



A P N I K P M U P N D W L B Q B A W I C F  
K U F T N S P X B O X D I O X O S L D H B  
C U T E Q R S R F V L E J J L T T Z Z S J  
B Z W U W U E X Y E L D H A L L O W E E N  
V H C O M D N Y Q M X I P G T A K F P B V  
M D O N I N S M K B P R P H S X V J J D K  
E S R C H X G F T E W Y S K E R Y G L S N  
D W N M X Y R O U R N A U Z V E Y N J O S  
G E U D O E A L N A U H G R R Q R I R R O  
G A C R N T K E T Q B S N Z A K R V E A K  
V T O A I P E F S E B Z Z H H C E I Q N J  
I E P H U S P K E Y G B M B S E B G U G E  
Q R I C Q I S B H B G A X M L T N S Z E K  
G B A R E R N K C V O L I P U O A K M F F  
M T C O D C B H J Y W N A L V D R N P R V  
F W O R C E R A C S F M F V O N C A R T S  
Z D R M F H R K H U F O E I I F E H M E Z  
V M N H L M R U W Z Q Y V L R T U T V O F  
I E H M I G R A T I O N D U P E S A N B S  
D R U O G H L L L A B T O O F P E E L R Z  
R E W O L F N U S P T H Q Q Q L A V F I X

|            |           |           |
|------------|-----------|-----------|
| ACORN      | FESTIVAL  | NOVEMBER  |
| APPLE      | FOLIAGE   | ORANGE    |
| AUTUMN     | FOOTBALL  | ORCHARD   |
| BONFIRE    | GOURD     | PUMPKIN   |
| CHESTNUT   | HALLOWEEN | RAKE      |
| CIDER      | HARVEST   | SCARECROW |
| CORNUCOPIA | HAYRIDE   | SQUASH    |
| CRANBERRY  | LEAVES    | SUNFLOWER |
| CRISP      | MAPLE     | SWEATER   |



# Country Club at Woodland Hills

Discovery Independent Senior Living  
6333 South 91<sup>st</sup> East Avenue, Tulsa OK 74133  
(918) 252-5451

## New this month

We have welcomed a new FitCamp Director to our team, her name is Amanda and we are excited to welcome her to the community! Times and days have changed for the workout classes due to high attendance for Tai Chi. Tai Chi will now be on Mon, Wed & Fridays. Please see the back page for exact times.

Jordan is re-introducing the 90's and Up social hour where residents who are 90 and above come and share their stories.

Our fall carnival is the last Friday of the month filled with fun games and activities.

Millennium Home Health will be hosting their UTI health talk at the end of the month.

## Meet our team

Michael Hammontree..... Executive Director  
Jennifer Lombard.....Director of Sales  
Amy Huntley.....Director of Sales  
Kathy Powell.....Business Office Manager  
Mattie Sloan.....Executive Chef  
Jordan Phillips.....Director of Celebrations  
Ian Sales.....Maintenance Supervisor  
Amanda Gomes.....FitCamp Director

## Resident Birthdays

|                      |                         |
|----------------------|-------------------------|
| 9/1- Betty Pharris   | 9/21- Ann Paul          |
| 9/2- Shirley Kelley  | 9/21- Lael Cronin       |
| 9/2- Mary Lou Olsan  | 9/21- Norma Ganner      |
| 9/9- Jody Lang       | 9/21- Ray Mayberry      |
| 9/12- Paula Whiteis  | 9/26- Doe Huff          |
| 9/13- Linda Fleegeer | 9/26- Kay Swartwood     |
| 9/14- Armenda Cann   | 9/27- Wanda Craft       |
| 9/15- Ann Ferguson   | 9/28- Shirley Wilkinson |
| 9/20- Diane Ogg      |                         |



