

EPWORTH VILLA HAPPENINGS...

Where you can Get Involved, Get Going, Gain Knowledge

Vol. 6 Issue 24
Weeks of June 16, 2021

Editor: Susan Williams
Community Activities Coordinator

EDITION HIGHLIGHTS:

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CELLIST CONNIE CRONLEY & PIANIST ANNA NORBERG

PRESENT
"FLIGHTS OF FANCY"
FRIDAY, JUNE 18TH
7:00 PM
GRAND BALLROOM



Escape with a travel program of music, words, and joy. You can slip the surly bonds of lock down, bad weather and travel restrictions with this lively program that transports you around the world with music and poetry. Join classical Pianist Anna Norberg and writer Connie Cronley, go to sea "in a beautiful pea-green boat" and "dance the skies on laughter-silvered wings". You are bound for luxurious destinations—Spain, Vienna, Russia, Hungary, New York, and more—imagined by great artists from Mozart To Mark Twain. No Real ID or passport required.



NOT JUST COUNTRY LINE DANCING
FRIDAY, JUNE 18TH
2:00 PM
GRAND BALLROOM

We are a volunteer group of senior ladies ranging in age from 84 to 65 who travel near and far to entertain residents weekly with music and line dancing. Our members live in all parts of the Oklahoma City area and travel to Moore each week to practice for our events.

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





OKLAHOMA CITY BALLET'S

GOLDEN SWANS BALLET CLASSES

MONDAYS 1:00-2:00

STARTING JUNE 14

**NO EXPERIENCE NEEDED! COME JOIN US
FOR BALLET CLASS EVERY MONDAY.
BALLET HELPS WITH BALANCE, STRENGTH,
AND STAMINA IN A GENTLE AND FUN WAY!
WEAR CLOTHES THAT YOU CAN MOVE IN
EASILY AND BALLET SHOES AREN'T
REQUIRED BUT ENCOURAGED!**

**Questions? Contact Stephanie Pitts
stephanie@okcballet.org (405) 208-8881**

HELD IN THE WELLNESS STUDIO



SUNDAY SCHOOL
SUNDAY, JUNE 20TH
9:00 AM
BRILL CHAPEL

“ WHAT DREAMS MAY COME”

Genesis 41:1-57

Teacher: Rev. John Trent

“IN PERSON” SUNDAY SCHOOL is still a special treat! Fretta Moore helps set the mood via the Piano Prelude by @ 8:45 a.m.; Lesson @ 9:00 a.m. in Brill Chapel



VESPERS
THURSDAY, JUNE 17TH
3:30 PM

LIVE IN BRILL CHAPEL & EVTV CHANNEL 1960

Vespers speaker will be Rev. Derrek Belase, Director of Connectional Ministry for the Oklahoma Annual Conference of the United Methodist Church.

VESPERS
THURSDAY, JUNE 24TH
3:30 PM

LIVE IN BRILL CHAPEL & EVTV CHANNEL 1960

Vespers speaker will be Rev. Abby Walker, Pastor, Covenant Presbyterian Church, OKC.



ORIGINS OF FATHER'S DAY

On July 5, 1908, a West Virginia church sponsored the nation's first event explicitly in honor of fathers, a Sunday sermon in memory of the 362 men who had died in the previous December's explosions at the Fairmont Coal Company mines in Monongah, but it was a one-time commemoration and not an annual holiday.

The next year, a Spokane, Washington, woman named Sonora Smart Dodd, one of six children raised by a widower, tried to establish an official equivalent to Mother's Day for male parents. She went to local churches, the YMCA, shopkeepers and government officials to drum up support for her idea, and she was successful: Washington State celebrated the nation's first statewide Father's Day on June 19, 1910.

