

EPWORTH VILLA HAPPENINGS...

Where you can Get Involved, Get Going, Gain Knowledge

Vol. 6 Issue 35
Weeks of September 1, 2021

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Community Activities Coordinator

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**HAPPY BIRTHDAY TO
YOU,
HAPPY BIRTHDAY TO
YOU,
HAPPY BIRTHDAY TO
YOU!**

Join us as we celebrate our **SEPTEMBER IL BIRTHDAYS** on **Friday, September 3rd at 2:00 pm in the Coffee Lounge** as we celebrate all those IL residents born in September. There will be Birthday Cake & Ice Cream (while it lasts) for everyone!! **EVEN IF YOU DO NOT HAVE AN SEPTEMBER BIRTHDAY, THE CELEBRATION IS FOR ALL IL RESIDENTS.**

VIRTUAL PROGRAM

**NATIVE PRIDE DANCERS FROM
THE KENNEDY CENTER**

FRIDAY, SEPTEMBER 3RD

7:00 PM

EVTV CHANNEL 1960



The Native Pride Dancers educate, inspire, and motivate through the beauty and power of

Native American music and dance! Learn about the dances, the regalia (dress), and the meaning and importance of the traditions of Native American peoples from cultural educators, musicians, dancers, and singers who are members of numerous tribal nations including: Meskwaki, Navajo, Dakota, Lakota, Ojibwe, Lumbee, Cree, Pueblo, Choctaw, and Chickasaw, to name a few.

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



EPWORTH VILLA

A Life Plan Community

SEPTEMBER 2021 TRIVIA

"The breeze tastes of apple peel. The air is full of smells to feel—ripe fruit, old footballs, burning brush, new books, erasers, chalk, and such."

~ John Updike



Animal of the Month – Dog

Dogs are descended from domesticated wolves. They were domesticated by humans over 15,000 years ago and have become well-suited to living among people. Selective breeding over thousands of years has resulted in a large variety of breeds that have various preferred behaviors, talents, and capabilities.

Dogs come in a range of sizes, shapes, and colors. They specialize in a variety of tasks, such as hunting, herding, safeguarding, therapy, and companionship. Popular breeds include the golden retriever, bulldog, labradoodle, German shepherd, beagle, and pug. Dogs



have an amazing sense of smell that is estimated to be 40 times stronger than ours—their wet noses help maximize this ability. Some dogs can even detect medical issues just by a person's smell. Other dogs are super fast runners or excellent swimmers. Dogs are associated with loyalty, protection, and unconditional love—as well as just being downright adorable.

Special Days

Labor Day
September 6

Rosh Hashanah
September 6–8

**National Day of Service
& Remembrance**
September 11

Grandparents Day
September 12

Yom Kippur
September 15–16

World Gratitude Day
September 21

First Day of Autumn
September 22

Flower – Aster



September's flower is the late-blooming aster, considered the afterthought of the Roman goddess Flora because it blooms later in the season than most flowers. These mid- to late-summer blooms get their name from aster, the Greek word for "star." There are around 180 species of aster, many found in North America. The flower comes in a variety of colors, including pink, purple, lavender, blue, and red—usually with a yellow center but sometimes centered in black.

Birthstone – Sapphire



The sapphire is the birthstone for September. This gem is similar to a diamond in that it's one of the hardest materials on Earth. Though sapphire means "blue" in Greek, the gemstone comes in nearly all colors except red. And even the blue stones come in different shades—from dark royal blue to light gray-blue. The finest sapphire, however, is a rich, velvety blue. Per gemstone lore, sapphires contribute to mental clarity and lead to financial success.

Historic September Events

Sept. 3, 1783 – Britain and the U.S. sign a peace treaty.

Sept. 4, 1888 – George Eastman registers the trademark name “Kodak,” marking the age of the first personal cameras using rolls of film instead of photographic plates.



Sept. 4, 1957 – Ford Motor Co. unveils the Edsel, named after Henry Ford II's late father.

Sept. 4, 1998 – Graduate students Sergey Brin and Larry Page incorporate Google, the now-giant technology company.

