

EPWORTH VILLA HAPPENINGS...

Where you can
Get Involved, Get Going, Gain Knowledge

Vol. 5 Issue 29
Week of August 12, 2020

Editor: Susan Williams
Community Activities Coordinator

EDITION HIGHLIGHTS:

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MUSIC TALK WITH RON WHEELER

WEDNESDAY, AUGUST 12TH

2:30 PM

GRAND BALLROOM & ON ETV CHANNEL 1960

Ron Wheeler's music talks have been regular features for audiences of all ages, youth groups to senior communities, from summer camps to major universities. With the use of CD's and videos, he covers a wide range of subjects from the famous Three B's (Bach, Beethoven and Brahms) to contemporary American music.

Information includes the relevance of the composers he is talking about and their places in musical history along with revealing glimpses into their personal lives. For example, everybody knows Bach had 20 children with 2 wives and that Tchaikovsky was financially supported by a woman he never knew, but how many people know Mozart wrote the popular overture to "The Marriage of Figaro" the morning of its premier while suffering from a massive hangover?

Wheeler's own background is as extensive as any of the composers he talks about. As a performing musician, he has been the music director of the Tulsa Youth Symphony since 1972. He both performed in as a violinist and conducted concerts for the Tulsa Philharmonic and the Sunriver, Oregon, Music Festival along with the same duties for music festivals and camps in Oklahoma, Arkansas, Tennessee, California and North Dakota. As an administrator, he has served on the staffs of the Cascade Music Festival in Bend, Oregon, the Teton Music Festival in Jackson, Wyoming, and the Tulsa Philharmonic where he was the Director of Education. He has received a lifetime achievement award from the Oklahoma Association of Music Educators and in November 2013, he received the Governor's award for Arts in Education on behalf of the Tulsa Young Symphony.

<https://epworthvilla.org/communitylife/resident-calendar/>



EPWORTH VILLA

A Life Plan Community

Important notice...

Thank you for hosting your independent living visitors exclusively in your apartment or home until they leave the campus.

And thank you for reminding your guests to wear a face covering or mask while in our lobby and hallways.

*At this time visitors are not permitted in the swimming pool, mailroom, cafe or anywhere but the resident's apartment they are visiting.

NATIONAL CREAMSICLE DAY

FRIDAY, AUGUST 14TH

2:00 PM

COFFEE LOUNGE

COME & GO EVENT

Come on out and get a Creamsicle on Friday, August 14th in the Coffee Lounge at 2:00 pm as we celebrate National Creamsicle Day.

The treat was originally created by Frank Epperson in 1905. This industrious, and inventive 11 year old experimented with putting fruit juice around vanilla ice cream. The original 'Epsicle', which later became known as a Popsicle, creamsicle and even dreamsicle, was done with just the orange juice outside. However now you can find them in a myriad of flavors, from orange to blue raspberry, lime, grape, cherry and even blueberry!

This cold delight has been a staple of the summertime ice cream truck since they started moving around, and served at various warm locations since they were spread around as an ice cream treat.

Due to social distancing, please plan to pick up your treat and take it back to your apartment or outside if weather permits.



EPWORTH VILLA CAFÉ PROCEDURES:

With increased participation in the cafe, going forward we will adhere to the reservation book for seating in the cafe for dine in purposes.



Procedures for the Café are to be as follows:

1. Follow signage to form a line to place your order. There is a single-entry point to the cafe - please use it. Please do not crowd the counter asking for single items. Once you get to the order taker, they will confirm you have placed a reservation for seating and will take your order AT THE COUNTER then you can take a seat in available seating.
2. Be reminded that reservations begin at the top of the hour and end 15 minutes before the next hour. This is to allow for our team to sanitize the area before the next reservation group (for your safety)
3. If you have not made a reservation, your order can still be placed, but it will be made for carry out only, you may wait for your order by the exit near the elevators.
4. Masks MUST always be PROPERLY worn unless seated at your table while eating.
5. Chairs and tables have been set to allow for proper social distancing - they must not be moved or pulled together to form larger groups. Maximum allowed at one table is 3 people.
6. If you are waiting for a carry out order to be prepared, please maintain proper distancing while you wait.
7. If you need condiments, beverage refills, etc. please wait for a server or other team member to come check on you



SUNDAY SCHOOL
SUNDAY, AUGUST 16TH
9:00 AM

EVTV CHANNEL 1960

Luke 10:25-37

"WHO IS MY NEIGHBOR?"

