

# Independent Living Wellness—April 2018

PLEASE READ YOUR CALENDAR SUPPLEMENT FOR IMPORTANT DETAILS! PAGE 3

**LEGEND:** AC=Academy Classroom, CW 1st Floor    FC=Fleming Center    HLC=Holliman Living Center    MR=Meeting Room, CW 3rd Floor    ® = RESERVATIONS REQUIRED  
 Ch=Chapel    FCMR=Fleming Center Meeting Room    HR1=Hobby Room 1, CW 1st Floor    SWC=Spann Wellness Center    \* = CAMPUS SHUTTLE AVAILABLE BY RESERVATION  
 CT=Crestwood Theatre    GR=Game Room, CW 2nd Floor    MC=Member Club, CW 4th Floor    WR=Weaving Room    T = TICKETS REQUIRED  
 CWL=Crestwood Library, CW 2nd Flr    HC=Health Center

**PLEASE READ YOUR CALENDAR SUPPLEMENT FOR IMPORTANT DETAILS!** All programming and events are subject to change.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>®7:30 Asbury Shuttle</p> <p>11:00 Sunday Morning Community Worship—HLC &amp; HC</p> <p>5:00 Communion—Ch</p>	<p>2</p> <p>®9:15 Shopping—21st &amp; Yale</p> <p>10:00 Screenwatchers Guild—CWL</p> <p>10:00-12:00 Caring Mat-ters—MR</p> <p>1:00 Mah Jongg—MC</p> <p>1:00 Wii Bowling—FC</p> <p>®1:30 LiveLifeLearning Community Classroom: Keeping Your Senses Sharp—CT</p> <p>®3:30-4:15 OMM Chorus—FC</p>	<p>3</p> <p>7:30 Men's Breakfast—HLC</p> <p>®9:00-4:00 Podiatrist—SWC</p> <p>1:00-3:00 Weaving—WR</p> <p>1:00 Food Bank Service Project—HLC</p> <p>®1:00 Monet to Van Gogh Part 2—SWC</p> <p>2:00 Bingo—FC</p> <p>3:00 Christ Conversations—CT</p> <p>4:30-6:00 Social Hour—MC</p> <p>*7:00 Debra Morgan/Ginny LeDoux Concert—FC</p>	<p>4</p> <p>10:00 Bible Study—Ch</p> <p>1:30-3:00 Welcome Wednesday—MC</p> <p>®3:00 Creativity Connection Classroom: Learn Pencil Art Basics—HR1</p> <p>3:00 Movie—CT—<i>Believe in Me</i></p> <p>7:00 Card Sharks—GR</p>	<p>5</p> <p>®8:30 Lab Draw Clinic—SWC</p> <p>1:00 <i>Laughter—CANCELED</i></p> <p>2:00 Wii Bowling League Match vs Burgundy Place—FC</p> <p>®2:30 Bridge Lessons—MC</p> <p>3:30 Line Dancing—SWC</p>	<p>6</p> <p>1:00 Wii Bowling—Qualifying Round—FC</p> <p>1:30-3:30 Bargain Basement</p> <p>*®T6:00/7:00 Pizza/Movie—FC—<i>Wonder</i></p> <p>®6:45 Signature Symphony Shuttle</p> <p>7:00 Card Sharks—GR</p>	<p>7</p> <p>®9:15 Shopping—31st &amp; Harvard</p> <p>2:00 Movie—CT—<i>Pride</i></p>
<p>8</p> <p>®7:30 Asbury Shuttle</p> <p>11:00 Sunday Morning Community Worship—HLC &amp; HC</p> <p>5:00 Devotions—Ch</p>	<p>9</p> <p>®9:15 Shopping—21st &amp; Yale</p> <p>10:00-12:00 Caring Mat-ters—MR</p> <p>1:00 Mah Jongg—MC</p> <p>1:00 Wii Bowling—SWC</p> <p>1:30 Needlecraft—GR</p> <p>2:00-4:00 Israel Culture Box Display—HR1</p> <p>®3:30-4:15 OMM Chorus—FC</p>	<p>10</p> <p>1:00-3:00 Weaving—WR</p> <p>®1:00 Monet to Van Gogh Part 2—SWC</p> <p>2:00 Food Committee—MR</p> <p>®2:00 Meet the Chef—Charter Oak</p> <p>2:00 Bingo—CT</p> <p>®2:30 Heads Up—SWC</p> <p>3:00 Christ Conversations—CT</p> <p>4:30-6:00 Social Hour—MC</p>	<p>11</p> <p>10:00 Bible Study—Ch</p> <p>®10:45 Around the World Culinary Tour: Israel—Laffa Restaurant</p> <p>®12:30 Ping Pong @ Montereau</p> <p>1:30-3:00 Welcome Wednesday—MC</p> <p>®3:00 Creativity Connection Classroom: Learn Pencil Art Basics—HR1</p> <p>3:00 Movie—CT—<i>The Tourist</i></p> <p>7:00 Card Sharks—GR</p>	<p>12</p> <p>®8:30 Route 66 Walking Adventure</p> <p>10:00 UMW OMM Faith Circle—MC</p> <p>2:00 Wii Bowling League Match vs University Village—FC</p> <p>®2:30 Bridge Lessons—MC</p> <p>3:30 Line Dancing—SWC</p>	<p>13</p> <p><i>All Exercise Classes Canceled</i></p> <p>®8:30 Wellness Breakfast: Foot Health is in Your Hands—SWC</p> <p>®9:15 Tulsa Town Hall—PAC</p> <p>10:00 OMM Town Hall—FC</p> <p>1:00 Wii Bowling Qualifying Round—FC</p> <p>1:30-3:30 Bargain Basement</p> <p>®3:00 Chair Volleyball—FC</p> <p>7:00 Card Sharks—GR</p> <p>7:00 Movie—FC—<i>Roman J. Israel, Esq.</i></p>	<p>14</p> <p>7:30-9:00 Women's Waffle—HLC</p> <p>®9:15 Shopping—31st &amp; Harvard</p> <p>2:00 Movie—CT—<i>Bottle Shock</i></p>
