

**LOCATION KEY**

**FIRST FLOOR**      **SECOND FLOOR & COTTAGES**  
**(GH)** Great Hall      **(EC)** Entertainment Center  
**(BR)** Billiards Room      **(CH)** Community Hub  
**(C)** Chapel      **(L)** Library  
                          **(CCH)** Cottage Club House

*ALL activities are subject to change due  
 To participation and availability.*



Sunday	Monday	Tuesday	Wednesday 1	Thursday 2	Good Friday 3	Saturday 4
			9:15 Devotions (C) 9:45 Better Balance (CH) 10:15 Chair Exercise (CH) <b>12:45 Route 66 Bus tour with Kelly from Tulsa Tours</b> 1:00 Bridge (CH) 1:00 Shanghai Rummy (BR) 3:00 Bible Study on Matthew (EC) 6:00 Hand & Foot; everyone welcome (BR)	9:15 Devotions (C) 9:45 Full body movement (CH) 10:00 Wii Bowling (BR) 10:00 Route 66 presentation with Anthony Arno (GH) 10:15 Strength Training (CH) 10:45 Workout machine intervals (G) 1:00 Choir Practice (GH) 1:00 Ping Pong in the Pub 1:00 Shanghai Rummy (BR) 3:00 Cornhole (GH) 6:00 Keno with Karen (EC) 6:30 Poker- Visitors Welcome	9:15 Devotions (C) 9:45 Better Balance (CH) 9:45 Men's Group chat w/ coffee (BR) 10:15 Chair Exercise (CH) 1:00 Shanghai Rummy (BR) 1:00 Bridge (RD) 1:30 Town Hall with guest speaker Ron Balmer discussing VA Home Health benefits (GH) 3:00 Birthday Happy Hour with Storming the Gates Gospel Group (GH) 6:00 Mexican Train & Spinner dominoes (BR)	9:15 Devotions (C) 10:00 Wii Bowling (BR) 1:00 Shanghai Rummy (BR) 1:00 Easter Choir Concert (GH) 6:00 Canasta (CH) 6:00 Bingo (\$2/ \$4 per card) (EC)
			<b>5</b> 10:00 Worship w/ Dan Paul (GH) 1:00 Shanghai Rummy (BR) 3:30 Canasta (CH) 5:30 Movie night- Babette's Feast (GH)	<b>6</b> 9:15 Devotions (C) 9:45 Better Balance (CH) 10:15 Chair Exercises (CH) 11:00 Men's Group Luncheon with Michael at Los Cabos 1:00 Shanghai Rummy (BR) 1:00 Bring your own craft & chat (EC) 2:00 Zumba w/ Fit Group USA (CH) 3:00 Bunnie in a pot craft (EC) 6:00 Canasta (CH)	<b>7</b> 9:15 Devotions (C) 9:45 Full body movement (CH) 10:00 Wii Bowling (BR) 10:15 Strength Training (CH) 10:45 Workout machine intervals (G) 1:00 Shanghai Rummy (BR) 1:00 Bridge (CH) 1:30 Root beer floats celebrating 14 years of Millennium Home Health at CCWH (GH) 2:00 Food for Thought w/ Chef Mattie (GH) 2:00 Texas Hold 'Em Poker (BR) 3:00 Cornhole (GH) 6:00 Bingo (\$2/ \$4 per card) (EC)	<b>8</b> 9:15 Devotions (C) 9:45 Better Balance (CH) 10:00 Gifts From the Heart Sale (GH) 10:15 Chair Exercise (CH) <b>10:15 Lunch at Dutch pantry in Chouteau</b> 1:00 Shanghai Rummy (BR) 1:00 Bridge (CH) 3:00 Bible Study on Matthew (EC) 6:00 Hand & Foot; everyone welcome (BR)

