Moon DR<br/>                     10:45 Chair Tai Chi - LR<br/>                     11:00 Walking Club - WC<br/>                     1:00 Movie Matinee - GR<br/>                     1:00 Water Walking &amp; Open Pool - WC<br/>                     1:30 Stitch-in-time - OL<br/>                     2:00 – 4:00 Ice Cream Parlor<br/>                     2-4 Visits with Simone in ALP<br/>                     3:00 Food Committee Meeting - CC<br/>                     3:30 Board Games – ALP</p> | <p style="text-align: right;"><b>17</b></p> <p>9:30 Water Aerobics - WC<br/>                     10:30 Wirick Music Series: Pianist Bill Rowland –HC<br/>                     10:30 Get Movin' - WC<br/>                     10:30 Sit &amp; Be Fit- GR<br/>                     11:20 Jazzwich Outing<br/>                     1:00 Games &amp; Competition - GR<br/>                     1:30 Bingo – ALP<br/>                     2-4 Visits with Simone I:l<br/>                     2:00 Movie Matinee – GR<br/>                     2:00-4:00 Gift Garden Open</p>                                       | <p style="text-align: right;"><b>18</b></p> <p>10:00 Game Time in the Bistro<br/>                     10:30 Bingo - ALP<br/>                     1:00 Afternoon Movie or Sports – LR<br/>                     1:15 Movie Matinee – GR<br/>                     2:00 Afternoon Movie – ALP<br/>                     2-4 Visits with Simone in ALP<br/>                     2:00-4:00 Ice Cream Parlor</p> <p style="text-align: center;">145<sup>th</sup> Preakness Stakes</p>  |

