


Independent Living Wellness—February 2019

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 ON PAGE 3!** All programming and events are subject to change.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<p>1 @9:15 Tulsa Town Hall—TPAC 12:30-1:30 Wii Bowling—FC 1:30 Chair Volleyball—FC 1:30-3:30 Bargain Basement *@T6:00/7:00 Pizza Movie: Did You Hear About the Morgans?—FC 7:00 Card Sharks—GR</p>	<p>2 @9:15 Shopping—31st & Harvard 2:00 Movie—SWC—<i>Knute Rockne All American</i> @6:50 Tulsa Symphony Classics Shuttle—TPAC</p>
<p>3 @7:30 Asbury Shuttle 11:00 Sunday Morning Community Worship—HLC& HC 5:00 Communion—Ch</p>	<p>4 @9:15 Shopping—21st & Yale 10:00 Screenwatchers Guild—CWL 10:00-12:00 Caring Mat-ters—MR 12:30-1:30 Wii Bowling—FC 1:00 Mah Jongg—MC 1:00-3:00 Scrabble—SWC @2:50 Spot 31 Volunteering—St. Matthew's</p>	<p>5 7:30 Men's Breakfast—HLC @10:00 Beginning Tai Chi—SWC 11:45 TCCL Bookmobile—Maintenance Office @1:00-5:00 Dr. Beasley Clinic—SWC 1:00-3:00 Weaving—WR 1:00 Line Dancing with June—SWC 1:00 Food Bank Service Project—HLC 2:00 Community Bingo—FCMR 3:00 Christ Conversations—FC 4:30-6:00 Social Hour—MC</p>	<p>6 10:00 Bible Study—Ch @12:15 Live from the Met: Carmen—Cinemark Theatre 1:30-3:00 Welcome Wednesday—MC 3:00 Movie—FC—<i>Lost and Found</i> 3:00 CCC CANCELED 7:00 Card Sharks—GR</p>	<p>7 @8:50 Walking Adventure—Asbury United Methodist Church @10:00 Beginning Tai Chi—SWC 1:00 Line Dancing with June—SWC @1:30 Wii Bowling @ Bellarose @1:30-3:00 Great Decisions—FCMR *7:00 <u>Fools on Stools Concert—FC</u></p>	<p>8 ALL EXERCISE CLASSES CANCELLED @8:30 Wellness Breakfast: Heart Healthy Living—SWC 10:00 OMM Town Hall—FC 12:30-1:30 Wii Bowling—FC 1:30 Chair Volleyball—FC 1:30-3:30 Bargain Basement 7:00 Card Sharks—GR 7:00 Movie—FC—<i>The Milagro Beanfield War</i></p>	<p>9 7:30-9:30 Waffles & Coffee 2nd Saturday—HLC @2:00 Shopping—31st & Harvard 2:00 Movie—SWC—<i>Waiting for Superman (documentary)</i></p>
<p>10 @7:30 Asbury Shuttle 11:00 Sunday Morning Community Worship—HLC& HC 5:00 Devotions—Ch</p>	<p>11 @9:15 Shopping—21st & Yale 10:00-12:00 Caring Mat-ters—MR @12:00 Around the World Culinary Adventure—KAI Burmese Cuisine 12:30-1:30 Wii Bowling—FC 1:00 Mah Jongg—MC 1:00-3:00 Scrabble—SWC 1:30 Needlecraft—GR @2:50 Spot 31 Volunteering—St. Matthew's</p>	<p>12 @10:00 Beginning Tai Chi—SWC @10:40 Let's Eat Lunch—Black Bear Diner 1:00 Ping Pong—OMM v. Montereau—FC 1:00-3:00 Weaving—WR 1:00 Line Dancing with June—SWC 2:00 Food Committee—MR @T2:00 Meet the Chef—Charter Oak 2:00 Community Bingo—HLC 3:00 Christ Conversations—FC 4:30-6:00 Social Hour—MC</p>	<p>13 10:00 Bible Study—Ch 1:30-3:00 Welcome Wednesday—MC 3:00 Movie—FC—<i>Murphy's Romance</i> 3:00 CCC CANCELED 7:00 Card Sharks—GR</p>	<p>14 7:30-8:30 Veterans Coffee and Donuts—HLC @10:00 Beginning Tai Chi—SWC 10:00 UMW OMM Faith Circle—MC @1:00-5:00 Audiology Clinic 1:00 Line Dancing with June—SWC @1:30-3:00 Great Decisions—Ch *@T Valentines Celebration of Friendship, Love, and Community</p>	<p>15 12:30-1:30 Wii Bowling—FC 1:30 Chair Volleyball—FC 1:30-3:30 Bargain Basement @6:45 Signature Symphony Pops—Van Trease PACE 7:00 Card Sharks—GR 7:00 Movie—FC—<i>The Old Man and the Gun</i></p>	<p>16 @9:15 Shopping—31st & Harvard 2:00 Movie—SWC—<i>Me Before You</i></p>
