EPWORTH VILLA HAPPENINGS…
Where you can
Get Involved, Get Going, Gain Knowledge

Vol. 6 Issue 5
Weeks of February 3, 2021

Editor: Susan Williams
Community Activities Coordinator

EDITION HIGHLIGHTS:

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VINCE LEWIS

JAZZ GUITARIST

FRIDAY, FEBRUARY 5TH

7:00 PM

VIRTUAL PROGRAM

EVTV CHANNEL 1960

Vince Lewis is a veteran jazz performer, composer and recording artist.

Since actively pursuing a solo career he has achieved national acclaim and airplay, as well as outstanding critical reviews in every major jazz publication.

Vince has been a Heritage Guitar, Inc. performing artist since 1991, and a Benedetto Guitar artist since 2012, a Breedlove acoustic guitar artist since 2014 and an Eastman Guitars artist since 2015. He also performs and records with his signature Vince Lewis Model Ralston Archtop Guitar. He has recorded for Noteworthy Jazz, Redstone Jazz, Jim Martin Productions and also Vinbara Music.

He has been a headliner with Dave Brubeck, B.B King, Ellis Marsalis, Lou Rawls, John Pizzarelli and Melissa Manchester.

In 2012 Vince was recognized in the Jazz Guitar category as one of the “Leading Active Jazz Artists” by *Jazz Inside Magazine*.

Jim Carlton, in *Conversations with Great Jazz and Studio Guitarists* says "His playing is indicative of the rarified air of true mastery. He routinely creates engaging and excellent music."

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

FEBRUARY 2021 TRIVIA

"Though February is short, it is filled with lots of love and sweet surprises."

~ Charmaine J. Forde

Animal of the Month – Chameleon

Chameleons are a part of the Chamaeleonidae family, a highly specialized type of lizard of which there are over 200 species. Ranging in size from just over half an inch to over two feet long, they are adept climbers and hunters and have long, sticky, fast-acting tongues.

Many, but not all, chameleons can change color, an ability they use to help camouflage themselves from predators, regulate body temperature, and communicate with other chameleons. They also have prehensile tails with which they can grip branches. They eat insects and are native to

the rainforests of Africa, Asia, southern Europe, and Madagascar.

Chameleons are often kept as pets. The males tend to be more colorful and ornate than the females. Their feet work like salad tongs. Unlike some lizards, chameleons can't regrow their tails. In some cultures, the chameleon is considered a bad omen.

Special Days

Groundhog Day
February 2

Chinese New Year
February 12

Valentine's Day
February 14

Flag Day of Canada
February 15

Presidents' Day
February 15

Mardi Gras
February 16

Ash Wednesday
February 17

Flower – Violet

Most people think of the rose as the traditional Valentine's Day flower, but it's time to set the record straight—it's actually the violet! According to legend, the Christian priest St. Valentine (who was imprisoned by the Romans) used ink made from crushed violet blossoms that grew outside his prison cell to write notes of love and friendship. Violets represent faithfulness and the return of affection. If you dream of violets, you will be successful and advance in life.

Birthstone – Amethyst

For many thousands of years, the amethyst—the most striking representative of the quartz family—has been a coveted jewel. Moses described it as a symbol of the Spirit of God. It was also believed to protect crops from plague, bring good fortune, and prevent drunkenness. In fact, amethyst means "not intoxicated" in Greek. Today, amethysts are associated with peace and inner strength. The stone is more valuable when its color is a deep, rich purple. Those with flashes of rose, red, or blue are highly prized, as well.

February Folklore

While February is associated with romance, it is also known for gloomy, cold, rainy, and snowy skies. However, it is said that if it's fair and mild in early February, there is more winter ahead than behind. In general, it's not good news if February is warm. Besides prognosticator Punxsutawney Phil's weather predictions, here are a few more:

Winter's back breaks about the middle of February.

If Candlemas Day (February 2) *be fair and clear, there'll be two winters in the year. Fogs in February mean frosts in May.*

If February gives much snow, a fine summer it doth foreshow.

Of all the months of the year, curse a fair February.

If it thunders in February, it will frost in April.

There will always be one fine week in February.

If bees get out in February, the next day will be windy and rainy.

