



























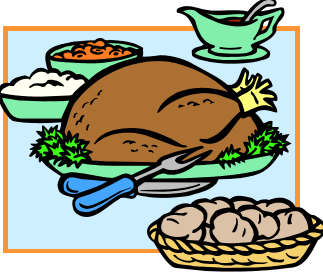

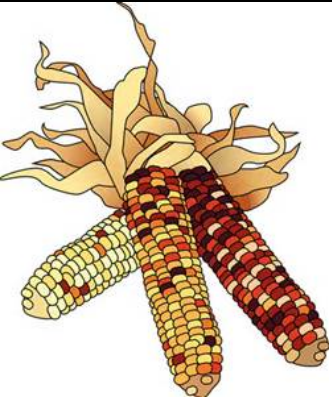

# November 2022

# 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><b>November is:</b>            International Drum Month            Peanut Butter Lover's Month            Aviation History Month            Alzheimer's Disease Month            Banana Pudding Month            Nat'l. Apple Month            Native Am. Heritage Month            Nat'l. Diabetes Month            Latin American Month            Nat'l. Model Railroad Month            Nat'l. Life Writing Month            Spinach &amp; Squash Month            Sweet Potato Awareness Month</p>		<p><b>1</b></p> <p>9:00-11:00 Open Gym  <b>9:00 Zoo Outing</b>            1:00-2:00 Open Gym            1:00 Movie Matinee - LR            2:00 Ice Cream Parlor Open            2:30 Open Pool            3:45 Crossword Puzzle – LR  <b>6:00 Conversations</b>            w/Susanne – GR</p> 	<p><b>2</b></p> <p>9:00-11:00 Open Gym            9:30 Sit &amp; Be Fit - GR  <b>10:00 Day of Remembrance</b>  <b>In the Chapel</b>            1:00-4:30 Open Gym            1:00 Board Games - S            1:00 Walking Club            2:00 Stretch Class - GR  <b>3:30 Happy Hour – CR</b>            6:00 Bingo – B</p> 	<p><b>3</b></p> <p>9:00-11:00 Open Gym  <b>9:30 Culinary &amp; Trivia on</b>  <b>Malaysia: Pineapple</b>  <b>Jam Tarts - CC</b>  <b>10:30 Veteran's Coffee Bunker</b>  <b>w/VFW in Healthcare Center</b>            1:00-2:00 Open Gym  <b>1:15 Art Notes – GR</b>            2:00 Ice Cream Parlor Open            2:30 Pool Time  <b>2:30 Teaching Kitchen - CC</b>            3:15 Bingo - S   Today's location: Malaysia</p>	<p><b>4</b></p> <p>9:00-11:00 Open Gym            9:00 Walking Club            1:00-4:30 Open Gym            1:30 Wellness Games &amp; Activities – GR            2:30 Movie Matinee – LR  <b>2:30 Art Expression w/</b>  <b>Jenny - S</b>            2:30-4:30 Open Gym</p>  <p>National Candy Day</p>	<p><b>5</b></p> <p>8:30-12:00 Open Gym            10:00 Bingo - B            1:00 Movie Matinee - LR            2:00-4:00 Ice Cream Parlor</p>  <p>National Bison Day</p>
<p><b>6</b></p> <p>10:45 Holy Communion in            The Game Room            1:00 Classic Movie Matinee            In the Living Room            2:00-4:00 Ice Cream Parlor</p> <p><b>Daylight Saving</b>  <b>Time Ends</b></p> 	<p><b>7</b></p> <p>9:00-11:00 Open Gym            9:30 Sit &amp; Be Fit – GR            1:00 Stitch-in-time - OL            1:00-4:30 Open Gym            1:00 Walking Club            2:00 Stretch Class - GR            3:15 Bingo – S            6:00 Beginnings            &amp; Endings – GR</p>  <p>National Merlot Day</p>	<p><b>8</b></p> <p>9:00-11:00 Open Gym  <b>9:30 Craft Club: Fall Table</b>  <b>Décor - CC</b>            1:00 Worship Service in            Valleyview Dining Room            1:00-2:00 Open Gym            1:30 Bible Study - V            2:00 Ice Cream Parlor Open            2:30 Open Pool            3:45 Crossword Puzzle – LR  <b>6:00 Conversations</b>            w/Susanne - GR</p>  <p>Full Beaver Moon            Election Day</p>	<p><b>9</b></p> <p>9:00-11:00 Open Gym            9:30 Sit &amp; Be Fit - GR            1:00-4:30 Open Gym  <b>1:00 