Purpose Statement: To learn who our neighbors might be

Teacher: Burrel McNaught



VESPERS



THURSDAY, AUGUST 13TH

3:30 PM

EVTV CHANNEL 1960

Vespers speaker Rev. Dr. 'Jimmy' Nunn, Bishop Nunn is the episcopal leader for the Oklahoma Area of The United Methodist Church. As bishop, he presides over 500 churches in the Oklahoma Conference and almost 90 churches of the Oklahoma Indian Missionary Conference (OIMC).

Music special is an "Epworth Villa Ensemble"

VESPERS

THURSDAY, AUGUST 20TH

3:30 PM

EVTV CHANNEL 1960

Vespers speaker will be Rev Stephanie Greenwald, Associate Pastor St. Andrew's Community United Methodist Church, OKC. She will also provide a solo for the special music, singing "*It is Well With My Soul*".





COMMEMORATION OF THE 100TH ANNIVERSARY FOR WOMEN'S RIGHT TO VOTE August 18, 1920 – August 18, 2020

Women's Rights in the Early Republic

The Declaration of Independence, written in 1776, states that “all men are created equal.” That same year, Abigail Adams wrote to her husband, John, who was working to establish the new country’s laws. She asked him to “Remember the Ladies.” Abigail Adams wanted women to have more rights under the new American government. Her husband responded, “We know better than to repeal our Masculine systems.” He believed women influenced society without political power. According to this popular viewpoint, women were supposed to morally influence their husbands and raise virtuous sons.

Women could not vote, but many men could not either. The United States Constitution did not guarantee the right of suffrage. Most states required that voters own a certain amount of land. Landowners, politicians believed, had a stake in the success of the nation. Other states required voters to pay a tax.

Suffragists began their organized fight for women’s equality in 1848 when they demanded the right to vote during the first women’s rights convention in Seneca Falls, New York. For the next 72 years, women leaders lobbied, marched, picketed, and protested for the right to the ballot.

Passing the 19th Amendment

As the United States entered World War I in 1917, the National American Woman Suffrage Association (NAWSA) encouraged its supporters to join in the war effort. The organization argued women deserved the vote because they were patriots, caregivers, and mothers. Women’s expertise in maintaining the home and family would improve politics and society.

The combination of NAWSA’s war efforts and the publicity attracted by National Woman’s Party’s (NWP) pickets of the White House led to widespread support for

‘RIGHT TO VOTE’ CONTINUED ON NEXT PAGE

'RIGHT TO VOTE' CONTINUED

the women in this war; shall we admit them only to a partnership of suffering and sacrifice and toil and not to a partnership of privilege and right?"

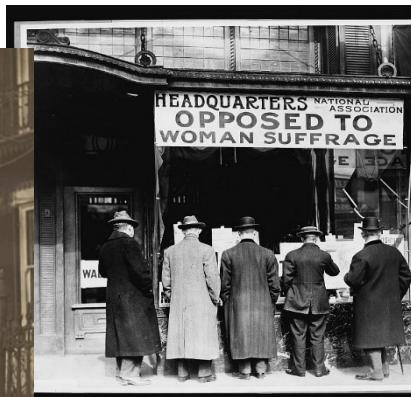
The U.S. House of Representatives finally approved the *Susan B. Anthony Amendment*, which guaranteed women the right to vote, on May 21, 1919. The U.S. Senate followed two weeks later, and the 19th Amendment went to the states, where it had to be ratified by 3/4ths of the-then-48 states to be added to the Constitution. The NAWSA and NWP suffragists lobbied local and state representatives to ensure its subsequent ratification by the states.

By a vote of 50-47, Tennessee became the last state needed to ratify the 19th Amendment on August 18, 1920. Secretary of State Bainbridge Colby issued a proclamation declaring the 19th Amendment ratified and part of the US Constitution on August 26, 1920, forever protecting American women's right to vote.

The Nineteenth Amendment states: "The right of citizens of the United States to vote shall not be denied or abridged by the United States or by any State on account of sex."