<p>15</p> <p>®7:30 Asbury Shuttle</p> <p>11:00 Sunday Morning Community Worship—HLC &amp; HC</p> <p>5:00 Devotions—Ch</p>	<p>16</p> <p>®9:15 Shopping—21st &amp; Yale</p> <p>10:00-12:00 Caring Mat-ters—MR</p> <p>1:00 Mah Jongg—MC</p> <p>1:00 Wii Bowling—FC</p> <p>®3:30-4:15 OMM Chorus—FC</p>	<p>17</p> <p>®8:45 Breakfast Break—Jane's Delicatessen on Route 66</p> <p>®1:00-5:00 Dr. Beasley Clinic—SWC</p> <p>1:00 Gina Davis, Tulsa Symphony Violinist, Concert—HLC</p> <p>1:00-3:00 Weaving—WR</p> <p>2:00 Bingo—FC</p> <p>3:00 Christ Conversations—CT</p> <p>4:30-6:00 Social Hour—MC</p> <p>7:00 OMM Book Club—CT</p>	<p>18</p> <p>10:00 Bible Study—Ch</p> <p>®1:00 HotShots Injection Clinic—SWC</p> <p>1:30-3:00 Welcome Wednesday—MC</p> <p>2:00 Campus Orientation Tour—CW Lobby</p> <p>2:30 Movie—CT—<i>Robin Hood</i></p> <p>®3:00 Creativity Connection Classroom: Learn Pencil Art Basics—HR1</p> <p>7:00 Card Sharks—GR</p>	<p>19</p> <p>®8:30 Lab Draw Clinic—SWC</p> <p>10:00 Anna Bible Study—HR2</p> <p>®1:00-5:00 Audiology Clinic—SWC</p> <p>1:30 Member Council Meeting—AC</p> <p>®1:30 Wii Bowling League Match @ Inverness</p> <p>®2:30 Bridge Lessons—MC</p> <p>3:30 Line Dancing—SWC</p> <p>®6:45 Spotlight Theatre—BAPAC</p>	<p>20</p> <p>®10:00 Signature Symphony Quartet Concert—HC (Chapman Heights)</p> <p>1:00 Wii Bowling Qualifying Round—FC</p> <p>1:30-3:30 Bargain Basement</p> <p>7:00 Card Sharks—GR</p> <p>7:00 Movie—FC—<i>Let There Be Light</i></p>	<p>21</p> <p>®9:15 Shopping—31st &amp; Harvard</p> <p>®1:30 Theatre Tulsa—PAC</p> <p>2:00 Movie—CT—<i>An Unfinished Life</i></p>
<p>22</p> <p>®7:30 Asbury Shuttle</p> <p>11:00 Sunday Morning Community Worship—HLC &amp; HC</p> <p>1:30 3rd Sunday Mah Jongg—MC</p> <p>5:00 Devotions—Ch</p>	<p>23</p> <p>®9:15 Shopping—21st &amp; Yale</p> <p>10:00-12:00 Caring Mat-ters—MR</p> <p>1:00 Mah Jongg—MC</p> <p>1:00 Wii Bowling—FC</p> <p>1:30 Needlecraft—GR</p> <p>®3:30-4:15 OMM Chorus—FC</p> <p>*7:00 Eternity Quartet Concert—FC</p>	<p>24</p> <p>1:00-3:00 Weaving—WR</p> <p>2:00 Bingo—FC</p> <p>®2:30 Heads Up—SWC</p> <p>3:00 Christ Conversations—CT</p> <p>4:30-6:00 Social Hour—MC</p>	<p>25</p> <p>®9:30 Route 66 Getaway</p> <p>10:00 Bible Study—Ch</p> <p>1:30-3:00 Welcome Wednesday—MC</p> <p>®3:00 Creativity Connection Classroom: Learn Pencil Art Basics—HR1</p> <p>3:00 Movie—CT—<i>Marshall</i></p> <p>7:00 Card Sharks—GR</p>	<p>26</p> <p>1:30 Speaking of Gilcrease—HLC</p> <p>®1:30 Wii Bowling League Match @ Town Village</p> <p>2:00 <i>The Past, Present, and Exciting Future of Route 66—FC</i></p> <p>®2:30 Bridge Lessons—MC</p> <p>3:30 Line Dancing—SWC</p>	<p>27</p> <p>®11:30—3:30 Spring Fling—SWC</p> <p>1:00 Wii Bowling Qualifying Round—FC</p> <p>1:30-3:30 Bargain Basement</p> <p>®5:00 Dinner &amp; Sapulpa Community Theatre</p> <p>7:00 Card Sharks—GR</p> <p>7:00 Movie—FC—<i>Just Getting Started</i></p>	<p>28</p> <p>®9:15 Shopping—31st &amp; Harvard</p> <p>2:00 Movie—CT—<i>Iris</i></p>
<p>29</p> <p>®7:30 Asbury Shuttle</p> <p>11:00 Sunday Morning Community Worship—HLC &amp; HC</p> <p>®1:45 Tulsa Opera Shuttle</p> <p>5:00 Devotions—Ch</p>	<p>30</p> <p>®9:15 Shopping—21st &amp; Yale</p> <p>10:00-12:00 Caring Mat-ters—MR</p> <p>1:00 Mah Jongg—MC</p> <p>1:00 Wii Bowling—FC</p> <p>®3:30-4:15 OMM Chorus—FC</p> <p>®6:20 Musical Monday—Cascia Hall</p>					

