
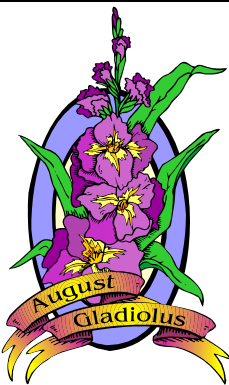

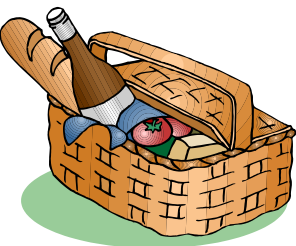









August 2019

Assisted Living Plus Life Enrichment Program

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Calendar is subject to change – please check on website! </p> <p>August is: National Catfish Month National Golf Month Peach Month Foot Health Month Native American Heritage Month Happiness Happens Month Family Fun Month Am. Artist Appreciation Month National Picnic Month Orange & Papaya Month International Pirate Month</p>		 <p>Native American Heritage Month</p>		<p style="text-align: right;">1</p> <p>9:00 Yoga - WC 10:00 Catholic Mass in St. Anna's Chapel 11:00 Walking Club - WC 1:00 Movie Matinee - GR 1:00 Water Walking & Open Pool - WC 1:30 Stitch-in-time - OL 2:00 – 4:00 Ice Cream Parlor 2:00 Jabtastic - WC 2-4 Visits with Simone in ALP 2:30 Balance Class - WC 3:30 Board Games - ALP</p>	<p style="text-align: right;">2</p> <p>10:00 Body Awake - GR 10:30 Wirick Music Series: Jerry Dwayne - HC 10:30 Sit & Be Fit- GR 1:00 Aquafit - WC 1:30 Bingo – ALP 2:00 Games & Competition - GR 2-4 Visits with Simone I:l 2:00-4:00 Gift Garden Open 3:00 Movie Matinee - GR</p>	<p style="text-align: right;">3</p> <p>10:00 Game Time in the Bistro 10:15 Karing K-9's - 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 Happy Birthday Kay Herring</p>
<p style="text-align: right;">4</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 style="text-align: right;">5</p> <p>10:00 Body Awake - GR 10:30 Sit & Be Fit- GR 1:00 Movie Matinee - GR 1:00 Aquafit - WC 2:00 – 4:00 Gift Garden Open 2-4 Visits with Simone I:l 2:30 Art Expression w/ Jenny Nemece – S 3:30 Bingo - ALP</p>	<p style="text-align: right;">6</p> <p>9:00 Yoga - WC 10:30 Sing-a-long - GR 11:00 Walking Club - WC 1:00 Water Walking & Open Pool - WC 1:15 Documentaries – GR 2:00 Root Beer Float Cart- ALP 2:20 Root Beer Float Cart - GR 2:40 Root Beer Float Cart - CC 2-4 Visits with Simone in ALP 2:00 Jabtastic - WC 2:30 Balance Class - WC 3:00 Bible Study – S 3:45 Crossword Puzzle – LR National Root Beer Float Day</p>	<p style="text-align: right;">7</p> <p>10:00 Holy Communion 10:00 Body Awake - GR 10:30 Sit & Be Fit- GR 10:30 Veterans Coffee Bunker-HC 11:15 Brown Bag It Outing Tulsa PAC staff season prevue! 