Culinary: Easy</b>  <b>Scrapple - CC</b>            1:00 Walking Club            2:00 Stretch Class - GR  <b>3:30 Happy Hour – CR</b>            6:00 Bingo – B</p>  <p>National Scrapple Day</p>	<p><b>10</b></p> <p>9:00-11:00 Open Gym  <b>10:00 David Horne Duo – V</b></p>  <p>1:00-2:00 Open Gym  <b>1:15 Art Notes – GR</b>            2:00 Ice Cream Parlor Open  <b>2:30 Teaching Kitchen - S</b>            2:30 Pool Time            3:15 Bingo - S</p>  <p>Marine Corps Birthday  <i>Happy Birthday Lessie!</i></p>	<p><b>11</b></p> <p>9:00-11:00 Open Gym            9:00 Walking Club  <b>11:30 Veteran's Day</b>  <b>Cookout - CR</b>            1:00-4:30 Open Gym            1:30 Wellness Games &amp; Activities – GR  <b>2:30 Art Expression w/</b>  <b>Jenny - S</b>            2:30-4:30 Open Gym  <b>3:30 Songs by Heart - V</b></p>  <p>Veteran's Day</p>	<p><b>12</b></p> <p>8:30-12:00 Open Gym            10:00 Bingo - B            1:00 Movie Matinee - LR            2:00-4:00 Ice Cream Parlor</p>  <p>Chicken Soup for the Soul Day</p>
<p><b>13</b></p> <p>10:45 Holy Communion in            The Game Room            1:00 Classic Movie Matinee            In the Living Room            2:00-4:00 Ice Cream Parlor</p>	<p><b>14</b></p> <p>9:00-11:00 Open Gym            9:30 Sit &amp; Be Fit – GR  <b>1:00 Tulsa Master</b>  <b>Gardener's Project - GR</b>            1:00-4:30 Open Gym            1:00 Walking Club            2:00 Stretch Class - GR            3:15 Bingo – S            6:00 Scattergories – GR  <i>Happy Birthday Kathy!</i></p>  <p>National Pickle Day            World Diabetes Day</p>	<p><b>15</b></p> <p>9:00-11:00 Open Gym  <b>9:30 Culinary &amp; Trivia on</b>  <b>Romania: Paleuri cu Ciocolata</b>            1:00 Worship Service in            Valleyview Dining Room            1:00-2:00 Open Gym            1:30 Bible Study - V            2:00 Ice Cream Parlor Open            2:30 Open Pool            3:45 Crossword Puzzle – LR</p>  <p>Today's location:            Romania</p>	<p><b>16</b></p> <p>9:00-11:00 Open Gym            9:30 Sit &amp; Be Fit - GR  <b>10:00 Resident Council – V</b>            1:00-4:30 Open Gym  <b>1:00 Movie Matinee:</b>  <b>Oklahoma - LR</b>            2:00 Stretch Class - GR  <b>3:30 Happy Hour w/</b>  <b>Barton &amp; Long - CR</b>            6:00 Bingo – B  <b>Nat'l. Fast Food Day</b>  <i>Happy Birthday Billie!</i>  <i>Happy Birthday Oklahoma!</i></p>	<p><b>17</b></p> <p>9:00-11:00 Open Gym  <b>9:30 Culinary: Quick</b>  <b>Homemade Rolls - CC</b>  <b>10:30 Veteran's Coffee Bunker</b>  <b>w/VFW in Healthcare Center</b>            1:00-2:00 Open Gym  <b>1:15 Art Notes – GR</b>            2:00 Ice Cream Parlor Open  <b>2:30 Teaching Kitchen - CC</b>            2:30 Pool Time            3:15 Bingo - S</p>  <p>Homemade Bread Day</p>	<p><b>18</b></p> <p>9:00-11:00 Open Gym            9:00 Walking Club            1:00-4:30 Open Gym            1:30 Wellness Games &amp; Activities – GR            2:30 Movie Matinee – LR  <b>2:30 Art Expression w/</b>  <b>Jenny - S</b>            2:30-4:30 Open Gym</p>  <p>Nat'l Apple Cider Day</p>	<p><b>19</b></p> <p>8:30-12:00 Open Gym            10:00 Bingo - B            1:00 Movie Matinee - LR            2:00-4:00 Ice Cream Parlor</p>  <p>OU-OSU Bedlam Game</p>