A wet February is a forerunner to a fine summer.

Wherever the wind lies on Ash Wednesday, it will continue in that quarter during all Lent.

Riddle Me This February

What is seen near the end of January and February that can't be seen at the beginning of either month?

Answer: *January* and *February* both end in "uary."

February Zodiacs

Aquarius (Water Bearer)

February 1–18

Pisces (The Fish)

February 19–28

February, along with January, was added to the Roman calendar by Numa Pompilius when the calendar was extended from 10 to 12 months (around 700 BC). February takes its name from the Latin word *februare*, which means "to purify." The Romans purified themselves in February, a ritual undertaken in preparation for spring. The Anglo-Saxons called the month *Solmonath*, meaning "cake-month," because cakes were offered to the gods during the month. In Spanish, February is *Febrero*. In French, it is *Février*, and in German, it is *Februar*.

Celebrating Black History

In 1976, President Gerald Ford established Black History Month to "honor the too-often neglected accomplishments of Black Americans in every endeavor throughout our history." However, Black History Week was first celebrated 50 years earlier, in February 1926, during the week encompassing the birthdays of Abraham Lincoln (Feb 12) and Frederick Douglass (Feb 14).

What's Lucky in February?

Lucky Color: Blue
Lucky Animal: Dog
Lucky Letters: *F* and *C*
Lucky Day: Wednesday
Lucky Flower: Rose

February Birthdays

Christie Brinkley (model) – February 2, 1954
Gertrude Stein (writer) – February 3, 1874
Betty Friedan (writer) – February 4, 1921
Red Buttons (comedian) – February 5, 1919
Bob Marley (musician) – February 6, 1945
Chris Rock (comedian) – February 7, 1965
Judy Blume (author) – February 12, 1938
Susan B. Anthony (activist) – February 15, 1820
Michael Jordan (athlete) – February 17, 1963
Toni Morrison (author) – February 18, 1931
Benicio del Toro (actor) – February 19, 1967
Sidney Poitier (actor) – February 20, 1927
Adelle Davis (nutritionist) – February 25, 1904
Michael Bolton (singer) – February 26, 1953

RESIDENT COUNCIL
WEDNESDAY, FEBRUARY 3RD
10:00 AM
RESIDENTS MAY VIEW ON EVTV CHANNEL 1960

Because of social distancing and a limit on the number of people in the ballroom, ONLY leaders of Standing Committee, Interest Groups and Management led groups will be allowed to attend the meeting in person. Mark your calendar now and plan to tune in to EVTV Channel 1960 to see the meeting live.

TO THE POINT
WEDNESDAY, FEBRUARY 3RD
2:00 PM
REPLAY—7:00 PM
BOTH ON EVTV CHANNEL 1960

To the point

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

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.

SUNDAY SCHOOL

SUNDAY, FEBRUARY 7TH

9:00 AM

EVTV CHANNEL 1960

"DEALING WITH ONE ANOTHER"

James 2:1-13

Teacher: Rev. Tracy Wilson

VESPERS

THURSDAY, FEBRUARY 4TH

3:30 PM

EVTV CHANNEL 1960

Vespers speaker will be Rev. Gene Spillman, retired minister, Disciples of Christ and Epworth Villa IL resident.

VESPERS

THURSDAY, FEBRUARY 11TH

3:30 PM

EVTV CHANNEL 1960

Vespers speaker will be Rev. Jamie Zumwalt, Pastor of Joe's Addiction, OKC. and daughter-in-law of Epworth Villa IL residents, Bill and Nancy Z.

HANDEL'S TRUMPET CONCERTOS

TUESDAY, FEBRUARY 9TH

6:00 PM

VIRTUAL CONCERT

EVTV CHANNEL 1960

The trumpet that we know today has come a long way. Trumpets did not always have valves as they do today. In fact valved trumpets did not come around until the early/ middle part of the 19th century. Until then trumpets were long, wound up pieces of brass, similar to a modern bugle. These trumpets played in two registers. The lower sounding register, known as the "Principale" consisted mainly of the natural harmonic series. This means that it could not play a full scale. The upper sounding register is known as the "Clarino", and is very difficult to play in, however one can achieve full scales and chromatic pitches.