# May 2019

# Dotson Family Assisted Living Center Life Enrichment Program

| Sunday  | Monday  | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday  |
|---|---|---|---|---|---|---|
| <p align="right"><b>19</b></p> <p><b>10:00 Holy Communion</b><br/>           1:00 Afternoon Movie – GR<br/>           1:15 Movie Matinee – LR<br/>           2:00-4:00 Ice Cream Parlor<br/>           2-4 Visits with Simone in ALP<br/>           2:00 Afternoon Sports<br/>           Or Movie – ALP</p> | <p align="right"><b>20</b></p> <p>9:30 <i>Water Aerobics - WC</i><br/> <b>10:30 Art Expression w/ Jenny Nemec – S</b><br/>           10:30 <i>Get Movin' - WC</i><br/>           10:30 <i>Sit &amp; Be Fit- GR</i><br/> <b>1:30 Gilcrease Speaker Dick Clark - LR</b><br/>           2:00 – 4:00 Gift Garden Open<br/>           2-4 Visits with Simone 1:1<br/>           2:30 Movie Matinee - GR<br/>           3:30 Bingo - ALP<br/>           6:00 Crossword Puzzle – GR</p>                        | <p align="right"><b>21</b></p> <p>9:00 <i>Yoga - LR</i><br/> <b>10:00 Sing-a-long with Susan - B</b><br/>           11:00 <i>Walking Club - WC</i><br/> <b>1:00 Water Walking &amp; Open Pool - WC</b><br/>           1:15 Documentaries – GR<br/>           2:00-4:00 Ice Cream Parlor<br/>           2-4 Visits with Simone in ALP<br/>           3:00 Bible Study – S<br/>           3:45 Crossword Puzzle – LR</p>  | <p align="right"><b>22</b></p> <p>9:30 <i>Water Aerobics - WC</i><br/> <b>10:00 Holy Communion</b><br/>           10:30 <i>Get Movin' - WC</i><br/>           10:30 <i>Sit &amp; Be Fit- GR</i><br/> <b>10:30 Veteran's Coffee Bunker - HC</b><br/>           1:00 On Location – GR<br/>           1:10 On Location – LR<br/> <b>1:20 Culinary Club: Birthday Cupcakes- ALP</b><br/>           2:00 – 4:00 Gift Garden Open<br/>           2-4 Visits with Simone 1:1<br/> <b>3:30 May Birthday Party &amp; Cocktail Hour – B</b><br/>           6:00 Bingo – B</p> | <p align="right"><b>23</b></p> <p>9:00 <i>Yoga - LR</i><br/> <b>10:15 Tulsa Heartstrings - HC</b><br/>           11:00 <i>Walking Club - WC</i><br/>           1:00 Movie Matinee - GR<br/> <b>1:00 Water Walking &amp; Open Pool - WC</b><br/>           1:30 Stitch-in-time - OL<br/>           2:00 – 4:00 Ice Cream Parlor<br/>           2-4 Visits with Simone in ALP<br/>           3:30 Board Games – ALP</p>   | <p align="right"><b>24</b></p> <p>9:30 <i>Water Aerobics - WC</i><br/> <b>10:30 Wirick Music Series: Gathan Graham - HC</b><br/>           10:30 <i>Get Movin' - WC</i><br/>           10:30 <i>Sit &amp; Be Fit- GR</i><br/> <b>1:00 Games &amp; Competition - GR</b><br/>           1:30 Bingo – ALP<br/>           2-4 Visits with Simone 1:1<br/>           2:00 Movie Matinee - GR<br/>           2:00-4:00 Gift Garden Open<br/> <b>3:00 SPCA Pet Therapy Visits – ALP &amp; GR</b></p> | <p align="right"><b>25</b></p> <p>10:00 Game Time in the Bistro<br/>           10:30 Bingo - ALP<br/>           1:00 Afternoon Movie or Sports – LR<br/>           1:15 Movie Matinee – GR<br/>           2:00 Afternoon Movie – ALP<br/>           2-4 Visits with Simone in ALP<br/>           2:00-4:00 Ice Cream Parlor</p> |
| <p align="right"><b>26</b></p> <p><b>10:00 Holy Communion</b><br/>           1:00 Afternoon Movie – GR<br/>           1:15 Movie Matinee – LR<br/>           2:00-4:00 Ice Cream Parlor<br/>           2-4 Visits with Simone in ALP<br/>           2:00 Afternoon Sports<br/>           Or Movie – ALP</p> | <p align="right"><b>27</b></p> <p>9:30 <i>Water Aerobics - WC</i><br/>           10:30 <i>Get Movin' - WC</i><br/>           10:30 <i>Sit &amp; Be Fit- GR</i><br/>           1:00 Movie Matinee - GR<br/> <b>2:30 Art Expression w/ Jenny Nemec – S</b><br/>           3:30 Bingo - ALP</p> <div align="center">  <p><i>Memorial DAY</i></p> <p>Administrative offices closed in observance of the holiday</p> </div> | <p align="right"><b>28</b></p> <p>9:00 <i>Yoga - LR</i><br/> <b>10:00 Resident Council – S</b><br/>           11:00 <i>Walking Club - WC</i><br/> <b>10:30 Lunch Outing To Charleston's To Charleston's</b><br/> <b>1:00 Water Walking &amp; Open Pool - WC</b><br/> <b>1:15 Resident Council – ALP</b><br/>           1:15 Documentaries – GR<br/>           2:00-4:00 Ice Cream Parlor<br/>           2-4 Visits with Simone in ALP<br/>           3:00 Bible Study<br/>           3:45 Crossword Puzzle – LR</p> | <p align="right"><b>29</b></p> <p>9:30 <i>Water Aerobics - WC</i><br/> <b>10:00 Holy Communion</b><br/>           10:30 <i>Get Movin' - WC</i><br/>           10:30 <i>Sit &amp; Be Fit- GR</i><br/> <b>10:30 Veteran's Coffee Bunker - HC</b><br/>           1:00 On Location – GR<br/>           1:10 On Location – LR<br/>           2:00 – 4:00 Gift Garden Open<br/>           2-4 Visits with Simone 1:1<br/> <b>3:30 Cocktail Hour - B</b><br/>           6:00 Bingo – B</p>   | <p align="right"><b>30</b></p> <p>9:00 <i>Yoga - WC</i><br/> <b>10:00 Resident Council – LR</b><br/> <b>10:30 David Horne Jazz Duo -CR</b><br/>           11:00 <i>Walking Club - WC</i><br/>           1:00 Movie Matinee - GR<br/> <b>1:00 Water Walking &amp; Open Pool - WC</b><br/> <b>1:30 Culinary Club: Strawberry Scones - ALP</b><br/>           2:00 – 4:00 Ice Cream Parlor<br/>           2-4 Visits with Simone in ALP<br/> <b>3:30 Tea Time in the Bistro-B</b><br/> <b>6:30 Saint Simeons Annual Ice Cream Social w/Something Steel</b></p> | <p align="right"><b>31</b></p> <p>9:30 <i>Water Aerobics - WC</i><br/> <b>10:30 Wirick Music Series: Johnny Bean - HC</b><br/>           10:30 <i>Sit &amp; Be Fit- GR</i><br/>           10:30 <i>Get Movin' - WC</i><br/> <b>1:00 Games &amp; Competition - GR</b><br/>           1:30 Bingo – ALP<br/>           2-4 Visits with Simone 1:1<br/>           2:00 Movie Matinee - GR<br/>           2:00-4:00 Gift Garden Open</p>   |   |
| <p align="center"><b>National Older American's Month</b></p>    |    | <p><i>The Crossroads Ice Cream Parlor</i></p> <hr/> <p><b>Open</b><br/> <b>Tuesday, Thursday, Saturday and Sunday</b><br/> <b>2:00 p.m. – 4:00 p.m.</b></p>   | <p><b>The Bishop Moody Wellness Center</b></p>  <p><b>Open</b><br/> <b>Monday – Friday</b><br/> <b>9:00 a.m. – 4:30 p.m.</b></p>   | <p><u><b>Activity Location Key</b></u><br/>           CR = Common Room<br/>           ALP = Crossroads Parlor (Assisted Living Plus)<br/>           LR – Downstairs Living Room<br/>           GR – Upstairs Game Room<br/>           B – The Bistro<br/>           CC – Carla's Corner<br/>           V – Valley View Dining Room<br/>           S – Skyline DR (upstairs)<br/>           WC – Wellness Center<br/>           OL – Osage Lookout (Casey Hall)<br/>           HC – Healthcare Center<br/>           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><i>The Gift Garden Shop</i></p>  <p><b>Open</b><br/> <b>Monday, Wednesday and Friday</b><br/> <b>2:00 p.m. – 4:00 p.m.</b></p>  |