<p>17 @7:30 Asbury Shuttle 11:00 Sunday Morning Community Worship—HLC& HC 1:30 3rd Sunday Mah Jongg—MC @1:50 Tulsa Opera Shuttle—TPAC 5:00 Devotions—Ch</p>	<p>18 @9:15 Shopping—21st & Yale 10:00-12:00 Caring Mat-ters—MR 12:30-1:30 Wii Bowling—FC 1:00 Mah Jongg—MC 1:00-3:00 Scrabble—SWC 2:50 <i>Spot 31 CANCELED</i></p>	<p>19 @10:00 Beginning Tai Chi—SWC @1:00-5:00 Dr. Beasley Clinic—SWC 1:00-3:00 Weaving—WR 1:00 Line Dancing with June—SWC 2:00 Community Bingo—HLC 3:00 Christ Conversations—FC 4:30-6:00 Social Hour—MC *7:00 <u>Musical Book Review: Something Wonderful: Rodgers & Hammerstein's Broadway Revolution—FC</u></p>	<p>20 10:00 Bible Study—Ch @11:15 Travels with Tulsans: Myanmar (Burma)—Central Library 1:00—HotShots Injection Clinic 1:30-3:00 Welcome Wednesday—MC 2:00 Campus Orientation Tour—CW Lobby 3:00 Movie—FC—<i>Measure of a Man</i> 3:00 CCC CANCELED 7:00 Card Sharks—GR</p>	<p>21 @10:00 Beginning Tai Chi—SWC 10:00 Anna Bible Study—CT 1:00 Line Dancing with June—SWC @1:30-3:00 Great Decisions—FCMR 1:30 Member Council Meeting—AC</p>	<p>22 @9:00 Seed 2 Cup Coffee Class @ Topeca 12:30-1:30 Wii Bowling—FC 1:30 Chair Volleyball—FC 1:30-3:30 Bargain Basement @5:00 Dinner & Sapulpa Community Theatre 7:00 Card Sharks—GR *7:00 <u>State Rep. Carol Bush Town Hall—FC</u></p>	<p>23 @9:15 Shopping—31st & Harvard 2:00 Movie—SWC—<i>The Children Act</i></p>
<p>24 @7:30 Asbury Shuttle 11:00 Sunday Morning Community Worship—HLC& HC @1:20 Theatre Tulsa—TPAC @1:50 Tulsa Ballet Shuttle—TPAC 5:00 Devotions—Ch</p>	<p>25 @9:15 Shopping—21st & Yale 10:00-12:00 Caring Mat-ters—MR 12:30-1:30 Wii Bowling—FC 1:00 Mah Jongg—MC 1:00-3:00 Scrabble—SWC 1:30 Needlecraft—GR @2:50 Spot 31 Volunteering—St. Matthew's 3:15-4:30 <u>Christian Book/Video Series for Women—CT</u></p>	<p>26 @10:00 Beginning Tai Chi—SWC @1:00 Dementia Friendly Partners—CT 1:00-3:00 Weaving—WR 1:00 Line Dancing with June—SWC 2:00 Community Bingo—FCMR 3:00 Christ Conversations—FC 4:30-6:00 Social Hour—MC</p>	<p>27 10:00 Bible Study—Ch 1:30-3:00 Welcome Wednesday—MC 3:00 Movie—FC—<i>Tea With the Dames (documentary)</i> 3:00 CCC CANCELED 7:00 Card Sharks—GR</p>	<p>28 7:30-8:30 Veterans Coffee and Donuts—HLC @10:00 Beginning Tai Chi—SWC 1:00 Line Dancing with June—SWC @1:30-3:00 Great Decisions—FCMR 1:30 Speaking of Gilcrease—HLC *7:00 <u>OMM's Own Talent Show—FC</u></p>	<p>March 1 *@T6:00/7:00 Pizza Movie: Movie TBA—FC</p>	

Spann Wellness Center Exercise Classes

For questions on classes & personal training call Kyle Baker at 918-346-6682.