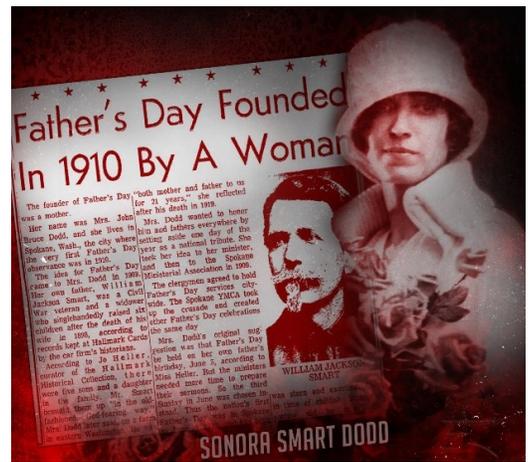
Slowly, the holiday spread. In 1916, President Wilson honored the day by using telegraph signals to unfurl a flag in Spokane when he pressed a button in Washington, D.C. In 1924, President Calvin Coolidge urged state governments to observe Father's Day.

Many men, however, continued to disdain the day. As one historian writes, they "scoffed at the holiday's sentimental attempts to domesticate manliness with flowers and gift-giving, or they derided the proliferation of such holidays as a commercial gimmick to sell more products—often paid for by the father himself."

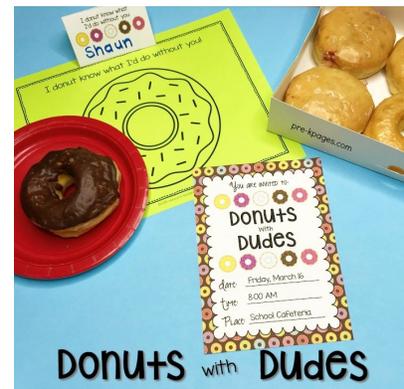
During the 1920s and 1930s, a movement arose to scrap Mother's Day and Father's Day altogether in favor of a single holiday, Parents' Day. Every year on Mother's Day, pro-Parents' Day groups rallied in New York City's Central Park—a public reminder, said Parents' Day activist and radio performer Robert Spere, "that both parents should be loved and respected together." Paradoxically, however, the Great Depression derailed this effort to combine and de-commercialize the holidays. Struggling retailers and advertisers redoubled their efforts to make Father's Day a "second Christmas" for men, promoting goods such as neckties, hats, socks, pipes and tobacco, golf clubs and other sporting goods, and greeting cards.

When World War II began, advertisers began to argue that celebrating Father's Day was a way to honor American troops and support the war effort. By the end of the war, Father's Day may not have been a federal holiday, but it was a national institution.

In 1972, in the middle of a hard-fought presidential re-election campaign, Richard Nixon signed a proclamation making Father's Day a federal holiday at last. Today, economists estimate that Americans spend more than \$1 billion each year on Father's Day gifts.



DONUTS WITH DUDES
ALL IL MEN INVITED
MONDAY, JUNE 21ST
STARTING @ 9:00 AM TILL DONUTS RUN OUT
COFFEE LOUNGE

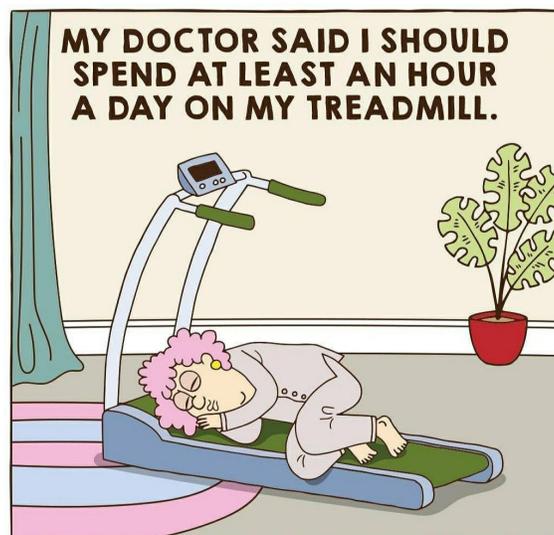


INQUIRING MINDS
MONDAY, JUNE 21ST
7:14 pm-8:14 pm
Wellness Classroom

The Skeptics Guide to American History

- Labor's Tumultuous History
- A History of Ups and Downs
- Myths About American Isolationism & Empire
- Is America a Land of Peace?

Moderators: Walter Lambert & Mark Stoler



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EPWORTH VILLA
A Life Plan Community



The Longest Day

The day with the most light, is the day we fight!

During this day we encourage all our residents and staff to be active and show support for caregivers of those affected by Alzheimer's. Sign up at the Concierge desk!