After the ratification of the Nineteenth Amendment on August 18, 1920, female activists continued to use politics to reform society. NAWSA became the League of Women Voters. In 1923, the NWP proposed the Equal Rights Amendment (ERA) to ban discrimination based on sex. The League of Women Voters and efforts to pass the ERA continue today.

In the end, the suffrage for women's right to vote which had started with Abigail Adams in 1776 when the Declaration of Independence was being written and signed, it was 144 years later when the 19th Amendment to be passed and ratified.





SCAM PRESENTATION
BY SHERYL PRESLEY, COORDINATOR
OKLAHOMA CITY'S POLICE DEPARTMENT
TRIAD PROGRAM
MONDAY, AUGUST 17TH
12:30 PM
ON ETV CHANNEL 1960

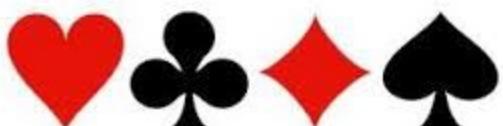
PLEASE NOTE: NO ONE WILL BE ALLOWED IN THE BALLROOM DURING THE PROGRAM DUE TO POLICE DEPARTMENT GUIDELINES

Tune in to hear about the latest ways scammers are trying to get your personal information on the phone and/or on the computer. Sheryl will also address some of the recent scams that residents here at Epworth Villa have already fallen victim to.

***PLEASE NOTE: BINGO will start at 1:30 PM in the Grand Ballroom this day only.**



EXERCISE YOUR MIND



PLAY DUPLICATE BRIDGE

© WORDS & UNWORDS

DUPLICATE BRIDGE

If you are interested in playing duplicate bridge, grab a friend and sign up to play with a great group of residents on Sunday evenings. You can sign up in the



SHREDDING DAY
WEDNESDAY, AUGUST 19TH
10:00 AM
EPWORTH VILLA GRAND LOBBY

The Meadows shreds sensitive data for more than 3,000 customers across the state of Oklahoma. Their customers include local, state, and federal agencies; educational institutions; pharmacies, health care providers, and medical facilities; religious organizations; accounting, legal, insurance, and business professionals; and many others.

Convenience

- They will bring large containers when they come. After the containers are filled they will take them back to their office in Edmond for destruction. No sorting is necessary, and you do not need to remove folders, notebooks, paper clips, or staples. Their team of workers will sort everything on-site for you.

Security

- All data and documents are kept in latched and locked bins until destruction. Trucks are locked securely at all times except when loading or unloading.
- After paper shredding, they will issue a certification of data destruction, providing a legal audit trail and giving verification of destruction of materials.
- Data is guaranteed not to be read, is shredded and refuse is returned to paper products.

Cost for shredding, no matter how much you have is, \$10.00 per person/couple. If you have anything to be shredded, please bring cash with you and be in the lobby at 10:00 am. They will only stay as long as we have residents with items to shred. No signup is necessary.

For more information on The Meadows and their shredding process, please visit

<http://www.meadowsoklahoma.com/shredding.htm>.





VOCALIST JANET RUTLAND

FRIDAY, AUGUST 21ST

7:00 PM

GRAND BALLROOM AND ON ETV CHANNEL 1960

Vocalist Janet Rutland is a long time fixture in the Mid America music and theatre scene with club, theater, and concert hall performances in Oklahoma, Texas, Kansas, and Missouri.

Her repertoire ranges from vintage jazz to country and pop standards with the emphasis on the Great American Songbook. For over a decade she has produced and starred in cabaret shows for the Tulsa Performing Arts Center's annual Summer Stage Festival, usually focusing on the work of America's great songwriters, including Johnny Mercer and Irving Berlin. For several seasons she played the lead in the American Theatre Company's "Always...Patsy Cline."



SCRABBLE GROUP

The Epworth Villa Scrabble Group meets on Monday afternoons at 2:00 PM in the 1st Floor South Lounge. Scrabble is an enjoyable word creation game that will help you stretch your mind while having fun too! If you are interested in the group or have any questions, please call residents Jimette M. at 623-3759 or Cathy N. at 254-5113.

Thanks so much to the many residents and staff who remembered my birthday with lovely cards and very kind messages.....Roberta M.

