

EPWORTH VILLA HAPPENINGS...

Where you can Get Involved, Get Going, Gain Knowledge

Vol. 6 Issue 33
Weeks of August 18, 2021

Editor: Susan Williams
Community Activities Coordinator

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MISS BROWN TO YOU
FRIDAY, AUGUST 20TH

7:00 PM

GRAND BALLROOM

Mary Reynolds and Louise Goldberg who make up the duo of *Miss Brown To You* like to perform folk ballads from the misty hills of Kentucky or a sophisticated jazz standard heard through a New York doorway. Steamy blues from New Orleans, circa 1920, or a swinging two step at the dance hall, where Bob Wills is on the stand, or a samba igniting the hills of Rio de Janeiro. *Miss Brown to You* refuses to be confined to one style or one period. Instead they prefer to the horizon of every genre they play, even while upholding the traditions of the musicians that have inspired them in the past. You can catch them in concert at the UCO Jazz Lab in Edmond as well as other local venues.

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



EPWORTH VILLA

A Life Plan Community



OKLAHOMA HALL *of* FAME
GAYLORD-PICKENS MUSEUM

TRIP TO OKLAHOMA HALL & FAME—GAYLORD PICKENS MUSEUM

THURSDAY, AUGUST 19TH

LEAVE @ 12:00 PM

The Oklahoma Hall of Fame preserves Oklahoma's unique history while promoting pride in our great state. Through each of its programs and the Gaylord-Pickens Museum, the Oklahoma Hall of Fame honors our state's rich tradition by telling Oklahoma's story through its people.

Founded in 1927, the Oklahoma Hall of Fame was created to honor Oklahomans who had given outstanding service to the state during their lifetime and to provide educational programming for students of all ages. Being inducted to the Oklahoma Hall of Fame is Oklahoma's Highest Honor. Through exhibits and experiences at the Gaylord-Pickens Museum, the Oklahoma Hall of Fame stands to preserve Oklahoma's unique history while promoting pride in our great state.

The admission is free but transportation will be \$6.00. Please sign up in the 'Count Me In' Book by Tuesday, August 17th if you are interested. We must have at least 8 persons to make the trip.



CASINO TRIP
GRAND CASINO IN SHAWNEE
MONDAY, AUGUST 23RD
LEAVE @ 9:30 AM
RETURN BY 3:30 PM

If you are interested in going to the Grand Casino in Shawnee with a great bunch of people, please sign up in the 'Count Me In' book. We must have at least 8 people to go. Cost will be \$8.00 for transportation which will be billed to your Epworth Villa account. Other costs will be the responsibility of each resident who goes that day.



SUNDAY SCHOOL
SUNDAY, AUGUST 22ND
9:00 AM
BRILL CHAPEL

FIVE STAGES OF JOB—“ANGRY DESPAIR”

Job 30 along with Psalm 44

Teacher: Jim West

SUNDAY SCHOOL! Fretta Moore helps set the mood via the Piano Prelude @ 8:45 a.m.; Lesson @ 9:00 a.m. in Brill Chapel. If you want to participate in Sunday School, plan to be present in person! (Heaven only knows whether or not our equipment will permit it to be broadcast on EVTv!) Sunday School concludes in time for you to ride the bus from EV to Quail Springs United Methodist Church for worship, beginning at 10 a.m.

The Summer edition of the Sunday school quarterly has been distributed to persons who have previously requested one. If you would like to receive one, please register on the sign-up sheet in the Chapel foyer.

Sunday School Questions/Suggestions: *Contact Jo Ann M. --- 405-627-3073*



VESPERS
THURSDAY, AUGUST 19TH
3:30 PM



LIVE IN BRILL CHAPEL

Vespers speaker will be Rev. Scott Keneda, Senior Pastor,
Edmond First United Methodist Church.

