


























# March 2023

# 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>March is:</b></p> <p>National Irish American Heritage Month            National Craft 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><b>National Craft Month</b></p>		<p>1</p> <p>9:00-11:00 Open Gym            9:30 Sit &amp; Be Fit - WC  <b>10:30 Songs by Heart - VV</b>            1:00-4:30 Open Gym  <b>1:00 Tulsa Symphony Orch. Guest Lecturer - LR</b>            2:00 Stretch Class - WC  <b>3:30 Happy Hour – B</b>            6:00 Bingo - B</p> <p><b>National Peanut Butter Lover’s Day</b></p>	<p>2</p> <p>9:00-11:00 Open Gym  <b>10:00 TSO Heartstrings Violin Duo - CR</b>            1:00-2:00 Open Gym  <b>1:15 Art Notes – GR</b>            2:00 Ice Cream Parlor Open            2:15 Bocce Ball - GR            3:15 Bingo - S            3:30-4:30 Open Gym</p>	<p>3</p> <p>9:00-11:00 Open Gym  <b>9:30 Voter Registration</b>            10:00 Pokeeno - B  <b>1:30 Wellness Social – CR</b>  <b>2:30 Art Expression w/ Jenny - S</b>            2:30-4:30 Open Gym  <b>3:00 Culinary: Kale &amp; Lentil Soup - CC</b></p>	<p>4</p> <p>10:30 Bingo - B            1:00 Movie Matinee - LR            2:00-4:00 Ice Cream Parlor</p>
<p>5</p> <p>10:45 Holy Communion in The Game Room            1:00 Classic Movie Matinee In the Living Room</p>	<p>6</p> <p>9:00-11:00 Open Gym            9:30 Sit &amp; Be Fit - WC  <b>1:00 Women’s History Month Movie</b>            1:00-4:30 Open Gym            1:10 Stitch-in-time - OL  <b>1:30 Coffee with Kovoov - B</b>            2:00 Stretch Class - WC  <b>3:00 Barton &amp; Long Family Band - CR</b>            6:00 Scattergories – GR</p>	<p>7</p> <p>9:00-11:00 Open Gym  <b>9:30 Dominoes - GR</b>            1:00 Worship Service in Blue Moon            1:00-2:00 Open Gym            1:30 Bible Study – Blue Moon            2:00 Ice Cream Parlor Open            2:15 Bocce Ball - GR            3:45 Crossword Puzzle – LR  <b>6:00 Conversations w/Susanne – GR</b></p> <p><b>Purim Begins</b>  <b>Happy Birthday Mary</b></p>	<p>8</p> <p>9:00-11:00 Open Gym            9:30 Sit &amp; Be Fit - WC            1:00-4:30 Open Gym  <b>1:00 Craft Club: Shamrock Pins – GR</b></p>  <p>2:00 Stretch Class - WC  <b>3:30 Happy Hour – B</b>            6:00 Bingo - B</p>  <p><b>Registered Dietician/ Nutritionist Day</b></p>	<p>9</p> <p>9:00-11:00 Open Gym  <b>10:00 David Horne Duo – V</b></p>  <p><b>10:30 Veteran’s Coffee Bunker 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            2:15 Bocce Ball - GR            3:15 Bingo - S            3:30-4:30 Open Gym</p>	<p>10</p> <p>9:00-11:00 Open Gym            10:00 Pokeeno - B            1:30 Wellness Activities: Residents Choice – GR  <b>2:30 Art Expression w/ Jenny - S</b>            2:30-4:30 Open Gym  <b>3:00 Culinary: Blueberry Popovers - CC</b></p>  <p><b>Nat’l Blueberry Popover Day</b></p>	<p>11</p> <p>10:30 Bingo - B            1:00 Movie Matinee - LR            2:00-4:00 Ice Cream Parlor</p>
<p>12</p> <p>10:45 Holy Communion in The Game Room            1:00 Classic Movie Matinee In the Living Room</p>  <p><b>Daylight Savings Time Begins</b></p>	<p>13</p> <p>9:00-11:00 Open Gym            9:30 Sit &amp; Be Fit - WC  <b>1:00 Women’s History Month Movie</b>            1:00-4:30 Open Gym            1:10 Stitch-in-time - OL  <b>1:30 Coffee with Kovoov - B</b>            2:00 Stretch Class - WC            3:15 Bingo – S            6:00 Scrabble – GR</p>	<p>14</p> <p>9:00-11:00 Open Gym  <b>9:00 Culinary: Strawberry Rhubarb Pie - CC</b>            1:00 Worship Service in Blue Moon            1:00-2:00 Open Gym            1:30 Bible Study – Blue Moon            2:00 Ice Cream Parlor Open            2:15 Bocce Ball - GR            3:45 Crossword Puzzle – LR  <b>6:00 Conversations w/Susanne – GR</b></p>  <p><b>Pi Day</b></p>	<p>15</p> <p>9:00-11:00 Open Gym            9:30 Sit &amp; Be Fit - WC            1:00-4:30 Open Gym  <b>1:00 Recording for Palm Sunday service</b>            2:00 Stretch Class - WC  <b>3:30 Happy Hour w/ Pat Hobbs – B</b>            6:00 Bingo - B</p>  <p><b>Ides of March</b></p>	<p>16</p> <p>9:00-11:00 Open Gym  <b>9:30 Around the World: Costa Rica: Gallo Pinto - CC</b>            1:00-2:00 Open Gym  <b>1:15 Art Notes – GR</b>            2:00 Ice Cream Parlor Open            2:15 Bocce Ball - GR            3:15 Bingo - S            3:30-4:30 Open Gym</p>	<p>17</p> <p>9:00-11:00 Open Gym            10:00 Pokeeno - B            1:30 Wellness Activities: Residents Choice – GR            2:30-4:30 Open Gym  <b>3:00 St Patty’s Day Social in the Common Room</b></p>  <p><b>Happy St. Patrick's Day</b></p>	<p>18</p> <p>10:30 Bingo - B            1:00 Movie Matinee - LR            2:00-4:00 Ice Cream Parlor</p>