Sept. 6, 1915 – The first tank, a prototype nicknamed “Little Willie,” rolls off the assembly line in England.

Sept. 9, 1895 – The American Bowling Congress is formed.

Sept. 18, 1830 – A famous race takes place between a horse and an 18-mph steam engine. The horse wins.

Sept. 25, 1882 – First Major League double-header is held.

Sept. 25, 1981 – Sandra Day O'Connor takes office as the first female justice on the United States Supreme Court.

Call Me September

According to BabyCenter.com, the name *September* is now the 3,187th most popular baby name. Around 30 babies per million born in 2021 will be named September, up from 21 per million in 2020. Related names that evoke the fall season include Autumn, Sage, Ivy, and Willow.

September Zodiacs

Virgo (The Virgin)
September 1–22

Libra (The Scales)
September 23–30

September is the ninth month of the year in the Julian and Gregorian calendars. It gets its name from the Latin word *septimus*, which means “seven,” because it was the seventh month of the year until 45 BC. September is generally considered to be the first month of autumn in the northern hemisphere. In Japan, September is called *kugatsu*, meaning “long moon.” Anglo-Saxons called this time *haligmonath*, which translates to “holy month”—a time to make sacrifices for the harvest.

Ahoy, Matey!

Calling all buccaneers! Dust off your pirate hats, batten down the hatches, and practice your “Ahoy, me hearties!” What began as a lark—two friends talking to each other in “pirate-speak” during a game of racquetball in 1995—spawned International Talk Like a Pirate Day. The holiday is now celebrated every September 19. Here are a few more phrases to get you started: *Blimey! Fire in the hole! Heave ho! Shiver me timbers!*

What's Lucky in September?

Lucky Color: Yellow
Lucky Animal: Tiger
Lucky Letters: K and S
Lucky Day: Wednesday
Lucky Plant: Goldenrod



September Birthdays

Lily Tomlin (comedian) – September 1, 1939
Raquel Welch (actress) – September 5, 1940
Buddy Holly (singer) – September 7, 1936
Roger Maris (home run hitter) – September 10, 1934
Jesse Owens (track star) – September 12, 1913
Mel Tormé (singer) – September 13, 1925
Agatha Christie (author) – September 15, 1890
Lauren Bacall (actress) – September 16, 1924
Anne Bancroft (actress) – September 17, 1931
Greta Garbo (actress) – September 18, 1905
Julio Iglesias (singer) – September 23, 1943
Jim Henson (puppeteer) – September 24, 1936



RESIDENT COUNCIL
WEDNESDAY, SEPTEMBER 1ST
10:00 AM
GRAND BALLROOM

It is time once again for all Floor and Cottage Representatives, Standing Committee Chairmen and Interest Group Appointees to attend the monthly Resident Council

Meeting. As a reminder, please come prepared to give your report and provide a written copy to the secretary to assure that an accurate account will appear in the Council minutes.

Thanks to all of you who are resident volunteers in the above mentioned positions. You make our Resident Association possible and successful.

TO THE POINT
WEDNESDAY, SEPTEMBER 1ST
2:00 PM
GRAND BALLROOM



REPLAY—7:00 PM ON EVT V CHANNEL 1960

The next *To The Point* meeting will be held on Wednesday, September 1ST, at 2:00 pm in the Grand Ballroom. The meeting will be broadcast live on EVT V Channel 1960 and re-played that evening at 7:00 pm on EVT V Channel 1960.



GARDEN PARTY SOCIAL
THURSDAY, SEPTEMBER 2ND
10:00 AM
JOE WHITE LIVING ROOM

Come to the Garden Party to share your stories of what you have discovered, learned and used to bring joy to others and yourself through our Creator!! It is never too early to plan and visualize your next growing season starting with soil and soul preparation!!

If you have any questions about the group, contact Fran T. at 8:00 am in the morning or 5:00 pm in the afternoon at 405-755-3344. Sign up in 'Count Me In' book.



*Chaplain's Chat
with Pastor Laura*

**Friday, September 3rd
at 10:00 am
in the Coffee Lounge**

*Grab a cup of coffee, and let's talk about faith.
All are welcome!*



SEPTEMBER IS EMSA RENEWAL MONTH

If you currently have an EMSA membership, be on the lookout for your renewal notice which will be mailed to you soon.

