

EPWORTH VILLA HAPPENINGS...

Where you can Get Involved, Get Going, Gain Knowledge

Vol. 6 Issue 9
Weeks of March 3, 2021

Editor: Susan Williams
Community Activities Coordinator

EDITION HIGHLIGHTS:

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PIANIST & VOCALIST

**GINNY CARR GOLDBERG
PRESENTS A VIRTUAL PROGRAM**

**“TRIBUTE TO WOMEN
SONGWRTERS”**

FRIDAY, MARCH 5TH

7:00 PM

EVTV CHANNEL 1960

Ginny Carr Goldberg has been playing and singing the music of the Great American Songbook for many decades, because she loves clever lyrics, beautiful melodies, and rich orchestrations. Today she is a songwriter and lyricist whose original songbook has been published, played, and heralded worldwide.

Ginny is also the leader, alto vocalist, and principal songwriter/arranger for the internationally acclaimed jazz vocal harmony ensemble, the *Uptown Vocal Jazz Quartet*. Her original songs and arrangements have been performed by iconic jazz artists as well as professional and student jazz vocal ensembles across the world. Critics, radio hosts, listeners, and celebrities have praised her work as a standout for its creative originality, citing her delightfully literate lyrics, elegant melodies, and tight vocal harmony arrangements.

Ginny lives in Washington, D.C. and has performed for over 40 years as a featured entertainer at D.C. area establishments and private receptions and has entertained many notable clients, including an array of governors, mayors, Supreme Court Justices, international guests of distinction, members of Congress, and prominent figures from the business community.

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



EPWORTH VILLA

A Life Plan Community

MARCH 2021 TRIVIA

*"Welcome, O March! Whose kindly days and dry
make April ready for the throstle's song, thou
first redresser of the winter's wrong!"*

~ from the poem "March" by William Morris



Animal of the Month – Canary

The canary is a small songbird in the finch family. The little yellow bird gets its name from its place of origin, the Macaronesian Islands, which includes the Azores, Canary, and Madeira Islands. Canaries were first domesticated in the 17th century and soon became popular among the royal courts of England and Spain, which in turn drove popularity among the general public across Europe. These birds are prized for their lovely song as well as their sweet appearance. In addition to the tell-tale yellow and green hues, canaries come in other colors, including white, red, black, orange, and brown. In



the past, canaries were used by miners to detect toxic gases in mining tunnels. These endearing birds are celebrated at canary shows held throughout the world. The cartoon character Tweety Bird is a canary. Police informants are said to "sing like a canary," alluding to the bird's tendency to sing (beautiful) elaborate songs, just like informants do when rattling out fellow criminals.

Special Days

Women's Day
March 8

**Daylight Saving
Time Begins**
March 14

St. Patrick's Day
March 17

First Day of Spring
March 20

Passover Begins
March 27

Palm Sunday
March 28

Flower – Daffodil



When the green stems of the daffodils shoot up toward the sky, it's official—spring has finally sprung! Though most parts of the daffodil plant are considered poisonous if consumed, it does have medicinal uses. The Japanese have used the bulb to treat wounds, and in some parts of the world, a compound called galantamine—found in the flower—is being studied to combat Alzheimer's disease. The daffodil also is used to celebrate a 10th wedding anniversary, but always in a bunch; lore has it that a single flower can foretell misfortune.

Birthstone – Aquamarine



March's birthstone, aquamarine, is a gorgeous, pale blue gem that is found in the western United States, Brazil, Siberia, and Myanmar. Aquamarines get their name from the Latin for "water of the sea." The stones with the deepest blue color fetch the highest prices, but the pale gems are also very popular. Aquamarines were highly prized by sailors, who believed the stones could provide protection both from turbulent seas and the tempting calls of any sirens or sea nymphs they might encounter on their voyages.