VESPERS
THURSDAY, AUGUST 26TH
3:30 PM
LIVE IN BRILL CHAPEL

Vespers speaker will be Rev. Jeni Markham-Clewell, Retired
Deacon, United Methodist Church



INQUIRING MINDS
MONDAY, AUGUST 23RD
7:14 pm-8:14 pm
WELLNESS CLASSROOM



Crimes of the Century

Murderous Maids:

The Papin Sisters of France

and

The Moscow-to-Mexico Mission To Kill Trotsky

Moderator: Richard Spence



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



**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.



**Smith
Medical Equipment**
Home Medical Supplies

**TUESDAY, AUGUST 24TH
11:00 AM
JOE WHITE LIVING ROOM**

**Will look at your scooter
and/or walker at that time
for any necessary
adjustments or repairs.**



IL CELEBRATES NATIONAL PEACH PIE DAY

TUESDAY, AUGUST 24TH

***PIE IN THE COFFEE LOUNGE STARTING AT
11:00 AM WHILE SUPPLIES LAST***

Few pies made nowadays can offer a person the perfect blend of taste and nostalgia that peach pies can offer. There is just something so wholesome, delicious, and appealing to the modern palate than a nice piece of a peach pie—preferably one that’s served with a scoop of vanilla ice cream. And the only pie that seems more American than a peach pie is maybe an Apple pie. Peach pies are so loved that they’ve even earned their own holiday. This holiday is called National Peach Pie Day and is observed on August 24th.

The history and origin of this day is unknown. The Peach fruit harvest usually takes place between the months of June and August. A pie is a baked dish prepared by a pastry dough casing such that the fillings get covered. The fillings will usually be sweet or spicy ingredients. Pies can be served in a variety of sizes, that range from bite-size to the ones designed for multiple servings. The creamy and delicious Peach Pie is more than just a dessert. The Peach Pie will be served with a hefty slice of vanilla ice cream. As peaches are rich in nutritional content, Peach Pies are a special treat to those who love fruit pies, and also those who find it difficult to eat the peach as such. So fill your mouth with the delicious dessert and make the National Peach Pie Day more enjoyable.

EDGAR CRUZ RETURNS TO EPWORTH VILLA

TUESDAY, AUGUST 24TH

2:30 PM

GRAND BALLROOM



Edgar Cruz makes a return performance in the Grand Ballroom on a special day and time, Tuesday, August 24th at 2:30 pm. Make your plans now to come listen to acclaimed guitarist Edgar Cruz. If you have heard Edgar perform before you know how wonderful he is, if you haven't you are missing out!!

Edgar Cruz performs more than 300 times a year and has played throughout America, Europe and South America. He has been a headliner at the prestigious Chet Atkins Guitar Festival every July in Nashville since 1995 and has been a strong icon at major art & music festivals in Oklahoma since the late 70's. Those who have witnessed Cruz's performance immediately become entranced at the precision, speed and complexity with which his fingers strike the strings of his guitar to create a symphony of sound unusual to just one instrument. Cruz has the largest repertoire in Oklahoma including but not limited to "Malagueña," "Classical Gas," "Bohemian Rhapsody," "Hotel California," Classical, 60's & 70's, Original and Latin/Spanish favorites and the largest Beatles selection available. He is very active with his audiences or equally happy performing background music. Nineteen CDs covering a multitude of genres and two award winning DVDs are currently available.

Edgar has been named the Oklahoma's Top Performing Artist and/or Acoustic Guitarist for more than 10 years by the Oklahoma Gazette. He has received numerous civic acknowledgments for his contributions to various charitable events. He also performs a wide variety of bookings including concerts, festivals, weddings, receptions, banquets, schools, churches, conventions, fiestas, memorials or any special occasion. Edgar holds a bachelor's of music degree in guitar performance from Oklahoma City University and was also honored with a Distinguished Alumni Award from there in 2010. He was also added to the Hispanic exhibit at The Oklahoma History Center. His You Tube video of "Bohemian Rhapsody" has over 20,000,000 hits worldwide.





TRIP TO VISIT JOE'S ADDICTION

WEDNESDAY, AUGUST 25TH

LEAVING EPWORTH VILLA @ 1:00 PM

Joe's Addiction is well known here at Epworth Villa with many residents donating items for the free store and money to convert a new building into a user-friendly place to feed the hungry and build community.