Contact Lori Love for more information.



**June 21st, 2021
7am-7pm**

- Sign ups started Monday June 7th at the concierge desk.
- Though the time slots are 25 minutes, you are not required to ride the full 25 minutes if you are not able.
- Come watch and encourage your fellow residents and teammates as we ride in support of caregivers of those affected by Alzheimer's.
- No classes will occur this day so be sure to sign up instead!



Holiday GIFT FUND

ABOVE AND BEYOND –

ELIZABETH GEIST

Elizabeth Geist is one of our many outstanding employees. She is most often found in the

Café with a happy, helpful demeanor. Elizabeth is an OSU-OKC nursing student working towards a goal of becoming a nurse in Epworth Villa memory care. Elizabeth states, “I definitely want to work at Epworth.” She plans to get to know the nursing staff in all the households. She is a full-time student, works thirty hours a week in the Café, and then goes home to complete her homework. Elizabeth maintains a 4.0 GPA. Her brother, Ethan Geist, is also a server, generally working in the Cafe.

When asked about the Holiday gift she received from the residents, Elizabeth stated that she used the money to pay for her nursing entrance exam. She is grateful to all the residents of Epworth for donating to the Holiday Gift Fund for herself and her fellow teammates.

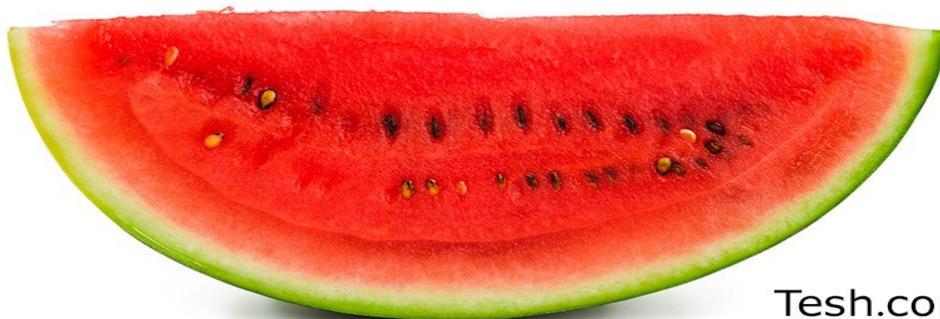
She states that her favorite time at work is “hanging out” with the wonderful Epworth residents. She mentioned that she enjoys hearing about the lives of those to whom she speaks. She also stated that working with Chuck Abell and Raiana Lyons is a delight. We are all looking forward to having Elizabeth as a teammate for many years.

If you have any questions about the Holiday Gift Fund, please contact your floor Holiday Gift Committee floor/cottage representative.

Cathy N., Holiday Gift Committee

Enjoy watermelon this summer:

- It's **92%** water, so **eating it helps us stay hydrated.**
- Watermelon with seeds **is sweeter** than without.
- Watermelon **left at room temperature** is packed with **more antioxidants** than one stored in the fridge.
- It makes us feel good. Watermelon is **loaded with vitamin B-6** – which our bodies use to manufacture the mood-balancing brain chemicals, serotonin & dopamine.



Tesh.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.**



TUESDAY, JUNE 22ND

11:00 AM

JOE WHITE LIVING ROOM

Technicians from Smith Medical will be here in the **Joe White Living Room on Tuesday, JUNE 22ND 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/>



CLINIC VISITS REQUIRE A MASK



**Please be aware that, if you need to go
to the clinic here at Epworth Villa for
any reason, YOU MUST BE WEARING A
MASK. Otherwise you will be turned
away.**



Thank you for your understanding.

Dr. Ford





Night at Epworth Villa

The Marketing department is hosting an event for prospects. Current Residents are invited for dinner but seating will be extremely limited. Please sign up in the count me in book. There will also be a limited number of extra seats for those who just want to come and enjoy the music. If you have your own lawn chairs, you may want to bring those. The event will be held on the lawn by the gazebo.

Let's Rock 'n Roll Again!