Monday, Wednesday, Friday:

8:00 Stability Ball (Level 3)
8:00 Fluid Motions (Level 1)
8:45 WAS- Pool (Level 2)
8:45 Seniorcise (Level 3)
9:30 Senior Strong (Level 3)
9:30 ROM & Flexibility (all Levels)
10:15 Sit to be Fit (Level 2)
11:00 Pickleball (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)
9:00 Better Balance (Level 1)
10:00 Osteoball (all Levels)
2:00 Ping Pong (Member-Run)
2:00 Gentle Yoga (all Levels)

Tuesday:

1:00 Line Dancing (Member-Run) (Level 2-3)

Thursday: 3:30 Line Dancing Cancelled

Open Swim: available anytime there is no class in the pool. The Spann pool is open 24/7. Never swim alone.

Functional Fitness Levels:

Level 1: Those who rely on an ambulation aid most or all of the time and have difficulty walking or standing. Classes are mostly/all seated.

Level 2: Designed for those new to exercise looking to build a progressive foundation, or those who have some mobility limitations but can still walk/stand with minimal support.

Level 3: A more advanced class for those familiar with strength and balance training or are active on a regular basis and capable of safely performing more complex movements.

Dr. Brent Beasley, OU Internal Medicine physician specializing in Geriatrics, is available for OMM members twice a month, on the first and third Tuesdays, except holidays, from 1-5pm, by appointment only. Most insurance accepted.

Please contact Lupina, Wellness Nurse at 918-346-6618 to schedule an appointment.

REGIONAL MEDICAL LABORATORIES (RML) is available in the Spann Wellness Treatment room **every Thursday (except Holidays)** at 8:30am. A copy of your physician's lab order is necessary. If you do not have those orders, Lupina can contact your physician for you. If you need an appointment, contact Lupina, Wellness Nurse to schedule an appointment- 918-346-6618.

Independent Living Wellness—February 2019

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 Jennifer Rawlings, 918-346-6663 or jrawlings@ommtulsa.org.



Valentine's Celebration of Friendship, Love, and Community

Thursday, February 14, 2019

Two seatings available:

4:30 p.m. Dinner in Charter Oak
& 5:30 p.m. Program in Fleming
OR

6:00 p.m. Dinner in Charter Oak
& 7:00 p.m. Program in Fleming

OMM Members - \$11 per person
*Guests - \$13 per person
(billed to the reserving member's OMM account.)

RSVP on the Wellness Reservation Form by February 4.

Gourmet dinner in Charter Oak: Arugula & Greens with Mandarin Oranges in a Parmesan Cheese Cup, Petit Filet and Sausage-Stuffed Shrimp with Tri-Colored Orzo, Spinach & Cheese Stuffed Portobello, Poached Pears with Sabayon

Special Program in Fleming Center: Janet Rutland Sings Gershwin. Popular Tulsa chanteuse Janet Rutland, along with topnotch musicians, pianist Scott McQuade, bassist Nathan Eicher, and drummer Jared Johnson, bring their star power to beloved favorites by George & Ira Gershwin.

Dining Dollars may be used. Seating is limited and *guest reservations can only be confirmed after the reservation deadline. Reserved seating for parties of 4 or 6 is available on a limited basis, first come, first served. Indicate your request for reserved seating & the names of those in your party on the Reservation Form. (All Members of your party must submit a reservation form.)

Please note: Charter Oak will be open only to Valentine's Celebration ticketholders for dinner on February 14.



Calendar Supplement for February 2019

Ⓜ Items with this symbol require reservations. Other items do not. Please note each activity's RSVP instructions and deadlines.

Wellness Reservation forms: Once you have completed your form, it should be inserted into the designated box located at the Crestwood Member Business Office, the Spann Wellness Center, or the Felt House mailboxes. Before submitting, forms should be stamped with date and time using the machine located at those locations. Stamp on back of form in blank area so it is legible. 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. If there are no charges associated with a program, we appreciate a courtesy call if you cancel. Please help us to accommodate those who may be on a waiting list. To cancel an activity reservation, call the Reservation Hotline at 918-346-6689.

Transportation: * Items with this symbol indicates there will be a campus shuttle available by reservation for on-campus activities. 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.