Sunday 12	Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17	Saturday 18
10:00 Worship w/ Dan Paul (GH) 1:00 Shanghai Rummy (BR) 3:30 Canasta (CH) 5:30 Movie night- (GH)	9:15 Devotions (C) 9:45 Better Balance (CH) 10:15 Chair Exercises (CH) 1:00 Shanghai Rummy (BR) 1:00 Bring your own craft & chat (EC) 1:00 Book Club- Silent Sister (EC) 2:00 Jim & Doe sing a long (GH) 2:00 Grief Group with Chaplain Phil (C) 6:00 Canasta (CH)	9:15 Devotions (C) 9:45 Full body movement (CH) 10:00 Wii Bowling (BR) 10:15 Strength Training (CH) 10:45 Workout machine intervals (G) 11:00 Paparazzi Jewelry (BR) 1:00 Shanghai Rummy (BR) 1:00 Bridge (CH) 1:30 Blood Pressure clinic w/ Millennium Home Health (L) 2:00 Texas Hold 'Em Poker (BR) 3:00 Cornhole (GH) 6:00 Bingo (\$2/ \$4 per card) (EC)	9:15 Devotions (C) 9:45 Better Balance (CH) 10:15 Chair Exercise (CH) 11:00 Scentsy with Sylvia (BR) 1:00 Bridge (CH) 1:00 Shanghai Rummy (BR) 3:00 Quilters club meet up (BR) 3:00 Bible Study on Matthew (EC) 6:00 Hand & Foot; everyone welcome (BR)	9:15 Devotions (C) 9:45 Full body movement (CH) 10:00 Wii Bowling (BR) 10:15 Strength Training (CH) 10:45 Workout machine intervals (G) 1:00 Choir Practice (GH) 1:00 Ping Pong in the Pub 1:00 Shanghai Rummy (BR) 2:00-4:00 Shredding Event (GH) 3:00 Cornhole (GH) 6:00 Keno with Karen (EC) 6:30 Poker- Visitors Welcome	9:15 Devotions (C) 9:45 Better Balance (CH) 9:45 Men's Group chat w/ coffee (BR) 10:15 Chair Exercise (CH) 1:00 Shanghai Rummy (BR) 1:00 Bridge (RD) 1:30 Say What? Steps to Take If You Suspect a Hearing Loss w/ speaker Diana from the Center for Individuals with Physical Challenges non-profit (GH) 3:00 Happy Hour with Jim Tate (GH) 6:00 Mexican Train & Spinner dominoes (BR)	9:15 Devotions (C) 10:00 Wii Bowling (BR) 1:00 Shanghai Rummy (BR) 2:00 Fran & Robert "Music thru the years" 6:00 Canasta (CH) 6:00 Bingo (\$2/ \$4 per card) (EC)
19	20	21	22	23	24	25
10:00 Worship w/ Dan Paul (GH) 1:00 Shanghai Rummy (BR) 3:30 Canasta (CH) 5:30 Movie night- (GH)	9:15 Devotions (C) 9:45 Better Balance (CH) 10:15 Chair Exercises (CH) 1:00 Walking Club (EC) 1:00 Shanghai Rummy (BR) 1:00 Bring your own craft & chat (EC) 1:00 Spiked Cherry Limeade in the Pub 2:00 Zumba w/ Fit Group USA (CH) 2:15 Asbury Church Meeting (GH) 3:00 Paint a floral spring wooden door hanger (EC) 6:00 Canasta (CH)	9:15 Devotions (C) 9:45 Full body movement (CH) 10:00 Wii Bowling (BR) 10:15 Strength Training (CH) 10:45 Workout machine intervals (G) 11:00 Avon Sale (GH) 1:00 Shanghai Rummy (BR) 1:00 Bridge (CH) 1:30 Blood Pressure clinic w/ Millennium Home Health (L) 2:00 Taste Test Tuesday; Different types of deviled eggs (EC) 2:00 Texas Hold 'Em Poker (BR) 3:00 Cornhole (GH) 6:00 Bingo (\$2/ \$4 per card) (EC)	9:15 Devotions (C) 9:45 Better Balance (CH) 10:00 Gifts From the Heart Sale (GH) 10:15 Chair Exercise (CH) 10:15 Amish baked goods sale (GH) <b>11:00 Lunch at Olive Garden</b> 1:00 Bridge (CH) 1:00 Shanghai Rummy (BR) 2:00 Beginner line dancing class with Alexis (GH) 3:00 Bible Study on Matthew (EC) 6:00 Craft with Highland Park Youth Group (EC) 6:00 Hand & Foot; everyone welcome (BR)	9:15 Devotions (C) 9:45 Full body movement (CH) 10:00 Wii Bowling (BR) 10:15 Strength Training (CH) 10:45 Workout machine intervals (G) 1:00 Choir Practice (GH) 1:00 Ping Pong in the Pub 1:00 Shanghai Rummy (BR) 1:00 Ice cream sundaes with Archwell Health (GH) 1-3 Resident Satisfaction Survey station- employees helping with the survey 3:00 Cornhole (GH) 6:00 Keno with Karen (EC) 6:30 Poker- Visitors Welcome	9:15 Devotions (C) 9:45 Better Balance (CH) 9:45 Men's Group chat w/ coffee (BR) 10:15 Chair Exercise (CH) 1:00 Shanghai Rummy (BR) 1:00 Bridge (RD) 1:00 New Resident Meeting (C) 3:00 Happy Hour with Paul Morphis (GH) 6:00 Mexican Train & Spinner dominoes (BR)	9:15 Devotions (C) 10:00 Wii Bowling (BR) 1:00 Shanghai Rummy (BR) 6:00 Canasta (CH) 6:00 Bingo (\$2/ \$4 per card) (EC)
26	27	28	29	30	<p><b>Have you completed your Resident Satisfaction Survey?</b></p> <p>Please see Jordan or SaRae if you need assistance.</p> <p><b>Every opinion counts!</b></p>	
10:00 Worship w/ Dan Paul (GH) 1:00 Shanghai Rummy (BR) 3:30 Canasta (CH) 5:30 Movie night- (GH)	9:15 Devotions (C) 9:45 Better Balance (CH) 10:15 Chair Exercises (CH) 1:00 Shanghai Rummy (BR) 1:00 Bring your own craft & chat (EC) 1:00 Activity Calendar suggestion talk (CH) 2:00 Grief Group with Chaplain Phil (C) 3:00 DIY paper self-portrait (EC) 6:00 Canasta (CH)	9:15 Devotions (C) 9:45 Full body movement (CH) 10:00 Wii Bowling (BR) 10:15 Strength Training (CH) 10:45 Workout machine intervals (G) 1:00 Shanghai Rummy (BR) 1:00 Bridge (CH) 1:30 Blood Pressure clinic w/ Millennium Home Health (L) 2:00 Texas Hold 'Em Poker (BR) 3:00 Cornhole (GH) 6:00 Bingo (\$2/ \$4 per card) (EC)	9:15 Devotions (C) 9:45 Better Balance (CH) 10:15 Chair Exercise (CH) 1:00 Bridge (CH) 1:00 Shanghai Rummy (BR) <b>12:45 Tulsa Botanical Garden- Lego exhibit- \$15</b> 3:00 Bible Study on Matthew (EC) 6:00 Hand & Foot; everyone welcome (BR)	9:15 Devotions (C) 9:45 Full body movement (CH) 10:00 Wii Bowling (BR) 10:15 Strength Training (CH) 10:45 Workout machine intervals (G) 1:00 Choir Practice (GH) 1:00 Ping Pong in the Pub 1:00 Shanghai Rummy (BR) 3:00 Cornhole (GH) 5:00 Cottage Pizza Party; \$5 6:00 Keno with Karen (EC) 6:30 Poker- Visitors Welcome		

