

Calendar of Events

Independent Living

January 2025
Senior Star at Burgundy Place

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Looking to Keep Your Brain Sharp? Sign up for the Friday, Dec. 6th Dakim Demonstration. 918.299.0953 to reserve a private demonstration time.</p>	<p>ShapeMaster Gym is open all day! ShapeMaster Demo, Dec. 5th 10:30 AM. Learn the safe way to use this fun & easy exercise equipment.</p>	<p>Brain Power Exercise & Movement Expression Inner Strength Nourishment & Health Socialization Spirituality</p>	<p>New Year's Day 1</p> <p>9:00 Stretch & Coordination [AR] 9:20 Chair Exercise [AR] 10:30 Bible Study with Pastor Dan and Connie [AR] 3:30 Spelling Bee Board Game [AR] 4:15 Cell Phone/iPad Assistance [CL] 6:00 Phase 10 Card Game [CK] 7:00 Movie [AR]</p>	<p>Walgreen's Pick-Up 2</p> <p>8:30 Foot Care by Caring Nurse Association [CK] 9:00 Stretch & Coordination [AR] 9:20 Chair Exercise [AR] 9:30 Little Walmart 10:00 Tulsa Library Bookmobile [FPL] 10:30 Arts and Crafts. Decorating Oranges [AR] 10:30 Shapemaster Gym Demonstration [6th] 1:00 Readers Theater w/Barbara S. [CK] 2:00 Bridge 2:00 Senior Helpers Blood Pressure Check [CK] 2:45 Food for Thought [DR] 6:30 50 Cent Bingo [AR]</p>	<p>9:00 Stretch & Coordination [AR] 3 9:20 Chair Exercise [AR] 10:00 Coffee & Donuts with the E.D. [CK] 10:30 Lunch out: Roosevelts 1:30 Arts and Crafts [AR] 2:30 Social Hour [CK] 3:30 Sing Along w/ Jo [AR] 6:30 Netflix: Movie [AR] 7:30 UNO Card Game [CK]</p>	<p>9:00 Chair Exercise [AR] 4 10:00 Jigsaw Puzzles [7th] 2:00 Bingo 3:30 Coloring for Grown-Ups 3:30 Wii Bowling [AR] 6:00 Independent Prayer [2nd] 6:30 Dominos [CK] 6:30 Evening Movie [AR]</p>
<p>7:00 Sunday Mass on Station EWTN 291-- 7am,11 am, 6pm 5 8:00 Church Shuttle (8am-noon) 9:00 Worship w/ Bro Larry [AR] 10:45 South Tulsa Baptist Church Live Broadcast [AR] 2:00 50 Cent Bingo [AR] 3:30 Wii Bowling [AR] 6:30 Sunday Movie [AR]</p>	<p>9:00 Stretch & Coordination [AR] 6 9:30 Corn Hole [AR] 10:30 Cooking with Ken/orange marmalade [CK] 10:30 Depart for Jolly Citizens 2:00 Bingo w/ Archwell [AR] 2:00 Computer Assistance [CL] 3:30 Pretty Hands [CK] 6:30 Mexican Train [CK] 6:30 Ukulele Club Practice [AR]</p>	<p>Walgreen's Pick-Up 7</p> <p>9:00 Stretch & Coordination [AR] 9:20 Chair Exercise [AR] 9:30 Little Walmart 11:00 Empty Nesters Trio 1:00 Independent Cardio Drumming [AR] 2:30 Activities Planning Meeting [AR] 5:00 Rotary Men's Choir Practice [AR] 6:30 Dominos [CK] 6:30 Toastmasters Speech Club Meeting [AR]</p>	<p>9:00 Stretch & Coordination [AR] 8 9:20 Chair Exercise [AR] 9:45 Boever's Reading Buddies 10:30 Bible Study with Pastor Dan and Connie [AR] 1:00 Readers Theater w/Barbara S. [CK] 2:30 Wheel of Fortune [AR] 3:30 Spelling Bee Board Game [AR] 4:15 Cell Phone/iPad Assistance [CL] 6:00 Phase 10 Card Game [CK] 7:00 Movie [AR]</p>	<p>Walgreen's Pick-Up 9</p> <p>9:00 Stretch & Coordination [AR] 9:20 Chair Exercise [AR] 