All reservations should be made using the Wellness Reservation form distributed with your calendar.

To cancel a reservation, call the Reservation Hotline at 918-346-6689.

To cancel transportation, outside of normal business hours, call the Transportation Department directly at 918-346-6655.

For questions, please contact Irene Brown, 918-346-6614 or [ibrown@ommtulsa.org](mailto:ibrown@ommtulsa.org).



### Spann Wellness Center Exercise Classes



For questions about classes or personal training call Katie Cox at 918-346-6663.

#### Monday, Wednesday, Friday:

- 8:00 Stability Ball
- 8:30 Fluid Motions
- 8:30 WAS— Pool
- 9:00 Seniorcise
- 9:00 Senior Strong
- 9:30 ROM & Flexibility
- 10:00 Sit to be Fit

#### Tuesday, Thursday:

- 8:00 Fun Fit Boxing
- 9:00 Tower of Power
- 10:00 Osteoball
- 10:00 Tai Chi
- 2:00 Ping Pong

#### Monday

- 3:30 Rock Steady Boxing

#### Thursday:

- 3:30 Line Dancing

#### Wednesday

- 3:00 Rock Steady Boxing

#### Saturday: 10:00 Splash & Laugh

#### Sunday:

- 2:00 Ping Pong

**Open Swim:** available anytime there is no class in the pool. The Spann pool is open 24/7.

Never swim alone.



### Blood Pressure Clinic

Monday 9:30-11:00 and Thursdays 10:00-11:00

No reservations needed.

For questions call Lupina Fry 918-346-6618.



**PODIATRIST—DR. TIM RETURNS  
APRIL 3RD— 9AM TO 4PM**



CONTACT LUPINA FRY AT 918-346-

6618

## Celebrating Route 66: The Mother Road

The nation's longest driveable stretch of Route 66 cuts through Oklahoma, making its way past charming towns, roadside diners and quirky attractions. People come from all over the world to experience “the Mother Road” and we have it right in our own backyard. Let’s enjoy it together!

### Route 66 Walking Adventure

**Thursday, April 12 departing OMM at 8:45 a.m.**

**RSVP using the Wellness Reservation Form.**

We’ve added a new twist to this monthly independent walking group. While the emphasis is still on exercise, each month we will find a different walking venue worth exploring in its own right. This month, we head, via Route 66, to the beautiful J.D. Metcalfe Recreation area at 11th & Mingo, where the old (1926-32) and new (1932-1973) Routes 66 meet. Once there, we will spend 30 minutes walking, at your own pace, and then drive to Pancho Anaya Bakery next to historic Whittier Square on Route 66, Tulsa’s first suburban shopping center, for coffee and breakfast. Please wear appropriate shoes and clothing and meet at Spann Wellness Center at 8:45 a.m. (You will not be called with a pick-up time.). If you have questions, please call Irene Brown at (918) 346-6614.

### Breakfast Break at Jane’s Delicatessen on Route 66

**Tuesday, April 17, departing OMM at 8:45 a.m.**

**RSVP using the Wellness Reservation Form by April 9.**

**(shuttle only, no staff accompanies this outing)**

Opened March 1, Jane’s serves a mix of Jewish, German, and French-Canadian inspired dishes. All of their meat is cured and cooked in-house and breads, bagels, and other baked goods are made fresh daily. Jane’s is located right next door to the Campbell Hotel, originally built in 1927, and now listed on the National Register of Historic Places. Order from the menu and pay the restaurant directly.

### Route 66 Getaway

**Wednesday, April 25, departing OMM at 9:30 a.m.**

**RSVP using the Wellness Reservation Form by April 16**

Let’s cruise Route 66! We’ll start at the Heart of Route 66 Auto Museum in Sapulpa, opened in 2016, featuring gorgeous, vintage rides on loan from their owners, and home of the world’s tallest gas pump! Then we’ll head down the Mother Road to lunch at Tammy’s Round-Up Café in Davenport, a hometown and Route 66 favorite. We’ll end our cruise at the Route 66 Interpretive Center in Chandler. Housed inside a native sandstone armory built by the WPA in the ‘30s, the Interpretive Center offers a fresh spin on the Route 66 story, using visuals and sound. We should be back at OMM by 4:30. Cost of this outing including lunch (pulled pork or hamburger steak and onions plus two sides) is \$36.

