

EPWORTH VILLA HAPPENINGS...

Where you can Get Involved, Get Going, Gain Knowledge

Vol. 6 Issue 10
Weeks of March 10, 2021

Editor: Susan Williams
Community Activities Coordinator

EDITION HIGHLIGHTS:

(click on event to go to that page)

Write Group Resumes.....2

HearingLife Returns.....4

St. Patrick's Day Trivia.....5 & 6

New Wellness Schedule.....12

Matinee Movie Returns.....13



“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.

**DAYLIGHT SAVINGS TIME
BEGINS
SUNDAY, MARCH 14TH**

Spring forward

Set your clocks
ahead one
hour before
bed on
Saturday.



AP

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



EPWORTH VILLA
A Life Plan Community



WRITE GROUP RETURNS!!

FRIDAY, MARCH 12TH

1:00 pm

WOODWORTH ROOM

After months of waiting, the Write Group is cleared to meet in the Woodworth Room this Friday, March 12, at 1 p.m. We will meet regularly on the 2nd and 4th Fridays of each month.

Professor Rob Roensch of OCU will be with us and has suggested the following writing prompts:

1. Write about an experience of renewal
2. Write about your hopes for the spring and summer

The Write Group gives us a chance to hone our writing skills and to develop friendships. Visitors are always welcome. Remember, we are abiding by the protocol (masks, social distancing, etc.).

If you have questions, please call or text Burrell M., Coordinator, at (405) 659-5245. The email address is: b.ja.mcnaught@gmail.com

The Activities Committee will resume the monthly meeting schedule. The meeting for March will be on the third Wednesday, March 17, at 2 PM in the second floor meeting room, which is located above the Chapel.

If you're a floor representative or leader of an Interest Group, hopefully you will be able to attend. If you will be assisting with other scheduled activities, this would also be a meeting for you if you can attend.

It has been a year since we last met as a committee, so this means we are making progress and moving forward. Cheers!

Sandra B., Chair



CALLING ALL SCRABBLE PLAYERS

Scrabble is beginning again! Do you enjoy playing Scrabble? Do you yearn to learn to play Scrabble? You are very welcome to join us Monday afternoons at 2PM in the 1 Floor South Lounge. For more information, call Cathy at 254-5113 or Jimette at 623-3759.



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'inventione* (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.



**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/>

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.





March 17 is St. Patrick's Day.

MGIC

ST. PAT'S STATS

St. Patrick was **NOT** Irish



He was from **Wales**

-Source: IrishCentral.com

11 of our favorite ways to celebrate St. Patrick's Day

1. Drink green beer
2. Go to a parade (instead of work)
3. Make green eggs & ham
4. Learn an Irish jig
5. Don a green top hat
6. Wear green knee socks
7. Paint toenails green
8. Eat corned beef & cabbage
9. Shave a shamrock in your beard
10. Add Irish cream to your coffee
11. Buy an Irish Setter

-Source: MGIC Marketing staff



39%



of Americans celebrate St. Pat's Day

- Wear green.....83%
- Make special food34%
- Attend a party31%
- Decorate home25%

-Source: history.com

The color traditionally associated with St. Patrick was **BLUE** not green



-Source: IrishCentral.com

40 LBS of green dye are used in the Chicago River every year



-Source: IrishCentral.com

The first St. Patrick's Day parade took place in **New York** in **1762**

-Source: history.com



Irish immigrants subbed **CORNED BEEF** for traditional Irish **BACON** to save money

-Source: history.com



The **SHAMROCK** called the "seamroy" by the Celts, symbolized the **rebirth of spring** in ancient Ireland

-Source: history.com



In the last 100 years

650,000

babies have been named **PATRICK** in the U.S.

-Source: history.com



5.5 million pints of Guinness® are consumed every day around the world

11 million pints on St. Paddy's Day!

-Source: IrishCentral.com



THERE ARE OVER

450

CHURCHES named for St. Patrick in the U.S.

-Source: history.com





HISTORY OF ST. PATRICK'S DAY

St. Patrick's Day is celebrated annually on March 17, the anniversary of his death in the fifth century. The Irish have observed this day as a religious holiday for over 1,000 years. On St. Patrick's Day, which falls during the Christian season of Lent, Irish families

would traditionally attend church in the morning and celebrate in the afternoon. Lenten prohibitions against the consumption of meat were waived and people would dance, drink and feast—on the traditional meal of Irish bacon and cabbage.

Saint Patrick, who lived during the fifth century, is the patron saint of Ireland and its national apostle. Born in Roman Britain, he was kidnapped and brought to Ireland as a slave at the age of 16. He later escaped, but returned to Ireland and was credited with bringing Christianity to its people.