The Baroque trumpet flourished during a period known as the "High Baroque" era, which was during the late 1600's and early 1700's. Composers such as Handel and Bach wrote music for the Baroque, or "natural", trumpet. Handel's "Messiah" features a solo for Baroque trumpet in the song "The Trumpet Shall Sound". One of the most famous pieces, and most difficult, of the trumpet repertoire is "Brandenburg Concerto No. 2" by J.S. Bach. Both of these pieces require great skill on the instrument.

Handel composed his *Trumpet Concerto in D major* in 1762. It has only two movements and is scored for trumpet, two horns and strings. The introductory movement, an Andante, starts with a main theme, an ornamented scale, developing into sequences until the entry of the solo trumpet.

Over time specialty clarino playing became a rarity, with very few players being able to achieve clarity and sound in the upper register. This slow decline in clarino trumpet players led to the demise of the Baroque trumpet. The main use of trumpets was for fanfares and for accenting the main chords in a musical piece.

Of late, the Baroque trumpet has enjoyed a nice revival, with several people around the world specializing in the performance of Baroque trumpet playing.

TUTANKHAMUN'S TREASURES—LOST TREASURES OF EGYPT

SUNDAY, FEBRUARY 7TH

4:00 PM

EVTV CHANNEL 1960

SMITHSONIAN MUSEUM OF AIR & SPACE

VIRTUAL TOUR

FRIDAY, FEBRUARY 12TH

7:00 PM

EVTV CHANNEL 1960

ATTENTION INDEPENDENT LIVING RESIDENT VOLUNTEERS

If you **volunteered for anything during the month of JANUARY 2021**, you may **pick up a Volunteer Hour Log Sheet from Susan Williams.**

***Residents have asked why we ask for Volunteer Hours to be turned in. The reason for the hour collection monthly is that Epworth Villa is considered a non-profit organization. In order to continue being classified as a non-profit, we must report the total number of volunteer hours residents engaged in for the previous year on our income tax return yearly.**

If you've never turned in hours but volunteer here at Epworth Villa and/or in the community, please consider reporting your hours monthly.

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

Where is everyone??

This period of "shelter-in-place", social distancing, and other precautions will be with us for quite a while. Chocolate and a good cup of coffee or tea make things seem more tolerable! Cooler weather is also around the corner so get ready with one of our two hot cocoa mixes - one with milk in it and the other which is dark chocolate with no milk (you provide your own marshmallows!).

Although the Fair Trade has not been set up for the monthly sales outside the Bistro, we still need your support! Let me know what you would like (contact info below) and I will deliver to Epworth. Much easier than going to a store!

We really appreciate those of you continuing to purchase our Fair Trade items. If you have not for a while, we are here for you - just call/text/email me!

Contact Dave Ranek at 443-7302 (phone or text) or email at fairtradeisright@gmail.com

Get Moving (And Stay Moving) Challenge

Healthy Epworth Initiative

It's time to Get Up and Get Moving! 2020 was a difficult year for many reasons which we don't need to list. The best part….it's behind us and we can start fresh in 2021. Let's start the new year off right!

The challenge is to Get Moving! *The challenge started Monday January 18th*, you should have received a form to start tracking the number of minutes you are moving. Grab an accountability partner and set yourself a goal! Those that achieve their 6-week goal will earn a yummy (healthy) priz from Dining Services.

What qualifies as moving

Walking, biking, swimming, stretching, tai chi, exercising! Anything that gets you up and out of that chair. (Going to get your food or mail does not count as moving for this challenge.)

A few things to know before you get started:

This challenge began *Monday January 18th* and ends *Wednesday February 24th, 2021.*

Prizes will be awarded *Friday February 26th, 2021* .

Track the number of minutes you are moving each day and record it on the calendar/tracker that will be provided.

Celebrate each day that you move!

Still want to know more? Contact Lori Love, Wellness Coordinator

ATTENTION GARDENERS

If you are interested in a garden plot for this season, please contact Don A. @ 751-8443.