• JUNE
• **22**
• 5-7pm

***Cost of dinner per resident will be \$8.00 each charged to your meal plan.**



NATIONAL PECAN SANDIES DAY

WEDNESDAY, JUNE 23RD

11:00 AM TILL THEY RUN OUT

COFFEE LOUNGE

If you enjoy cookies, then National Pecan Sandies Day on June 23rd is a day worth celebrating. The American food holiday is observed annually and offers bakers and cookie lovers a chance to enjoy a classic cookie. The mild sweetness of these cookies pairs well with tea and coffee

Pecan sandies are basically pecan shortbread. They are an American staple and are called Sandies because of their “sandy”, crumbly, shortbread-like texture. Most recipes call for ground up pecans inside which not only add flavour, but makes them super crumbly and buttery and they just melt in your mouth!

As long as baking has been documented, cookie-like wafers have existed. Part of the reason may be because these sturdy cookies travel very well. Cookies have changed and evolved over the years with the modern standards of sweetness and variety. The mild sweetness of these cookies pairs well with tea and coffee. The texture of these melt-in-your-mouth cookies is similar to shortbread cookies.

MARTIN & PEARSON

WEDNESDAY, JUNE 23RD

2:30 PM

GRAND BALLROOM

“Martin and Pearson”, features Dave Pearson and Dan Martin. They both play acoustic guitars and use a drum machine to perform music from the rock, country and folk music genres. The music is mainly from the 1960s and 1970s from such artist as the Beatles, Eagles, John Denver, and more. As they play they encourage the audience to sing along if they recognize the music.



BINGO

Night

BINGO WITH BILL
FRIDAY, JUNE 25TH
7:15 PM
REDBUD



Featuring Pianist Gathan Graham
Playing Your Favorite Hymns

Last Sunday of Every Month at 4:30pm (Brill Chapel)
Epworth Villa

gathan graham
MUSIC INC.

www.gathangraham.com

GATHAN GRAHAM
SUNDAY, JUNE 27TH
4:30 PM
BRILL CHAPEL



**—RESCHEDULED FROM MAY—
COME MEET METEOROLOGIST
AARON TUTTLE
MONDAY, JUNE 28TH
2:30 PM
GRAND BALLROOM**



Aaron grew up with a fascination about the weather. As a young boy he would climb onto his roof to try and touch the clouds when a storm rolled in and get a good look at the skyline. Clearly he didn't have a fear of lightning at the time (being the tallest point is never a good idea). He would make sure he caught the latest forecast from the local weathermen on television just about every day, especially when it came to snow, as it was a rare occurrence in the DFW Metroplex. As he grew older he took his interest level to the next step and became a weather watcher for the KXAS NBC affiliate in Dallas TX. Being a part of the weather community really excited him and steered Aaron into wanting to become one of the weathermen that he often watched on television.

After high school Aaron chose to attend Texas A & M University where he earned his Bachelor's of Science degree in Meteorology. While at A&M Aaron helped create the meteorology department's website, was the first to create and display all of the available European model data over in the internet, maintained the TAMU Mesonet network, assisted in starting up the TAMSCAMS storm chasing organization as well as providing weather forecasts for the school newspaper. He was involved in several research projects including one called TEXACAL. In this project he would provide forecasts for operations and travel with other students and staff to sample the atmosphere with balloon soundings. It was during this time that he witnessed his first EF5 tornado and what it could do. At this same time, the meteorology department upgraded their Doppler radar which gave Aaron first-hand experience in building and operating. His passion for radar meteorology was born.

During his career, Aaron has worked for the local CBS station, KBTX, to do weather on the weekends while continuing to work at the university as a research technician after graduation. From there he went to MIT Lincoln Laboratories. The new job let him work on radar display software for air traffic controllers at the Bergstrom airport in Austin, TX. While at MIT a TV station, KTUL ABC in Tulsa, offered Aaron a job. A month after starting, the May 3rd 1999 tornado hit Oklahoma City and moved up the turnpike into the Tulsa area before dissipating. It was a strong sign that this is where he wanted to be. After two years in Tulsa he moved into the number one severe weather market in the country, Oklahoma City, and definitely got more than he bargained for. Floods, droughts, tornadoes, wild fires, and even a tropical storm kept him extremely busy over the next 7 years at the ABC affiliate. Channel 5 is also where he picked up his nickname 'AT' while anchoring the morning show in the early years. In 2005 Aaron helped drive the market in upgrading to new Doppler radar technology with the fastest scan time and the highest resolution, giving KOCO-TV an edge in tracking the exact location of tornadoes, even down to the house level in mere seconds.