### The Past, Present, and Exciting Future of Route 66

**A Presentation by Ken Busby, Executive Director of the Route 66 Alliance**

**Thursday, April 26 at 2:00 p.m. in Fleming Center**

**No reservations necessary.**

Ken Busby will share with us how the Alliance is supporting the efforts of each of the eight Route 66 states to preserve historic sites, architecture, institutions, merchants, and attractions that touch the lives of millions of people from around the world who travel the length of the historic highway. A native Tulsa, Ken previously served at Executive Director of the Arts & Humanities Council of Tulsa, Director of Development for Tulsa Zoo Friends, Membership Director and Director of Communications for Gilcrease Museum, as well as in leadership roles in many other civic organizations.



**Around the World Culinary Adventure Continues: Israel!**  
**Special sampling meal at Laffa Restaurant in the Brady District**

**Wednesday, April 11, departing OMM at 10:45 a.m.**

**Cost of this outing including the delicious meal is \$20.**

**RSVP by April 2.**

## Calendar Supplement for April 2018

**All reservations should be made using the Wellness Reservation form distributed with your calendar.**

Completed forms can be put in the designated box located at the Crestwood Member Business Office, the Spann Wellness Center juice bar, or the Felt House mailboxes. Before submitting, forms should be stamped with date and time using the machine located at one of the above locations. Reservation forms can be submitted at any time but deadlines will apply.

**Cancellation Policy:** Any charges associated with a program will be indicated in the program description in the calendar supplement. Charges will be considered confirmed on the RSVP deadline date. If you cancel after the deadline date, you will be charged for any expenses incurred by OMM on your behalf.

To cancel a reservation, call the Reservation Hotline at 918-346-6689. To cancel transportation, outside of normal business hours, call the Transportation Department directly at 918-346-6655.

**® Items with this symbol require reservations. Other items do not. Please note RSVP deadlines.**

- **\* Campus shuttle is available by reservation for on-campus activities marked with an asterisk.** Shuttle reservations must be made no later than 4:00 p.m. the day before the event. If there are no reservations by 4:00 p.m. the day before the event, the shuttle will be cancelled. Campus Shuttle begins pick-ups 30 minutes prior to the event start time listed on the calendar. You will not receive a phone call with a specific pick-up time. Please watch for the shuttle to reach your home. (If your plans change, please remember to cancel your shuttle reservation.)
- The time listed for off-campus outings is the time the shuttle is scheduled to depart OMM.

**PLEASE NOTE:** This supplement gives details of activities and events *that do not occur every week*. Please refer to your list of repeating activities and repeating Spann Wellness Center classes for details of any calendar entries not listed below. Additional lists of repeating activities are available from the Life Enrichment office in Fleming Center.

### Monday, April 2<sup>nd</sup>

- 10:00 **Screenwatchers Guild:** All are welcome to help choose our May movies. If you cannot attend, **please share any movie suggestions you have by calling the Reservation Hotline.**
- 1:00 **Wii Bowling:** Our Wii League Bowling season starts in April and runs through June. Even if you don't wish to participate in the League, you can still bowl on non-match days (Mondays and Fridays). On Fridays, our league members will be bowling to qualify for the following week's match.
- ®1:30 **LiveLifeLearning Community Classroom:** Keeping Your Senses Sharp. This month's classroom will give you pointers on caring for your senses. Your 5 senses are essential for living a quality life and there are several ways you can maintain their health and avoid problems. **RSVP on the Wellness Event Reservation form.**

### Tuesday, April 3<sup>rd</sup>

- 7:30-8:45 **Men's Breakfast:** All OMM men are invited, free of charge, to breakfast, music, a guest speaker, and prayer, co-hosted by Holliman and by the Men of Asbury. No reservations necessary. For questions, call Victoria Treiber at 918-346-6658. For on-campus transportation, call the Receptionist at 918-346-6610.
- ®9:00-4:00 **Podiatrist:** Dr. Tim Malavolti will be at the Spann Wellness Center. Dr. Malavolti can bill Medicare and supplemental insurance for services generally covered by Medicare. Please contact Lupina Fry, Wellness Nurse to schedule an appointment - 918-346-6618.
- 1:00 **Food Bank Service Project:** Handwrite thank-you cards to Food Bank of Eastern Oklahoma donors. The Food Bank provides the wording for the notes, as well as the cards, postage and mailing. A great opportunity to serve the Tulsa community, without even leaving home! Please call Victoria Treiber at 918-346-6658 should you have any questions. For on-campus transportation, call the Receptionist at 918-346-6610.
- ®1:00 **Monet to Van Gogh, Part 2:** This 6-session video course began on February 27. It analyzes an era within the history of art that, with the help of contemporary events, philosophies, and ideas, launched the birth of modernity and changed the way we see the world. The last 2 sessions will be April 3<sup>rd</sup> and the 10<sup>th</sup>. **RSVP using the Wellness Reservation form.** For questions, call Katie at 918-346-6663.

\*7:00 **Debra Morgan/Ginny LeDoux Concert:** Violist/violinist Debra Morgan and pianist Ginny LeDoux have planned a special program around "dance" music. Everything from Bach to the 20th century -- minuets, waltzes, gavottes, sarabands, a little Gypsy – with a surprise at the end! Come listen and learn in a fun setting. No reservations necessary.