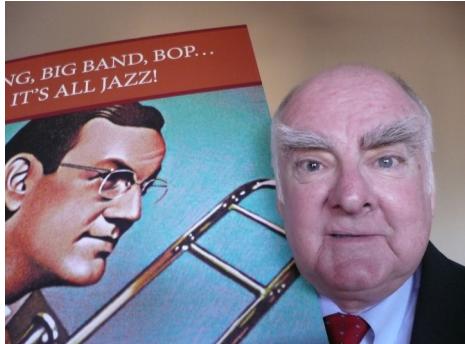


REPUBLICAN RUN-OFF ELECTION TUESDAY, AUGUST 25TH

***This election is a
REPUBLICAN
RUN-OFF ELECTION ONLY.***

***It will take place on Tuesday,
August 25th in the Epworth Villa
Lobby from 7:00 am - 7:00 pm***

****Please bring your License, Passport
or Voter ID card with you that day.***



JOHN HAMILL

WEDNESDAY, AUGUST 26TH

4:00 PM

GRAND BALLROOM & ON ETV CHANNEL 1960

The Stories Behind the Song is an entertaining one-hour of piano playing and commentary by jazz historian John Hamill. Taking some of the best of the Great American Song Book (*Moonlight Serenade*, *Take the "A" Train*, *San Antonio Rose*, *As Time Goes By*, and others), Hamill tells the story about the song and then plays it in his jazz-inflected, pop style.

Hamill is a journalism graduate from Northwestern University (Evanston, Illinois) who teaches writing at the University of Tulsa. He also teaches 'The History of Jazz' in Oklahoma State University's OLLI program. As the former editor of Tulsa People magazine, he hosted KCMA's *Music in the Morning*, and the jazz show *Midnight Oil*. A piano student of Rosalie Talbot beginning in the second grade, Hamill switched from classical to pop when he discovered chords and sheet music. Over the years he has served as music director for the *Youth Services Radio Days*, *RSVP's Supper Club Show*, and the *Red Glove Revue*. He was a founding member of the *Tuxedo Junction Combo*, he played solo keyboards for two years at *Jody Walls' 2300 Riverside Restaurant* and currently leads his own jazz trio.



GOLDEN SWANS RETURNING

(NOTE STARTING DATE CHANGE BELOW)

Those who have participated, or want to participate in the *Golden Swans* through the Oklahoma City Ballet will be glad to hear it is making its return to Epworth Villa on Monday, August 17th at 1:00 pm in the Wellness Studio.

Ballet classes have been shown to improve the quality of life for senior citizens in a number of ways, helping to improve physical mobility and increase mental stimulation. Through the Golden Swans program, it is Oklahoma City Ballet's mission to extend the benefits of ballet to the senior members of our community.

If you have not participated in the class in the past but would like to get started, now is the time.

NO PRIOR DANCE/BALLET EXPERIENCE NEEDED!!

LET'S TAKE A DRIVE!!

FOR IL RESIDENTS: We are now offering bus rides for UP TO 4 single riders or 4 couples at a time from IL on Wednesdays each week at 10:30 am.

The rides will last for about an hour and where you go will be at the discretion of the driver that day.

If you are interested, please sign up at the drivers' desk in the 'Count Me In' book.



WRITE GROUP

FRIDAY, AUGUST 14TH

1:00 PM

WOODWORTH ROOM

The Write Group will meet in the **WOODWORTH ROOM** on Friday, AUGUST 14th, at 1:00 p.m. Professor Rob Roensch will be back with us!

If you have any questions, call me—Burrel M., Coordinator at 405-659-5245).

PLEASE WEAR YOUR MASKS!!

MASK are REQUIRED to be worn by ALL residents, staff, family members and caregivers when they are in the Epworth Villa Main Building.

Exceptions:

***While participating in Exercise Classes**

***Exercising in the Pool**

***While Eating and/or Drinking**

***Within your own apartment or office (Residents ONLY. Family, caregivers and staff need to wear a mask when in resident apartments)**

Please help with reminding others you see who are not wearing a mask that they need to have one on. This requirement is for EVERYONE'S Health & Safety!



REMINDER: PLEASE WEAR YOUR NAME TAG



Due to the wearing of masks when residents and staff are out in the Community, people are not always easy to recognize. If everyone will make a point to wear their name tag, it will make it easier for everyone to know who we are.

REMINDER:

- ♦ There is a limit of 25 residents ONLY in the ballroom for classes held there.
- ♦ For classes held in the Wellness Center, please sign up in the book at the drivers' desk.