# Country Club Column

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

## Special Events

- 9/1- Men’s Group Luncheon with Michael at Bradford Grill
- 9/2- Lunch at Burn Co. BBQ
- 9/3- Watermelon cocktail and watermelon snack
- 9/4- Barbara’s Boutique
  - Tech class with Damion
- 9/5- Lunch at Dutch Pantry and shopping at the Amish store in Chouteau
- 9/7- Zumba w/ Fit Group USA
  - Rock painting
- 9/8- Avon Sale
  - 90’s & Up social hour
- 9/9 -Scentsy w/ Sylvia
  - Quilters Club meet up
- 9/11- Town Hall
- 9/14- Book Club- Wedding Dress Sewing Circle by Jennifer Ryan
  - Grief Group w/ Chaplain Phil from Millennium
  - Jim & Doe’s Sing a Long
  - Leaf yarn craft
- 9/15- Food for Thought with Chef Mattie
- 9/17- Mary Kay sale
- 9/18- Barbara’s Boutique
- 9/21- Gifts from the Heart sale
  - Zumba w/ Fit Group USA
  - Asbury Church meeting
  - Painting a fall wooden door hanger
- 9/22- Amish baked goods sale
  - Taste Test Tuesday- Sodas from around the world
- 9/23- New Resident Meeting
- 9/24- Cottage Pizza Party; \$5
- 9/25- Carnival themed Happy Hour
- 9/26- Country Club Choir concert
- 9/28 - Grief Group w/ Chaplain Phil from Millennium
  - Clay pot scarecrow craft
- 9/29- Activity Calendar suggestion talk
- 9/30- Health talk on UTI’s with Millennium Home Health

## Wednesday Outings

- 9/2- Lunch at Burn Co. BBQ
- Sat. 9/5- Lunch at Dutch Pantry
- 9/9- Jenks Aquarium- \$19.95
- 9/16- Lunch at East China Buffet in Bixby
- 9/23- Trip to Woolaroc- \$17
- 9/30- Lunch at Ruby’s Burgers

## Re-occurring events

- Crafts- Every Monday @ 3
- Sit & Stitch/ Diamond Dotz- Mon. & Thurs.
- Ping Pong in the Pub- Tues. @ 1
- 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
- Old fashioned dominoes- Every Wed. & Fri.
- 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

- 309- Kay Swartwood
- 9004- Don & Noel Broadston
- 6415- John & Toni Imbler
- 331 Bill Reeds
- 326- Marilyn Shuller



## Monday, Wednesday & Friday

### 9:30- Chair Exercise (Advanced)

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

### 10:00- Thai Chi and Stretching (Beginner)

Instructor-led class with continuous movement and seated stretching.

### 10:30- Repeat Chair Exercise (Advanced)

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

## Tuesday & Thursday

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

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

### 10:15- Strength Training (Beginner)

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.