If you have questions about your current billing statement, call 405-297-7110 or visit www.EMSAonline.com.

If you need to sign up for EMSA, please call 297-7110 or complete the EMSA enrollment form and mail in or visit www.EMSAonline.com to complete the form online.

EPWORTH VILLA RESIDENTS ARE INVITED

**TO ATTEND A CONCERT BY
LOCAL PROFESSIONAL MUSICIANS**

"FALL FLYTE"

SUNDAY, SEPTEMBER 12TH

5:00 PM

**QUAIL SPRINGS UNITED METHODIST CHURCH
SANCTUARY**

Admission is free but a love offering will be collected.





SUNDAY SCHOOL
SUNDAY, SEPTEMBER 5TH
9:00 AM
BRILL CHAPEL

“HOSPITALITY TO STRANGERS”

We begin a new unit of four Sundays entitled “**Outside In.**”

Scripture Jeremiah 29:1-23

Teacher: Rev. Tracy Wilson

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.

Materials for the Fall quarter have been distributed to those who had requested one. . **If you would like to have a study book and did not receive one, please sign the form in the Chapel Foyer Sunday School Questions/Suggestions: Contact Jo Ann M. --- 405-627-3073.**



VESPERS
THURSDAY,
SEPTEMBER 2ND
3:30 PM
LIVE IN BRILL CHAPEL



Vespers speaker will be Rev. John Malget, Senior Minister, Disciples First Christian Church of Oklahoma City.

VESPERS
THURSDAY, SEPTEMBER 9TH
3:30 PM
LIVE IN BRILL CHAPEL



Vespers speaker will be Dr. Deidre Franklin, Pastor of Spiritual Formation, Crossings Church, OKC.



WHEN DID WE START CELEBRATING LABOR DAY??

The first Labor Day holiday was celebrated on Tuesday, September 5, 1882, in New York City, in accordance with the plans of the Central Labor Union. The Central Labor Union held its second Labor Day holiday just a year later, on September 5, 1883.

Who first proposed the holiday for workers? It's not entirely clear, but two workers can make a solid claim to the Founder of Labor Day title. Some records show that in 1882, Peter J. McGuire, general secretary of the Brotherhood of Carpenters and Joiners and a co-founder of the American Federation of Labor, suggested setting aside a day for a "general holiday for the laboring classes" to honor those "who from rude nature have delved and carved all the grandeur we behold."

But Peter McGuire's place in Labor Day history has not gone unchallenged. Many believe that machinist Matthew Maguire, not Peter McGuire, founded the holiday. Before it was a federal holiday, Labor Day was recognized by labor activists and individual states. After municipal ordinances were passed in 1885 and 1886, a movement developed to secure state legislation. New York was the first state to introduce a bill, but Oregon was the first to pass a law recognizing Labor Day, on February 21, 1887. During 1887, four more states – Colorado, Massachusetts, New Jersey and New York – passed laws creating a Labor Day holiday. By the end of the decade Connecticut, Nebraska and Pennsylvania had followed suit. By 1894, 23 more states had adopted the holiday, and on June 28, 1894, Congress passed an act making the first Monday in September of each year a legal holiday. President Grover Cleveland signed the act into law making the first Monday in September of each year a national holiday.

SUNDAY EVENING WORSHIP SERVICE

SUNDAY, SEPTEMBER 5TH

5:00 PM

BRILL CHAPEL

PLEASE WEAR MASKS



INQUIRING MINDS
MONDAY, SEPTEMBER 6TH
7:14 pm-8:14 pm
WELLNESS CLASSROOM



Crimes of the Century
SON OF SAM:
NEW YORK'S TABLOID TERRORIST
and
ITALY'S SEARCH FOR THE
MONSTER OF FLORENCE
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.