Take a Birthday Bough

Dogwood (Mar. 1–8)

Folks born under the dogwood tree are driven, daring, and determined. They are passionate in all things and very ambitious. If you know a “dogwood” person, you might want to get out of their way because they can overwhelm people on their way to achieving their goals. It’s no surprise that they are inclined to be successful in their careers. They also tend to be very spontaneous.

Magnolia (Mar. 9–23)

What people with the magnolia personality lack in confidence and planning they make up for with their keen mental curiosity, gumption, and innate social

diplomacy. They are born diplomats and don’t get upset easily. A magnolia’s mantra should be “take it with a grain of salt.” They also tend to be very honest and compassionate. If you are seeking a truthful answer, ask a person born under the magnolia tree. In addition, they make great listeners.

Cherry (Mar. 24–31)

Chances are, if you fell from the cherry tree, you are a person of uncommon talent, generosity, and intelligence. You are pragmatic and organized in all things, but sometimes you let your brain rule over your heart. You are also likely to be a loyal, kind, and helpful friend and partner.



Turn a Few Pages

In honor of World Book Day (March 5), consider cozying up with a good read. The average person reads 12 books per year, but the average CEO speeds through around 60. So, maybe lots of reading is the secret to success.

March Zodiacs

Pisces (Fish)

March 1–20

Aries (The Ram)

March 21–31

March hasn’t always been the third month of the year. In the ancient Roman calendar, it was the year’s first month. Beginning the year in March actually makes sense because it is when new growth starts after the “dead” of the winter. March’s name comes from *martius*, meaning “the month of Mars.” (Mars was the Roman god of war.) The Anglo-Saxons called the month *hyld monath*, which means “stormy month,” and *hraed monath*, meaning “rugged month.”

March for the Record

Guinness World Records accepts only about 3% of the thousands of applications it receives. Here are a few official records set in March:

2010 Widest unstretched mouth (17 cm or 6.69 in.)

2011 Fastest crossing of the Sahara desert by bicycle (13 days, 5 hours, 50 minutes)

2020 Largest jar of jam (2,216 lbs)

What’s Lucky in March?

Lucky Color: Teal

Lucky Animal: Ferret

Lucky Letters: H and C

Lucky Day: Wednesday

Lucky Plant: Brussels sprouts



March Birthdays

Theodor Seuss Geisel (writer) – March 2, 1904

Mickey Dolenz (Monkee) – March 8, 1945

Liza Minnelli (actress) – March 12, 1946

Michael Caine (actor) – March 14, 1933

Ruth Bader Ginsburg (justice) – March 15, 1933

Moms Mabley (comedienne) – March 19, 1894

Bobby Orr (hockey player) – March 20, 1948

Harry Houdini (magician) – March 24, 1874

Danica Patrick (car racer) – March 25, 1982

Diana Ross (singer) – March 26, 1944

Mariah Carey (singer) – March 27, 1970

Lady Gaga (singer) – March 28, 1986

Vincent van Gogh (artist) – March 30, 1853

Liz Claiborne (designer) – March 31, 1929



SHREDDING DAY
THURSDAY, MARCH 4TH |
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.



OKC TOWN HALL



Epworth Villa is now able to offer you access to the OKC Town Hall Lectures monthly. Below you will find the speakers for each month. You may read their topics and bios at <https://okctownhall.org/home/lecture-series/>. Due to bad weather, the February lecture will be Thursday, March 4th.

If you are interested in having access to the lectures, contact Susan Williams for the log-in and password each month.

If you have any questions or trouble accessing the lecture, please let Susan know at 486-1385.

DO YOU LIKE TO GARDEN???

It's almost that time of year again for planting spring and summer gardens. Did you know that Epworth Villa residents have their own garden where anyone can reserve a plot(s) to garden? If you are interested in learning more about the garden or to reserve a garden plot for this season, please contact Don A. @ 751-8443.