Because of the pandemic, we've not been able to visit and see this new location. Jamie West Zumwalt, is the daughter of Jim and LaVina West (Jim West is one of our Sunday school teachers) and she is the daughter-in-law of residents Bill and Nancy Zumwalt. Jamie is the director of this arm of Outrageous Love, a 501c3 approved charity. Now we will have our chance to see this remarkable oasis in a very poor community.

The coffee shop started in 2007 and has moved 3 times before getting to this God-arranged location. It has a cafe/coffee shop, full kitchen, showers, washing machines and driers, a haircutting chair, a free store for clothes and small household items, a food program, classroom/meeting room/library, and an open room where they hold special events and church on Sunday mornings. There is even a certified butterfly garden in the backyard and a park area in the front.

Health/AA meetings/counseling and many other forms of assistance are there as well to help those who are homeless, have substance abuse problems, or are mentally ill.

Sign up in the Count-Me-In Book to reserve a seat on the bus or you can drive your own car. If you would like to bring a gift with you, bring a bar of soap. They use a lot there.

FITNESS CLASS REMINDER:

It is encouraged to arrive 10-15 minutes prior to the start of exercise classes. While it's understood this is not always possible, arriving on time is courteous and kind to the class.





August 26th (2:00-4:00 pm)

Vitamin B12 injections for
Epworth Villa Residents &
Employees

Where: Town Center Lobby just
outside the clinic & pharmacy

\$20

Sign Up Sheet is located at the
Epworth Villa Pharmacy

PassportHealth

Wellness Orientation

WELLNESS ORIENTATION

In September the Wellness Department will offer a Wellness Orientation Class to all new residents and everyone new to the Wellness Department. Date and time TBA.

Did you realize that your monthly resident fee includes a lifetime membership to all of the classes and fitness equipment? If you are not using the Wellness Center and attending a class or two, you are not only not getting your money's worth, you are missing the opportunity to stay as healthy as possible for as long as possible.

The Wellness Orientation will explain each of the classes offered and show you how to use all of the equipment, removing the intimidation for those first-time users. There will be an opportunity to ask questions and try out the equipment with supervision.

There are classes for everyone no matter what your physical capabilities are. It might be upper body strengthening, a cardio work-out, lower body strengthening, toning up or trying to rid yourself of the dreaded Covid-19 pounds! There are classes for those who require a chair as well as for those Gym Rats who can do it all!

THANK YOU SO MUCH!!

Thank you so much to all who remembered me on my birthday this month. The many cards and thoughtful messages are so much appreciated. It's hard to find a kinder group of people than the residents here at Epworth Villa.

Roberta M.



FINANCIAL REVIEW

3RD QUARTER RESIDENT FINANCIAL REVIEW MEETING

THURSDAY, AUGUST 26TH

10:00 AM

GRAND BALLROOM

Starting at 10:00 am on Thursday, August 26TH, instead of the usual CEO Coffee, all residents are invited to the Bob Medley GRAND BALLROOM for the QUARTERLY RESIDENT FINANCIAL REVIEW MEETING.

NOTE: There will be NO REGULAR CEO COFFEE on this day.

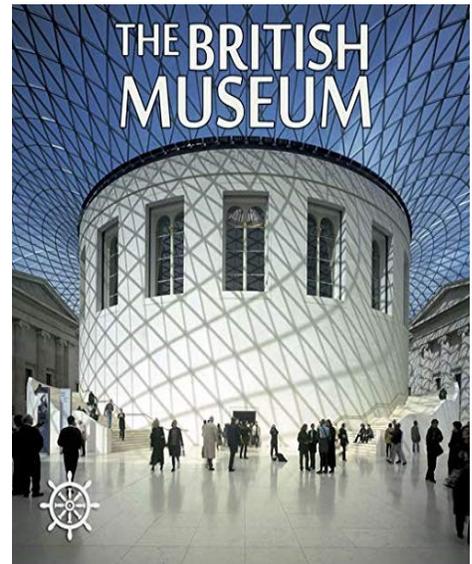
VIRTUAL TOUR—BRITISH MUSEUM IN LONDON

FRIDAY, AUGUST 27TH

2:00 PM

EVTV CHANNEL 1960

The British Museum in London is free to visitors, and it houses a magnificent collection of objects from around the world. The Great Court, it's famous covered atrium is worth a visit in itself. Whether you're here for the Elgin Marbles, The Rosetta Stone or the Bust of Ramesses the Great, walking around the British Museum in Russell Square is a great way to spend a day in this great city.