**WE WILL BE CLOSED ON
LABOR DAY**



**SERVICES AT
EPWORTH VILLA CLOSED
SEPTEMBER 6TH IN OBSERVANCE
OF LABOR DAY**

**Long Term Care Specialist Clinic,
The Market, Thrifty Pharmacy, &
BancFirst**

**WALGREENS SENIOR DAY
TUESDAY, SEPTEMBER 7TH
LEAVING @ 10:00 AM**



Once again we are loading up to take IL residents to Walgreens for Senior Shopping Day. The September SENIOR DAY is TUESDAY, SEPTEMBER 7TH so that is the day we will be heading to Walgreens for our monthly trip. If you are interested in going, **please sign up in the 'Count Me In' book.**



**PIANO MAN GARY JOHNSON
WEDNESDAY, SEPTEMBER 8TH
3:00 PM
JOE WHITE LIVING ROOM**

**CARD BINGO
SUNDAY, SEPTEMBER 12TH
3:00 PM
BISTRO**



CARD BINGO will return on Sunday, September 12th at 3:00 p.m. in the Bistro. Bring 10 dimes and join your fellow residents for an afternoon of FUN! We will meet you a few minutes before 3:00 p.m. to refresh your memory about how to play. For questions contact Mickie or Ed at 753-9846.

Pat O'Connor



Pat's prodigious musical talent was discovered at the age of four. She could play the piano by "ear" the songs she was hearing in church. At the age of six, when she started to school, she began expanding her repertoire to include pop, country, jazz, rhythm & blues - - - She honed her skills during the rock & roll era.

..... SHE'LL BE SINGING FAVORITES BY.....

Judy Garland, Frank Sinatra, Patsy Cline, Ray Charles, Julie London, Ella Fitzgerald, George Jones, Elvis, and Jerry Lee Lewis

FRIDAY, SEPTEMBER 10th
7:00 P.M. *In The Ballroom*

BY REQUEST FROM ACTIVITY COMMITTEE:

***Please wear a mask if you attend**

***No reservations or ticket needed**



OKC TOWN HALL RETURNS

IN-PERSON LECTURES OR LIVE STREAM TO YOUR COMPUTER

In 1933, the Junior League of Oklahoma City decided to sponsor a cultural lecture series called Town Hall. The chairman of the Town Hall Series was Mrs. Harry Schafer, (Billie), and the professional producer was Florence King, who obtained the speakers.

Since they wished it to be a city-wide artistic venture, they asked 20 local women to be on the Board of Advisors. This board was responsible for the selection of the speakers. 370 women joined and the series was enthusiastically received by the group.

The lecture series was so successful that the Advisory Board voted to continue the series the next year and more members were added. All concerned felt that Town Hall had accomplished its purpose of setting a new standard in the cultural development of Oklahoma City.

As was the custom with all projects, after 3 years the Junior League turned over the entire supervision of this project to the community-wide Board of Advisers who were then fully responsible for its direction.

Town Hall was later expanded to the whole community and the number of speakers increased with an emphasis on six separate topics over the course of the season.

Once again OKC Town Hall will be presenting some interesting and educational speakers during the 2021-2022 Lecture Series. If you are interested in purchasing tickets to go to the lectures live or to receive a link to Live-Stream them from home, please:

<https://okctownhall.org/home/lecture-series/>



WRITE GROUP
FRIDAY, SEPTEMBER 10TH
1:00 PM
NORTH CLASSROOM

The Write Group will meet in the North Classroom on Friday, September 10, at 1 p.m. We will resume our regular schedule in September (meeting on the 2nd and 4th Fridays). OCU Professor Rob Roensch will be with us.

The writing prompt for September 10th is to: *Write on a subject of your choice.

The Write Group welcomes visitors who are interested in hearing the stories of others. It is an opportunity not only to develop writing skills but to get better acquainted with other residents. If you have any questions, please call Burrel M. at 405-659-5245.



FAIR TRADE COFFEE/TEA/CHOCOLATE SALES

MONDAY, SEPTEMBER 13th

11:00 AM — 1:30 PM

OUTSIDE BISTRO

Monday, September 13th, the Fair Trade tables will have their usual assortment of delicious items which include a large variety of coffees, teas, and chocolate bars. Whether you are looking for something special for someone else or a treat for yourself, we have you covered! If you need anything between sales, please don't hesitate to call Dave (405-443-7302) or send an email to govtman1@cox.net. He will be glad to drop your order at the front desk.