FINANCIAL REVIEW

RESIDENT QUARTERLY FINANCIAL REVIEW MEETING RESCHEDULED

FRIDAY, MARCH 5TH

11:00 AM

EVTV CHANNEL 1960



**SUNDAY SCHOOL
SUNDAY, MARCH 7TH
9:00 AM**

EVTV CHANNEL 1960

“LIVING AS HOLY PEOPLE”

Leviticus 19:1-37

Teacher: Tracy Wilson

Need a student quarterly? Contact Jo Ann M. at 405-627-3073.



VESPERS

THURSDAY, MARCH 4TH

3:30 PM

EVTV CHANNEL 1960

Vespers speaker will be Rev. Joe Alsay, Rector at St. Augustine of Canterbury Episcopal Church.

VESPERS

THURSDAY, MARCH 11TH

3:30 PM

EVTV CHANNEL 1960

Vespers speaker will be Rev. Jessica Maynard, Pastor, West Guthrie United Methodist Church.





FINDING JERUSALEM AT EPWORTH VILLA

A temporary Chapel Space sponsored by the Religious Life Committee has been designated and prepared for personal worship and meditation until the Brill Chapel has been repaired from the recent water damage. The new space normally known as the activities

area is located on the second floor above the Café.

In keeping with the theme “Walk to Jerusalem” activity beginning March 1 and the Lenten/Easter Season the décor features the country of Israel. Many of the items on display are souvenirs, pictures, and stories on loan from our residents who have visited Israel. A committee of three, JoAnn McNaught, Sallie Spillman and Wilma Reppert are responsible for the design and decoration of the room.

Residents and Staff are invited to come by anytime 24/7 for quiet reflection on the Lenten weekly scripture postings, prayer, meditation and reading material on the coffee table. We believe you will be pleasantly surprised and pleased with the peaceful ambiance, background music, and beauty of this special room prepared with Loving Care for your Spiritual Enhancement.

Thank you to the residents who have contributed both in loaning their treasures from Israel and in your financial support that has made the additional décor possible.

Religious Life Committee



2CELLOS LIVE @ ARENADA DI VERONA

VIRTUAL CONCERT

TUESDAY, MARCH 9TH

7:00 PM

EVTV CHANNEL 1960



Young Croatian cellists Luka Sulic and Stjepan Hauser, together known as 2CELLOS, continue to soar worldwide as music's most electric and dynamic instrumental duo, taking the cello to unimagined heights with their incredible talent and undeniable passion. Their playing style breaks down the boundaries between different genres of music, from classical and film music to pop and rock. 2CELLOS have no limits when it comes to performing live – equally as impressive playing Bach and Vivaldi as they are rocking out to AC/DC and Iron Maiden.

2CELLOS began 2017 in the wake of a spectacular performance filmed live at the Sydney Opera House in December 2016, in anticipation of the release of their latest album, Score. The new album celebrates the most popular and enduring music ever written for classic and contemporary movies and television. Exploring a more traditional musical sound, 2CELLOS recorded Score in summer 2016 with the London Symphony Orchestra, with conductor/arranger Robin Smith at the helm. Sulic and Hauser also co-produced Score with Nick Patrick (Jackie Evancho, Il Divo, Plácido Domingo).

2CELLOS have appeared on major TV shows such as the Today Show, The Tonight Show with Jay Leno, The Ellen DeGeneres Show (multiple times), TV Total with Stefan Raab, ABC's The Bachelor, CNN's The Daily Share and many others. They were also the first instrumental act to ever perform on the hugely popular TV series GLEE, where they appeared as special guests in the Michael Jackson tribute episode, performing "Smooth Criminal." Their arrangement of the song, which featured Naya Rivera, debuted at #10 on the Billboard Hot 100 Digital Songs Chart and helped land the 2CELLOS' self-titled debut album in the Top 100. Together with superstar pianist Lang Lang, they appeared on the CCTV New Year's Gala before more than 1 billion viewers.

The success of 2CELLOS extends far beyond YouTube, and their fan base continues to grow around the world through various collaborations. They have teamed with the rock band Queens of the Stone Age, producers T Bone Burnett and Humberto Gatica, as well as the legendary film composer James Newton Howard, on a variety of projects.