PODIATRIST FOR INDEPENDENT LIVING RESIDENTS

FRIDAY, AUGUST 27TH

9:00—10:00 AM

WELLNESS CENTER

If you are interested in being seen by Dr. Plants when he comes to Epworth, please sign up in the 'Count Me In' book at the front desk for a time. Please be on-time. ID and INSURANCE CARD and/OR MEDICARE CARD. For more information please visit: <https://www.oklahomafotandanklestitute.com/>



**IL LUNCH OUT TO
LUCILLE'S CHUCKWAGON IN
MULHALL, OK
THURSDAY, AUGUST 26TH
LEAVE @ 11:30 AM**

Lucille was born in St. Louis, Missouri on October 21, 1885 to Zach and Agnes Mulhall. Her parents moved to the Oklahoma Territory in 1889 and started the Mulhall Ranch near the town known now as Mulhall, Oklahoma. Lucille became the first cowgirl to excel in roping, riding, and steer wrestling. She was able to accomplish all that in a skirt. Her father's Wild West Show once included Will Rogers, who helped her learn to rope and ride before either of them found the limelight of success.



it's To view the menu visit: <https://lucilleschuckwagon.com/menu>



CAPTIONCALL PHONE PRESENTATION

TUESDAY, AUGUST 31ST

1:30 PM

JOE WHITE LIVING ROOM

The CaptionCall captioned telephone is designed to let you hear and read what the other person is saying, so you can better understand the conversation. The phone and service are exclusively for people with hearing loss who need captions to use the phone.

Why CaptionCall? It dials, rings, and works just like a regular phone. It's easy to use, captions turn on and off as needed. There is even Caption voicemails. Best of all, there is no cost if you have hearing loss and need captions to use the phone efficiently. So come check it out on August 31st at 1:30 pm in the Joe White Living

GATHAN GRAHAM
SUNDAY, AUGUST 29TH
4:30 PM
BRILL CHAPEL



*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



**NATIONAL TRAIL MIX DAY
TUESDAY, AUGUST 31ST
STARTING AT 11:00 AM
COFFEE LOUNGE WHILE SUPPLIES LAST**

According to some claims, trail mix was created by two surfers in California in 1968. They blended raisins and peanuts together to make a healthy snack that can give an energy boost. Hence, people often brought trail mix during hikes so that they would be given an additional source of energy while hiking.

But in the U.S., the birth of “trail mix” actually happened more than 10 years earlier. Trail mix is mentioned in Jack Kerouac’s 1958 novel, *The Dharma Bums*, when characters plan meals for a hiking trip. To appear in a book published in 1958, it needed to be around a few years earlier. Variations of portable energy food have been carried by mankind since the beginning. But the concept of gorp is easily earlier than that: In Europe, the combination of nuts, raisins and chocolate as a trail snack dates at least to the 1910s, when outdoorsman Horace Kephart recommended it in his popular camping guide. An Oxford English Dictionary listing of 1913 cites Gorp as a term for trail mix often used by hikers, an acronym for “good old raisins and peanuts.” In modern times, some people re-acronym gorp to “granola, oats, raisins, peanuts.” Even earlier than that: In Denmark, a mix known as *studenterhavre* “student oats” dates to an 1833 citation. *Studenterhavre* consists mainly of raisins and almonds, but at Christmas, chocolate pieces are added.

FITNESS CENTER REMINDER:

Please be sure to check in with your kay tag each time you use the fitness center, including attending classes. The kay tag is used to track the number of residents using the fitness center. If you do not have a kay tag and would like to have one, please contact Lori Love. If you have a kay tag, but do not feel as though you will use it, please return it to Lori Love.



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.



REMINDER FROM THE FOOD COMMITTEE

As we experience the opening or reopening of our dining venues we would like to remind residents of the dress code here in our home.