GENERAL TOMMY FRANKS ROLLING ROAD SHOW MUSEUM



TUESDAY, JUNE 29TH

1:30—4:30 PM

IL EAST PARKING LOT



The Road Show is a truly unique traveling exhibit designed to provide people an opportunity to discover a bigger world without leaving home. Exhibits showcase cultural, social and geographical items and information from 25 countries in Africa, the Middle East and South-Central Asia. Some examples of items in the displays are cultural dress and clothing, one-of-a-kind handcrafted items, children's toys and ceremonial items. Traveling with the Road Show is an educator to guide people through the mobile museum to be the living voice for stories and information.

Tommy Franks was born in Wynnewood, Oklahoma and grew up in Midland, Texas. After two years at the University of Texas, he joined the United States Army as a Private and in 1967 was commissioned a Second Lieutenant.

His service in Vietnam earned him six awards for Valor and three Purple Hearts. That assignment was the start of a long and distinguished career that would take him from one world hot spot to another – from West Germany at the height of the Cold War to the Demilitarized Zone in Korea, to the deserts of Arabia.

General Franks graduated from the University of Texas at Arlington with a Bachelors Degree in Business Administration, and Shippensburg University, Pennsylvania, with a Masters Degree in Public Administration.

In June 2000, he was promoted to four-star General and assigned as Commander-in-Chief, United States Central Command where he led American and Coalition Troops in Operation Enduring Freedom in Afghanistan and Operation Iraqi Freedom in Iraq.

The General's awards include five Distinguished Service Medals, four Legions of Merit and five Bronze Stars. President George W. Bush awarded him the Nation's highest civilian award, The Presidential Medal of Freedom on December 14, 2004. General Franks has received honorary degrees from a number of universities including Shippensburg University and Oklahoma State University.

The General's wife, Cathryn Carley Franks, is a professional educator with degrees from Oklahoma State University and The George Washington University. They currently live on a family ranch near Roosevelt, Oklahoma.

The trailer is ADA compliant with ramps for wheelchairs.



DO YOU HAVE AN EMAIL ADDRESS??

If you have an email addresses you would like to share with other IL residents through the IL residential telephone list, please let Michele at the front desk know so she can add your email to it for the next time it is published.

ATTENTION INDEPENDENT LIVING RESIDENT VOLUNTEERS

If you volunteered for anything during the month of MAY 2021, it's time to log your hours. You may pick up a Volunteer Hour Log Sheet from Susan Williams.



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



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

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!!

GRANDFRIENDS NEEDS

We are currently collecting:

- *Empty toilet paper and/or paper towel rolls
- *Magazines (preferably picture magazines)
- *Note Pads
- *Any other items useful for kid's crafts



GrandFriends

Please place your items in the gray hamper located in the closet across from the Redbud Room. If you have a stack of magazines, call Nancie W. @ 405-748-6554 and they will be picked up at your apartment.

REMINDER: PLEASE WEAR YOUR NAME TAG

When residents and staff are out in the Community. If everyone will make a point to wear their name tag, it will make it easier for everyone to know who we are.



ART CORNER NEWS (Second Floor above the Library)

Here at Epworth Villa, residents have space for all to participate in needle work, crafts and arts of all mediums (oil, acrylics, water color, etc.).

Come enjoy the amazing state of creativity **on Tuesdays at 2:30 pm in the Art Corner**. Residents meet, talk art, have a teaching session and work in the art medium of their choice.

As always, the Art Corner is available for anyone to use for their own enjoyment.

INDEPENDENT LIVING RESIDENT TECH HELP WITH DOLI

Beginning Monday June 28th there will be a desk planner book at the concierge desk for IL residents to book appointments for tech help with Doli.



Times she is available will be highlighted where you may put their name, phone number, apartment number AND what the problem is you need help with; i.e. phone, TV, or computer equipment

You will be contacted prior to your appointment to make sure you still need assistance and that you are at home at your assigned time.