In the centuries following Patrick's death (believed to have been on March 17, 461), the mythology surrounding his life became ever more ingrained in the Irish culture: Perhaps the most well-known legend of St. Patrick is that he explained the Holy Trinity (Father, Son and Holy Spirit) using the three leaves of a native Irish clover, the shamrock.

The first St. Patrick's Day parade took place not in Ireland but in America. Records show that a St. Patrick's Day parade was held on March 17, 1601 in a Spanish colony in what is now St. Augustine, Florida. The parade, and a St. Patrick's Day celebration a year earlier were organized by the Spanish Colony's Irish vicar Ricardo Artur.

More than a century later, homesick Irish soldiers serving in the English military marched in New York City on March 17, 1772 to honor the Irish patron saint. Enthusiasm for the St. Patrick's Day parades in New York City, Boston and other early American cities only grew from there.

In modern-day Ireland, St. Patrick's Day has traditionally been a religious occasion. In fact, up until the 1970s, Irish laws mandated that pubs be closed on March 17. Beginning in 1995, however, the Irish government began a national campaign to use interest in St. Patrick's Day to drive tourism and showcase Ireland and Irish culture to the rest of the world.





ASHBROOK & OORTS
MUSIC FROM THE CULTURAL
CROSSROADS OF EUROPE

CELTIC MUSIC

FRIDAY, MARCH 19TH

7:00 PM

EVTV CHANNEL 1960



Karen & Paul joined forces in 1996, musically and soon thereafter matrimonially, creating *“wonderfully energetic and exquisitely arranged collaborations”* (Washington Post). They perform and teach at festivals around the USA as a duo and individually. Their most recent recording, *KA/PO in Concert* live performance, showcases their dynamic ensemble music.

Their first recording together, *Celtic Café* on the Maggie’s Music label *“explores pan-European music with uncommon enthusiasm, grace and imagination”* (De Morgen, Belgium).

They aren’t singers but between them they play hammered dulcimer, wooden flute, guitar, cittern, musette accordion, hommél (a Flemish dulcimer). They have performed all over Europe, but call Washington D.C. home. Paul Oorts is originally from Belgium

The Flemish folk journal *Goe Vollek!* mused that *“Denizens of the old country, should be very grateful to Ashbrook and Oorts for the way in which they introduce our traditional music to the Americans...we cherish this brilliant CD.”*

PARTY BRIDGE

Party Bridge will resume on Sunday March 21st (play first and third Sunday of each month). We play in the card room above Town Center, second level.

Bridge plays 6:00 PM-9:00 PM

Contact person

Sharon W. (405)317-2921





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





SUNDAY SCHOOL
SUNDAY, MARCH 14TH
9:00 AM
EVTV CHANNEL 1960

“NOURISHING HOLINESS”

1Peter 2:1-10

Teacher: Burrel McNaught



VESPERS
THURSDAY, MARCH 11TH
3:30 PM
EVTV CHANNEL 1960

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

VESPERS
THURSDAY, MARCH 18TH
3:30 PM
EVTV CHANNEL 1960

Vespers speaker will be Rev. Ed Light, Retired
United Methodist Minister





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. If you



haven't already done so, please see Susan Williams 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.

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!



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/>. Next Lecture is Thursday, March 18th. 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.



TUESDAY, MARCH 23RD
11:00 AM
JOE WHITE LIVING ROOM

Smith Medical is BACK!!!

Technicians from Smith Medical will be here in the **Joe White Living Room on Tuesday, MARCH 23rd beginning at 11:00 am** to look at walkers and scooters for problems you may be having FREE of charge. If they find something that they cannot repair or fix while here, there may be a small charge for parts and to possibly take it back to their shop in Edmond.

So, if you are having trouble, just stop by the Joe White Living Room (NO NEED TO SIGN UP) starting at 11:00 am to visit with them. For more information visit:

<https://www.smeokc.com/>

TOP 100 BROADWAY SONGS
TUESDAY, MARCH 23RD
6:00 PM
EVTV CHANNEL 1960



Many beautiful songs that are now considered classics, or are called “standards” actually come from Broadway musicals. Broadway musicals or musical theater are plays with parts that are performed as songs and dances instead of just dialogues. The songs, also called showtunes, are sung by the characters or the chorus to orient the audience to the conventions of the play, evoke atmosphere, move the plot forward, provide commentary, show what the character is thinking and feeling, or reveal character traits.