# SEPTEMBER

|  |                                | Tuesday 1 |                                                     | Wednesday 2 |                                                     | Thursday 3              |                                               | Friday 4                                   |                                | Saturday 5 |                                       |       |                                |
|-----------------------------------------------------------------------------------|--------------------------------|-----------|-----------------------------------------------------|-------------|-----------------------------------------------------|-------------------------|-----------------------------------------------|--------------------------------------------|--------------------------------|------------|---------------------------------------|-------|--------------------------------|
|                                                                                   |                                | 9:15      | Devotions (C)                                       | 9:15        | Devotions (C)                                       | 9:15                    | Devotions (C)                                 | 9:15                                       | Devotions (C)                  | 9:15       | Devotions (C)                         |       |                                |
|                                                                                   |                                | 9:45      | Better Balance (EC)                                 | 9:30        | Chair Exercises (EC)                                | 9:45                    | Better Balance (EC)                           | 9:30                                       | Chair Exercises (EC)           | 10:00      | Wii Bowling (BR)                      |       |                                |
|                                                                                   |                                | 10:00     | Wii Bowling (BR)                                    | 10:00       | Tai Chi & stretching (EC)                           | 10:00                   | Wii Bowling (BR)                              | 9:45                                       | Men’s Group chat (BR)          |            |                                       |       |                                |
|                                                                                   |                                | 10:15     | Strength Training (EC)                              | 10:30       | Repeat Chair Exercises (EC)                         | 10:15                   | Strength Training (EC)                        | 10:00                                      | Tai Chi & stretching (EC)      | 10:15      | Lunch at                              |       |                                |
|                                                                                   |                                | 11:00     | Men’s Group Luncheon with Michael at Bradford Grill | 11:00       | Lunch at Burn Co. BBQ                               | 1:00                    | Choir Practice (GH)                           | 10:30                                      | Repeat Chair Exercises (EC)    |            | Dutch pantry and trip to              |       |                                |
|                                                                                   |                                | 1:00      | Bridge (CH)                                         | 1:00        | Bridge (CH)                                         | 1:00                    | Shanghai Rummy (BR)                           | 11:00                                      | Barbara’s Boutique (BR)        |            | Amish store                           |       |                                |
|                                                                                   |                                | 1:30      | Blood Pressure clinic w/ Millennium Home Health (L) | 1:00        | Shanghai Rummy (BR)                                 | 2:00                    | Watermelon cocktail and watermelon snack (GH) | 1:00                                       | Bridge (CH)                    | 1:00       | Shanghai                              |       |                                |
|                                                                                   |                                | 2:00      | Texas Hold ‘Em Poker (BR)                           | 1:00        | Old-fashioned Dominoes (EC)                         | 3:00                    | Cornhole (GH)                                 | 1:00                                       | Tech class with Damion (EC)    |            | Rummy (BR)                            |       |                                |
|                                                                                   |                                | 3:00      | Cornhole (GH)                                       | 3:00        | Bible Study; the book of Revelations (EC)           | 6:00                    | Keno with Karen (EC)                          | 3:00                                       | Old-fashioned Dominoes (EC)    | 6:00       | Canasta (CH)                          |       |                                |
| 6:00                                                                              | Bingo (\$2/ \$4 per card) (EC) | 6:00      | Hand & Foot; everyone welcome (BR)                  | 6:30        | Poker- Visitors Welcome (BR)                        | 3:00                    | Happy Hour with Sam Briggs (GH)               | 6:00                                       | Bingo (\$2/ \$4 per card) (EC) |            |                                       |       |                                |
|                                                                                   |                                |           |                                                     |             |                                                     | National Watermelon Day |                                               | 6:00 Mexican Train & Spinner dominoes (BR) |                                |            |                                       |       |                                |