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

PLEASE NOTE: This supplement gives details of activities and events *that do not occur every week*. Please refer to your list of recurring activities and recurring Spann Wellness Center classes for details of any calendar entries not listed below. Additional lists of recurring activities are available by the Wellness Reservation Boxes.

Friday, February 1st

- Ⓜ9:15 **Tulsa Town Hall** (shuttle only, no staff accompanies this outing): Lara Logan. Program begins at 10:30. Season-ticket event. If you have not already signed up for the season shuttle and you have your own ticket, there may be additional space available on the bus for \$6 round-trip.
- *Ⓜ6:00/7:00 **Pizza/Movie Night: Did You Hear About the Morgans?** (2009 PG-13 1h 43m) In this romantic comedy, an estranged couple is marked for death after watching a hit man commit murder and they are forced to enter the Witness Protection Program. Leaving New York City behind, they land in Wyoming -- where adjusting to their new environs is easier said than done. Cast: Hugh Grant, Sarah Jessica Parker, Sam Elliott, Mary Steenburgen, Elisabeth Moss, Michael Kelly, Wilford Brimley **PLEASE NOTE:** You will need a ticket for pizza and/or the movie. **RSVP on the Wellness Reservation Form for pizza/movie and/or campus shuttle by 4:00pm on Wednesday, January 30.** Your ticket will be delivered to your mailbox on January 31. You may purchase a non-member guest ticket for \$7 (charged to your OMM account.) Guests will only be permitted if there is space available **AFTER** the Wednesday 4:00 p.m. deadline. **NOTE:** Since this event was included on the January Wellness Reservation Form, there are very few spaces left. You will be notified if you must be placed on the wait list.

Saturday, February 2nd

- 2:00 **Spann Wellness Center Movie: Knute Rockne All American** (1940 NR 1h 37m) Just in time for the Super Bowl and Presidents Day: Legendary coach Knute Rockne (Pat O'Brien) revolutionizes college football with strategies that establish Notre Dame's team as a powerhouse in this classic sports biopic. But beyond leading the team to victory, Rockne considers it his responsibility to mold the players into honorable adults. Ronald Reagan co-stars as George Gipp and utters one of his most famous quotes when he makes a deathbed request to "win just one for the Gipper."
- Ⓜ6:50 **Tulsa Symphony Shuttle (shuttle only, no staff accompanies this outing): Shostakovich's 7th Symphony** begins at 7:30. The shuttle is full.

Monday, February 4th

- 10:00 **Screenwatchers Guild:** All are welcome to help choose our March movies. No reservations necessary. **Please share any movie suggestions you have by calling the Reservation Hotline at 918-346-6689.**

Tuesday, February 5th

- 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.
- @10:00-10:50 **Beginning Tai Chi for Better Balance:** The Tai Chi for Better Balance program has been approved and recommended by the Oklahoma Department of Health (ODH) as a group fall-prevention program that uses a unique combination of eight single forms. The goals are to improve functional ability (e.g., balance and physical function), reduce fall-related risks, and reduce fall frequency. Other health benefits of participating are improved social and mental well-being, improved confidence in conducting daily activities, and maintained independence and quality of life. The 8-class exercise program will meet on Tuesdays and Thursdays through February. Patti Harriman has trained with ODH and holds a certificate in teaching Tai Chi for Better Balance. Patti will provide each participant with a guide book, complete with pictures of the movements, at the first class. Normally a 12-week course, it is required that a participant be present for the first two classes. **RSVP by Sunday, February 3.** If you have questions, please call Patti at 918-346-6642.
- 11:15-12:00 **TCCL Bookmobile:** Stop in and conveniently browse for a new read or watch – they have DVDs too! If you want the bookmobile to bring you a specific book, call (918) 549-7480 or email outreach.services@tulsalibrary.org.
- @1:00-5:00 **Dr. Brent Beasley Campus Clinic:** Dr. Beasley is an Internal Medicine physician with OU, specializing in Geriatrics. Dr. Beasley has made himself available to the OMM community members on the first and third Tuesday of every month, except Holidays. He will see patients in the SWC treatment room in the Wellness Nurse office. Most insurance plans accepted. **Contact Lupina at 918-346-6618 for an appointment.**
- 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! For questions, call Victoria Treiber at 918-346-6658.