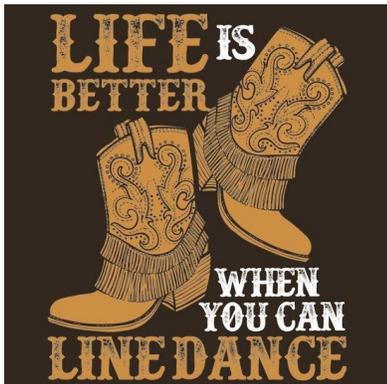
When the songs are remarkably good and the public likes them, they acquire lives of their own outside the musical. Usually they are recorded by popular singers and become recording hits, sometimes they become themes of shows outside Broadway, and sometimes they are even adapted to T.V. and radio ads.

Wellness Center Weekly Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00am-9:30am Flex & Stretch Lori Grand Ballroom	9:00am-9:30am SilverSneakers EVTV	9:00am-9:30am Flex & Stretch Lori Grand Ballroom	9:00am-9:30am SilverSneakers EVTV	9:00am-9:30am Flex & Stretch Lori Grand Ballroom	9:00am-9:30am Tai Chi EVTV
9:30am-10:00am Flex & Stretch Lori Grand Ballroom		9:30am-10:00am Flex & Stretch Lori Grand Ballroom		9:30am-10:00am Flex & Stretch Lori Grand Ballroom	
9:30am-10:00am Line Dancing Woodworth				9:30am-10:00am Line Dancing Woodworth	
10:15am-10:45am Limber UP! Nancie Studio		9:45am-10:15am Limber UP! Nancie Studio			
	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	1:00pm-1:30pm HasFit EVTV	1:00pm-1:30pm Tai Chi EVTV	1:00pm-1:30pm HasFit EVTV		

LIMBER UP STARTING MONDAY, MARCH 15TH

Limber Up will return to the Fitness Schedule on Monday March 15th. See the above calendar for class information.



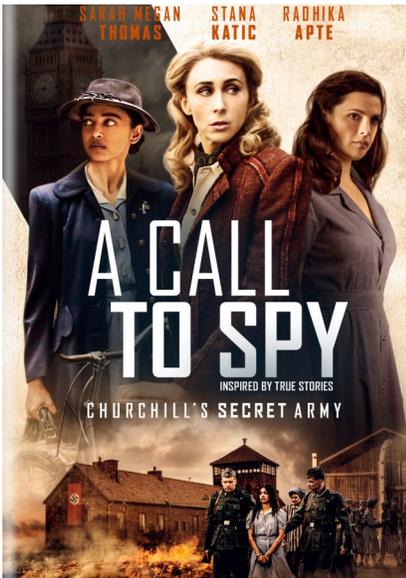
LINE DANCING

MONDAYS & FRIDAYS

9:30 AM—10:00 AM

WOODWORTH ROOM

MASKING & SOCIAL DISTANCING WILL CONTINUE



MASK ARE REQUIRED WHILE VIEWING

SATURDAY MATINEE MOVIE

SATURDAY, MARCH 13TH

SHOWINGS: 1:00, 3:00, 5:00 and 7:00 PM

Limit of NINE (9) Viewers Each Showing

SIGN UP IN THE COUNT-ME-IN Book

A CALL TO SPY

In the beginning of WWII, with Britain desperate, Churchill orders his new spies. In this true story by true events, their daunting mission is to conduct sabotage and build a resistance. The recruits include an ambitious American with a wooden leg, and a Muslim pacifist. These women help to undermine the Nazi regime in France leaving an unmistakable legacy.

Ratings: PG

Run Time: 2 hrs. 4 mins.

EVTV AT HOME

CHANNEL 1960

MOVIE WILL BE SHOWN

SATURDAY, MARCH 13TH AND

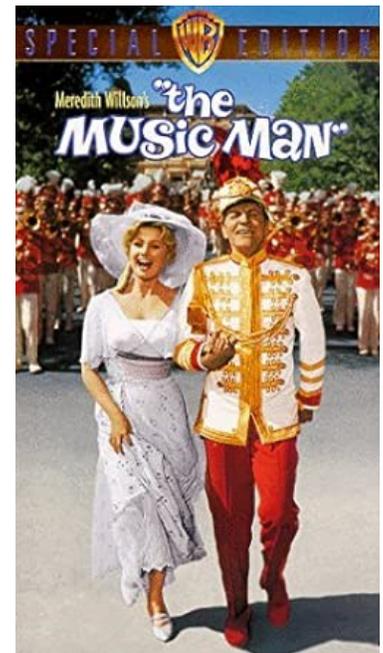
WEDNESDAY, MARCH 17TH

MOVIE TIMES ARE: SATURDAY @ 7:00 PM &

WEDNESDAY @ 8:00 PM

THE MUSIC MAN

The film opens in July 1912, with a traveling salesman being chased onto a train just about to depart. As the train gets underway, the salesmen get into a poetic conversation to the rhythm of the train sounds about credit that veers off to discussion of the con man 'Professor' Harold Hill. After the train arrives in River City, Iowa, 'Professor' Harold Hill reveals himself to the others before getting off, anxious to swindle the famously stubborn citizens. Masquerading as a band instructor, Hill plans to con the townspeople into paying him to create a boys' marching band. Once he has collected their payment and the instruments and uniforms have arrived, he will hop the next train out of town, leaving them without their money or a band.