The Resident Handbook states:

Redbud/Grand Ballroom-Relaxed casual for everyone over the age of 10.

Relaxed casual is defined as acceptable street clothing such as: slacks, jeans, capris, skirt or dresses. **No shorts at any time.**

Bistro/Cafe-Relaxed casual (see above) to include walking or knee-length shorts would be acceptable at all meals. **The wearing of hats or caps by men is not acceptable in any dining venue.**

Please advise your guests of these requirements prior to entering these venues to avoid any unnecessary situations.

Thank you, The Food Committee

PARTY BRIDGE PLAYERS WANTED

There is a need for additional bridge players who enjoy playing Party Bridge. The group meets on the 2nd and 4th Fridays of the month at 1:00 pm

If you are interested in joining this group, please give Bette R. a call at 405-749-5989.





Holiday **GIFT FUND**

ABOVE AND BEYOND...

Erma Salinas

A friend of mine lives on the fourth floor of Assisted Living. She appreciates the Professionalism and loving demeanor of Ermalinda “Erma” Salinas. I agree; she always greets me with a warm smile. When informed of the special status she enjoys among the residents, she stated, “this is their home and so I do what I can.” What a wonderful philosophy. Erma provides for both her residents’ needs, but also for their wants.

Erma has been a Certified Medication Assistant at Epworth since 2005. She works twelve hours a day, four days a week – Thursday through Sunday.

Erma has four children, thirteen grandchildren, and twenty great-grandchildren. She enjoys attending church. When asked how she uses the Holiday Gift, she smiled and stated, “of course, for the grandkids’ gifts.”

The love Erma feels for the Epworth residents is shared by her brother, George, the Café cook who serves all the residents with tasty food and a warm smile.

Carol Sokatch
Holiday Gift Committee

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



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.

The outside garage doors will remain open until it is no longer safe to have them open because of approaching severe weather.



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 JULY 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!!

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.



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	9:30 - 10:30 am Golden Swans (Studio)	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	
	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.



SATURDAY MATINEE MOVIE

SATURDAY, AUGUST 21ST

1:00 pm & 3:00 pm

(2021)

QUEEN BEES

STARRING: Ellen Burstyn, James Caan, Ann-Margret

While her house undergoes repairs, fiercely independent senior Helen reluctantly moves into a nearby retirement community-just temporarily. She encounters feisty widows, cutthroat bridge tournaments and a group of bullying

“mean girls” that reminds her of high school and has her yearning to go home. But somewhere between flower arranging and water aerobics Helen discovers that it’s never too late to make new friends and perhaps even find a new love.

Rating: 13+ Run Time 1hr 41m

EVTV AT HOME

CHANNEL 1960

MOVIE WILL BE SHOWN

SATURDAY, AUGUST 21ST AND

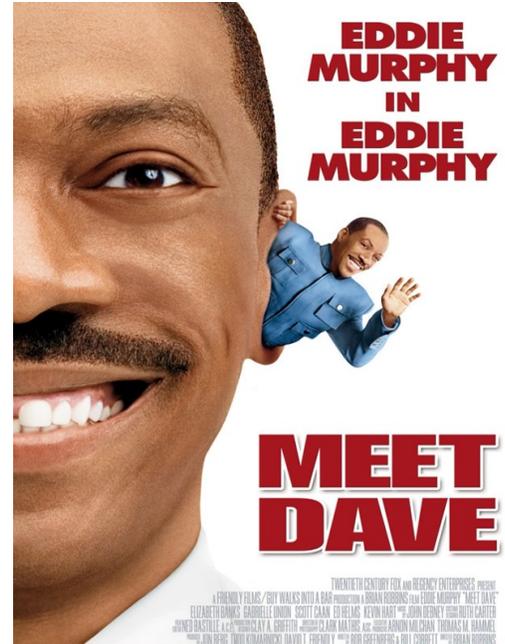
WEDNESDAY, AUGUST 25TH

MOVIE TIMES ARE:

