

EPWORTH VILLA HAPPENINGS...

Where you can Get Involved, Get Going, Gain Knowledge

Vol. 5 Issue 28
Week of August 5, 2020

Editor: Susan Williams
Community Activities Coordinator

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CLASSICAL GUITARIST COLLIN HOLLOWAY

FRIDAY,
AUGUST 7TH

7:00 PM

GRAND BALLROOM & ON EVT V CHANNEL 1960

Classical guitarist Collin Holloway began playing at the age of nine in his home town of Oklahoma City. His passion for the instrument and natural talent were cultivated by Matthew Denman who acted as a teacher and mentor to Collin during his adolescence. As a student at the Classen SAS performing arts middle/high

school, he was the first student in school history to reach the highest level of the guitar department at only 12 years old

Collin's performing experience is extensive. He has toured across much of America and Spain as a soloist and as a part of various ensembles in festivals such as "Austin City Limits", "CHAMBERart Madrid", the "Celedonio Romero Guitar institute", in addition to a recent solo tour of Oklahoma and Florida.

After completion of his secondary schooling, Collin went on to further develop his talent at the Eastman School of Music where he studied under Nicholas Goluses and Thomas Viloteau. Immediately after graduating from Eastman, he was offered a teaching assistantship at the University of Kentucky College of Fine Arts, where he is pursuing his master's degree. www.collinholloway.com

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



EPWORTH VILLA

A Life Plan Community



**TO ALL COMMITTEE CHAIRPERSONS
RESIDENT ASSOCIATION COUNCIL MEETING**

WEDNESDAY, AUGUST 5TH AT 10:00 AM

RESIDENTS MAY VIEW ON EVT TV 1960.

With no end in sight relating to COVID-19 protocol, committees are in the process of reinventing ways of operating and they welcome new ideas. As an example, the Children's Party Committee has already planned how they will **WOW the 150+ kids** of our employees this year without gathering them in the Ballroom. Hear their alternative plans during the Council Meeting. Other committees may also present WOW ideas for the remainder of the year. MARK YOUR CALENDAR and tune in.

**TO THE POINT
WEDNESDAY, AUGUST 5TH
2:00 PM
EVTV CHANNEL 1960**



The next *To The Point* meeting will be held on Wednesday, August 3rd, at 2:00 pm on EVT TV CHANNEL 1960. The meeting will be broadcast live on EVT TV Channel 1960 and re-played that evening at 7:00 pm on EVT TV Channel 1960.



**MERCY CLINIC HAS CHANGED ITS NAME
TO
LONG TERM CARE SPECIALIST**

The Mercy Clinic is now Long Term Care Specialists. Dr. Ford and Brenda will still be there to see patients so nothing will change resident care.

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.

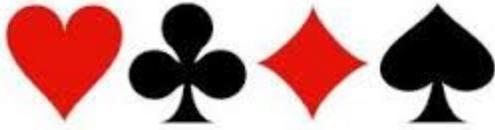


Procedures for the Café are to be as follows:

1. Follow signage to form 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

If you should have any questions about the Café procedures, please contact Chuck Abell, Dining Services Director or Destiny Helms, Director of Resident Life.

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 'Bridge Book' at the desk.

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!





SUNDAY SCHOOL
SUNDAY, AUGUST 9TH
9:00 AM

EVTV CHANNEL 1960

“COME AND SEE”

John 4:7-42

Purpose Statement: To hear Jesus speak grace to those who are outsiders

Teacher: Jo Ann McNaught



VESPERS

THURSDAY, AUGUST 6TH

3:30 PM

EVTV CHANNEL 1960

Vespers speaker and soloist singing “*Enough*” will be Rev. Sheri Lashley, Senior Pastor, First United Methodist Church, Okmulgee, OK.

VESPERS

THURSDAY, AUGUST 13TH

3:30 PM

EVTV CHANNEL 1960

Vespers speaker will be 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”



THANK YOU ALL!!

Thanks to all for the greeting cards and more I received on my Birthday. Don't know why everyone pick's on me!!!

Henry B.

MUSIC TALK WITH RON WHEELER

WEDNESDAY, AUGUST 12TH

2:30 PM

GRAND BALLROOM & ON EVTV 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. Recently he 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.

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

2:30 PM

COFFEE LOUNGE

COME & GO EVENT



Come on out and get a Creamsicle on Friday, August 14th in the Coffee Lounge at 2:30 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.



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>.



DO YOU PLAY A MUSICAL INSTRUMENT???