1:00 Aquafit - WC 1:00 On Location – GR 1:10 On Location – LR 2:00 – 4:00 Gift Garden Open 2-4 Visits with Simone I:l 3:30 Cocktail Hour – B 6:00 Bingo – B</p>	<p style="text-align: right;">8</p> <p>9:00 Yoga - WC 10:30 Laughter Club - GR 11:00 Walking Club - WC 1:00 Movie Matinee - GR 1:00 Water Walking & Open Pool - WC 1:30 Stitch-in-time - OL 2:00 – 4:00 Ice Cream Parlor 2:00 Jabtastic - WC 2-4 Visits with Simone in ALP 2:30 Balance Class - WC 3:30 Board Games – ALP Happy Birthday Roshen Framjee JLynn Schellack</p>	<p style="text-align: right;">9</p> <p>10:00 Body Awake - GR 10:30 Wirick Music Series: Luigi Balletto - HC 10:30 Sit & Be Fit- GR 1:00 Aquafit - WC 1:30 Bingo – ALP 2:00 Games & Competition - GR 2-4 Visits with Simone I:l 2:00-4:00 Gift Garden Open 3:00 Movie Matinee - GR</p>	<p style="text-align: right;">10</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 style="text-align: right;">11</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>International Clown Week Elvis Week</p> <p>Happy Birthday Lyn Schmigle</p>	<p style="text-align: right;">12</p> <p>10:00 Body Awake - GR 10:30 Sit & Be Fit- GR 1:00 Elvis Movie Matinee - GR 1:00 Aquafit - WC 1:30 Celebration of Clowns - CR 2:00 – 4:00 Gift Garden Open 2-4 Visits with Simone I:l 3:00 Men's Club - B 3:30 Bingo - ALP 6:00 Scattergories - GR</p> <p> Clown Dress Up Day! Happy Birthday Marie Millar</p>	<p style="text-align: right;">13</p> <p>9:00 Yoga - WC 10:30 Good Old Boys - GR 11:00 Walking Club - WC 1:00 Water Walking & Open Pool - WC 1:15 Documentaries – GR 2:00-4:00 Ice Cream Parlor 2-4 Visits with Simone in ALP 2:00 Jabtastic - WC 2:30 Balance Class - WC 3:00 Bible Study – S 3:45 Crossword Puzzle – LR</p>	<p style="text-align: right;">14</p> <p>10:00 Holy Communion 10:00 Body Awake - GR 10:30 Sit & Be Fit- GR 10:30 Veterans Coffee Bunker-HC 1:00 Aquafit - WC 12:30 Philbrook Museum of Art Outing 1:00 On Location – GR 1:10 On Location – LR 2:00 – 4:00 Gift Garden Open 2-4 Visits with Simone I:l 3:30 Cocktail Hour w/singer & guitarist Jim Tate - B 6:00 Bingo – B</p>	<p style="text-align: right;">15</p> <p>9:00 Yoga - WC 9:30 Rosary in Blue Moon DR 10:30 Laughter Club - GR 11:00 Walking Club - WC 1:00 Elvis Movie Matinee - GR 1:00 Water Walking & Open Pool - WC 1:10 Stitch-in-time - OL 2:00 – 4:00 Ice Cream Parlor 2:00 Jabtastic - WC 2-4 Visits with Simone in ALP 2:30 Balance Class - WC 3:00 Culinary Club: Orange Creamsicle Cookies - ALP</p>	<p style="text-align: right;">16</p> <p>10:00 Body Awake - GR 10:30 Wirick Music Series: Pianist Bill Rowland –HC 10:30 Sit & Be Fit- GR 1:00 Aquafit - WC 1:30 Bingo – ALP 2:00 Games & Competition - GR 2-4 Visits with Simone I:l 2:00-4:00 Gift Garden Open 3:00 Elvis Movie Matinee - GR</p>	<p style="text-align: right;">17</p> <p>10:30 “Elvis” E.J. Sharp - CR 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>