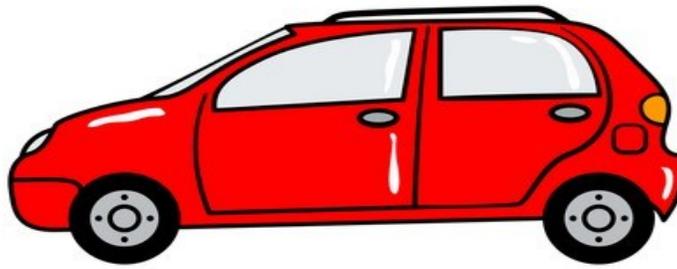
SATURDAY @ 7:00 PM &

WEDNESDAY @ 8:00 PM

MEET DAVE



Dave Ming Chang (Eddie Murphy) is the ultimate fish out of water. Even though he's just arrived in New York, that doesn't explain his odd behavior or disjointed locomotion. The outside Dave is actually a spaceship, controlled by a crew of tiny aliens, and modeled after their captain.



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 August 18, 2021 through August 25, 2021

**Wednesday
August 18**



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 – WALMART
MARKET/BRAUM'S**
Cycling Class – Wellness Classroom
CEO Ron Kelly Update – EVTV Channel 1960
Tai Chi – Wellness Classroom
Movie Night (REPLAY) EVTV Channel 1960

**Thursday
August 19**



9:00 a.m.
10:00 a.m.
10:00 a.m.
10:45 a.m.
Leaving @ 12:00 p.m.
12:45 p.m.
1:00 p.m.
1:00 p.m.
3:00 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 Trip to Gaylord Oklahoma Hall of Fame Museum
Balance Class – Wellness Classroom
Needlework Group – Art Corner
Caregiver Support Group – North Classroom
HearingLife – South Classroom
Vespers -Chapel
Vespers REPLAY – EVTV Channel 1960

**Friday
August 20**



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

Flex & Stretch #1– Wellness Classroom
Line Dancing – Wellness Studio
Flex & Stretch #2 – Wellness Classroom
Shopping – Quail Spring Mall
Golden HIIT – Wellness Classroom
CEO Ron Kelly Update – EVTV Channel 1960
Miss Brown to You – Grand Ballroom

**Saturday
August 21**



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
August 22**



8:45 a.m.
9:45 a.m.
6:00 p.m.

Sunday School – Brill Chapel
Bus to Quail Springs UMC
Sunday School REPLAY – EVT Channel 1960

**Monday
August 23**



8:15 a.m.
9:00 a.m.
9:30 a.m.
Leaving @ 9:30 a.m.
9:45 a.m.
10:15 a.m.
10:30 a.m.
11:00 a.m. & 2:00 p.m.
7:15 p.m.

Cycling Class – Wellness Classroom
Flex & Stretch #1– Wellness Classroom
Line Dancing – Wellness Studio
IL Trip to Grand Casino in Shawnee
Flex & Stretch #2 – Wellness Classroom
Limber Up! – Wellness Studio
Golden HIIT – Wellness Classroom
CEO Ron Kelly Update – EVT Channel 1960
Inquiring Minds – Wellness Classroom

**Tuesday
August 24**



9:00 a.m.
9:30 a.m.
10:00 a.m.
10:45 a.m.
11:00 a.m.
11:00 a.m.

12:45 p.m.
2:30 p.m.
2:30 p.m.

Water Aerobics - Pool
Golden Swans – Studio
PowerCircuit – Wellness Center
Chair Yoga – Wellness Classroom
Smith Medical – Joe White Living Room
IL Celebrates National Peach Pie Day – Coffee Lounge while supplies last
Balance Class – wellness Classroom
Art Group – Art Corner
Edgar Cruz in Concert – Grand Ballroom

**Wednesday
August 25**



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.
Leaving @ 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
CEO Ron Kelly Update – EVT Channel 1960
Tai Chi – Wellness Classroom
IL Trip to Joe's Addiction
Movie Night (REPLAY) EVT 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 – 6:00 pm	Bistro
Sun	11:00 am—2:00 pm BUFFET ONLY	Bistro
M - Sat	7:00 am – 2:00 pm	CAFÉ



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