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.**



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!!

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.



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 10, 2021 through March 17, 2021

<p align="center">Wednesday March 10</p> <p align="center">Tai Chi</p> 	<p align="center">During the Day</p> <p align="center">9:00 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</p> <p>Flex & Stretch #1– Grand Ballroom Flex & Stretch #2 – Grand Ballroom CEO Ron Kelly Update – EVT Channel 1960 Tai Chi – EVT Channel 1960 Movie Night (REPLAY) EVT Channel 1960</p>
<p align="center">Thursday March 11</p> 	<p align="center">9:00 a.m. 10:45 a.m. 11:00 & 2:00 p.m. 1:00 p.m. 3:30 p.m. 7:00 p.m.</p>	<p>Silver Sneakers – EVT Channel 1960 Chair Yoga – Grand Ballroom CEO Ron Kelly Update – EVT Channel 1960 HasFit – EVT Channel 1960 Vespers - EVT Channel 1960 Vespers REPLAY – EVT Channel 1960</p>
<p align="center">Friday March 12</p> 	<p align="center">ALCOHOL ORDER DUE BY NOON</p> <p align="center">9:00 a.m. 9:30 a.m. 9:30 a.m. 11:00 a.m. & 2:00 p.m. 7:00 p.m.</p>	<p>For Shopping this day</p> <p>Flex & Stretch #1– Grand Ballroom Flex & Stretch #2 – Grand Ballroom Line Dancing – Woodworth Room CEO Ron Kelly Update – EVT Channel Movie “Royal Wedding” – EVT Channel 1960</p>
<p align="center">Saturday March 13</p> 	<p align="center">9:00 a.m. 1:00, 3:00, 5:00 & 7:00 p.m. 7:00 p.m.</p>	<p>Tai Chi – EVT Channel 1960 Matinee Movie – Theater (Sign-up in ‘Count Me In’ Book) Movie Night – EVT Channel 1960</p>
<p align="center">Sunday March 14</p> <p align="center">Spring forward Set your clocks ahead one hour before bed on Saturday.</p>  <p align="right">AP</p>	<p align="center">DAYLIGHT SAVINGS BEGINS</p> <p align="center">8:45 a.m. 10:50 a.m. 6:00 p.m.</p>	<p align="center">Turn Clocks Back 1 hour</p> <p>Sunday School – EVT CHANNEL 1960 St. Luke’s Live Stream – EVT CHANNEL 1960 Sunday School (REPLAY) EVT Channel 1960</p>

<p>Monday March 15</p> 	<p>9:00 a.m. 9:30 a.m. 9:30 a.m. 10:15 - 10:45 a.m. 11:00 a.m. & 2:00 p.m. 1:00 p.m. 7:00 p.m.</p>	<p>Flex & Stretch #1– Grand Ballroom Flex & Stretch #2 – Grand Ballroom Line Dancing – Woodworth Room Limber Up! – Fitness Studio CEO Ron Kelly Update – EVT Channel 1960 Tai Chi – EVT Channel 1960 Vivaldi Four Seasons/Quattro Stagioni – Virtual Program on EVT Channel 1960</p>
<p>Tuesday March 16</p>  <p>Blood Pressure Clinic</p>	<p>GROCERY ORDERS DUE</p> <p>9:00 a.m. 9:30 – 10:30 a.m. 10:45 a.m. 11:00 a.m. & 2:00 p.m. 1:00 p.m. 3:00 p.m.</p>	<p>For Wednesday Shopping Silver Sneakers – EVT Channel 1960 EAH Blood Pressure Clinic – Coffee Lounge Chair Yoga – Grand Ballroom CEO Ron Kelly Update – EVT Channel 1960 HasFit – EVT Channel 1960 HearingLife – South Classroom</p>
<p>Wednesday March 17</p> 	<p>During the Day</p> <p>9:00 a.m. 9:30 a.m. 10:15 – 10:45 a.m. 11:00 a.m. & 2:00 p.m. 1:00 p.m. 8:00 p.m.</p>	<p>HAPPY ST. PATRICK'S DAY Grocery Shopping for Residents Flex & Stretch #1– Grand Ballroom Flex & Stretch #2 – Grand Ballroom Limber Up! – Fitness Studio 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