ARE YOU NEEDING A RIDE TO THE OKC PHILHARMONIC ON SEPTEMBER 11TH?

There is a sign up sheet in the 'Count Me In' book at the concierge's desk for the first Philharmonic Classics program on Saturday, September 11th. If you are interested in going, you must have bought your own ticket(s), we will provide transportation **IF we HAVE at least 8 people** signed up by the deadline. The cost per person will be \$10.00. **Deadline to sign up is Friday, September 10th at Noon. If the number falls below 8 after deadline, drive will be subject to cancellation.**

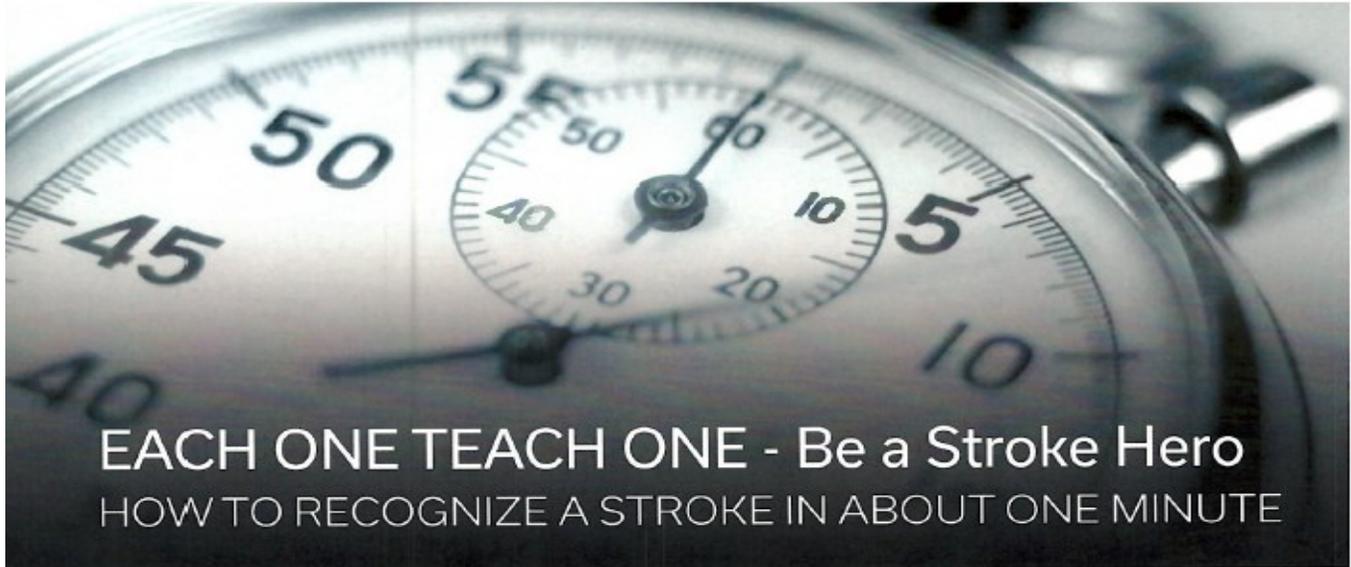


STROKE PREVENTION PROGRAM

MONDAY, SEPTEMBER 13

2:00 PM

GRAND BALLROOM



Be a stroke hero. Free training available.

Simple, practical, teachable techniques for your employees or groups of 25 or more as well as students 3rd grade and older.

- ▶ Learn to recognize a possible stroke in about **one** minute.
- ▶ Learn what to do and what **NOT** to do in a stroke emergency.
- ▶ Learn simple, effective ways to lower your stroke risk.

Your stroke response could mean the difference between life-long disability and leaving the hospital near normal.

Stroke can be prevented

Stroke happens every 40 seconds in the U.S. More than **795,000 new strokes** occur yearly. It is a leading cause of death and the **No. 1 cause** of adult disability.