If you answered 'YES' to the above question, we need YOU!! If you can play any instrument and would be willing to share your talents with others, we would like for you to join us to make noise or music preferably. If interested, text Fretta M. at 405-863-0324 or call her at 405-607-4414. Please leave a message and number if she doesn't answer.

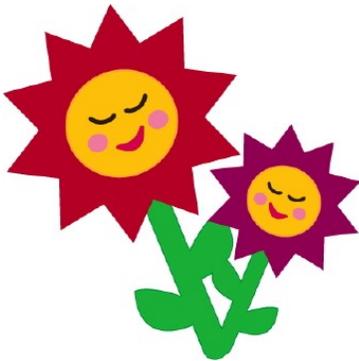


TO ALL EPWORTH VILLA LADIES FROM QUAIL SPRINGS UMC UNITED METHODIST WOMEN....

Our United Methodist Women's Group is missing your smiling faces. We are thinking of you and praying for you.

Even though we may be apart
WE'LL GET THROUGH THIS TOGETHER!

---Your QSUMC—UMW Officers



DON'T BE A VICTIM OF A SCAM!

Scams are on the rise all over the place and Epworth Villa is not exception.

Please be careful and DO NOT give any of your private information, including address, credit card information, banking information, social security number, medicare number and more if you receive a call from anyone you do not know.

If you think you may have been scammed, please see Destiny Helms or other Independent Living staff to report it.



Do you have friends who might be interested in living at Epworth Villa?

Did you know that resident referrals make up almost 40% of new move-ins to retirement communities in the USA? We need your help! If you refer a friend to Epworth Villa and they decide to live here, you will receive a \$2,500 credit toward your monthly service fee!

Just call the marketing office (405-753-9295) to give us contact information, or drop off the form below:

Name: _____

Address: _____

Phone: _____

(Your friend MUST be aware that we will be contacting them with more information about Epworth Villa.)



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—Burrell M., Coordinator at 405-659-5245).

ELEVATOR REMINDERS

Thank you for remembering to not overcrowd 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 EVTV 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.

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		

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.

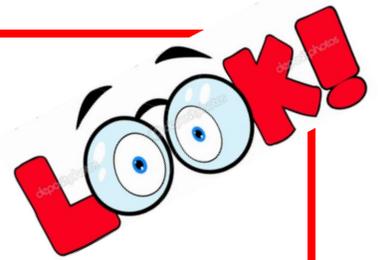




GROCERY SHOPPING FOR IL RESIDENTS

ON WEDNESDAYS ONLY

LIMIT OF 15 ITEMS PER SHOPPING DAY



Starting August 5th 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.**





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.

DO NOT ENTER HOUSEHOLDS AND ASSISTED LIVING AREAS

Please do not go through the doors to the Households. They are still not allowing visitors in those areas.

**If you have a therapy appointment you may enter and go straight to the therapy room.*

Please do not go to the Assisted Living area as well. They are still not allowing visitors.



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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

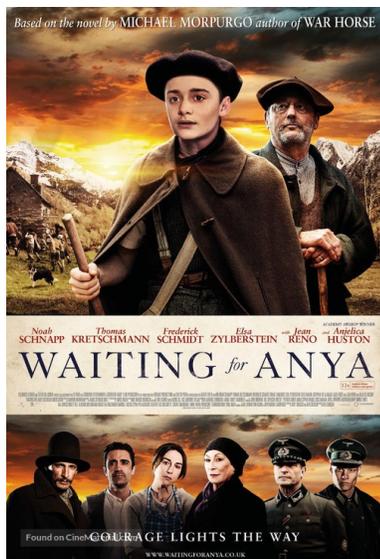
You will go to the I.L. East Parking Garage. Accessed by stairs or elevator in East Hall.

***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 8TH

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

Limit of **Nine** Viewers Each Showing
Sign-Up in the Count-Me-In-Book

2020

WAITING FOR ANYA

This is a powerful and authentic true story of a young shepherd boy who risks everything to help smuggle Jewish children into Spain from German-occupied France during World War II.

Rating PG Run Time 1 hr 49min

EVTV MOVIE WILL BE SHOWN

On EVTV Channel 1960

SAT. 7:00 PM AND

WED. 8:00 PM

SAT., AUGUST 8TH AND

WED., AUGUST 12TH

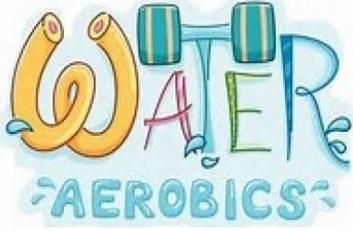
SUMMER RENTAL



After air traffic controller Jack Chester loses a plane (it's covered on his screen by a fly), he's told to take a break. Jack books his family into a plush resort, but it turns out that their lodgings are in a hut by the beach, and that's as good as the vacation gets.

