

# Holliman Center—MARCH 2020

**LEGEND:**

CT—Crestwood Theatre

FC=Fleming Center

SWC=Spann Wellness Center

\*All programs will be in the Churchill Creative Studio unless otherwise noted.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 11:00 Boston Ave 1:30 Movie & Snacks— 3rd floor 4:00 Sunday Devotion— chapel loor living	2 9:30— ROM exercise 10:00 Health Safety with Deb Kreigh 1:30 Meet the Manor-Linda Evans, CNA —	3 7:30 Men’s Breakfast 9:30 Building Strength with Josh 2:00 Bingo	4 9:30 ROM Exercise 10:00 Discover OMM-Fleming Center 1:30 Dominoes— Straight/Mexican Train	5 Window cleaners in Hollimna 9:30 TBS-Total Body Strength 10:30 Bible Study with Dub Ambrose  6:00 Movie & Snack-2nd floor living room	6 window cleaners in Holliman  9:30 ROM Exercise 1:00 Ice Cream- 1:30-3:30 Bargain Basement 1:30— Show & Share	7 <b>7:30-9:30 Waffle and Coffee</b> 9:00 Exercise—ROM Class— 2nd floor 2:00 Tulsa Times 3rd floor 6:00 Social Hour-(staff not present)
8 <b>11:00</b> Boston Ave <b>4:00</b> Sunday Devotion— chapel <b>6:00 Movie &amp; Snacks— 3rd floor living</b>	9 9:30 ROM Exercise- 10:00 Creative Minds— picture frame 1:30 Tulsa Historical Society presentation	10 9:30 TBS-Total Body Strength 11:00 Black Bear Diner Lunch Bunch-Bus Trip-  2:00 BINGO	11 9:30 ROM Exercise 10:00 Discover OMM— Spann Wellness Center 1:30 Trivia-OMM	12 7:30 Veterans donuts and coffee 9:30 TBS-Total Body Strength 10:00-11:00 Clary Sage Manicures 10:30 Bible Study with Dub Ambrose-3rd floor 6:00 Movie and flavored popcorn 2nd Floor living room	13  9:30 ROM Exercise 1:00 Ice Cream- 1:30-3:30 Bargain Basement <b>1:30— Show &amp; Share</b>	14 9:00 Exercise—ROM Class— 2nd floor  2:00 Tulsa Times 3rd floor 6:00 Social Hour (staff not present)
15 <b>11:00</b> Boston Ave Community Worship  1:30 Movie & Snacks- 3rd floor Living Room  4:00 Sunday Devotion- chapel	16 9:30— ROM exercise 10:00 Art class-Easter Door Painting  1:30 Meet the Manor—Sue No- lan, CNA/CMA	17 9:00-1:30 Podiatrist by appt  9:30 Building Strength with Josh 10:00 RESIDENT COUNCIL MEETING-  9:30 TBS-Total Body Strength w/Josh 2:00 BINGO 6:30 Green Treats— 3rd floor	18 9:30 ROM Exercise 10:00 Discover OMM-Tree top Café/Sundry shop 2:45— Pianist Sandy Knox- 3rd Floor Living Room	19 9:30 TBS-Total Body Strength 10:30 <u>NO BIBLE STUDY</u> <b>6:00 Movie and Snacks— 2nd floor</b>	20 9:30 ROM Exercise 1:00 Ice Cream-Novelties  1:30-3:30 Bargain Basement 1:30— Show & Share	21  9:00 Exercise— ROM Class-2nd floor  2:00 Tulsa Times 3rd floor  6:00 Social Hour-(staff not present)
<b>22</b> <b>11:00</b> Boston Ave Community Worship  <b>4:00</b> Sunday Devotion  <b>6:00</b> Movie & Snacks 3rd Floor Living Room	23 9:30 ROM Exercise 10:00 art class— Ester Decor 1:30 Meet the Manor— dining team 7:00 Finding Your Silver Lining-Fleming Center	24 9:30 TBS— Total Body Strength  1:30 Finding Your Silver Lining- Fleming Center 2:00 BINGO	25 9:30 ROM Exercise  2:00 Discover OMM-Chapel	26 7:30 Veterans donuts and coffee 9:30 TBS-Total Body Strength 10:30 Bible Study with Dub-3rd floor 10:30 Gilcrease Museum presentation 6:00 Movie & Snack-2nd floor living room	27 9:30 ROM Exercise s 1:30-3:30 Bargain Basement 1:00 Ice Cream Social—Novelties- 1:30 Show & Share	28 9:00 Exercise— ROM Class-2nd floor  2:00 Tulsa Times 3rd floor 6:00 Social Hour(staff not present)
29 <b>11:00</b> Boston Ave Community Worship <b>4:00</b> Sunday Devotion in chapel  <b>6:00</b> Movie & Snacks 3rd floor living room	<b>30</b> 9:30 ROM Exercise 10:00 Art clas— free time- finish up a project from this month 1:30 Meet the Manor-Linda Evans, CNA	31 9:30 TBS-Total Body Strength w/Josh 1:00 Greeting Cards 2:00 BINGO	All program times and locations are subject to change.			

# Febby 2020

Worship Times  
**Wednesday –10:00 Chapel**  
**Thursday –10:30 Holliman**  
**Sunday – 11:00am -Community Worship with**  
Boston Ave – Holliman  
**Sunday 4:00 Devotions, Chapel**

All members, and family of OMM are  
welcome to join.

## Regular Exercise Classes in the Spann Wellness Center

**Monday, Wednesday, Friday:**  
8:00 Stability Ball—SWC(Level 3)  
8:00 *Fluid Motion-(all Levels)*  
8:45 W.A.S.—Pool(Level 2)  
8:45 Seniorise—(Level 3)  
9:30 Senior Strong-(Level 3)  
9:30 ROM & Flexibility-(all Levels)  
10:00 Pickleball (Member-Run)  
10:15 Sit to be Fit—(Level 2)

**Friday:**  
2:00 Chair Volleyball in Fleming Center  
(member run)  
**Saturday:** 10:00 Splash & Laugh (Member-run)  
**Sunday:** 2:00 Ping Pong (Member-run)

**Tuesday, Thursday:**  
8:00 Fun Fit Boxing—(Level 3)  
8:45 Better Balance (Level 1)  
10:00 Tai Chi Moving for Better Balance—Fleming  
(all Levels)  
10:15 Osteoball-(all Levels)  
1:00 Line Dancing (Member-run)  
2:00 Ping Pong (Member-run)  
2:00 Gentle Yoga-(all Levels)  
**Open Swim:** available anytime there is no class in  
the pool. The Spann pool is open 24/7. Never Swim  
alone.