August 2019

Assisted Living Plus Life Enrichment Program

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p align="right">18</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 align="right">19</p> <p><i>10:00 Body Awake - GR</i> <i>10:30 Sit & Be Fit- GR</i> 1:00 Aquafit - WC 1:30 Gilcrease Speaker Dick Clark - LR 2:00 – 4:00 Gift Garden Open 2-4 Visits with Simone I:l 2:30 Art Expression w/ Jenny Nemeč – S 2:30 Movie Matinee - GR 3:30 Bingo - ALP 6:00 Crossword Puzzle – GR</p>	<p align="right">20</p> <p><i>9:00 Yoga - WC</i> 10:30 Sing-a-long - GR 11:00 Walking Club - WC 1:00 Water Walking & Open Pool - WC 1:15 Documentaries – GR 2:00-4:00 Ice Cream Parlor 2-4 Visits with Simone in ALP 2:00 Jabtastic - WC 2:30 Balance Class - WC 3:00 Bible Study – S 3:45 Crossword Puzzle – LR <i>Happy Birthday</i> Grant McCabe</p>	<p align="right">21</p> <p>10:00 Holy Communion <i>10:00 Body Awake - GR</i> 10:30 Sit & Be Fit- GR 10:30 Veterans Coffee Bunker-HC 1:00 Aquafit - WC 1:00 On Location – GR 1:10 On Location – LR 1:30 Culinary: Cupcakes- ALP 2:00 – 4:00 Gift Garden Open 2-4 Visits with Simone I:l 3:30 August Birthday Party & Cocktail Hour – B 6:00 Bingo – B <i>Happy Birthday</i> Dub Majors</p>	<p align="right">22</p> <p><i>9:00 Yoga - WC</i> 10:30 David Horne Jazz Duo -CR 11:00 Walking Club - WC 1:00 Movie Matinee - GR 1:00 Water Walking & Open Pool - WC 1:10 Stitch-in-time - OL 2:00 – 4:00 Ice Cream Parlor 2-4 Visits with Simone in ALP 2:30 Balance Class - WC 3:00 Culinary Club: Peach Ice Cream - ALP</p>	<p align="right">23</p> <p><i>10:00 Body Awake - GR</i> 10:30 Wirick Music Series: Gathan Graham - HC 10:30 Sit & Be Fit- GR 1:00 Aquafit - WC 1:30 Bingo – ALP 2:00 Games & Competition - GR 2-4 Visits with Simone I:l 2:00-4:00 Gift Garden Open 3:00 Movie Matinee - GR 3:00 SPCA Pet Therapy Visits – ALP & GR</p>	<p align="right">24</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 align="center"><i>Happy Birthday</i> Peggy Null</p> </p>
<p align="right">25</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 align="right">26</p> <p><i>10:00 Body Awake - GR</i> <i>10:30 Sit & Be Fit- GR</i> 1:00 Movie Matinee - GR 1:00 Aquafit - WC 1:15 Culinary Club: Orange Crumb Cake - ALP 2:00 – 4:00 Gift Garden Open 2-4 Visits with Simone I:l 3:30 Tea Time in the Bistro 6:00 Beginnings & Endings – GR <i>Happy Birthday</i> Stan Doyle</p>	<p align="right">27</p> <p><i>9:00 Yoga - WC</i> 10:00 Resident Council – S 11:00 Walking Club - WC 1:00 Water Walking & Open Pool - WC 1:15 Resident Council – ALP 1:15 Documentaries – GR 2:00 Jabtastic - WC 2:00-4:00 Ice Cream Parlor 2-4 Visits with Simone in ALP 2:30 Balance Class - WC 3:00 Bible Study 3:45 Crossword Puzzle – LR</p>	<p align="right">28</p> <p>10:00 Holy Communion <i>10:00 Body Awake - GR</i> 10:15 Outing to Mother Road Market <i>10:30 Sit & Be Fit- GR</i> 10:30 Veteran's Coffee Bunker - HC 1:00 Aquafit - WC 1:00 On Location – GR 1:10 On Location – LR 2:00 – 4:00 Gift Garden Open 2-4 Visits with Simone I:l 3:30 Cocktail Hour – B 6:00 Bingo – B</p>	<p align="right">29</p> <p><i>9:00 Yoga - WC</i> 10:00 Resident Council – LR 10:15 Laughter Club - GR 11:00 Walking Club - WC 1:00 Movie Matinee - GR 1:00 Water Walking & Open Pool - WC 1:30 Native Am. Heritage With Teresa Runnels - CR 2:00 Jabtastic - WC 2:00 – 4:00 Ice Cream Parlor 2-4 Visits with Simone in ALP 3:30 Craft Club: Native American Art Crafts – ALP <i>Happy Birthday</i> Kenneth Tackett</p>	<p align="right">30</p> <p><i>10:00 Body Awake - GR</i> 10:30 Wirick Music Series: Johnny Bean – HC 10:30 Sit & Be Fit- GR 1:00 Aquafit - WC 1:30 Bingo – ALP 2:00 Games & Competition - GR 2-4 Visits with Simone I:l 3:00 Movie Matinee - GR 2:00-4:00 Gift Garden Open</p>	<p align="right">31</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"><i>The Crossroads</i> Ice Cream Parlor</p> <hr/> <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">The Bishop Moody Wellness Center</p>  <p align="center">Open Gym Times Monday – Friday 9:00 a.m. – 11:00 a.m. & 3:00 p.m. - 4:30 p.m.</p>	<p align="center">Activity Location Key</p> <p>CR = Common Room ALP = Crossroads Parlor (Assisted Living Plus) 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) HC – Healthcare Center MC – Memory Center</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>