Every minute matters in recognizing and treating stroke. Don't wait and hope it gets better. Lifesaving treatments are available. **Time SAVED is BRAIN and DISABILITY SAVED.**

INTEGRIS

Stroke Services

intgrisok.com/stroke

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.



FITNESS CENTER REMINDER:

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



ATTENTION IL RESIDENTS THINKING OF GETTING AN ELECTRIC SCOOTER

POLICY FOR ELECTRIC TRANSPORTS/SCOOTERS

Purpose: To comply with Oklahoma City Fire Department requirements for medical necessity, safe usage, storage safety and prompt access to residents. To establish uniformity for and sale of electric transports for residents living at Epworth Villa.

Policy: Prior to purchase of Electric Transport

Discussion with Director of Resident Life and resident's personal physician.

Provide proof of liability insurance for use of electric transport in the event a resident, visitor or employee is injured by an electric mobility aid driven by a resident or someone authorized by the resident to drive or damage is done to the property.

Forward documents to Director of Resident Life, Destiny Helms so that electric mobility aid can be labeled with resident's name.

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		10:00am - 10:30am Chair Yoga (video) (Classroom) Sharon
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.



**IL CELEBRATES NATIONAL CRÈME FILLED DONUT DAY
TUESDAY, SEPTEMBER 14TH
STARTING AT 9:00 AM (WHILE SUPPLIES LAST)
COFFEE LOUNGE**

National Cream Filled Donut Day is a sugary, sweet day. Don'tcha just love special days like today!? Sure, you were watching your weight. Then, along comes a special day that is just packed with calorie and carbs. And, that special day encourages you to eat one of your favorite breakfast treats.... cream filled donuts.

The most popular cream filled donuts are chocolate cream and vanilla cream. This author's favorite is banana cream. But, they are hard to find. Whatever flavor is your favorite, just make sure the day does not go by without having one or more cream filled donuts.

History of Cream Filled Donut Day

The history of Cream Filled Donut Day is unsurprisingly tied to the history of the donut. The concept of a fried bread ring isn't in any way new.

But for those who are interested in the earliest version of what are now called donuts, they may find their way to New Amsterdam in the New World. Don't know where that is? It's a bit like Constantinople, which is now known as Istanbul. New Amsterdam, of course, is now New York City! (Confused yet? Hang in there!)

In what is now known as New York City in the United States, the settlers from Denmark had a cake that they called (rather unappetizingly) "oil cake", or "olykoek". Strange as the name was, this cake was the predecessor to what is now known as the donut!

By 1803, a cookbook was published that contained a recipe for making donuts. From then on, it didn't take long for this new culinary invention to become the delicious treat everyone knows and loves today. Donuts have a reputation as a singularly American food, in spite of their Dutch and European origins.

To start with, donuts had been braided, or simply dropped into the oil as a small round loaf, leaving the center doughy and the exterior greasy. The ring shape that everyone now knows and loves came into being when Hanson Gregory, working on a lime-trading ship, punched a hole in the traditionally dense donut to make it cook more thoroughly while frying it. The light flavor and fluffy texture of the cooked dough were exactly what he was looking for and afterward he taught the procedure to his mother.

Elizabeth Gregory made a delightfully savory donut with cinnamon, nutmeg, and lemon rind, and then filled the center with a mixture of hazelnuts or walnuts to replace the missing dough. While the person who decided that crème would make a delightful filling isn't recorded, we do know that it all started here with Elizabeth Gregory and her idea of filling donuts.

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!

We invite everyone to this Wellness Orientation. Come and see what is offered and what you are already paying for each month. Date and time will be announced in early September.

'NEW' — CHAIR YOGA CLASS ON SATURDAYS

If you are interested in a Saturday Chair Yoga exercise class on Saturdays, there is now one meeting!! The class will be lead by resident Sharon W. using a video at 10:00 am in the Wellness Classroom. All residents are welcome to attend.



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 AUGUST 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.





IL TO BLUE ZOO INTERACTIVE AQUARIUM

SEPTEMBER 14TH

LEAVING @ 12:30 PM



Oklahoma City is a bit of a drive from the nearest ocean—but you can pretend you're visiting this peaceful Pacific-inspired underwater world when you spend the day at Blue Zoo Oklahoma City located at Quail Springs Mall which covers over 8 spaces and 2 floors in the mall.