### Wednesday, April 4<sup>th</sup>

- @3:00 **Creativity Connection Classroom:** You probably know our next instructor, Tony Tulsa; he's one of OMM's painters, and you've likely seen him painting walls around campus. But he's also been drawing and "painting" on things other than walls for years. He's offered to teach a beginner's class. This month you can "**Learn Pencil Art Basics with Tony Tulsa**" during all 4 Creativity Connection classes in April. Please join us. Cost for the month is \$5 per person, regardless of the number of sessions you attend. **RSVP using the Wellness Event Reservation form** and watch for the flyer giving detailed information.
- 3:00 **Crestwood Movie: Believe in Me** (2006 PG 1hr 48m) After accepting a job to coach high school basketball, Clay Driscoll (Jeffrey Donovan) is disappointed to discover he's been assigned to the girls' team. But the harder he works his female players, the more he sees that they're just as capable of greatness. Samantha Mathis and Bruce Dern co-star in this small-town sports drama based on the true story of an Oklahoma coach who led his team to the state championships in the 1960s. Cast: Jeffrey Donovan, Bruce Dern, Samantha Mathi (**PLEASE NOTE: This movie may not have subtitles.**)

### Thursday, April 5<sup>th</sup>

- @8:30 **Lab Draw Clinic:** RML offers lab services every two weeks. You will need a physician's order for your lab. **RSVP using the Wellness Event Reservation form.**

- **2:00 Wii League Match vs Burgundy Place:** This will be our first match of the Wii League season. Players will be chosen on March 30. All OMM Members are welcome to cheer on our team at our home matches.

### Friday, April 6<sup>th</sup>

- 1:00 **Wii Bowling Qualifying Round:** Some Wii bowling days are designated as "Qualifying Rounds." On those days scores will be counted starting at 1:00 p.m., and the eight players with the highest scores will qualify to play in the next Thursday's Wii League match.
- \*@T6:00/7:00 **Pizza/Movie Night: Wonder** (2017 PG 1hr 53m) Entering fifth grade will be momentous for Auggie -- because at last, he'll get to be ordinary. While his facial deformity has previously kept him from attending regular schools, Auggie is determined to make his classmates see beyond his face. Cast: Julia Roberts, Owen Wilson, Jacob Tremblay **PLEASE NOTE: Space is limited and you will need a ticket for pizza and/or the movie. **RSVP for pizza/movie and/or campus shuttle by 4:00pm on Wednesday, April 4.** Your ticket will be delivered to your mailbox on April 5. You may purchase a non-member guest ticket for \$7 per guest (charged to your OMM account.) Guests will only be permitted if there is space available **AFTER** the Wednesday 4:00 p.m. deadline. **RSVP for campus shuttle by 4:00 p.m. on April 5.****
- @6:45 **Signature Symphony (shuttle only, no staff accompanies this outing):** *Tulsa Sings! 100 Years of Song* Concert begins at 7:30. Season ticket event. Tickets are already purchased, and the bus is full.

### Saturday, April 7<sup>th</sup>

- 2:00 **Crestwood Movie: Pride** (2007 PG 1hr 49m) In this sports-driven drama based on a true story, coach Jim Ellis changes lives and shocks his Philadelphia community when, aided by a janitor, he sets out to form the city's first black swim team. Along the way, he battles rigid rules and racism. Cast: Terrence Howard, Tom Arnold, Bernie Mac

### Monday, April 9<sup>th</sup>

- 1:00 **Wii Bowling:** See April 2.
- 1:30 **Needlecraft:** All are welcome to enjoy fellowship and knit caps (yarn provided) for babies in neonatal intensive care. The group meets on the 2<sup>nd</sup> and 4<sup>th</sup> Mondays of each month in their new meeting location outside the 2<sup>nd</sup> floor Game Room in Crestwood. Stop by and see their beautiful work or join their knitting. For questions, contact OMM Member Jan Steffensen at (918) 804-6060.

2:00-4:00 **Israel Culture Box Display:** As part of our Culinary Trip Around the World (See April 11.) prior to each outing, we will have a special country-specific display for everyone to learn from and enjoy, whether or not you choose to go on the culinary voyage. Each display will consist of a variety of authentic items from the Culture Boxes, a project of the Tulsa Global Alliance which was spearheaded by our own OMM Member Emily Wood. Emily gathered many of the items for the Culture Boxes in her travels around the world and others contributed items as well. Emily will oversee each display and be present to add insight and answer questions. Come and go anytime during the two hours the display will be up. **If you have items from Israel that you would like to add to the display, contact Irene Brown at 918-346-6614. (Please be sure your name is on them.)**

## Tuesday, April 10<sup>th</sup>

- 2:00 **Food Committee:** This committee of the Member Council meets monthly to discuss questions and ideas related to independent living dining. If you have input or questions, contact chair Stella Schwartz at 918-743-1748
- @2:00 **Meet the Chef:** Led by our OMM chefs, each monthly session includes a review of what's necessary for the cooking process, a tasting, and a question-and-answer session. Space is limited to 21 people and tickets are required. **Pick up your ticket directly from the Concierge.**
- @2:30 **Heads Up:** If you haven't had a chance to join us for this game, come and give it a try! You may find you enjoy it. We'll need two teams. **RSVP on the Wellness Reservation Form by April 6** to be a team member or to come watch.