Wednesday, February 6th

- @12:15 **The Metropolitan Opera presents Bizet's CARMEN (shuttle only; no staff accompanies this outing):** Save the expensive plane ticket to New York! Enjoy the performance live in HD at Cinemark Theatre (71st & Garnett). Performance starts at 1:00 p.m. and lasts 3 1/2 hours including intermission. Reserved "luxury lounge" seats. Contrebanders, bullfighters, flamenco dancers and a very famous gypsy are just a few of the elements that make CARMEN a must-see show. Cost of this outing is \$34 (as opposed to over \$300 for a ticket to the performance at The Met!) A group of Members is already signed up but there is still room on the bus. **RSVP by February 3.**
- 3:00 **Fleming Center Movie: Lost & Found** (2017 PG 1h 32m) Sent to spend the summer on a remote and mysterious island, teenage brothers embark on a thrilling treasure hunt to restore their family's lost fortune. Directed by Joseph Itaya and starring Justin Kelly. Cast also includes Benjamin Stockham, Jason Patric, Cary Elwes.
- 3:00 **CCC (Creativity Connection Classroom)** is canceled this month. Please see the OMM Creative Arts Survey for explanation and your input. Your participation in the survey would be greatly appreciated and will affect the outcome of this activity.

Thursday, February 7th

- @8:50 **Walking Adventure @ Asbury United Methodist Church:** This month, we'll stay indoors and walk at Asbury. Their Guest Services Coordinator will show us around and then you can walk at your own pace for 30 minutes. After walking, we'll stop on the way home at Great Harvest Bread Company for breakfast. Please wear appropriate shoes and clothing and bring money for breakfast. Meet at Spann Wellness Center at 8:50 a.m. (Note later departure time.) You will not be called with a pick-up time. **RSVP by February 4.**
- @1:30 **Wii Bowling @ Bellarose:** This month Wii bowlers travel to Bellarose in our continuing scrimmage matches. The match begins at 2:00 p.m. and bowlers return about 3:30 p.m. If you would like to bowl at Bellarose, **RSVP by January 5.**
- @1:30-3:00 **Great Decisions:** This world affairs discussion group will meet on 8 successive Thursdays, beginning February 7. OMM member Rev. Guy Langston will serve as the group's convener/enabler. Each participant will need to purchase the briefing book at a cost of \$22 (charged to your OMM account.) A flyer was distributed in late January and the RSVP deadline has passed but there *may* still be room in the group. **RSVP by February 4.**
- *7:00 **Fools on Stools Concert:** Rod Ruthrauff, Phil Pack, and Scott Meeker have been performing together for over 20 years. Enjoy their laid back, interactive mix of ragtime, blues, rockabilly, and classic country. Buckle up and enjoy the ride! Seating will be in-the-round and we'll have homemade hot apple cider available as soon as you arrive so you can savor it at your seat while you enjoy the music. No reservations necessary.

Friday, February 8th

- @8:30 **Wellness Breakfast: Heart Healthy Living:** Please join us as we welcome Dr. Jennifer Weakley, Assistant Professor in the Family and Community Medicine Department at University of Oklahoma. Dr. Weakley will not only share some great information about caring for your heart and living a healthy lifestyle, she'll also share some great recipes! Join us for coffee and a bowl of heart healthy oatmeal with a variety of delicious additions! **RSVP on the Wellness Reservation Form by February 7.**
- 10:00 **OMM Town Hall:** Make time in your schedule to attend this important monthly informational meeting, led by our CEO Steve Dickie. Announcements will be made, and issues are discussed that impact our community. No reservations necessary.
- 7:00 **Fleming Center Movie: The Milagro Beanfield War** (1988 R 2h 0m) Based on John Nichol's book set in a tiny New Mexican town, Robert Redford's comedy-drama pits the little guys against big development. When a local resort owner wants to expand, farmer Joe (Chick Vennera) takes a stand. The eccentric locals divide on the issue, but organized action mixed with a little magic unites them to fight for their rights. John Heard, Christopher Walken, Sonia Braga, Ruben Blades, Daniel Stern and Melanie Griffith costar. No reservations necessary.

Saturday, February 9th

- 7:30-9:30 **Waffles & Coffee 2nd Saturday:** Men and women are invited to enjoy free homemade waffles and coffee, as well as fellowship. No reservations necessary.
- 2:00 **Spann Wellness Center Movie: Waiting for "Superman"** (2010 PG 1h) Dynamic documentarian Davis Guggenheim weaves together stories about students, families, educators and reformers to shed light on the failing public school system and its consequences for the future of the United States.