Enjoy sea life up close and personal when you touch the velvety backs of stingrays, see six-foot sharks swim past, or discover a starfish in the touch pool. They also offer guests the opportunity to see clownfish, lionfish, pufferfish and octopus among other sea life! You can also touch and feed stingrays, birds and reptiles!

Cost for the outing will be \$14.95 per person or \$10.95 per person if we have at least 12 residents that end up going. Transportation will be \$5.00. Susan will pay for the tickets the day of the trip, residents will be billed for the ticket and transportation costs after the trip.

If interested in going, please sign up in the 'Count Me In' book at the concierge's desk by Monday, September 13th.

For more information check out their website at: <https://oklahomacity.bluezoo.us/>

EPWORTH TO HOST

AARP DEFENSIVE DRIVING COURSE

TUESDAY, OCTOBER 5TH

9:00 AM to 3:30 PM

(WITH 1 HOUR OFF FOR LUNCH)

WOODWORTH ROOM



Cost is \$20.00 for AARP members and \$25.00 for non-members. If you are interested in attending this class, contact Susan to put your name on the list. This class is open to the outside public, so get your name on the list TODAY if you want to attend. **Taking the course will give you a discount on your car insurance.** You will pay the instructor the day of the class.



**SATURDAY MATINEE MOVIE
SATURDAY, SEPTEMBER 4TH**

1:00 pm & 3:00 pm

(2021)

THE BANKER

THE BANKER is based on the true story of Black businessmen/entrepreneurs Bernard Garrett and Joe Morris. In the 1960s, they came up with a risky plan: hire working-class White man Matt Steiner to pretend to be rich and privileged -- and serve as the faux head

of their own substantial real estate and banking business empire. After training Matt on their business, things go well until their prosperity gains the attention of the federal government, and they risk losing it all.

Rating: PG 13+ Runtime: 2hr

EVTV AT HOME

CHANNEL 1960

MOVIE WILL BE SHOWN

SATURDAY, SEPTEMBER 4TH AND

WEDNESDAY, SEPTEMBER 8TH

MOVIE TIMES ARE:

SATURDAY @ 7:00 PM &

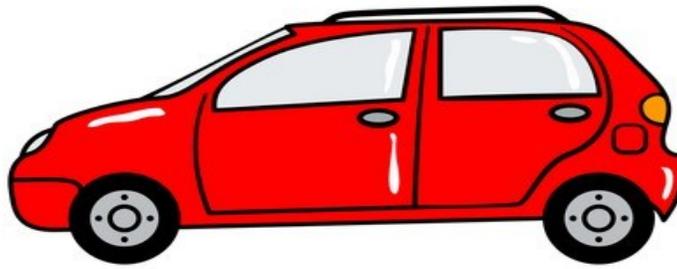
WEDNESDAY @ 8:00 PM

An Affair to Remember



Starring: CARY GRANT DEBORAH KEER

This is a love story. Good looking Nicky Ferante (Grant) and breathtaking former nightclub singer Terry McKay meet on an ocean liner headed for New York and fall deeply in love. Although they are engaged to someone else, they agree to meet in six months at the top of the Empire State Building if they still feel the same way about each other. But a tragic accident prevents their rendezvous, and the lovers' future takes a emotional and uncertain turn.



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 September 1, 2021 through September 8, 2021

**Wednesday
September 1**



8:15 a.m.
8:30 a.m.
9:00 a.m.
9:30 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.
2:00 p.m.
7:00 p.m.
8:00 p.m.