**COFFEE WITH THE CEO
EVERY THURSDAY
10:00 AM
IN THE COFFEE LOUNGE**



Wellness Class Weekly Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15am-8:45am Cycling (Classroom) Lori		8:15am-8:45am Cycling (Classroom) Lori			
9:00am-9:30am Flex & Stretch (Classroom) Lori	9:00am-9:30am Water Aerobics (Pool) Lori	9:00am-9:30am Flex & Stretch (Classroom) Lori	9:00am-9:30am Water Aerobics (Pool) Lori	9:00am-9:30am Flex & Stretch (Classroom) Lori	9:00am-9:30am Tai Chi (Studio) Kathy
9:45am-10:15am Flex & Stretch (Classroom) Lori		9:45am-10:15am Flex & Stretch (Classroom) Lori		9:45am-10:15am Flex & Stretch (Classroom) Lori	
9:30am-10:00am Line Dancing (Studio) Linda		9:45am-10:15am Limber UP! (Studio) Nancie		9:30am-10:00am Line Dancing (Studio) Linda	
10:15am-10:45am Limber UP! (Studio) Nancie	10:00am-10:30am PowerCircuit* (Fitness Center) Lori		10:00am-10:30am PowerCircuit* (Fitness Center) Lori		
10:30am-11:00am Golden HIIT (Classroom) Lori	10:45am-11:15am Chair Yoga (Classroom) Lori	10:15am-10:45am Cycling (Classroom) Lori	10:45am-11:15am Chair Yoga (Classroom) Lori	10:30am-11:00am Golden HIIT (Classroom) Lori	
1:00pm-2:00pm Golden Swans (Studio)	12:45pm-1:15pm Balance (Classroom) Lori	1:00pm-1:30pm Tai Chi (Classroom) Lori	12:45pm-1:15pm Balance (Classroom) Lori		

*Requires reservations. Reservations can be found in the Fitness Center and placed out the last Friday of each month.

TORNADO SEASON

Occurs during the months of March – August
BUT TORNADOES CAN HAPPEN ANYTIME

Do you know where you are supposed to go?



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

1st Floor IL North, 2nd Floor IL North or 3rd Floor IL North

You will go to the Assisted Living Parking Garage.

Accessed by stairs or elevator at the far end of the IL North hallway (apartments 116-126) on the first floor.

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

1st Floor IL South, 2nd Floor IL South, 3rd Floor IL South or IL East-all floors

You will go to the IL East Parking Garage. Accessed by stairs or elevator in IL East hallway on the first floor.

***If you live in the Cottages/Duplexes**

Go to the closest underground Parking Garage.

VIRTUAL PROGRAM

'LOST WORLD OF THE MAYAS'

7:00 PM

EVTV CHANNEL 1960



The Maya - their soaring pyramids, monumental cities and mythical mastery of astronomy and mathematics have captured our imaginations and spurred generations of explorers into the jungles of Central America on a quest to understand them. Lost World of the Maya surveys their dramatic rise to prominence in the 'pre-classic era' of the Maya as well as new evidence of the collapse of their civilization in the 800-900's AD.



SATURDAY MATINEE MOVIE

SATURDAY, JUNE 19TH

1:00 pm & 3:00 pm

Comedy

BEST IN SHOW

In this dog show mockumentary comedy, married uptight lawyers the Swans own a neurotic Weimaraner named Beatrice, who just hasn't been the same since she saw them having sex. Cookie Fleck is a woman with a ribald past who owns a Norwich terrier and is married to a man with, literally, two left feet. Stefan and Scott are a happy couple and the owners of an adorable Shih Tzu. Sherri Ann is a trophy wife and the owner of the reigning champ.