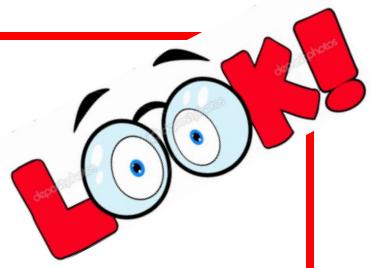
Wellness Center Weekly Class Schedule					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00am-9:30am Flex & Stretch Temporarily in Grand Ballroom Lori	9:00am-9:30am Water Aerobics (Pool) Lori	9:00am-9:30am Flex & Stretch Temporarily in Grand Ballroom Lori	9:00am-9:30am Water Aerobics (Pool) Lori	9:00am-9:30am Flex & Stretch Temporarily in Grand Ballroom Lori	9:00am-9:30am Tai Chi (Studio) Kathy
9:30am-10:00am Line Dancing Temporarily in Grand Ballroom Linda		9:45am-10:15am Limber UP! (Studio) Nancie		9:30am-10:00am Line Dancing Temporarily in Grand Ballroom Linda	
10:15am-10:45am Limber UP! (Studio) Nancie	10:00am-10:30am PowerCircuit (Fitness Center) Lori		10:00am-10:30am PowerCircuit (Fitness Center) Lori		
10:15am-10:45am Golden HIIT (Classroom) Lori	10:45am-11:15am Chair Yoga Temporarily in Grand Ballroom Lori		10:45am-11:15am Chair Yoga Temporarily in Grand Ballroom Lori	10:15am-10:45am Golden HIIT (Classroom) Lori	
	12:45pm-1:15pm BARRE (Classroom) Lori		12:45pm-1:15pm BARRE (Classroom) Lori		
		1:00pm-1:30pm Tai Chi (Classroom) Lori			
	1:30pm-2:00pm Balance & Reactive (Classroom) Lori		1:30pm-2:00pm Balance & Reactive (Classroom) Lori		



GROCERY SHOPPING FOR IL RESIDENTS

ON WEDNESDAYS ONLY

LIMIT OF 15 ITEMS PER SHOPPING DAY



Starting in August we are bringing the resident shopping in-house. What this means is staff will be doing the shopping for you. That being said, we will only be offering grocery shopping for residents on Wednesdays. This will continue as long as we have residents wanting to utilize the service. The service will continue to be \$35.00 per month shopping fee, (billed to your Epworth Villa Account during the months you use the service only) PLUS the cost of your groceries which will be charged to your credit card on the day of the shopping or paid by cash that you the resident provides.

If you are interested in having us shop for you, please pick up a shopping list from the drivers' desk. After you have **completed your list, place it back in the box at the drivers' desk BY TUESDAYS at 4:00 pm**. If you turn your list in after Tuesday at 4:00 pm, you will have to wait until the next week's shopping day to get your items. Please make sure your name and apartment number are on the form. Please take your credit card to Susan Williams by 9:00 am on Wednesday so shopping can be completed. *We must have the actual credit card to pay for your purchases if you are not using cash.

If you have questions about this procedure, please contact Susan Williams.

ALCOHOLIC BEVERAGE SHOPPING **FRIDAY AFTERNOONS**

If you are in need of alcoholic beverages, please see Susan Williams with your list and credit card/cash **ON FRIDAYS BY NOON**. We will be making a run to the store on Friday afternoon to make purchases and get items back to residents before the weekend. **NOTICE: The location that the driver will purchase your items is at his discretion. Please do not ask for driver to shop at stores of your choosing.**



ELEVATOR REMINDERS

Thank you for remembering to not over-crowd the elevators on campus and for wearing a mask while riding.

There should **ONLY BE 2** residents at a time in **ALL SMALL ELEVATORS** around campus with both persons wearing a mask.



UP TO 4 residents may ride the **LARGE ELEVATORS** around campus at a time with all wearing a mask

Residents with a **SCOOTER** are asked to please **USE LARGE ELEVATORS only.**



FREE SLUSHIES EVERY SATURDAY!!

Come join the FUN
EVERY SATURDAY
12:30 - 2:30 pm
CAFE

*Due to social distancing, residents are asked to get their slushy and take it to go.