9:30 Little Walmart 10:30 #ENDALZ Crafting at Music & Memories [AR] 2:00 Bridge 2:00 Senior Helpers Blood Pressure Check [CK] 2:00 Town Hall Meeting [DR] 3:30 Crafting, Music and Memories 6:30 50 Cent Bingo [AR]</p>	<p>9:00 Stretch & Coordination [AR] 10 9:20 Chair Exercise [AR] 10:30 Lunch Out at Cracker Barrel 1:00 Music w/Marsha 20's-50's top hits [AR] 2:30 Social Hour [CK] 3:30 Reading Theater with Barbara S. 6:30 Netflix: Movie [AR] 7:30 UNO Card Game [CK]</p>	<p>9:00 Chair Exercise [AR] 11 10:00 Jigsaw Puzzles [7th] 2:00 Scrabble w/ Jeff [AR] 3:30 Art Cart 3:30 Wii Bowling [AR] 6:00 Independent Prayer [2nd] 6:30 Dominos [CK] 6:30 Evening Movie [AR]</p>
<p>7:00 Sunday Mass on Station EWTN 291-- 7am,11 am, 6pm 12 8:00 Church Shuttle (8am-noon) 9:00 Worship w/ Bro Larry [AR] 10:45 South Tulsa Baptist Church Live Broadcast [AR] 2:00 50 Cent Bingo [AR] 3:30 Wii Bowling [AR] 6:30 Sunday Movie [AR]</p>	<p>9:00 Stretch & Coordination [AR] 13 9:30 Corn Hole [AR] 10:30 cooking w/Ken (tasting different orange juice) [CK] 2:00 Computer Assistance [CL] 2:00 News Currents [AR] 3:00 Wheel of Fortune [AR] 6:30 Mexican Train [CK] 6:30 Ukulele Club Practice [AR]</p>	<p>Walgreen's Pick-Up 14</p> <p>9:00 Stretch & Coordination [AR] 9:20 Chair Exercise [AR] 9:30 Little Walmart 10:15 St. Bernard's Mass [AR] 1:00 Independent Cardio Drumming [AR] 2:30 Birthdays w/ Music by Cripple Creek Duo [DR] 5:00 Rotary Men of Note Practice [AR] 6:30 Dominos [CK] 6:30 Toastmasters Speech Club Meeting [AR]</p>	<p>9:00 Stretch & Coordination [AR] 15 9:20 Chair Exercise [AR] 10:30 Bible Study with Pastor Dan and Connie [AR] 10:45 Sunshine Club: Cards and Letters [CK] 2:00 Music & Memories w/Erica [AR] 3:30 Spelling Bee Board Game [AR] 4:15 Cell Phone/iPad Assistance [CL] 6:00 Phase 10 Card Game [CK] 7:00 Movie [AR]</p>	<p>Walgreen's Pick-Up 16</p> <p>9:00 Stretch & Coordination [AR] 9:20 Chair Exercise [AR] 9:30 Little Walmart 11:00 Trivia/citrus and Florida [CK] 1:00 Scheels sporting goods [10th] 2:00 Bridge 2:00 Senior Helpers Blood Pressure Check [CK] 6:30 50 Cent Bingo [AR]</p>	<p>9:00 Stretch & Coordination [AR] 17 9:20 Chair Exercise [AR] 10:30 Lunch Out at El Patron 1:00 Mary Kay Spa Facial W/Dawn 2:30 Social Hour [CK] 3:30 Sing Along w/ Jo [AR] 6:30 Netflix: Movie [AR] 7:30 UNO Card Game [CK]</p>	<p>9:00 Chair Exercise [AR] 18 10:00 Jigsaw Puzzles [7th] 3:30 Cut & Paste [8th] 3:30 Wii Bowling [AR] 6:00 Independent Prayer [2nd] 6:30 Dominos [CK] 6:30 Evening Movie [AR]</p>
<p>7:00 Sunday Mass on Station EWTN 291-- 7am,11 am, 6pm 19 8:00 Church Shuttle (8am-noon) 9:00 Worship w/ Bro Larry [AR] 10:45 South Tulsa Baptist Church Live Broadcast [AR] 2:00 50 Cent Bingo [AR] 3:30 Wii Bowling [AR] 6:30 Sunday Movie [AR]</p>	<p>Martin Luther King, Jr. Day 20</p> <p>9:00 Stretch & Coordination [AR] 9:30 Corn Hole [AR] 10:30 Cooking with Ken/ orange sweet rolls 2:00 Computer Assistance [CL] 3:30 Pretty Hands [CK] 6:30 