Monday, February 11th

- @12:00 **Around the World Culinary Adventure: KAI Burmese Cuisine:** By popular demand, our culinary adventure continues as we head to Myanmar (Burma). Burmese cuisine is strongly influenced by its neighboring countries India, Thailand, China, and Vietnam but has a distinctive flavor all its own. We will sample the national dish, La Phe Tot (tea leaf salad), as well as a delicious soup, and more. Cost of this outing including lunch is \$20. **RSVP by February 3.** See also our trip to the Travels with Tulsans program on Myanmar (Burma) on February 20.
- 1:30 **Needlecraft:** All are welcome to enjoy fellowship and knit caps (yarn provided) for new babies at St. John's Hospital nursery and for visitors to Ronald McDonald House. The group meets on the 2nd and 4th Mondays of each month outside the 2nd floor Game Room in Crestwood. Stop by and see their beautiful work or join their knitting. No reservations necessary. For questions, contact OMM Member Jan Steffensen at (918) 804-6060.

Tuesday, February 12th

- @10:40 **Let's Eat Lunch @ Black Bear Diner (shuttle only, no staff accompanies this outing):** Enjoy good food with friends new and old at this new restaurant near Woodland Hills featuring homestyle comfort food classics in a bear-themed atmosphere. Order from the menu and Victoria will pay for the group. Lunch is a flat cost of \$12 charged to your OMM account so no need to bring money. PLEASE NOTE: Victoria Treiber is the Assisted Living escort for this outing and is there to provide assistance, as needed, only to Holliman residents. She is not available to assist Independent Living Members, other than paying the bill. **RSVP on the Wellness Reservation Form by February 7.**
- 1:00 **Ping Pong—OMM v. Montereau:** Join us for the first home ping pong match of 2019 when OMM hosts Montereau. Our players enjoy the encouragement of their fellow members in this increasingly popular OMM sport. All are welcome to play, and members can practice on Sundays, Tuesdays and Thursdays at 2:00 p.m. each week. **If you would like to compete, please contact Member Ken Weston at 918-749-7414.**
- 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
- @T2:00 **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.**

Wednesday, February 13th

- 3:00 **Fleming Center Movie: Murphy's Romance** (1985 PG-13 1h 47m) Trying to start over, feisty divorcée Emma Moriarty and her son, Jake, move to a small Arizona town, where widowed druggist Murphy Jones befriends the new arrivals. But things get complicated when Emma's irresponsible ex-husband shows up. Cast Sally Field, James Garner, Corey Haim, Brian Kerwin, Dennis Burkley, Georgann Johnson, Dortha Duckworth, Michael Prokopuk, Billy Ray Sharkey, Michael Crabtree (NOTE: This movie does not have subtitles. Please request an assistive listening device when you arrive, if you wish.)

Thursday, February 14th

- 7:30-8:30 **Veterans Coffee and Donuts**: All Veterans are invited to a free Continental breakfast and fellowship in the Holliman Gathering Room. Come and go. No reservations necessary.
- 10:00 **UMW OMM Faith Circle**: This United Methodist Women's circle welcomes all OMM women, regardless of church affiliation. No reservations necessary. For questions, contact OMM member Margie Herndon at 918-906-5557.
- @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. **Contact Lupina at 918-346-6618 if you need an appointment.**

***@T4:30/5:30 or 6:00/7:00 Valentines Celebration of Friendship, Community, and Love**: See back of calendar for more information. Gourmet Dinner plus Janet Rutland and her trio in an all-Gershwin program. Two seatings available: 4:30 p.m. Dinner in Charter Oak & 5:30 p.m. Program in Fleming *OR* 6:00 p.m. Dinner in Charter Oak & 7:00 p.m. Program in Fleming. OMM Members - \$11 per person, *Guests - \$13 per person (billed to the reserving member's OMM account.) **RSVP on the Wellness Reservation Form by February 4.**

Friday, February 15th

- @6:45 **Signature Symphony Pops (shuttle only, no staff accompanies this outing)**: *Signature Big Band*. Concert begins at 7:30. Season ticket event.
- 7:00 **Fleming Center Movie: The Old Man & the Gun** (2018 PG-13 1h 33m) Based on the true-life exploits of bank robber Forrest Tucker, this serio-comic tale recounts his daring escape from prison at age 70 and the long string of heists that preceded the bandit's final arrest at age 78. Cast Robert Redford, Casey Affleck, Danny Glover, Sissy Spacek, Elisabeth Moss, Keith Carradine. No reservations necessary.