| 6                                                                                 |                                | 7         |                                                     | 8           |                                                     | 9                       |                                               | 10                                         |                                | 11         |                                       | 12    |                                |
| 10:00                                                                             | Worship w/ Dan Paul (GH)       | 9:15      | Devotions (C)                                       | 9:15        | Devotions (C)                                       | 9:15                    | Devotions (C)                                 | 9:15                                       | Devotions (C)                  | 9:15       | Devotions (C)                         | 9:15  | Devotions (C)                  |
| 1:00                                                                              | Shanghai Rummy (BR)            | 9:30      | Chair Exercises (EC)                                | 9:45        | Better Balance (EC)                                 | 9:30                    | Chair Exercises (EC)                          | 9:45                                       | Better Balance (EC)            | 9:30       | Chair Exercises (EC)                  | 10:00 | Wii Bowling (BR)               |
| 3:30                                                                              | Canasta (CH)                   | 10:00     | Tai Chi & stretching (EC)                           | 10:00       | Wii Bowling (BR)                                    | 10:00                   | Tai Chi & stretching (EC)                     | 10:00                                      | Wii Bowling (BR)               | 9:45       | Men’s Group chat (BR)                 |       |                                |
| 5:30                                                                              | Movie night- Dreamer (GH)      | 10:00     | Horseshoes by the Pool                              | 10:15       | Strength Training (EC)                              | 10:30                   | Repeat Chair Exercises (EC)                   | 10:15                                      | Strength Training (EC)         | 10:00      | Tai Chi & stretching (EC)             | 1:00  | Shanghai                       |
|                                                                                   |                                | 10:30     | Repeat Chair Exercises (EC)                         | 11:00       | Avon Sale (GH)                                      | 11:00                   | Scentsy with Sylvia (BR)                      | 1:00                                       | Choir Practice (GH)            | 10:30      | Repeat Chair Exercises (EC)           |       | Rummy (BR)                     |
|                                                                                   |                                | 10:00     | Gifts from the Heart sale (GH)                      | 1:00        | Bridge (CH)                                         | 1:00                    | Bridge (CH)                                   | 1:00                                       | Shanghai Rummy (BR)            | 1:00       | Shanghai Rummy (BR)                   | 6:00  | Canasta (CH)                   |
|                                                                                   |                                | 1:00      | Shanghai Rummy (BR)                                 | 1:30        | Blood Pressure clinic w/ Millennium Home Health (L) | 1:00                    | Old-fashioned Dominoes (EC)                   | 3:00                                       | Cornhole (GH)                  | 1:00       | Bridge (CH)                           | 6:00  | Bingo (\$2/ \$4 per card) (EC) |
|                                                                                   |                                | 1:00      | Bring your own craft & chat (CH)                    | 2:00        | 90’s & Up social hour (GH)                          | 1:00                    | Trip to Jenks Aquarium- \$19.95               | 6:00                                       | Keno with Karen (EC)           | 1:30       | Town Hall (GH)                        |       |                                |
|                                                                                   |                                | 1:00      | Zumba w/ Fit Group USA (CH)                         | 2:00        | Texas Hold ‘Em Poker (BR)                           | 3:00                    | Quilters Club meet up (BR)                    | 6:30                                       | Poker- Visitors Welcome (BR)   | 3:00       | Old-fashioned Dominoes (EC)           |       |                                |
|                                                                                   |                                | 3:00      | Rock painting (CH)                                  | 3:00        | Cornhole (GH)                                       | 3:00                    | Bible Study; the book of Revelations (EC)     |                                            |                                | 3:00       | Happy Hour with David & Ken (GH)      |       |                                |
|                                                                                   |                                | 6:00      | Canasta (CH)                                        | 6:00        | Bingo (\$2/ \$4 per card) (EC)                      | 6:00                    | Hand & Foot; everyone welcome (BR)            |                                            |                                | 6:00       | Mexican Train & Spinner dominoes (BR) |       |                                |