ATTENTION INDEPENDENT LIVING RESIDENT VOLUNTEERS

If you volunteered for anything during the month of JULY, you may pick up a Volunteer Hour Log Sheet from Susan Williams



**DON'T FORGET
TO LOG YOUR HOURS**





YES, WE ARE STILL SELLING FAIR TRADE COFFEE, TEA, COCOA, AND CHOCOLATE!!

The Men's Group thanks the customers whom have continued to purchase the Fair Trade products we carry! Several church members and Epworth residents have decided that with all the changes we are facing, going without their Fair Trade coffee, tea, or chocolate bars is not going to be one of them.

However, there are many more we have not heard from and we want to assure them that "yes" we are still selling the products - we just don't have sales tables set up at church (or Epworth). All the delicious items are available and just waiting for your request. Call or text Dave at (405) 443-7302 or via email at fairtradeisright@gmail.com. A convenient meeting place will be set to get your favorite essentials (how else would you describe coffee, tea, and chocolate?)

The need for the support is still there. As an example, last week the Men's Group purchased batteries for a motorized wheelchair for a homeless person; this was a huge thing for the individual and the purchase was possible from your prior support.

Contact me. The virus will not stand in the way of some of the finer things we can enjoy!

Dave

**GATHAN GRAHAM
FRIDAYS STARTING AT 1:00 PM
IN THE GRAND BALLROOM AND ON
EVTV CHANNEL 1960**

Gathan Graham comes in weekly to play and entertain LIVE from the Grand Ballroom. Since there is a limit of 25 persons that can be in the ballroom we also broadcast LIVE on EVT Channel 1960 at the same time.



MONDAYS STARTING AT 1:00 PM

Let's **PLAY BINGO!!** It will be played just like regular BINGO in the Grand Ballroom with a LIMIT of 25 residents per day. We will play as many games as we can from 1:00—2:00 pm. Winners of each game will get a prize. Ballroom seating is first come first serve.

PLEASE WEAR YOUR MASK!!

IL Residents, you are encouraged to wear your mask when you are out and about the Epworth Villa community or if you leave the community.



TRANSPORTATION TO DOCTOR VISITS FOR INDEPENDENT LIVING RESIDENTS AVAILABLE NOW

We are once again offering **Rides for our IL Residents to doctors' appointments only**. If you have a doctor's appointment coming up and need transportation, please call the transportation line at 486-1363 to leave a message. Charges will be applied for these rides. ***We are not taking residents to any other locations at this time.**



REMINDER:

Thank you for remembering to turn in your dining meal sheet for the following week by 5:00 pm each THURSDAY. That way the kitchen will know how much and what it will be preparing daily.



PRESCRIPTION PICK UP AVAILABLE

If you are in Independent Living and need prescriptions picked up at a pharmacy off campus, please call or come by Susan Williams' office.

In order to pick prescriptions up she will need your date of birth and a form of payment.





TORNADO SEASON

Occurs during the months of March – August

BUT TORNADOES CAN HAPPEN ANYTIME

Do you know where you are supposed to go?

*If you live on or are in the area of:

1st Floor North

2nd Floor North

3rd Floor North

You will go to the Assisted Living Parking Garage.

Accessed by stairs or elevator at the end of the Hall on first floor

*If you live on or are in the area of:

1st Floor South

2nd Floor South

3rd Floor South

I.L. East

You will go to the I.L. East Parking Garage. Accessed by stairs or elevator in East Hall.

*If you live in the Cottages/Duplexes

Go to the closest Under Ground Parking Garage.

The outside Garage Doors will remain open until everyone is accounted for.