EVTV MOVIE WILL BE SHOWN
On EVTV Channel 1960

SAT. 7:00 PM AND WED. 8:00 PM

SAT., FEBRUARY 6TH AND

WED., FEBRUARY 10TH

CAST AWAY

In December 1995, Chuck Noland is a time-obsessed systems engineer who travels worldwide resolving productivity problems at FedEx depots. He is in a long-term relationship with Kelly Frears, with whom he lives in Memphis, Tennessee. Although the couple wants to get married, Chuck's busy schedule interferes with their relationship. A Christmas gathering with relatives is interrupted when Chuck is summoned to resolve a problem in Malaysia. While flying through a violent storm, his plane crashes into the Pacific Ocean. Chuck escapes from the sinking plane and is saved by an inflatable life raft, but loses the emergency locator transmitter. He clings to the life raft, loses consciousness, and floats all night before washing up on an island. After he awakens, he explores the island and soon discovers that it is uninhabited.

IVORY&GOLD®

PRESENTS A VALENTINE'S DAY PROGRAM

"A Musical Valentine's Day Bouquet of Love, Light & Laughter"

SUNDAY, FEBRUARY 14TH

7:00 PM

EVTV CHANNEL 1960

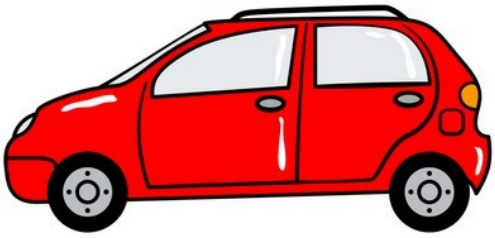
Join us for our Valentine's Day program, featuring ***I Could Have Danced All Night*** from "My Fair Lady," ***S'Wonderful***, ***I Can't Give You Anything But Love***, ***Fly Me to the Moon*** and the beloved ballads ***My Funny Valentine*** and ***All I Ask of You*** from "The Phantom of the Opera."

Praised by *The L.A. Jazz Scene* as a musical duo that can "draw out the beauty in the rich melodies and play the music...with taste, sensitivity, and a real affection for the idiom," Ivory & Gold® celebrates the greatest examples of American jazz, blues, ragtime, Broadway and hits from the Great American Songbook. Internationally renowned American musical performer and historian Max Morath calls Ivory & Gold® "musically flawless."

The duo, consisting of Anne Barnhart on flute and vocals with Jeff Barnhart on piano and vocals, Flutist Anne Barnhart's musical experiences with Ivory & Gold® have taken her around the world. Her performances have been enjoyed from coast to coast in the US and abroad in places such as England, Scotland, Ireland, Russia, French Polynesia, South America, Canada, and France just to name a few. Audiences are dazzled by her technique, awed by her tone and enthralled with her timing when bantering with her husband, pianist Jeff Barnhart.

Pianist and vocalist Jeff Barnhart met Anne, married her in 2000 and formed Ivory&Gold® with her in 2001. While he is in constant demand by top Traditional Jazz or Swing groups and events throughout the world as a jazz and ragtime soloist and band pianist, he finds his work with Ivory&Gold® to be most rewarding and exciting. During the group's concerts and shows, Anne challenges him to new musical and comedic heights as they explore America's timeless hits throughout the ages.

http://www.ivoryandgold.net/aboutus.html



EPWORTH VILLA TRANSPORTATION REMINDERS

- If you are in need of transportation by Epworth Villa, please call 486-1363 to make a reservation.
- This service is on a first come first serve basis.
- **Reservations *MUST BE MADE A MINIMUM OF 24 HOURS IN ADVANCE OF YOUR DRIVE.**
- When making a reservation, please leave your name, where you are going, time of the appointment, and whether you need a wheelchair and/or caregiver with you. Drivers will typically pick up the resident(s) 30 minutes before appointment time unless you are contacted otherwise.
- ***If you have a drive on Monday**, a **reservation needs to be made NO LATER THAN 2:00 PM on the FRIDAY before**. Since there is no one to schedule drives over the weekend, and if you call on the weekend for a Monday drive, your request will ONLY BE HONORED IF IT IS A TRUE EMERGENCY. Honoring Monday drive request made over the weekend are at the discretion of Epworth. Otherwise, you will need to find your own transportation. All drives are dispatched to the drivers, Monday through Friday by 4:00 pm for the following work day (Friday for Monday drives).
- NO DRIVES are scheduled on holidays or weekends.
- Drives requested the **DAY AFTER A HOLIDAY MUST BE BOOKED BY 3:00 PM ON THE LAST WORKING DAY PRIOR TO THE HOLIDAY**. If the holiday occurs on Monday and your drive is on Tuesday, IT MUST BE BOOKED BY 2:00 pm the Friday before. If a holiday falls during the week, reservations are needed prior to the holiday.
- All drives are assessed a fee dependent on the distance from Epworth Villa you are going. The fee is turned in and will appear on the resident's monthly bill.