RATINGS: R 15+ Run Time 1hr 30min

EVTV AT HOME

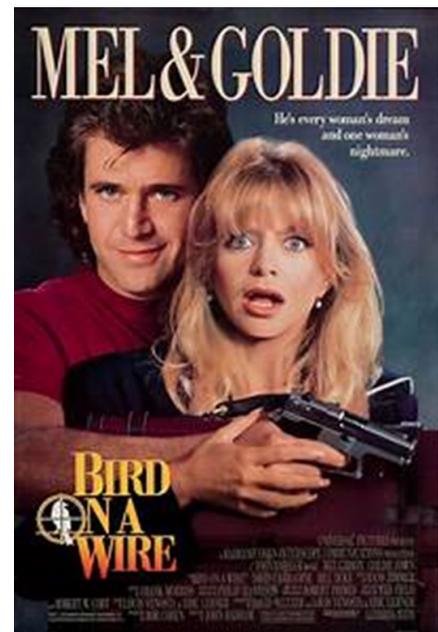
CHANNEL 1960

**MOVIE WILL BE SHOWN
SATURDAY, JUNE 19TH AND
WEDNESDAY, JUNE 23RD**

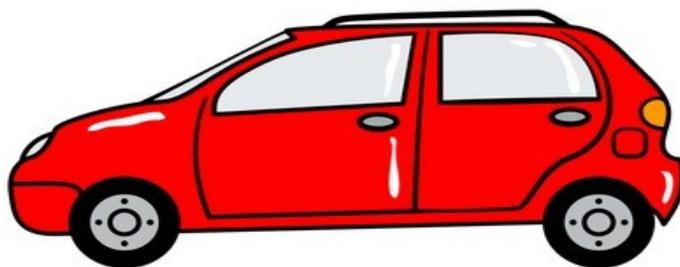
MOVIE TIMES ARE:

**SATURDAY @ 7:00 PM &
WEDNESDAY @ 8:00 PM**

BIRD ON A WIRE



Rick has been given a new identity by the FBI for helping convict a drug dealing FBI agent. Fifteen years later his former fiance recognises him. Rick's FBI 'minder' has been replaced by a corrupt agent who helps the drug dealing FBI agent and his accomplice locate him. There are many subsequent chase scenes as Rick and girlfriend revisit his former haunts.



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 only FREE DRIVES are Wednesday shopping at 10:00 am, Friday shopping at 10:00 am and first Tuesday of the month trip to Walgreens for Senior Day at 10:00 am.

Epworth Villa Weekly Activities

Week of June 16, 2021 through June 23, 2021

**Wednesday
June 16**



8:15 a.m.
8:30 a.m.
9:00 a.m.
9:45 a.m.
9:45 a.m.
Leaving @ 10:00 a.m.
10:15 a.m.
11:00 a.m. & 2:00 p.m.
1:00 p.m.
8:00 p.m.

Cycling Class – Wellness Classroom
Catholic Communion – Brill Chapel
Flex & Stretch #1– Wellness Classroom
Flex & Stretch #2 – Wellness Classroom
Limber Up! – Wellness Studio
IL Grocery Shopping – CREST
Cycling Class – Wellness Classroom
Thriving with Ron Kelly - EVTV Channel 1960
Tai Chi – Wellness Classroom
Movie Night (REPLAY) EVTV Channel 1960

**Thursday
June 17**



9:00 a.m.
10:00 a.m.
10:00 a.m.
10:45 a.m.
Leaving @ 11:00 a.m.
1:00 p.m.
1:00 p.m.
1:30 p.m.
***3:30 p.m.**
***7:00 p.m.**

Water Aerobics – Pool
PowerCircuit – Wellness Center
Coffee with the CEO – Coffee Lounge
Chair Yoga – Wellness Classroom
IL Lunchout @ Railyard in Edmond
Needlework Group – Art Corner
Caregiver Support Group – North Classroom
Balance Class – Wellness Classroom
Vespers -Chapel and on EVTV Channel 1960
Vespers REPLAY – EVTV Channel 1960

***LIVE PROGRAMS & REPLAYS MAY NOT BE AVAILABLE ON EVTV CHANNEL 1960**

**Friday
June 18**



9:00 a.m.
9:30 a.m.
9:45 a.m.
Leave at 10:00 a.m.
10:30 a.m.
11:00 a.m. & 2:00 p.m.
2:00 p.m.
1:00 p.m.
7:00 p.m.