Masks Are Required While Viewing

SATURDAY MATINEE MOVIE

SATURDAY, AUGUST 15TH

1:00, 3:00, 5:00 & 7:00 pm

Limit of Nine Viewers Each Showing

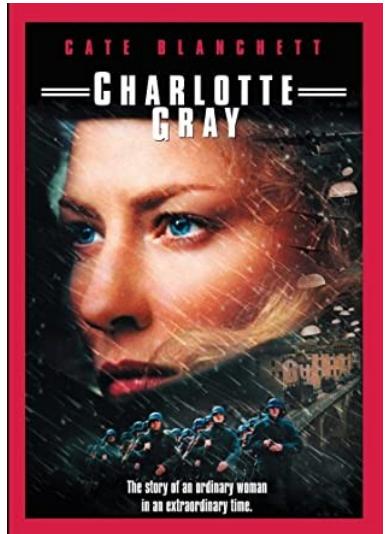
Sign-Up in the Count-Me-In-Book

CHARLOTTE GRAY

Starring: Cate Blanchett

Charlotte Gray's World War II assignment could be the first of many, or her fatal last. The people she meets could be friends or insidious traitors. Trained to be an undercover courier for England, she falls from the sky into Vichy France to assist the French Resistance in its defiance of Nazi occupation. She keeps secret her personal mission to find her lover, an RAF pilot downed over France.

Ratings: PG 13 Run time 2hr 1min



EVTV MOVIE WILL BE SHOWN

On ETV Channel 1960

SAT. 7:00 PM AND

WED. 8:00 PM

SAT., AUGUST 15TH AND

WED., AUGUST 19TH

ON GOLDEN POND

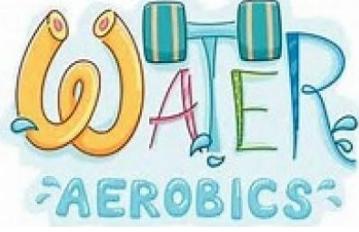
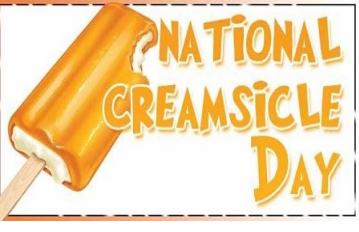


The loons are back again on Golden Pond and so are Norman Thayer, a retired professor, and Ethel who have had a summer cottage there since early in their marriage.

This summer their daughter Chelsea -- whom they haven't seen for years -- feels she must be there for Norman's birthday. She and her fiancé are on their way to Europe the next day but will be back in a couple of weeks to pick up the fiancé's son. When she returns Chelsea is married and her stepson has the relationship with her father that she always wanted. Will father and daughter be able to communicate at last?

Epworth Villa Weekly Activities

Week of August 12, 2020 through August 19, 2020

Wednesday August 12 	During the Day 8:00 a.m. & 5:00 p.m. 9:00 – 9:30 a.m. 10:30 a.m. 9:15 a.m. & 5:30 p.m. 9:45 – 10:15 a.m. 11:00 a.m. & 2:00 p.m. 1:00 – 2:00 p.m. 2:30 p.m. 8:00 p.m.	Grocery Shopping for Residents Exercise for Balance – ETV Channel 1960 Flex & Stretch – Grand Ballroom IL Bus Rides – MUST SIGN UP 30-minute Strength Workout – ETV Channel 1960 Limber UP! – Wellness Studio Ron Kelly Update – ETV Channel 1960 Tai Chi – Wellness Classroom Ron Wheeler – Grand Ballroom & on ETV Channel 1960 Movie Night (REPLAY) ETV Channel 1960
Thursday August 13 	8:00 a.m. & 5:00 p.m. 9:00 – 9:30 a.m. 10:00 – 10:30 a.m. 10:45 – 11:15 a.m. 10:30 a.m. & 3:00 p.m. 12:45 – 1:15 p.m. 1:30 – 2:00 p.m. 3:30 p.m. 7:00 p.m.	Chair Yoga – ETV Channel 1960 Water Aerobics - Pool PowerCircuit – Wellness Center Chair Yoga – Grand Ballroom Tai Chi – ETV Channel 1960 BARRE – Wellness Classroom Balance & Reactive Training – Wellness Classroom Vespers Service – ETV CHANNEL 1960 Vespers REPLAY – ETV Channel 1960
Friday August 14 	During the afternoon 8:00 a.m. & 5:00 p.m. 9:00 - 9:30 a.m. 9:15 a.m. & 5:30 p.m. 9:30 – 10:00 a.m. 10:15 – 10:45 a.m. 11:00 a.m. & 2:00 p.m. 1:00 p.m. 1:00 p.m. 2:30 p.m. 7:00 p.m.	Shopping for Alcoholic Beverages Exercise for Balance – ETV Channel 1960 Flex & Stretch – Grand Ballroom 30-minute Strength Workout – ETV Channel 1960 Line Dancing – Grand Ballroom Golden HIIT – Wellness Classroom Ron Kelly Update – ETV Channel 1960 Gathan Graham – Live in Grand Ballroom & Live on ETV Channel 1960 Write Group – Woodworth Room Creamsicle Day – Coffee Lounge Classical Guitarist Colin Holloway – Grand Ballroom & on ETV Channel 1960
Saturday August 15 	8:00 – 8:30 a.m. 9:00 – 9:30 a.m. 11:00 – 11:30 a.m. 1:00, 3:00, 5:00 & 7:00 pm 12:30 – 2:30 p.m. 3:00 – 3:30 p.m. 7:00 p.m.	Chair Yoga – ETV Channel 1960 Tai Chi with Kathy – Wellness Classroom Tai Chi – ETV Channel 1960 Matinee Movie – Theater Slushy Saturday – Café Tai Chi – ETV Channel 1960 Movie Night – ETV Channel 1960
Sunday August 16 	9:00 a.m. 10:50 6:00 p.m.	Sunday School – ETV CHANNEL 1960 St. Luke's Live Stream – ETV CHANNEL 1960 Sunday School (REPLAY) ETV Channel 1960