THE PALACE OF VERSAILLES

VIRTUAL TOUR

TUESDAY, FEBRUARY 16TH

2:30 PM

EVTV CHANNEL 1960

The Palace of Versailles, Château de Versailles, is a royal château in Versailles in the Île-de-France region of France. It is now open as a museum, and a very popular tourist attraction.

On February 15th our own IL resident, Billye H. will be turning '100 years old'. To honor Billye her family is requesting that we 'shower' her with Birthday cards!! If you would like to honor Billye with a card or a hand written personal message, please do so by Monday, February 15th to her in-house box #181.

SHREDDING DAY

WEDNESDAY, FEBRUARY 17TH

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

COVID VACCINE CLINIC

Epworth Villa

14901 N. Pennsylvania Ave. OKC, OK

Friday, February 19th

Clinic will be in the Grand Ballroom

8:00 am-5:00 pm

Please see the clinic schedule for your time slot

- This is a follow up clinic for those who have received the 1st Moderna vaccine and need their 2nd vaccine to complete immunity.
- Please complete your consent and turn in to the front reception desk.

DEADLINE: 02/17/2021

Questions? Contact Passport Health @ myclinic@passporthealthok.com or (405) 563-8961

Wellness Center Weekly Class Schedule					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30am-10:00am Flex & Stretch Lori EVTV	9:00am-9:30am SilverSneakers EVTV	9:30am-10:00am Flex & Stretch Lori EVTV	9:00am-9:30am SilverSneakers EVTV	9:30am-10:00am Flex & Stretch Lori EVTV	9:00am-9:30am Tai Chi EVTV
	10:30am-11:00am Chair Yoga EVTV Lori		10:30am-11:00am Chair Yoga EVTV Lori		
1:00pm-1:30pm Tai Chi EVTV Lori	1:00pm-1:30pm HasFit EVTV	1:00pm-1:30pm Tai Chi EVTV Lori	1:00pm-1:30pm HasFit EVTV		

EPWORTH VILLA DINING HOURS OF OPERATION

CAFE

7:00 am – 2:00 pm
Monday – Saturday
Closed - Sunday

REDBUD MEAL PICK UP

11:00 am – 4:30 pm
Monday – Saturday

10:45 am – 1:45 pm
Sunday

HAVE YOU TURNED IN YOUR FORM?

Don't forget to turn in your IL Resident Family Group form to Lori Love. Extra forms can be found at the concierge desk. Each resident will need to fill out the form and turn it in. We are asking for email addresses to create an email group to solely use in the event of an emergency. This will be our means of communication with your family. If you do not wish to have your family be a part of this email group, we still need a form from you. If you have any questions, please feel free to reach out to Lori Love.

PLEASE WEAR YOUR MASKS!!

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

<u>The ONLY Exceptions Are:</u>

***While 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!

GROCERY SHOPPING FOR IL RESIDENTS

ON WEDNESDAYS ONLY

LIMIT OF 15 ITEMS PER SHOPPING DAY

Grocery shopping for residents is offered weekly on Wednesdays. This service will continue as long as we have residents wanting to utilize the service. The service cost is $35.00 per month, (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 concierge desk. After you have **completed your list, take it to Susan Williams' office BY TUESDAY at NOON.** If you turn your list in after Tuesday Noon, 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 and **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.

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.

SAVE A TREE!!

If you want to save a tree, raise your hand. Want to know how??? If you have a computer or smart phone and get email, you can receive the Happenings by email weekly.

Help save time, paper and thus the world by opting into this option by letting Michele at the front desk know and she will add you to the distribution list.