Mexican Train [CK] 6:30 Ukulele Club Practice [AR]</p>	<p>Walgreen's Pick-Up 21</p> <p>9:00 Stretch & Coordination [AR] 9:20 Chair Exercise [AR] 9:30 Little Walmart 1:00 Independent Cardio Drumming [AR] 2:30 Taste Test Tuesday 5:00 Rotary Men's Choir Practice [AR] 6:30 Dominos [CK] 6:30 Toastmasters Speech Club Meeting [AR]</p>	<p>9:00 Stretch & Coordination [AR] 22 9:20 Chair Exercise [AR] 10:30 Bible Study with Pastor Dan and Connie [AR] 1:00 Arts and Crafts [AR] 2:30 Wheel of Fortune [AR] 3:30 Spelling Bee Board Game [AR] 4:15 Cell Phone/iPad Assistance [CL] 6:00 Phase 10 Card Game [CK] 7:00 Movie [AR]</p>	<p>Walgreen's Pick-Up 23</p> <p>9:00 Stretch & Coordination [AR] 9:20 Chair Exercise [AR] 9:30 Little Walmart 10:30 #ENDALZ Crafting at Music & Memories [AR] 2:00 Bridge 2:00 Senior Helpers Blood Pressure Check [CK] 6:30 50 Cent Bingo [AR]</p>	<p>9:00 Stretch & Coordination [AR] 24 9:20 Chair Exercise [AR] 10:30 Lunch Out at Smokes Grill 2:30 Social Hour [CK] 6:30 Netflix: Movie [AR] 7:30 UNO Card Game [CK]</p>	<p>9:00 Chair Exercise [AR] 25 10:00 Jigsaw Puzzles [7th] 2:00 Scrabble w/ Jeff [AR] 3:30 Art Cart 3:30 Wii Bowling [AR] 6:00 Independent Prayer [2nd] 6:30 Dominos [CK] 6:30 Evening Movie [AR]</p>
<p>7:00 Sunday Mass on Station EWTN 291-- 7am,11 am, 6pm 26 8:00 Church Shuttle (8am-noon) 9:00 Worship w/ Bro Larry [AR] 10:45 South Tulsa Baptist Church Live Broadcast [AR] 2:00 50 Cent Bingo [AR] 3:30 Wii Bowling [AR] 6:30 Sunday Movie [AR]</p>	<p>9:00 Stretch & Coordination [AR] 27 9:30 Corn Hole [AR] 10:30 Cooking with Ken/citrus salad 2:00 Computer Assistance [CL] 2:00 News Currents [AR] 6:30 Mexican Train [CK] 6:30 Ukulele Club Practice [AR]</p>	<p>Walgreen's Pick-Up 28</p> <p>9:00 Stretch & Coordination [AR] 9:20 Chair Exercise [AR] 9:30 Little Walmart 1:00 Independent Cardio Drumming [AR] 2:00 Lutheran Worship Service [AR] 2:30 Bowling with Suncrest Hospice(TARRA) 3:30 Taste Test Tuesday [CK] 5:00 Rotary Men of Note Practice [AR] 6:30 Dominos [CK] 6:30 Toastmasters Speech Club Meeting [AR]</p>	<p>9:00 Stretch & Coordination [AR] 29 9:20 Chair Exercise [AR] 10:30 Bible Study with Pastor Dan and Connie [AR] 1:00 Music w/Marsha 20's-50's top hits [AR] 3:30 Spelling Bee Board Game [AR] 4:15 Cell Phone/iPad Assistance [CL] 6:00 Phase 10 Card Game [CK] 7:00 Movie [AR]</p>	<p>Walgreen's Pick-Up 30</p> <p>9:00 Stretch & Coordination [AR] 9:20 Chair Exercise [AR] 9:30 Big Walmart 11:00 River Spirit Casino 2:00 Bridge 2:00 Senior Helpers Blood Pressure Check [CK] 6:30 50 Cent Bingo [AR]</p>	<p>9:00 Stretch & Coordination [AR] 31 9:20 Chair Exercise [AR] 10:30 Lunch out at Billy Simms 1:00 Arts and Crafts [AR] 2:30 Social Hour [CK] 6:30 Netflix: Movie [AR] 7:30 UNO Card Game [CK]</p>	<p>Location Keys</p> <p>10th Floor 2nd Flr Chapel 6th Floor 7th Floor 8th Floor Activity Room Computer Lab Country Kitchen Dining Room Front Parking Lot</p> <p>10th 2nd 6th 7th 8th AR CL CK DR FPL</p>