# Country Club Column

Country Club at Woodland Hills Independent Living (918) 252-5451



## Special Event

- 4/2- Route 66 presentation with Anthony Arno
- 4/3- Town Hall with guest speaker Ron Balmer discussing VA Home Health Benefits
- 4/4- Easter Choir concert
- 4/6- Men's Group Luncheon with Michael at LosCabos Zumba w/ Fit Group USA Bunny in a pot craft
- 4/7- Root beer floats with Millenium Food for Thought w/ Chef Mattie
- 4/8- Gifts from the Heart sale
- 4/9- Mary Kay Sale
- 4/11- Asbury singing ambassadors concert
- 4/13- Book Club- The Silent Sisters Grief Group w/ Chaplin Phil from Millennium Home Health Jim & Doe's Sing a Long
- 4/14- Paparazzi Jewelry
- 4/15- Scentsy with Sylvia Quilters Club meet up
- 4/16- FREE Shredding Event
- 4/17- Say What? Steps to Take If you Suspect a Hearing Loss/ speaker Diana from the Center for Individuals with Physical Challenges non-profit
- 4/18- Fran & Robert "Music thru the years"
- 4/20- Spiked Cherry Limeade in the Pub Zumba w/ Fit Group USA Asbury Church meeting Paint a floral spring wooden door hanger
- 4/21- Avon Sale Taste Test Tuesday; Different types of deviled eggs
- 4/22- Amish baked goods sale Gifts from the Heart Sale Beginner line dancing class with Alexis Craft with Highland Park Youth Group
- 4/23- Resident Satisfaction Survey help Ice cream sundaes with Archwell Health
- 4/24- New Resident Meeting
- 4/27- Activity Calendar suggestion Talk Grief Group w/ Chaplin Phil from Millenium Home health DIY paper self portrait
- 4/30- Cottage Pizza Party; \$5

## Wednesday Outings

- 4/1- Route 66 bus tour with Kelly
- 4/8- Lunch at Dutch Pantry in Chouteau
- 4/22- Lunch at Olive Garden
- 4/29- Tulsa Botanic Garden Lego exhibit- NO CASH \$15

## Re-occurring events

- Crafts- Every Monday @ 3
- Sit & Stitch/ Diamond Dotz- Mon. & Thurs.
- Wii Bowling- Tues., Thurs. & Sat. @ 10
- Bridge- Tues., Wed. & Fri. @ 1
- Cornhole- Tues. & Thurs. @ 3
- BINGO- Tues. & Sat. @ 6
- Poker- Tues. @ 2 & Thurs. @ 6:30
- Hand & Foot- Every Wed. @ 6
- Ping Pong in the Pub- Thurs. @ 1
- Keno with Karen- Every Thurs. @ 6
- Choir practice- Every Thurs. @ 1
- Men's group chat with coffee Friday @ 9:45
- Happy Hour- Every Friday @ 3
- Games Galore- Every Friday @ 6:00

## Meet our Newest Neighbors

- 323- Nancy Bryan
- 301- Jerry & Carrie Barnes



## Monday, Wednesday & Friday

### **9:45- Better Balance (Intermediate)**

Instructor-led class with different walking exercises aimed to strengthen your balancing skills.

### **10:15- Chair Exercise (Advanced)**

CD-led class, seated fast paced exercises working every part of the body from head to toe.

## Tuesday & Thursday

### **9:45- Chair Workout (Beginner)**

Instructor-led class with sitting exercises

### **10:15- Strength Training (Beginner/ Intermediate)**

Instructor-led class using 1-5lb weights and workout bands while seated.

### **10:45- Workout machine intervals (Intermediate)**

Instructor-led workout rotating between machines at 5 min. intervals.