Both Sulic and Hauser have played the cello since childhood. Sulic graduated from the acclaimed Royal Academy of Music in London, and Hauser from the Royal Northern College of Music in Manchester, both in 2011.



ARE YOU A MEMBER OF AN INDEPENDENT LIVING GAME GROUP HERE AT EPWORTH VILLA?

As more of the groups; Scrabble, Bridge, Poker, Chicken Foot, etc. start playing again in coming weeks, your location, days and times you meet need to be verified and put back on the Epworth

Villa calendar. Please see Susan Williams by **MONDAY, MARCH 8TH** to make sure she has all

your information correct. Those that don't verify take the chance of being bumped if another group already has the area you want and their time reserved.



“ROYAL WEDDING”

FRIDAY, MARCH 12TH

7:00 PM

EVTV CHANNEL 1960

American sibling song-and-dance team Tom (Fred Astaire) and Ellen Bowen (Jane Powell) are in London in 1947, when all of England is in a tizzy over the impending nuptials of Princess Elizabeth and Prince Philip. Ellen falls head over heels for the dashing Lord John Brindale (Peter Lawford), and Tom becomes equally smitten with the elegant Anne Ashmond (Sarah Churchill). The film features one of Astaire's most legendary dance performances, dancing across the ceiling of a hotel room.



LIBRARY BOOK DONATIONS

If you own a book(s) you would like to donate to the Library, PLEASE SEE Darlene N. or Elise W. BEFORE LEAVING it/them in the Library. Thank you!



**EPWORTH AT HOME
BLOOD PRESSURE Clinic
RETURNS!!!!
TUESDAY, MARCH 16TH
9:30 - 10:30 am
COFFEE LOUNGE**



Epworth at Home is looking forward to seeing you at the Grand Reopening of the Blood Pressure Clinic. It will be St. Patrick's day themed. The first 50 people will receive a St. Patrick's Day button. There will be individually wrapped cookies. Who knows...you may see a Leprechaun at the Blood Pressure party...I mean clinic.



**RETURNS TO EPWORTH VILLA
TUESDAY, MARCH 16TH
3:00 PM
SOUTH CLASSROOM**

HearingLife will again be coming to Epworth Villa starting Tuesday, March 16th beginning at 3:00 pm in the South Classroom, to help with your hearing aid needs. Free cleaning and adjustments of your existing hearing aids, servicing your existing hearing aids, minor repairs at no charge, battery supplies and other assisted listening devices at a discounted price. They can also answer any questions you may have regarding your hearing or hearing aids at that time.

No appointment or sign up is necessary, just SHOW UP if you need help with your hearing aids. <http://www.hearinglife.com/>

**WRITE GROUP RETURNS!!
FRIDAY, MARCH 12TH
1:00 pm
WOODWORTH ROOM**



The Write Group meets on the 2nd and 4th Fridays of each month. The next meeting will be Friday, March 12th in the Woodworth Room. Everyone is invited to attend. For more information, call Burrel M. at 254-3846.



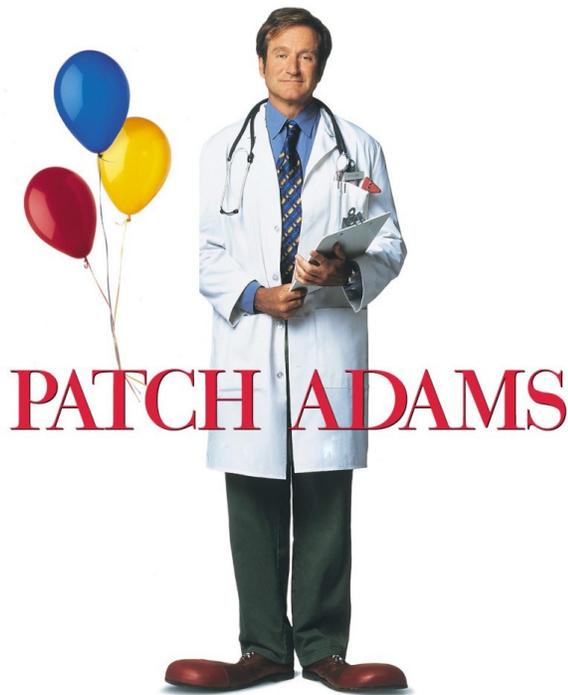
VIVALDI: FOUR SEASONS/QUATTRO STAGIONI
PERFORMED BY JANINE JANSEN
AT THE INTERNATIONAAL KAMERMUZIEK FESTIVAL
MONDAY, MARCH 15TH
7:00 PM
EVTV CHANNEL 1960