Thank you to those who already receive the Happenings by email. You ROCK!!

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.

CANCELLED ON MONDAYS UNTIL FURTHER NOTICE

TRANSPORTATION TO DOCTOR VISITS FOR INDEPENDENT LIVING RESIDENTS AVAILABLE

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. (See Transportation Reminders in this Edition on page 11)**

CAPTION CALL—USE THE PHONE WITH CONFIDENCE

Do you have a hard time hearing on the phone and need captioning to understand the other caller? Try CaptionCall! CaptionCall provides a service that displays captions of what callers say on a large, easy-to-read screen. If you have hearing loss and using captions would help you to use the phone more efficiently, you may be eligible for a system at no-cost to you.

If you are interested in learning more, contact Elizabeth Newell at 749-3512.

Epworth Villa Weekly Activities Week of February 3, 2021 through February 10, 2021		
Wednesday **February 3** 	**During the Day** 9:30 a.m. **10:00 a.m.** 1:00 p.m. **2:00 p.m.** 7:00 p.m. **8:00 p.m.**	**Grocery Shopping for Residents** Flex & Stretch – EVTV Channel 1960 **Resident Council – EVTV Channel 1960** Tai Chi – EVTV Channel 1960 **To the Point – EVTV Channel 1960** To the Point (REPLAY) – EVTV Channel 1960 **Movie Night (REPLAY) EVTV Channel 1960**
Thursday **February 4** 	9:00 a.m. 10:30 a.m. 11:00 a.m. & 2:00 p.m. 1:00 p.m. **3:30 p.m**. 7:00 p.m.	Silver Sneakers – EVTV Channel 1960 Chair Yoga – EVTV Channel 1960 CEO Ron Kelly Update – EVTV Channel 1960 HasFit – EVTV Channel 1960 **Vespers - EVTV Channel 1960** Vespers REPLAY – EVTV Channel 1960
Friday **February 5** 	**ALCOHOL ORDER DUE BY NOON** 9:30 a.m. 11:00 a.m. – 2:00 p.m. **7:00 p.m.**	For Shopping this day Flex & Stretch – EVTV Channel 1960 CEO Ron Kelly Update – EVTV Channel **Jazz Guitarist Vince Lewis – EVTV Channel 1960**
Saturday **February 6** 	9:00 a.m. **7:00 p.m.**	Tai Chi – EVTV Channel 1960 **Movie Night – EVTV Channel 1960**
Sunday **February 7** 	9:00 a.m. 10:50 a.m. **4:00 p.m.** 6:00 p.m.	Sunday School – EVTV CHANNEL 1960 St. Luke's Live Stream – EVTV CHANNEL 1960 **Tutankhamun: Lost Treasures of Egypt – EVTV Channel 1960** Sunday School (REPLAY) EVTV Channel 1960

Monday **February 8** 	9:30 a.m. 11:00 a.m. & 2:00 p.m. 1:00 p.m.	Flex & Stretch – EVTV Channel 1960 CEO Ron Kelly Update – EVTV Channel 1960 Tai Chi – EVTV Channel 1960
Tuesday **February 9** 	**GROCERY ORDERS DUE** 9:00 a.m. 10:30 a.m. 11:00 a.m. & 2:00 p.m. 1:00 p.m. **6:00 p.m**.	**For Wednesday Shopping** Silver Sneakers – EVTV Channel 1960 Chair Yoga – EVTV Channel 1960 CEO Ron Kelly Update – EVTV Channel 1960 HasFit – EVTV Channel 1960 **Handel: Trumpet Concerto – EVTV Channel 1960**
Wednesday **February 10** 	**During the Day** 9:30 a.m. 1:00 p.m. **8:00 p.m.**	**Grocery Shopping for Residents** Flex & Stretch – EVTV Channel 1960 Tai Chi – EVTV Channel 1960 **Movie Night (REPLAY) EVTV 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 – Sat **Sun**	**Meal Pick Up** **11:00 am – 4:30 pm** **10:45 am – 1:45 pm**	**Pick Up in Redbud**
M - Sat	**7:00 am – 2:00 pm**	**CAFÉ (To Go Only)**