Cycling Class – Wellness Classroom
Catholic Communion – Brill Chapel
Flex & Stretch #1– Wellness Classroom
Episcopal Communion – Brill Chapel
Flex & Stretch #2 – Wellness Classroom
Limber Up! – Wellness Studio
IL Grocery Shopping – Walmart Market/Braum’s
Resident Council – Grand Ballroom
Cycling Class – Wellness Classroom
CEO Ron Kelly Update – EVT V Channel 1960
Tai Chi – Wellness Classroom
To the Point – Grand Ballroom
To the Point (REPLAY) – EVT V Channel 1960
Movie Night (REPLAY) EVT V Channel 1960

**Thursday
September 2**



9:00 a.m.
10:00 a.m.
10:00 a.m.
10:45 a.m.
11:00 p.m.
12:45 p.m.
1:00 p.m.
1:00 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
Garden Party – Joe White Living Room
Balance Class – Wellness Classroom
Needlework Group – Art Corner
Caregiver Support Group – North Classroom
Vespers -Chapel
Vespers REPLAY – EVT V Channel 1960

**Friday
September 3**



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

Flex & Stretch #1– Wellness Classroom
Line Dancing – Wellness Studio
Flex & Stretch #2 – Wellness Classroom
Coffee with Chaplain Laura – Coffee Lounge
Shopping – SUPER WALMART
Golden HIIT – Wellness Classroom
CEO Ron Kelly Update – EVT V Channel 1960
September IL Birthday Party – Coffee Lounge
Virtual Program – Native Pride Dancers from the Kennedy Center – EVT V Channel 1960

**Saturday
September 4**



9:00 a.m.
10:00 a.m.
1:00 & 3:00 p.m.
7:00 p.m.

Tai Chi with Kathy - Wellness Studio
Chair Yoga – Wellness Classroom
Matinee Movie – Theater
Movie Night – EVT V Channel 1960

**Sunday
September 5**



8:45 a.m.
9:45 a.m.
5:00 p.m.
6:00 p.m.

Sunday School – Brill Chapel
Bus to Quail Springs UMC
Sunday Evening Worship Service – Brill Chapel
Sunday School REPLAY – EVTV Channel 1960

**Monday
September 6**



9:00 a.m.
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.

HAPPY LABOR DAY

Flex & Stretch #1– Wellness Classroom
Line Dancing – Wellness Studio
Flex & Stretch #2 – Wellness Classroom
Limber Up! – Wellness Studio
Golden HIIT – Wellness Classroom
CEO Ron Kelly Update – EVTV Channel 1960
Inquiring Minds – Wellness Classroom

**Services Closed today: Thrifty Pharmacy,
BancFirst, The Market, Long Term Care
Specialist Clinic**

**Tuesday
September 7**



9:00 a.m.
9:30 a.m.
10:00 a.m.
Leaving @ 10:00 a.m.
10:45 a.m.
12:45 p.m.
2:30 p.m.

Water Aerobics - Pool
Golden Swans – Studio
PowerCircuit – Wellness Center
Trip to Walgreens
Chair Yoga – Wellness Classroom
Balance Class – wellness Classroom
Art Group – Art Corner

**Wednesday
September 8**



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.
3:00 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 – EVTV Channel 1960
Tai Chi – Wellness Classroom
Piano Man Gary Johnson – Joe White Living Room
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 – 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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- WellCard Rx - Health Discounts*

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

BancFirst
Loyal

To Oklahoma & You™

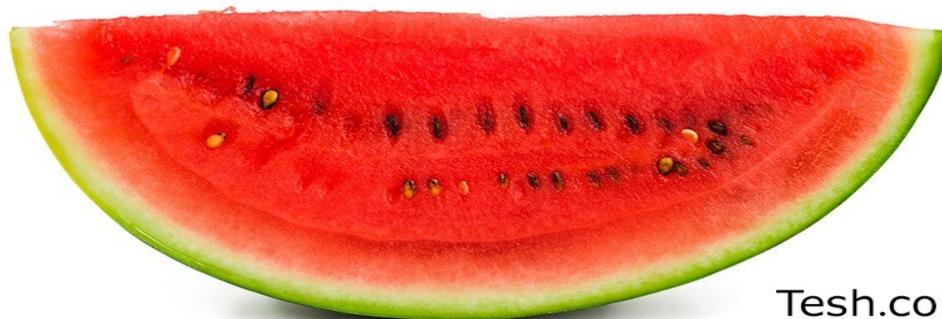
MEMBER
FDIC

BancFirst.bank



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