The Four Seasons is a group of four violin concerti by Italian composer Antonio Vivaldi, each of which gives musical expression to a season of the year. They were written around 1716–1717 and published in 1725 in Amsterdam, together with eight additional concerti, as *Il cimento dell'armonia e dell'invenzione* (The Contest Between Harmony and Invention). Vivaldi dedicated the publication to a Bohemian patron, Count Václav Morzin (of Vrchlabí 1676–1737), and in so mentioned the count's longstanding regard for these four, in particular (which had apparently been performed with the nobleman's orchestra, in Prague's Morzin Palace)—although his dedication may have been closely related to the completion of an Augustinian monastery that year, where Vivaldi, a priest himself, refers to Morzin, the church's dedicator, as “Chamberlain and Counsellor to His Majesty, the Catholic Emperor”—while (as Maestro di Musica in Italy) Vivaldi presents them anew, with sonnets or enhancements for clear interpretation. The first four concertos are designated *Le quattro stagioni*, each being named after a season. Each one is in three movements, with a slow movement between two faster ones (and these movements likewise vary in tempo amid the seasons as a whole).

Dutch violinist and violist Janine Jansen and Amsterdam Sinfonietta perform Antonio Vivaldi's “Four Seasons” (Italian: *Le quattro stagioni*) on June 24, 2014 at Internationaal Kamermuziek Festival (International Chamber Music Festival) Utrecht at TivoliVredenburg, a music venue in Utrecht.



R O B I N W I L L I A M S



**EVTV AT HOME
CHANNEL 1960
MOVIE WILL BE SHOWN
SATURDAY, MARCH 6TH AND
WEDNESDAY, MARCH 10TH
MOVIE TIMES ARE: SATURDAY @ 7:00
PM &
WEDNESDAY @ 8:00 PM**

Fact-based story of Hunter "Patch" Adams, the founder of the Gesundheit Clinic, a clinic which deals with their patients with humor and pathos. The film starts with Hunter admitting himself as a patient in a mental ward. While there, he found he enjoyed helping the other patients and found the staff to be cold and separative from the patients. Vowing to change things, he releases himself from the hospital and headed to the Medical College of Virginia. His unorthodox methods cast him up against many of the doctors and deans of the university, despite him getting some of the highest grades in his class. Recognizing that many poor people were not being treated, as a student he formed the Gesundheit Clinic to aid those who were not getting proper treatment at the hospital. However, this brought him up before the Medical Review Board for practicing without a license.



**SATURDAY AFTERNOON
MATINEE MOVIES RETURNING
MARCH 13TH.
WATCH NEXT WEEK'S
HAPPENINGS FOR DETAILS**



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



**LONG TERM CARE SPECIALISTS
CLINIC AT EPWORTH VILLA
RESIDENTS WILL BE SEEN IN
THE LONG TERM CARE
SPECIALISTS CLINIC BY
APPOINTMENT ONLY.
NO WALK-INS.**

**If you feel you need to be seen
or have questions about your
prescriptions, please call the
clinic at
(405) 486-1372.**



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



ATTENTION INDEPENDENT LIVING RESIDENT VOLUNTEERS

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



Get Moving (And Stay Moving) Challenge

Healthy Epworth Initiative

In celebration of Lent, Walk to Jerusalem will begin March 1st and end April 7th. The idea is to walk the distance from Epworth Villa to Jerusalem, which is 6680 miles to symbolize Jesus's own Walk to Jerusalem. We know individually someone won't be able to walk that distance in 6 weeks, so it's a group effort! The more people we have participating, the more chance we have to cover that number of miles.