# November 2022

# Dotson Family Assisted Living Center Life Enrichment Program

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>20</b></p> <p>10:45 Holy Communion in The Game Room 1:00 Classic Movie Matinee In the Living Room 2:00-4:00 Ice Cream Parlor</p>  <p><b>World Children's Day</b></p>	<p><b>21</b></p> <p>9:00-11:00 Open Gym 9:30 Sit &amp; Be Fit – GR 1:00 Movie Matinee - LR 1:00 Walking Club 1:00 Stitch-in-time - OL 1:00-4:30 Open Gym 2:00 Stretch Class - GR 3:15 Bingo – S 6:00 Scrabble – GR</p>  <p><b>Nat'l Gingerbread Cookie Day</b></p>	<p><b>22</b></p> <p>9:00-11:00 Open Gym <b>9:00 Bus Ride</b> 1:00-2:00 Open Gym <b>1:00 Thanksgiving Service in Valleyview Dining Room</b> 2:00 Ice Cream Parlor Open 2:30 Open Pool 3:45 Crossword Puzzle – LR <b>6:00 Conversations w/Susanne – GR</b></p>  <p><b>Nat'l. Cranberry Relish Day</b></p>	<p><b>23</b></p> <p>9:00-11:00 Open Gym 9:30 Sit &amp; Be Fit - GR 1:00-4:30 Open Gym <b>1:00 Craft Club: Christmas Door Décor – 1<sup>st</sup> floor</b> 1:00 Walking Club 2:00 Stretch Class - GR</p>  <p><b>3:30 Monthly Birthday Party &amp; Happy Hour - B</b> 6:00 Bingo – B</p>	<p><b>24</b></p> <p>1:00 Movie Matinee - LR 2:00 Ice Cream Parlor Open</p>  <p><b>Happy Thanksgiving</b> (Administrative offices are closed in observance of the holiday)</p>	<p><b>25</b></p> <p>9:00-11:00 Open Gym 9:00 Walking Club 1:00-4:30 Open Gym 1:30 Wellness Games &amp; Activities – GR 2:30 Movie Matinee – LR <b>2:30 Art Expression w/ Jenny – S</b> 2:30-4:30 Open Gym</p>  <p><b>Native Am. Heritage Day</b></p>	<p><b>26</b></p> <p>8:30-12:00 Open Gym 10:00 Bingo - B 1:00 Movie Matinee - LR 2:00-4:00 Ice Cream Parlor</p>  <p><b>Small Business Saturday</b></p>
<p><b>27</b></p> <p>10:45 Holy Communion in The Game Room 1:00 Classic Movie Matinee In the Living Room 2:00-4:00 Ice Cream Parlor</p>  <p><b>First Sunday of Advent</b></p>	<p><b>28</b></p> <p>9:00-11:00 Open Gym 9:30 Sit &amp; Be Fit – GR 1:00 Walking Club 1:00 Stitch-in-time - OL 1:00-4:30 Open Gym 2:00 Stretch Class - GR <b>3:15 Christmas Tree Decorating Party – GR</b></p>  <p>6:00 Beginnings &amp; Endings – GR</p>	<p><b>29</b></p> <p>9:00-11:00 Open Gym <b>10:00 Resident Council – S</b> 1:00-2:00 Open Gym 1:00 Worship Service in Valleyview Dining Room 1:30 Bible Study - V 2:00 Ice Cream Parlor Open 2:30 Open Pool <b>3:15 Christmas Tree Decorating Party - CR</b></p>  <p>6:00 Conversations w/Susanne - GR</p>	<p><b>30</b></p> <p>9:00-11:00 Open Gym 9:30 Sit &amp; Be Fit - GR <b>10:15 Catholic Mass</b> 1:00-4:30 Open Gym 1:00 Walking Club 1:00 Board Games - S 2:00 Stretch Class - GR</p> <p><b>3:30 Happy Hour &amp; Christmas Tree Decorating w/singer Pat Hobbs in Hille Foyer</b></p> <p>6:00 Bingo – B <i>Happy Birthday Leah!</i></p> 	 <p><i>"Nor shall their story be forgot While fame her record keeps"</i></p>		
			<p><b>The Gift Garden Shop</b></p>  <p><b>For assistance stop by the Dotson front desk</b> <b>Anytime between 9:00 a.m. – 5:00 p.m. Monday to Friday</b></p>	<p><b>The Crossroads Ice Cream Parlor</b></p>  <p><b>Open Tuesday, Thursday, Saturday and Sunday 2:00-4:00 p.m.</b></p>	<p><b>Activity Location Key</b></p> <p>CR = Common Room 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 (Chapman Hall) HC – Healthcare Center MC – Memory Center</p>	<p><b>The Bishop Moody Wellness Center</b></p>  <p><b>Open Gym Times Monday – Friday 9:00 a.m. – 11:00 a.m. &amp; 1:00 p.m. - 4:30 p.m.</b></p>