| Sunday 13                                                                                                                                                          | Monday 14                                                                                                                                                                                                                                                                                                                                                                                                                                        | Tuesday 15                                                                                                                                                                                                                                                                                                                                                                                         | Wednesday 16                                                                                                                                                                                                                                                                                                                                                                                                                | Thursday 17                                                                                                                                                                                                                                                                                                                                                                                                   | Friday 18                                                                                                                                                                                                                                                                                                                                     | Saturday 19                                                                                                                                                                      |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 10:00 Worship w/<br>Dan Paul;<br>underground<br>service (GH)<br>1:00 Shanghai<br>Rummy (BR)<br>3:30 Canasta<br>(CH)<br>5:30 Movie night-<br>Beyond the<br>Sea (GH) | 9:15 Devotions (C)<br>9:30 Chair Exercises (EC)<br>10:00 Tai Chi & stretching (EC)<br>10:00 Horseshoes by the Pool<br>10:30 Repeat Chair Exercises (EC)<br>1:00 Bring your own craft & chat<br>(CH)<br>1:00 Book Club- Wedding Dress<br>Sewing Circle by Jennifer<br>Ryan (EC)<br>2:00 Jim & Doe sing a long (GH)<br>2:00 Grief Group with Chaplain<br>Phil from Millennium Home<br>Health (C)<br>3:00 Leaf yarn craft (CH)<br>6:00 Canasta (CH) | 9:15 Devotions (C)<br>9:45 Better Balance (EC)<br>10:00 Wii Bowling (BR)<br>10:15 Strength Training (EC)<br>1:00 Bridge (CH)<br>1:30 Blood Pressure clinic w/<br>Millennium Home Health (L)<br>2:00 Food for Thought w/ Chef<br>Mattie (GH)<br>2:00 Texas Hold ‘Em Poker (BR)<br>3:00 Cornhole (GH)<br>6:00 Bingo (\$2/ \$4 per card) (EC)                                                         | 9:15 Devotions (C)<br>9:30 Chair Exercises (EC)<br>10:00 Tai Chi & stretching (EC)<br>10:30 Repeat Chair Exercises (EC)<br><b>10:45 Lunch at East China Buffet<br/>in Bixby</b><br>1:00 Bridge (CH)<br>1:00 Shanghai Rummy (BR)<br>1:00 Old-fashioned Dominoes<br>(EC)<br>3:00 Bible Study; the book of<br>Revelations (EC)<br>6:00 Hand & Foot; everyone<br>welcome (BR)                                                   | 9:15 Devotions (C)<br>9:45 Better Balance (EC)<br>10:00 Wii Bowling (BR)<br>10:15 Strength Training (EC)<br>11:00 Mary Kay Sale (GH)<br>1:00 Choir Practice (GH)<br>1:00 Shanghai Rummy (BR)<br>3:00 Cornhole (GH)<br>6:00 Keno with Karen (EC)<br>6:30 Poker- Visitors Welcome<br>(BR)                                                                                                                       | 9:15 Devotions (C)<br>9:30 Chair Exercises (EC)<br>9:45 Men’s Group chat (BR)<br>10:00 Tai Chi & stretching (EC)<br>10:30 Repeat Chair Exercises (EC)<br>11:00 Barbara’s Boutique (BR)<br>1:00 Bridge (CH)<br>3:00 Old-fashioned Dominoes<br>(EC)<br>3:00 Happy Hour with Tim Turner<br>(GH)<br>6:00 Mexican Train & Spinner<br>dominoes (BR) | 9:15 Devotions (C)<br>10:00 Wii Bowling<br>(BR)<br>1:00 Shanghai<br>Rummy (BR)<br>6:00 Canasta (CH)<br>6:00 Bingo (\$2/ \$4<br>per card) (EC)                                    |
| 20                                                                                                                                                                 | 21                                                                                                                                                                                                                                                                                                                                                                                                                                               | 22                                                                                                                                                                                                                                                                                                                                                                                                 | 23                                                                                                                                                                                                                                                                                                                                                                                                                          | 24                                                                                                                                                                                                                                                                                                                                                                                                            | 25                                                                                                                                                                                                                                                                                                                                            | 26                                                                                                                                                                               |