# March 2023

# Dotson Family Assisted Living Center Life Enrichment Program

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>19</b></p> <p>10:45 Holy Communion in The Game Room 1:00 Classic Movie Matinee In the Living Room</p>  <p><b>Certified Nurses Day</b></p>	<p><b>20</b></p> <p>9:00-11:00 Open Gym 9:30 Sit &amp; Be Fit - WC <b>1:00 Women's History Month Movie</b> 1:00-4:30 Open Gym 1:10 Stitch-in-time - OL <b>1:30 Coffee with Kovoov - B</b> 2:00 Stretch Class - WC 3:15 Bingo - S 6:00 Beginnings &amp; Endings - GR</p>  <p><b>First Day of Spring</b></p>	<p><b>21</b></p> <p>9:00-11:00 Open Gym <b>9:00 Philbrook Museum</b> 1:00 Worship Service in Blue Moon 1:00-2:00 Open Gym 1:30 Bible Study - Blue Moon 2:00 Ice Cream Parlor Open 2:15 Bocce Ball - GR 3:45 Crossword Puzzle - LR <b>6:00 Conversations w/Susanne - GR</b></p> <p><b>World Poetry Day Happy Birthday Ellen</b></p>	<p><b>22</b></p> <p>9:00-11:00 Open Gym 9:30 Sit &amp; Be Fit - WC <b>10:15 Catholic Mass</b> 1:00-4:30 Open Gym 1:00 Board Games - S 2:00 Stretch Class - WC</p>  <p><b>3:30 Monthly Birthday Party &amp; Happy Hour - B</b> 6:00 Bingo - B</p>	<p><b>23</b></p> <p>9:00-11:00 Open Gym <b>9:30 Culinary Club: Chips &amp; Dips - CC</b> <b>10:30 Veteran's Coffee Bunker 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 2:15 Bocce Ball - GR 3:15 Bingo - S 3:30-4:30 Open Gym</p>  <p><b>National Chips &amp; Dips Day</b></p>	<p><b>24</b></p> <p>9:00-11:00 Open Gym 10:00 Pokeeno - B <b>1:00 Culinary Club: Watercress Sandwiches - CC</b> 1:30 Wellness Activities: Residents Choice - GR <b>2:30 Art Expression w/ Jenny - S</b> 2:30-4:30 Open Gym <b>3:30 Tea Time in the Bistro</b></p> 	<p><b>25</b></p> <p>10:30 Bingo - B 1:00 Movie Matinee - LR 2:00-4:00 Ice Cream Parlor</p>  <p><b>National Medal of Honor Day</b></p>
<p><b>26</b></p> <p>10:45 Holy Communion in The Game Room 1:00 Classic Movie Matinee In the Living Room</p>	<p><b>27</b></p> <p>9:00-11:00 Open Gym 9:30 Sit &amp; Be Fit - WC 1:00-4:30 Open Gym <b>1:00 Women's History Month Movie</b> 1:00-4:30 Open Gym 1:10 Stitch-in-time - OL <b>1:30 Coffee with Kovoov - B</b> 2:00 Stretch Class - WC 3:15 Bingo - S 6:00 Scattergories - GR <b>Happy Birthday Cheri &amp; Minna Lo</b></p>	<p><b>28</b></p> <p>9:00-11:00 Open Gym <b>10:00 Singer Justin Fuller - CR</b> 1:00 Worship Service in Blue Moon 1:00-2:00 Open Gym 1:30 Bible Study - Blue Moon 2:00 Ice Cream Parlor Open 2:15 Bocce Ball - GR 3:45 Crossword Puzzle - LR <b>6:00 Conversations w/Susanne - GR</b></p>	<p><b>29</b></p> <p>9:00-11:00 Open Gym 9:30 Sit &amp; Be Fit - WC <b>10:00 Resident Council - S</b> 1:00-4:30 Open Gym <b>1:00 Craft: Spring Door Décor - CC</b> 2:00 Stretch Class - WC <b>3:30 Happy Hour - B</b> 6:00 Bingo - B</p>	<p><b>30</b></p> <p>9:00-11:00 Open Gym <b>9:00 Around the World: Taiwan: Taiwanese Dumplings - CC</b> 1:00-2:00 Open Gym <b>1:15 Art Notes - GR</b> 2:00 Ice Cream Parlor Open 2:15 Bocce Ball - GR 3:15 Bingo - S 3:30-4:30 Open Gym</p> <p><b>Doctor's Day MLB Opening Day</b></p>	<p><b>31</b></p> <p>9:00-11:00 Open Gym 10:00 Pokeeno - B 1:30 Wellness Activities: Residents Choice - GR <b>2:30 Art Expression w/ Jenny - S</b> 2:30-4:30 Open Gym <b>3:30 Word Game Puzzles - LR</b></p> 	
	<p><b>HELLO Spring</b></p> 	 <p><b>March Madness</b></p>	<p><b>The Gift Garden Shop</b></p>  <p><b>For assistance stop by the Dotson front desk 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 and Thursday 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>