We also know not everyone has the technology to track miles walked, so for every 20 minutes of activity it will count as 1 mile. If someone is active and moving for 30 minutes a day, they would "walk" 10.5 miles a week. Activity can be following along with one of the exercise videos on EVTv, exercising in the fitness center or walking around the facility using the indoor walking map.

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 will begin *Monday March 1st* and ends *Wednesday April 7th, 2021.*

Prizes will be awarded *Friday April 9th, 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

TURN BOTTOM PORTION IN TO LORI BY WEDNESDAY, MARCH 3, 2021

NAME _____ CHALLENGE 2

_____ MILES



At the end of this 6 week challenge, everyone will turn in their tracker into Lori, and the total number of miles walked as a collective will be tallied.

Wellness Center Weekly Class Schedule STARTING MARCH 8TH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00am-9:30am Flex & Stretch #1 Lori Grand Ballroom	9:00am-9:30am SilverSneakers EVTV	9:00am-9:30am Flex & Stretch #1 Lori Grand Ballroom	9:00am-9:30am SilverSneakers EVTV	9:00am-9:30am Flex & Stretch #1 Lori Grand Ballroom	9:00am-9:30am Tai Chi EVTV
9:30am-10:00am Flex & Stretch #2 Lori Grand Ballroom		9:30am-10:00am Flex & Stretch #2 Lori Grand Ballroom		9:30am-10:00am Flex & Stretch #2 Lori Grand Ballroom	
9:30 am-10:00am Line Dancing Woodworth Room				9:30 am-10:00am Line Dancing Woodworth Room	
	10:45am-11:15am Chair Yoga Lori Grand Ballroom		10:45am-11:15am Chair Yoga Lori Grand Ballroom		
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		

Group Exercise Classes

Beginning Monday, March 8th the following classes will return and require reservations. Sign-ups will be put out Friday March 5th at the concierge desk:

Flex & Stretch MWF 9:00—9:30 am

Flex & Stretch MWF 9:30—10:00 am

Chair Yoga T/TR 10:45—11:15 am



***Please begin to return any equipment you borrowed from the Fitness Center. This equipment will be needed for the classes starting March 8th. Return the equipment to the classroom inside the Fitness Center and mark your name off. Please have all equipment returned by Sunday March 7th. Thank you!**



ARE YOU THIRSTY??

Even if you don't feel thirsty, it is important that you stay hydrated.

You may think since it is cold outside that your body doesn't need as much water, but you are wrong, Your body needs just as much water when it's cold as you do when it's hot.

So don't delay, go get yourself a hydrating beverage now!!



**MAY THE LUCK OF THE IRISH BE WITH US!!
YOU ARE INVITED TO JOIN YOUR INDEPENDENT LIVING
TEAM AS WE START TO OPEN OUR CAMPUS BACK UP!!**

WHEN: MONDAY, MARCH 8th (throughout the day)

TIME: 9:30 AM—DONUTS

2:00 PM — SNACKS

WHERE: COME & GO IN THE COFFEE LOUNGE



There will be food, drink and FUN for all!!



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.

The ONLY Exceptions Are:

- *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 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.



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!!



**Save Paper.
Save Trees.
Save the World.**



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.

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.



BANKING MADE EASY

Personal Online Banking • Debit card with rewards
On-site 24 hour ATM • Safe deposit boxes
Trust Services & Estate Planning

Visit *Anita Rucker* for all your banking needs!
Mon-Wed-Fri • 9am – 3pm

BancFirst
Loyal To Oklahoma & You.