## Wednesday, April 11<sup>th</sup>

**@10:45 Around the World Culinary Tour: Israel** Climb aboard as we continue our around-the-world culinary adventure visiting eight countries by sampling the cuisine at a different authentic ethnic restaurant each month. We'll experience Israeli cuisine by sharing mezze (small platters) The Mediterranean & Middle Eastern diet is both vibrant & colorful, robust & fresh. It is designed for sharing so we'll share several *mezze* among us. (*Mezze* comes from the Arabic word "Tmazza" which means "to savor in little bites".) to share. Cost of this outing including the delicious sampling meal is \$20. **RSVP on the Wellness Reservation Form by April 2.**

- @12:30 **Ping Pong @ Montereau:** Join us this month as we travel to Montereau for some friendly ping pong competition. There is an opportunity for all levels of playing ability. **RSVP on the Wellness Reservation Form.** For questions call Katie at 918-346-6663.
- @3:00 **Creativity Connection: Learn Pencil Art Basics with Tony Tulsa:** See April 4.
- 3:00 **Crestwood Movie: The Tourist** (2010 PG-13 1hr 43m) An American tourist seeking solace for his broken heart instead finds it in danger again after encountering a beautiful Interpol agent. Little does the Yank know that the lady arranged their "chance" meeting and is using him to trap a thief, who owes millions in back taxes. Cast: Angelina Jolie, Johnny Depp, Paul Bettany

## Thursday, April 12<sup>th</sup>

**@8:30 Route 66 Walking Adventure:** We've added a new twist to this monthly independent walking group. While the emphasis is still on exercise, each month we will find a different walking venue worth exploring in its own right. This month, we head, via Route 66, to the beautiful J.D. Metcalfe Recreation area at 11th & Mingo, where the old (1926-32) and new (1932-1973) Routes 66 meet. Once there, we will spend 30 minutes walking, at your own pace, and then drive to Pancho Anaya Bakery next to historic Whittier Square on Route 66, Tulsa's first suburban shopping center, for coffee and breakfast. Please wear appropriate shoes and clothing. **RSVP using the Wellness Reservation Form.** If you have questions, please call Irene Brown at (918) 346-6614.

- 10:00 **UMW OMM Faith Circle:** This United Methodist Women's circle welcomes all OMM women, regardless of church affiliation. For questions, contact OMM member Margie Herndon at 918-906-5557.
- 2:00 **Wii Bowling Match vs University Village:** See April 5. Players will be chosen on April 6.

## Friday, April 13<sup>th</sup>

- @8:30 **Wellness Breakfast: Foot Health is in Your Hands:** This month we welcome Nannette Perryman from Mays Home Health. Nanette will share information on good foot health, issues you should watch for and when you should see a podiatrist. Join us for breakfast, coffee and some good information to benefit your own health and wellness. **RSVP using the Wellness Reservation Form.**
- @9:15 **Tulsa Town Hall (shuttle only, no staff accompanies this outing): Piper Kerman.** Program begins at 10:30. Season-ticket event. Tickets are already purchased. Limited seating on bus is available.
- 10:00 **OMM Town Hall:** Make time in your schedule to attend this important monthly informational meeting, led by our CEO Steve Dickie. Announcements are made and issues discussed that impact our community.
- 1:00 **Wii Bowling – Qualifying Round:** See April 6.
- @3:00 **Chair Volleyball:** Join us in the Fleming Center for a game of chair volleyball. The hardest part of this game is staying in your chair. **RSVP on the Wellness Reservation form.** Questions call Kyle Baker 918-346-6682.
- 7:00 **Fleming Center Movie: Roman J. Israel, Esq.** (2017 PG-13 2hr 9m) For defense attorney Roman Israel, protecting the rights of society's most vulnerable is a personal crusade. Drafted by a top law firm after his partner dies, Israel learns that the firm uses nefarious tactics, putting him in a tight ethical corner. Cast: Denzel Washington, Colin Farrell, Carmen Ejogo. No reservations necessary.

**Saturday, April 14<sup>th</sup>**

- 7:30 **Women's Waffle:** Holliman hosts this free breakfast for all OMM women. Stop by anytime between 7:30 and 9:00 a.m. for fresh Belgian waffles and fellowship.
- 2:00 **Crestwood Movie: Bottle Shock** (2008 PG-13 1hr 50m) France's position as the world's top wine producer went unchallenged until 1976, when the Montelena Winery put California wines on the map -- a story delightfully told in this full-bodied tale about the heady early days of Napa Valley's success. Cast: Alan Rickman, Chris Pine, Bill Pullman

**Monday, April 16<sup>th</sup>**

- 1:00 **Wii Bowling:** See April 2.

**Tuesday, April 17<sup>th</sup>**

- @8:45 **Breakfast Break at Jane's Delicatessen on Route 66 (shuttle only, no staff accompanies this outing):** Opened March 1, Jane's serves a mix of Jewish, German, and French-Canadian inspired dishes. All of their meat is cured and cooked in-house and breads, bagels, and other baked goods are made fresh daily. Jane's is located right next door to the Campbell Hotel, originally built in 1927, and now listed on the National Register of Historic Places. Order from the menu and pay the restaurant directly. **RSVP by April 9.**
- @1:00-5:00 **Dr. Beasley Campus Clinic:** Dr. Brent Beasley, Geriatric Internal Medicine OU physician, sees patients in the SWC treatment room. Most insurance plans accepted. **RSVP using the Wellness Reservation Form** or call Lupina.