<p>Monday August 17</p> 	8:00 a.m. & 5:00 p.m. 9:00 a.m. 9:30 a.m. 10:00 – 10:30 a.m. 10:15 – 10:45 p.m. 9:15 a.m. & 5:30 p.m. 11:00 a.m. & 2:00 p.m. 12:30 p.m. 1:30 p.m.	Exercise for Balance – ETV Channel 1960 Flex & Stretch – Grand Ballroom Line Dancing – Grand Ballroom Limber UP – Wellness Studio Golden HIIT – Wellness Classroom 30-minute Strength Workout – ETV Channel 1960 Ron Kelly Update – ETV Channel 1960 Sheryl Presley – Scam Presentation –on ETV Channel 1960 ONLY BINGO – Grand Ballroom – Limit of 25 (NOTE SPECIAL START TIME TODAY)
<p>Tuesday August 18</p> 	GROCERY ORDERS DUE BY 4:00 P.M. 8:00 a.m. & 5:00 p.m. 9:00 a.m. 11:00 a.m. & 2:00 p.m. 10:00 – 10:30 a.m. 10:45 – 11:15 a.m. 10:30 a.m. & 3:00 p.m. 12:45 – 1:15 p.m. 1:30 – 2:00 p.m. 2:30 p.m.	100th Anniversary for Women's Right To Vote For Wednesday Shopping Chair Yoga – ETV Channel 1960 Water Aerobics - Pool Ron Kelly Update – ETV Channel 1960 PowerCircuit Training – Wellness Center Chair Yoga – Grand Ballroom Tai Chi – ETV Channel 1960 BARRE – Wellness Classroom Balance & Reaction – Wellness Classroom Art Group – Art Corner
<p>Wednesday August 19</p> 	During the Day 8:00 a.m. & 5:00 p.m. 9:00 – 9:30 a.m. 10:00 a.m. 10:30 a.m. 9:15 a.m. & 5:30 p.m. 9:45 – 10:15 a.m. 11:00 a.m. & 2:00 p.m. 1:00 – 2:00 p.m. 8:00 p.m.	Grocery Shopping for Residents Exercise for Balance – ETV Channel 1960 Flex & Stretch – Grand Ballroom Meadows Shredding Day – Epworth Villa Lobby IL Bus Rides – MUST SIGN UP 30-minute Strength Workout – ETV Channel 1960 Limber UP! – Wellness Studio Ron Kelly Update – ETV Channel 1960 Tai Chi – Wellness Classroom Movie Night (REPLAY) ETV Channel 1960

Business Hours for Services Available at Epworth Villa

M – F	8:00 a.m. to 5:00 p.m. Closed 12:00 - 1:00 p.m.	Long Term Care Specialists Clinic is Open
M, W, F	9:00 a.m. to 3:00 p.m.	BancFirst is Open
M - F	1:00 p.m. to 3:00 p.m.	The Market is Open
M – F	3:00 p.m. to 5:00 p.m.	Thrifty Pharmacy is Open
	DINING	
M-Sun	Beginning at 11:00 am Daily	Meal Delivery
M - F	Daily By Reservation	Cafe