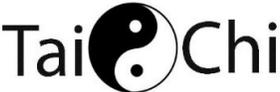
Member
FDIC

WWW.BANCFIRST.BANK



Epworth Villa Weekly Activities
Week of March 3, 2021 through March 10, 2021

<p align="center">Wednesday March 3</p> 	<p align="center">During the Day 9:30 a.m. 10:00 a.m. 1:00 p.m. 7:00 p.m. 8:00 p.m.</p>	<p>Grocery Shopping for Residents Flex & Stretch – EVTV Channel 1960 Resident Council – EVTV Channel 1960 Tai Chi – EVTV Channel 1960 To the Point (REPLAY) – EVTV Channel 1960 Movie Night (REPLAY) EVTV Channel 1960</p>
<p align="center">Thursday March 4</p> 	<p align="center">9:00 a.m. 10:00 a.m. 10:30 a.m. 11:00 & 2:00 p.m. 1:00 p.m. 3:30 p.m. 7:00 p.m.</p>	<p>Silver Sneakers – EVTV Channel 1960 Shredding – EV Lobby 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</p>
<p align="center">Friday March 5</p> 	<p align="center">ALCOHOL ORDER DUE BY NOON 9:30 a.m. 11:00 a.m. 2:00 p.m. 7:00 p.m.</p>	<p>For Shopping this day Flex & Stretch – EVTV Channel 1960 Resident Financial Review Meeting – EVTV Channel 1960 CEO Ron Kelly Update – EVTV Channel Ginny Carr Goldberg Virtual Concert – EVTV Channel 1960</p>
<p align="center">Saturday March 6</p> 	<p align="center">9:00 a.m. 7:00 p.m.</p>	<p>Tai Chi – EVTV Channel 1960 Movie Night – EVTV Channel 1960</p>
<p align="center">Sunday March 7</p> 	<p align="center">8:45 a.m. 10:50 a.m. 6:00 p.m.</p>	<p>Sunday School – EVTV CHANNEL 1960 St. Luke’s Live Stream – EVTV CHANNEL 1960 Sunday School (REPLAY) EVTV Channel 1960</p>

<p>Monday March 8</p> 	<p>9:00 a.m. 9:30 a.m. 9:30 a.m. 11:00 a.m. & 2:00 p.m. 1:00 p.m. Activities during the day starting at 9:30 a.m.</p>	<p>Flex & Stretch #1– Grand Ballroom Flex & Stretch #2 – Grand Ballroom Line Dancing – Woodworth Room CEO Ron Kelly Update – EVT Channel 1960 Tai Chi – EVT Channel 1960 REOPENING PARTY IN THE COFFEE LOUNGE</p>
<p>Tuesday March 9</p> 	<p>GROCERY ORDERS DUE 9:00 a.m. 10:45 a.m. 11:00 a.m. & 2:00 p.m. 1:00 p.m. 7:00 p.m.</p>	<p>For Wednesday Shopping Silver Sneakers – EVT Channel 1960 Chair Yoga – Grand Ballroom CEO Ron Kelly Update – EVT Channel 1960 HasFit – EVT Channel 1960 2Cellos – Virtual Program – EVT Channel 1960</p>
<p>Wednesday March 10</p> 	<p>During the Day 9:00 a.m. 9:30 a.m. 9:30 a.m. 11:00 a.m. & 2:00 p.m. 1:00 p.m. 8:00 p.m.</p>	<p>Grocery Shopping for Residents Flex & Stretch #1– Grand Ballroom Flex & Stretch #2 – Grand Ballroom Line Dancing - Woodworth Room CEO Ron Kelly Update – EVT Channel 1960 Tai Chi – EVT Channel 1960 Movie Night (REPLAY) EVT 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 – Sat	11:00 a.m., 12:30 p.m., 4:00 p.m. & 5:30 pm seating	Bistro RESERVATIONS NEEDED
Sunday	11:00 a.m., 12:15 p.m. & 1:30 p.m. seating	Redbud RESERVATIONS NEEDED
M - Sat	7:00 am – 2:00 pm	CAFÉ (To Go Only)