1:00 **Concert by Gina Davis, Tulsa Symphony Violinist:** The musician's union received a grant allowing them to present this program to us. Enjoy violinist Gina Davis in a lovely solo violin program. No reservations necessary.

- 7:00 **OMM Book Club: The Beekeeper's Apprentice** by Laurie R. King. Facilitator: Catherine Gatchell, founder of the OMM Book Club. For more information contact OMM Member Gayle Teter (gteter1@aol.com or (918) 949-9181.) No reservations necessary.

**Wednesday, April 18<sup>th</sup>**

- @1:00 **HotShots Injection Clinic:** HotShots nurses will be available every 4 weeks on Wednesday at 2pm. They can administer monthly B-12 injections, and flu, pneumonia and shingles vaccines if desired. B-12 shots are \$10, cash, check or card. Other injections such as flu, pneumonia and shingles may be covered by Medicare. Bring your Medicare and supplemental insurance cards if you need those vaccines. **RSVP using the Wellness Reservation Form.**
- 2:00 **Campus Orientation Tour:** Ever wonder what's inside the other buildings at OMM? Join Melanie Fugatt for an inside walking tour. Meet in the Crestwood lobby to begin. For more information, contact Melanie at 918-346-6651.
- 2:30 **Crestwood Movie: Robin Hood** (2010 PG-13 2hr 36m) When Robin happens upon the dying Robert of Loxley, he promises to return the man's sword to his family in this big-budget twist on the classic tale. There, Robin assumes Robert's identity; romances his widow; and draws the ire of the town sheriff. Cast: Russell Crowe, Cate Blanchett, Max von Sydow
- @3:00 **Creativity Connection Classroom: Learn Pencil Art Basics with Tony Tulsa:** See April 4.

**Thursday, April 19<sup>th</sup>**

- @8:30 **Lab Draw Clinic:** See April 8. **RSVP on the Wellness Reservation form.**
- 10:00 **Anna Bible Study:** This member-run Bible study meets on the 3rd Thursday of each month. All are welcome. For questions, call OMM Member Mary Pearson at 918-743-7338.
- @1:00-5:00 **Audiology Clinic:** Audiologist Airyn Cristiano from Ranch Acres Audiology returns and, in general, there is no charge for the exam. Hearing appliances are unfortunately not covered by Medicare or most insurance carriers. **RSVP using the Wellness Reservation Form.**
- 1:30 **Member Council Meeting:** Please contact your Member Council representative with any questions or concerns you would like addressed at this meeting.
- @1:30 **Wii Bowling Match at Inverness:** Players will be chosen April 13. Match starts at 2:00 p.m.
- @6:45 **Spotlight Theatre (shuttle only, no staff accompanies this outing): Cinderella.** Program begins at 7:30 p.m. Tickets are already purchased. If you have your own performance tickets, there is limited seating available on the bus for a charge of \$6.

**Friday, April 20<sup>th</sup>**

@10:00 **Signature Symphony Quartet Concert:** A quartet from the Signature Symphony will be here through their "Helpful Harmonies for Wellness" program to present a brief musical program. Seating is very limited so reservations are required for this special performance in the Chapman Heights neighborhood of OMM's Health Center.

**Friday, April 20<sup>th</sup> (continued)**

- 1:00 **Wii Bowling Qualifying Round:** See April 6
- 7:00 **Fleming Center Movie: Let There Be Light** (2017 PG-13 1hr 40m) In this Christian-themed drama, one of the world's most famous atheists, Dr. Sol Harkins, has a near-death experience that profoundly transforms his perspectives on life, family and the existence of God. Cast: Kevin Sorbo, Sam Jenkins, Dionne Warwick. No reservations necessary.

**Saturday, April 21<sup>st</sup>**

- @1:30 **Theatre Tulsa (shuttle only; no staff accompanies this outing):** *The Producers* begins at 2:00 p.m. Season ticket outing. Tickets are already purchased, and the bus is full.
- 2:00 **Crestwood Movie: An Unfinished Life** (2005 PG-13 1hr 48m) When her husband dies, grieving widow Jean moves with her daughter into the Wyoming home of her estranged father-in-law, steely rancher Einar, even though they don't get along. Over time, the two learn to move on through the power of forgiveness. Cast: Jennifer Lopez, Robert Redford, Becca Gardner

**Monday, April 23<sup>rd</sup>**

- 1:00 **Wii Bowling:** See April 2
- 1:30 **Needlecraft:** See April 9.

\*7:00 **Eternity Quartet Concert:** Enjoy this marvelous men's gospel quartet. Your ears will rejoice and your soul will be stirred by their rousing voices. No reservations necessary.

**Tuesday, April 24<sup>th</sup>**

- @2:30 **Heads Up:** If you haven't had a chance to join us for this game, come and give it a try! You may find you enjoy it. We'll need two teams. **RSVP on the Wellness Reservation Form** to be a team member or to come watch.