Flex & Stretch #1– Wellness Classroom
Line Dancing – Wellness Studio
Flex & Stretch #2 – Wellness Classroom
Shopping – Quail Springs Mall
Golden HIIT – Wellness Classroom
CEO Ron Kelly Update – EVTV Channel 1960
Not Just Country Line Dancers – Grand Ballroom
Write Group – North Classroom
Connie Cronley & Anna Norberg – Grand Ballroom

**Saturday
June 19**



9:00 a.m.
1:00 & 3:00 p.m.
7:00 p.m.

Tai Chi with Kathy - Wellness Studio
Matinee Movie – Theater
Movie Night – EVTV Channel 1960

Sunday
June 20

Happy Father's Day

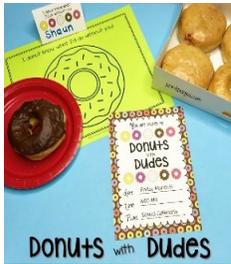
*8:45 a.m.
9:45 a.m.
10:50 a.m.
*6:00 p.m.

HAPPY FATHER'S DAY

Sunday School – EVTV CHANNEL 1960
Bus to Quail Springs UMC
St. Luke's Live Stream – Brill Chapel
Sunday School (REPLAY) EVTV Channel 1960

***LIVE PROGRAMS & REPLAYS MAY NOT BE AVAILABLE ON EVTV CHANNEL 1960**

Monday
June 21



7:00 a.m. – 7:00 p.m.
8:15 a.m.
9:00 a.m.

9:30 a.m.
11:00 a.m. & 2:00 p.m.
7:15 p.m.

LONGEST DAY FESTIVITIES – EPWORTH LOBBY

Cycling Class – Wellness Classroom
Donuts for Dudes – Coffee Lounge while supplies last
Line Dancing – Wellness Studio
CEO Ron Kelly Update – EVTV Channel 1960
Inquiring Minds – Wellness Classroom

Tuesday
June 22



9:00 a.m.
10:00 a.m.
10:45 a.m.
11:00 a.m.
12:45 p.m.
2:30 p.m.
5:00 – 7:00 p.m.

Water Aerobics – Pool
PowerCircuit – Wellness Center
Chair Yoga – Wellness Classroom
Smith Medical – Joe White Living Room
Balance Class – Wellness Classroom
Art Group – Art Corner
50's Night – Outside by Epworth Lake

Wednesday
June 23



8:15 a.m.
8:30 a.m.
9:00 a.m.
9:45 a.m.
9:45 a.m.
Leaving @ 10:00 a.m.
10:00 a.m.

10:15 a.m.
11:00 a.m. & 2:00 p.m.
1:00 p.m.
2:30 p.m.
8:00 p.m.

Cycling Class – Wellness Classroom
Catholic Communion – Brill Chapel
Flex & Stretch #1 – Wellness Classroom
Flex & Stretch #2 – Wellness Classroom
Limber Up! – Wellness Studio
IL Grocery Shopping – Walmart Market & Braum's
National Pecan Sandies Day – Coffee Lounge while supplies last
Cycling Class – Wellness Classroom
Thriving with Ron Kelly - EVTV Channel 1960
Tai Chi – Wellness Classroom
Martin & Pearson – Grand Ballroom
Movie Night (REPLAY) EVTV Channel 1960

Business Hours for Services Available at Epworth Villa

M – F	9:00 a.m. to 4:00 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 am – 7:00 pm *CLOSED 2:30 – 4:00 pm	Bistro Outside visitors allowed Monday – Saturday 5:30 pm – 7:00 pm
Sun	11:00 am—2:00 pm BUFFET ONLY	Bistro Outside visitors allowed Sunday 12:30 pm – 2:00 pm
M - Sat	7:00 am – 2:00 pm	CAFÉ



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Mon-Wed-Fri | 9am-3pm
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-  **Safe Deposit Boxes**
-  **Debit Card with Rewards**
-  **Trust Services & Estate Planning**
-  **Loyalty Checking \$5/month**
 - Cell Phone Protection for damage or theft
 - 24 Hour Emergency Roadside Assistance
 - \$20,000 Accidental Death & Dismemberment (AD&D) Insurance
 - WellCard Rx - Health Discounts*

*This is not health insurance. \$100 minimum opening deposit. Complete disclosures available at any BancFirst office.

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