| 10:00 Worship w/<br>Dan Paul (GH)<br>1:00 Shanghai<br>Rummy (BR)<br>3:30 Canasta<br>(CH)<br>5:30 Movie night-<br>I Spy (GH)                                        | 9:15 Devotions (C)<br>9:30 Chair Exercises (EC)<br>10:00 Tai Chi & stretching (EC)<br>10:00 Horseshoes by the Pool<br>10:30 Repeat Chair Exercises (EC)<br>10:00 Gifts from the Heart sale<br>(GH)<br>1:00 Shanghai Rummy (BR)<br>1:00 Bring your own craft & chat<br>(CH)<br>1:00 Zumba w/ Fit Group USA<br>(CH)<br>2:15 Asbury Church Meeting (GH)<br>3:00 Painting a fall wooden<br>door hanger craft (CH)<br>6:00 Canasta (CH)               | 9:15 Devotions (C)<br>9:45 Better Balance (EC)<br>10:00 Wii Bowling (BR)<br>10:15 Strength Training (EC)<br>11:00 Amish Baked goods sale<br>(GH)<br>1:00 Bridge (CH)<br>1:30 Blood Pressure clinic w/<br>Millennium Home Health (L)<br>2:00 Taste Test Tuesday; Sodas<br>from around the world (EC)<br>2:00 Texas Hold ‘Em Poker (BR)<br>3:00 Cornhole (GH)<br>6:00 Bingo (\$2/ \$4 per card) (EC) | 9:15 Devotions (C)<br>9:30 Chair Exercises (EC)<br><b>9:45 Trip Woolaroc- \$17</b><br>10:00 Tai Chi & stretching (EC)<br>10:30 Repeat Chair Exercises (EC)<br>1:00 Bridge (CH)<br>1:00 Shanghai Rummy (BR)<br>1:00 Old-fashioned Dominoes<br>(EC)<br>2:00 New Resident Meeting (C)<br>3:00 Bible Study; the book of<br>Revelations (EC)<br>6:00 Hand & Foot; everyone<br>welcome (BR)                                       | 9:15 Devotions (C)<br>9:45 Better Balance (EC)<br>10:00 Wii Bowling (BR)<br>10:15 Strength Training (EC)<br>1:00 Choir Practice (GH)<br>1:00 Shanghai Rummy (BR)<br>3:00 Cornhole (GH)<br>5:00 Cottage Pizza Party; \$5<br>6:00 Keno with Karen (EC)<br>6:30 Poker- Visitors Welcome<br>(BR)                                                                                                                  | 9:15 Devotions (C)<br>9:30 Chair Exercises (EC)<br>9:45 Men’s Group chat (BR)<br>10:00 Tai Chi & stretching (EC)<br>10:30 Repeat Chair Exercises (EC)<br>1:00 Bridge (CH)<br>3:00 Old-fashioned Dominoes<br>(EC)<br>3:00 Carnival themed Happy<br>Hour with Sugartime Band<br>(GH)<br>6:00 Mexican Train & Spinner<br>dominoes (BR)           | 9:15 Devotions (C)<br>10:00 Wii Bowling<br>(BR)<br>1:00 Shanghai<br>Rummy (BR)<br>2:00 CCWH Choir<br>Concert (GH)<br>6:00 Canasta (CH)<br>6:00 Bingo (\$2/ \$4<br>per card) (EC) |
| 27                                                                                                                                                                 | 28                                                                                                                                                                                                                                                                                                                                                                                                                                               | 29                                                                                                                                                                                                                                                                                                                                                                                                 | 30                                                                                                                                                                                                                                                                                                                                                                                                                          | <div>LOCATION KEY</div> <div><div>FIRST FLOOR</div><div>(GH) Great Hall</div><div>(BR) Billiards Room</div><div>(C) Chapel</div></div> <div><div>SECOND FLOOR &amp; COTTAGES</div><div>(EC) Entertainment Center</div><div>(CH) Community Hub</div><div>(L) Library</div><div>(CCH) Cottage Club House</div></div> <div>ALL activities are subject to change due<br/>to participation and availability.</div> |                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                  |
| 10:00 Worship w/<br>Dan Paul (GH)<br>1:00 Shanghai<br>Rummy (BR)<br>3:30 Canasta<br>(CH)<br>5:30 Movie night-<br>Kingsmen (GH)                                     | 9:15 Devotions (C)<br>9:30 Chair Exercises (EC)<br>10:00 Tai Chi & stretching (EC)<br>10:00 Horseshoes by the Pool<br>10:30 Repeat Chair Exercises (EC)<br>1:00 Shanghai Rummy (BR)<br>1:00 Bring your own craft & chat<br>2:00 Grief Group with Chaplain<br>Phil from Millennium Home<br>Health (C)<br>3:00 Clay pot scarecrow craft<br>(CH)<br>6:00 Canasta (CH)                                                                               | 9:15 Devotions (C)<br>9:45 Better Balance (EC)<br>10:15 Strength Training (EC)<br>1:00 Bridge (CH)<br>1:30 Blood Pressure clinic w/<br>Millennium Home Health (L)<br>1:00 Activity Calendar suggestion<br>talk (EC)<br>2:00 Texas Hold ‘Em Poker (BR)<br>3:00 Cornhole (GH)<br>6:00 Bingo (\$2/ \$4 per card) (EC)                                                                                 | 9:15 Devotions (C)<br>9:30 Chair Exercises (EC)<br>10:00 Tai Chi & stretching (EC)<br>10:30 Repeat Chair Exercises (EC)<br><b>11 :00 Lunch at Ruby’s Burgers</b><br>1:00 Bridge (CH)<br>1:00 Shanghai Rummy (BR)<br>1:00 Old-fashioned Dominoes<br>(EC)<br>2:00 Health talk on UTI’s with<br>Millennium Home Health (GH)<br>3:00 Bible Study; the book of<br>Revelations (EC)<br>6:00 Hand & Foot; everyone<br>welcome (BR) |                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                  |