**Wednesday, April 25<sup>th</sup>**

@9:30-4:30 **Route 66 Getaway:** Let's cruise Route 66! We'll start at the Heart of Route 66 Auto Museum in Sapulpa, opened in 2016, featuring gorgeous, vintage rides on loan from their owners, and home of the world's tallest gas pump! Then we'll head down the Mother Road to lunch at Tammy's Round-Up Café in Davenport, a hometown and Route 66 favorite. We'll end our cruise at the Route 66 Interpretive Center in Chandler. Housed inside a native sandstone armory built by the WPA in the '30s, the Interpretive Center offers a fresh spin on the Route 66 story, using visuals and sound. We should be back at OMM by 4:30. Cost of this outing including lunch (pulled pork or hamburger steak and onions plus two sides) is \$36. **RSVP using the Wellness Reservation Form by April 16.**

- @3:00 **Creativity Connection Classroom: Learn Pencil Art Basics with Tony Tulsa:** See April 4.
- 3:00 **Crestwood Movie: Marshall** (2017 PG-13 1hr 58m) Recounting an early case of attorney Thurgood Marshall -- who would later become the first African-American Supreme Court justice -- this riveting drama depicts his defense of a black chauffeur accused of sexual assault. Cast: Chadwick Boseman, Josh Gad, Kate Hudson

**Thursday, April 26<sup>th</sup>**

- @1:30 **Wii Bowling Match at Town Village:** Players will be chosen April 20. Match starts at 2:00 p.m.
- 1:30 **Speaking of Gilcrease:** Holliman hosts "Gillie" (museum volunteer) Alan Jarvis for this monthly presentation illustrated by works from the museum's collection. No reservations necessary.

2:00 **The Past, Present, and Exciting Future of Route 66: A Presentation by Ken Busby, Executive Director of the Route 66 Alliance:** Ken Busby will share with us how the Alliance is supporting the efforts of each of the eight Route 66 states to preserve historic sites, architecture, institutions, merchants, and attractions that touch the lives of millions of people from around the world who travel the length of the historic highway. A native Tulsa, Ken previously served as Executive Director of the Arts & Humanities Council of Tulsa, Director of Development for Tulsa Zoo Friends, Membership Director and Director of Communications for Gilcrease Museum, as well as in leadership roles in many other civic organizations. No reservations necessary.

**Friday, April 27<sup>th</sup>**

Ⓜ11:30–3:30 **Spring Fling**: The Spring Fling will include food, fun, and games, so come hungry and ready to have fun. The Spann Center offers many outdoor games and a beautiful patio for enjoying a warm spring afternoon. We will be having a shuffle board tournament, a seed-spitting contest, bubble gum bubble-blowing contest, a water balloon toss, and a casting contest. We will be playing chair volleyball on the pickleball/basketball court. To be a part of the shuffle board tournament or one of the other contests, let us know by using the Wellness Reservation Form. Lunch will be served at 11:30 a.m. **If you wish to take part in lunch your RSVP must be received no later than April 19. Please RSVP using the Wellness Reservation Form.** If you have questions, please call Katie at 918-346-6663. Join us for a great day in the spring air and get a dose of environmental wellness!

- 1:00 **Wii Bowling Qualifying Round**: See April 6.
- Ⓜ5:00 **Dinner & Sapulpa Community Theatre (shuttle only, no staff accompanies this outing)**: *The Sunshine Boys* at 7:30 preceded by dinner at Rib Crib (order from the menu and pay the restaurant directly.) Season-ticket event. Tickets are already purchased.
- 7:00 **Fleming Center Movie: Just Getting Started** (2017 PG-13 1hr 31m) It takes all kinds to make a community, which is why an ex-lawman and a former mob lawyer find themselves on the same side when it comes to fending off a threat to the tiny resort where they live. Cast: Morgan Freeman, Tommy Lee Jones, Rene Russo. No reservations necessary.

**Saturday, April 28<sup>th</sup>**

- 2:00 **Crestwood Movie: Iris** (2015 PG-13 1hr 20m) At 93, fashion legend Iris Apfel is clearly still at the top of her game -- supervising the dress selections for a tour, advising models and negotiating with buyers -- in this affectionate documentary by Albert Maysles, himself an octogenarian. Cast: Iris Apfel

**Sunday, April 29<sup>th</sup>**

- 1:45 **Tulsa Opera (shuttle only, no staff accompanies this outing)**: *Turandot* starts at 2:30. If you have tickets for this date and would like transportation, **RSVP by 4:00 p.m. on Thursday, April 26.** Cost is \$6, charged to your OMM account.

**Monday, April 30<sup>th</sup>**

Ⓜ6:20 **Musical Mondays (shuttle only; no staff accompanies these outings)**: This is the first performance of the Musical Mondays season of 5 concerts. See below for a list of dates and performers. Cost for tickets and transportation for the 5-performance season is \$70, charged to your OMM account.

April 30 – Three for Tonight: Soprano Barbara McAlister, fiddler Jana Jae, and jazz pianist Don Ryan  
 May 21 – Denise Hoey, Jazz  
 June 25 – The Retro Rockets, 50s & 60s Pop/Rock Show  
 July 23 – Kara Staiger, Broadway  
 August 20 – Mike Cameron Jazz Collective, Jazz

**RSVP for season tickets on the Wellness Reservation form by April 2.**

**Save the date: Tuesday, May 1, 1:30 p.m. in Fleming Center: Asbury Singing Ambassadors!**