Epworth Villa Weekly Activities

Week of August 5, 2020 through August 12, 2020

<p>Wednesday August 5</p> 	<p>During the Day 8:00 a.m. & 5:00 p.m. 10:00 a.m.</p> <p>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. 2:00 p.m. 7:00 p.m. 8:00 p.m.</p>	<p>Grocery Shopping for Residents Exercise for Balance – EVT V Channel 1960 Resident Council – Committee Chairs in Grand Ballroom; All other Residents can watch on EVT V Channel 1960 IL Bus Rides – MUST SIGN UP 30-minute Strength Workout – EVT V Channel 1960 Limber UP! – Wellness Studio Ron Kelly Update – EVT V Channel 1960 Tai Chi – Wellness Classroom To the Point Meeting – EVT V Channel 1960 To the Point Meeting (REPLAY) – EVT V Channel 1960 Movie Night (REPLAY) EVT V Channel 1960</p>
<p>Thursday August 6</p> 	<p>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.</p>	<p>Chair Yoga – EVT V Channel 1960 Water Aerobics - Pool PowerCircuit – Wellness Center Chair Yoga – Grand Ballroom Tai Chi – EVT V Channel 1960 BARRE – Wellness Classroom Balance & Reactive Training – Wellness Classroom Vespers Service – EVT V CHANNEL 1960 Vespers REPLAY – EVT V Channel 1960</p>
<p>Friday August 7</p> 	<p>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.</p> <p>7:00 p.m.</p>	<p>Shopping for Alcoholic Beverages Exercise for Balance – EVT V Channel 1960 Flex & Stretch – Grand Ballroom 30-minute Strength Workout – EVT V Channel 1960 Line Dancing – Grand Ballroom Golden HIIT – Wellness Classroom Ron Kelly Update – EVT V Channel 1960 Gathan Graham – Live in Grand Ballroom & Live on EVT V Channel 1960 Classical Guitarist Colin Holloway – Grand Ballroom & on EVT V Channel 1960</p>
<p>Saturday August 8</p> 	<p>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.</p>	<p>Chair Yoga – EVT V Channel 1960 Tai Chi with Kathy – Wellness Classroom Tai Chi – EVT V Channel 1960 Matinee Movie – Theater Slushy Saturday – Café Tai Chi – EVT V Channel 1960 Movie Night – EVT V Channel 1960</p>
<p>Sunday August 9</p> 	<p>9:00 a.m. 10:50 6:00 p.m.</p>	<p>Sunday School – EVT V CHANNEL 1960 St. Luke's Live Stream – EVT V CHANNEL 1960 Sunday School (REPLAY) EVT V Channel 1960</p>

<p>Monday August 10</p> 	<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. 1:00 p.m.</p>	<p>Exercise for Balance – EVTV Channel 1960 Flex & Stretch – Grand Ballroom Line Dancing – Grand Ballroom Limber UP – Wellness Studio Golden HIIT – Wellness Classroom 30-minute Strength Workout – EVTV Channel 1960 Ron Kelly Update – EVTV Channel 1960 BINGO – Grand Ballroom – Limit of 25</p>
<p>Tuesday August 11</p> 	<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.</p>	<p>For Wednesday Shopping Chair Yoga – EVTV Channel 1960 Water Aerobics - Pool Ron Kelly Update – EVTV Channel 1960 PowerCircuit Training – Wellness Center Chair Yoga – Grand Ballroom Tai Chi – EVTV Channel 1960 BARRE – Wellness Classroom Balance & Reaction – Wellness Classroom Art Group – Art Corner</p>
<p>Wednesday August 12</p> 	<p>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.</p>	<p>Grocery Shopping for Residents Exercise for Balance – EVTV Channel 1960 Flex & Stretch – Grand Ballroom IL Bus Rides – MUST SIGN UP 30-minute Strength Workout – EVTV Channel 1960 Limber UP! – Wellness Studio Ron Kelly Update – EVTV Channel 1960 Tai Chi – Wellness Classroom Ron Wheeler – Grand Ballroom & on EVTV Channel 1960 Movie Night (REPLAY) EVTV Channel 1960</p>

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