Saturday, February 16th

- 2:00 **Spann Wellness Center Movie: Me Before You** (2016 PG-13 1h 50m) Planning to stay just six months, Lou Clark takes on the job of looking after rich but depressed Will Traynor, who's been left a quadriplegic by an accident. Despite Will's disillusionment, Lou is determined to show him that his life is worth living. Cast Emilia Clarke, Janet McTeer, Brendan Coyle

Sunday, February 17th

- @1:50 **Tulsa Opera (shuttle only, no staff accompanies this outing)**: *The Little Prince* starts at 2:30. If you have not already signed up for the season shuttle and you have your own ticket, additional space is available on the bus for \$6 roundtrip.

Tuesday, February 19th

***7:00 The Book Club presents A Musical Book Review: Something Wonderful: Rodgers & Hammerstein's Broadway Revolution** by Todd Purdum reviewed by popular book reviewer and retired Tulsa City-County Libraries branch manager, Glenda Kilmer. This musical book review will include beloved songs featuring pianist Phyllis Logsdon, a soloist, and YOU! For more information, contact OMM Member Gayle Teter (gteter1@aol.com or (918) 949-9181.) No reservations necessary.

Wednesday, February 20th

- @11:15 **Travels with Tulsans – Myanmar (shuttle only, no staff accompanies this outing)**: In this week's edition of the long-running travelogue series, Tulsan Barbara McCrary takes us to Myanmar (formerly Burma) which until recently had been closed to tourists. This program in Central Library's Aaronson Auditorium lasts from 12:10 to 12:50. We'll arrive early so that you have time for a quick look around the library or to grab something from the library's Starbuck's. Cost of this outing is \$6. **RSVP by February 14.** See also our Culinary Adventure to Myanmar (Burma) on February 11.
- @1:00 **HotShots Injection Clinic**: The HotShots nurse is available to give injections every 4 weeks. They can administer monthly B-12 injections, and flu, pneumonia vaccines if desired. **B-12 shots are \$10, cash, check or card.** Injections such as flu and pneumonia are covered by Medicare. **Please contact Lupina at 918-346-6618 if you need your flu/pneumonia vaccines and bring your Medicare and supplemental insurance cards with you.**
- 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.
- 3:00 **Fleming Center Movie: Measure of a Man** (2018 PG-13 1h 40m) For Bobby Marks, his portly physique and the harassment dispensed by a local bully compound the usual challenges of teenage life. But one summer, Bobby discovers his inner bravado when he needs it most. Cast: Blake Cooper, Donald Sutherland, Judy Greer, Luke Wilson

Thursday, February 21st

- 10:00 **Anna Bible Study**: This member-run Bible study meets on the 3rd Thursday of each month. All are welcome. No reservations necessary. For questions, call OMM Member Mary Pearson at 918-743-7338.
- 1:30 **Member Council Meeting**: Please contact your Member Council representative with any questions or concerns you would like addressed at this meeting

Friday, February 22nd

®9:00 **Seed 2 Cup Coffee Class:** Tulsa-based Topeca is one of the few companies in the world that controls its coffee beans from the time they are planted in their farms in El Salvador to the time they are roasted, continuing a six-generation family coffee-growing tradition. In addition to a roastery and cafes in Tulsa, Topeca maintains a training campus with a classroom and professional sensory laboratory. This Seed-2-Cup class includes a facility tour, a lecture with accompanying slideshow presentation, and interactive tasting. You will leave the class with greater knowledge of what goes into a cup of coffee and a new appreciation for the variety and nuances of this ever-popular drink. The entire experience lasts 2 to 2 ½ hours. You will be seated for the lecture and standing/walking for the tasting and tour. Cost of this outing is \$20 charged to your OMM account. **RSVP by February 8.**

- ®5:00 **Dinner & Sapulpa Community Theatre (shuttle only, no staff accompanies this outing):** *You Can't Get There From Here* at 7:30 preceded by dinner at Rib Crib (order from the menu and pay the restaurant directly.) Cost of transportation and ticket is \$20. **RSVP by February 1.**

7:00 **State Representative Carol Bush Town Hall:** In the past two years the representative for our Oklahoma legislative House District 70, Carol Bush, has kept her constituency updated on legislative processes and issues by holding a “learn and listen” series of local “town halls” while the legislature is in session. Rep. Bush indicates that she strives to represent all of her constituents no matter their political party. Now she is bringing one of her town halls to OMM members in the Fleming Center. Come to find out what bills of interest have made it to the House of Representatives. It will be a chance to get to learn about our legislative process and to interact with our Representative on issues of importance to you. No reservations necessary.

Saturday, February 23rd

- 2:00 **Crestwood Movie: The Children Act** (2018 R 1h 45m) In this absorbing drama, British High Court judge Fiona Maye faces two daunting issues: At home, her marriage is crumbling, while in court she must decide whether a young man's parents are entitled to deny him a life-saving blood transfusion. Cast Emma Thompson, Stanley Tucci, Fionn Whitehead (NOTE: This movie may not have subtitles.)

Sunday, February 24th

- ®1:30 **Theatre Tulsa (shuttle only; no staff accompanies this outing):** *My Fair Lady* begins at 2:00 p.m. Season ticket outing. Tickets are already purchased.
- ®2:00 **Tulsa Ballet (shuttle only, no staff accompanies this outing):** *The Sleeping Beauty* Performance begins at 2:30. Season ticket event.

Monday, February 25th

- 1:30 **Needlecraft:** See February 11.

3:15-4:30 **Christian Book/Video Series for Women: The Rock, the Road & the Rabbi** by **Kathy Lee Gifford:** Cathy Ambrose, wife of OMM Chaplain Dub Ambrose, leads this 3-week study on 3 successive Mondays, in which you are invited to join Kathy Lee Gifford as she visits sites in Israel that have impacted her life. As she shares her story, you will journey to a deeper faith. Coauthor Rabbi Jason Sobel, a messianic Jewish rabbi, provides fascinating background details that make the story of the New Testament come alive. Jesus is indeed the Rock and the Rabbi whom we follow along this Road in life. And when we are introduced to the mysteries of the Word by teachers who are trained in the ancient rabbinical way, radical transformation begins to renew our hearts and minds. This is part two of the study which will include the last six chapters of the book. Each lesson is more or less self-contained so no need to have attended any of the previous lessons. No need to purchase the book. No reservations necessary.

Tuesday, February 26th

®1:00 **Dementia Friendly Partners:** As a continuance of January's Dementia Friendly Training event, OMM Members are invited to gather and discuss next steps, best practices, questions, and common goals regarding dementia in our community. There will be refreshments! **RSVP by February 25.**

Wednesday, February 27th

- 3:00 **Fleming Center Movie: Tea with the Dames** (2018 NR 1h 21m) Acclaimed actresses Maggie Smith, Judi Dench, Joan Plowright and Eileen Atkins -- all Dames of the British Empire -- gather for a captivating conversation that includes reminiscences, gossip and untold tales about their stage and film careers.

Thursday, February 28th

- 7:30-8:30 **Veterans Coffee and Donuts:** See February 14. No reservations necessary.
- 1:30 **Speaking of Gilcrease: Revealing America Through the Art and Archives of Gilcrease Museum:** Holliman hosts a “Gillie” (museum volunteer) for this monthly presentation illustrated by works from the museum’s collection. No reservations necessary.
- *7:00 **OMM’s Own Talent Show:** You will be amazed at the array of talent right here at OMM! Enjoy a wide variety of acts from singing to instrument playing to comedy and more, all performed by your very own neighbors! Come cheer them on and be entertained. And, of course, you’ll get to congratulate them over refreshments after the show. Don’t miss this great evening shining the spotlight on some of the many gifts of our Members. No reservations necessary.

Friday, March 1st

- *6:00/7:00 **Pizza/Movie Night:** Because the March Pizza/Movie falls on the first day of the month, you may go ahead and make your March reservations on the February Wellness Reservation Form. **RSVP by 4:00pm on Wednesday, February 27.** Your ticket will be delivered to your mailbox on February 28. You may purchase a non-member guest ticket for \$7 (charged to your OMM account.) Guests will only be permitted if there is space available AFTER the Wednesday 4:00 p.m. deadline.

Save the Date:

Tuesday, May 21, 2019 - *Revised Date* for Ladies Luncheon featuring The Honorable Kathy Taylor

Thursday, June 20, 2019 - Men’s Summer Shindig featuring Tulsa World Editorial Cartoonist Bruce Plante who combines award-winning comedy experience with an entertaining visual presentation of award-winning cartoons.