



Independent Living Wellness—November 2018

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 2** All programming and events are subject to change.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	November 30 is the last day of the 2018 Passport Program!			<p>1 1:00 Laughter for the Health of It—SWC 2:00 Wii Bowling: Bella Rose at OMM—FC 4:00 Line Dancing—SWC</p>	<p>2 7:30-8:30 Veterans Coffee and Donuts—HLC ®10:00 Helpful Harmonies Concert—HC (Chapman) 1:00 Wii Bowling—FC 1:30-3:30 Bargain Basement *®T6:00/7:00 Pizza Movie: Show Dogs—FC 7:00 Card Sharks—GR</p>	<p>3 ®9:15 Shopping—31st & Harvard 2:00 Movie—<i>CANCELED</i></p>
<p>4 ®7:30 Asbury Shuttle 11:00 Sunday Morning Community Worship—HLC & HC 5:00 Communion—Ch</p>	<p>5 ®9:15 Shopping—21st & Yale 10:00 Screenwatchers Guild—CWL 10:00-12:00 Caring Mat-ters—MR 1:00 Mah Jongg—MC 1:00 Wii Bowling—FC 1:00-3:00 Scrabble—SWC ®2:50 Spot 31 Volunteering—St. Matthew's 3:30-4:15 OMM Chorus—FC</p>	<p>6 Fleming Center in Use All Day as Polling Place 7:30 Men's Breakfast—HLC 11:15-12:00 <u>TCCL Bookmobile—Maintenance Shed</u> ®12:30-2:30 Passport Movie: The Gates of Jerusalem—CT 1:00-5:00 <i>Dr. Beasley Clinic—CANCELED</i> 1:00-3:00 Weaving—WR 1:00 Food Bank Service Project—HLC 2:00 Community Bingo—FCMR 3:00 Christ Conversations—CT 4:30-6:00 Social Hour—MC *7:00 Janet Rutland in Concert—FC</p>	<p>7 OMM Trip to Southeastern Oklahoma 10:00 Bible Study—Ch ®1:00 HotShots Injection Clinic—SWC 1:30-3:00 Welcome Wednesday—MC 3:00 Movie—FC—<i>Hacksaw Ridge</i> ®3:00 CCC: Tony Tulsa—HR1 ®3:15-4:30 Christian Book Discussion for Women—MR 7:00 Card Sharks—GR</p>	<p>8 ®9:30 Walking Adventure— Riverside Trail at the Gathering Place 10:00 UMW OMM Faith Circle—MC 3:30 Line Dancing—HC</p>	<p>9 ALL EXERCISE CLASSES CANCELLED 7:30-8:30 Veterans Coffee and Donuts—HLC ®8:30 Wellness Breakfast: Osteoporosis and Bone Health—SWC 10:00 OMM Town Hall —FC 1:00 <i>Wii Bowling—CANCELED</i> 1:30-3:30 <i>Bargain Basement Closed</i> 2:00 <u>OMM Veterans Service—FC</u> 7:00 Card Sharks—GR 7:00 Movie—FC—<i>The Lamp</i></p>	<p>10 7:30-9:30 Women's Waffles & Coffee—HLC ®9:15 Shopping—31st & Harvard ®1:30 Theatre Tulsa—TPAC 2:00 Movie—<i>CANCELED</i></p>
<p>11 ®7:30 Asbury Shuttle 11:00 Sunday Morning Community Worship—HLC & HC ®2:00 Tulsa Symphony Classics Shuttle—TPAC 5:00 Devotions—Ch</p>	<p>12 ®9:15 Shopping—21st & Yale 10:00-12:00 Caring Mat-ters—MR 1:00 Mah Jongg—MC 1:00 Wii Bowling—FC 1:00-3:00 Scrabble—SWC ®1:30 LiveLifeLearning: No Co-Pay Preventive Services—CT 1:30 Needlecraft—GR ®2:50 Spot 31 Volunteering—St. Matthew's 3:30-4:15 OMM Chorus—FC</p>	<p>13 ®10:40 Let's Eat Lunch—Hideaway Pizza 1:00 <u>Ping Pong—OMM v. Montereau—FC</u> 1:00-3:00 Weaving—WR 2:00 Food Committee—MR ®T2:00 Meet the Chef—Charter Oak 2:00 Community Bingo—HLC 3:00 <i>Christ Conversations CANCELED</i> 4:30-6:00 Social Hour—MC</p>	<p>14 10:00 Bible Study—Ch ®1:00 Fall Foliage Drive 1:30-3:00 Welcome Wednesday—MC 3:00 Movie—FC—<i>The Seagull</i> ®3:00 CCC: Tony Tulsa—HR1 ®3:15-4:30 Christian Book Discussion for Women—MR 7:00 Card Sharks—GR</p>	<p>15 10:00 Anna Bible Study—CT ®1:00-5:00 Audiology Clinic 1:30 Member Council Meeting—AC 3:30 Line Dancing—SWC *®T6:30 Thanksgiving New Member Reception—FC</p>	<p>16 7:30-8:30 Veterans Coffee and Donuts—HLC ®9:15 Tulsa Town Hall—TPAC 1:00 Wii Bowling—FC 1:30-3:30 Bargain Basement 3:00 <u>Chair Volleyball—FC</u> 7:00 Card Sharks—GR 7:00 Movie—FC—<i>The Cowboys</i></p>	<p>17 ®9:15 Shopping—31st & Harvard 2:00 Movie—<i>CANCELED</i></p>
<p>18 ®7:30 Asbury Shuttle 11:00 Sunday Morning Community Worship—HLC & HC 1:30 3rd Sunday Mah Jongg 5:00 Devotions—Ch</p>	<p>19 ®9:15 Shopping—21st & Yale 10:00-12:00 Caring Mat-ters—MR 1:00 Mah Jongg—MC ®1:00 Happy Birthday, Mickey Mouse—FC 1:00 <i>Wii Bowling—CANCELED</i> 1:00-3:00 Scrabble—SWC ®2:50 Spot 31—St. Matthew's UMC 3:30-4:15 OMM Chorus—FC</p>	<p>20 1:00-3:00 Weaving—WR ®1:00-5:00 Dr. Beasley Clinic—SWC 2:00 Community Bingo—HLC 3:00 <i>Christ Conversations CANCELED</i> 4:30-6:00 Social Hour—MC 7:00 <u>The Book Club presents Mary Helen Stanley: John Wayne—FC</u></p>	<p>21 10:00 Bible Study—Ch 1:30-3:00 <i>Welcome Wednesday—CANCELED</i> 2:00 Campus Orientation Tour—CW Lobby 3:00 Movie—FC—<i>The Blind Side</i> 3:00 <i>CCC—CANCELED</i> 7:00 Card Sharks—GR</p>	<p>22 HAPPY THANKSGIVING! ADMINISTRATIVE OFFICES CLOSED ALL EXERCISE CLASSES CANCELED</p>	<p>23 7:30-8:30 Veterans Coffee and Danish—HLC 1:00 Wii Bowling—SWC 1:30-3:00 <i>Bargain Basement Closed</i> 7:00 Card Sharks—GR 7:00 <i>Movie—FC—CANCELED</i></p>	<p>24 ®9:15 Shopping—31st & Harvard 2:00 Movie—<i>CANCELED</i></p>
<p>25 ®7:30 Asbury Shuttle 11:00 Sunday Morning Community Worship—HLC & HC 5:00 Devotions—Ch</p>	<p>26 ®9:15 Shopping—21st & Yale 10:00-12:00 Caring Mat-ters—MR 1:00 Mah Jongg—MC 1:00 Wii Bowling—FC 1:00-3:00 Scrabble—SWC 1:30 Needlecraft—GR ®2:50 Spot 31—St. Matthew's UMC 3:30-4:15 OMM Chorus—FC</p>	<p>27 1:00-3:00 Weaving—WR 2:00 Community Bingo—FC 2:30 <u>Heads Up—SWC</u> 3:00 Christ Conversations—CT 4:30-6:00 Social Hour—MC</p>	<p>28 10:00 Bible Study—Ch 1:30-3:00 Welcome Wednesday—MC 3:00 Movie—FC—<i>Fletch</i> ®3:00 CCC: Tony Tulsa—HR1 7:00 Card Sharks—GR</p>	<p>29 12:00 <u>Fifth Thursday Potluck—FC</u> ®12:30-3:30 Shingles Vaccination Day—SWC 1:30 Speaking of Gilcrease: Oklahoma—HLC 3:30 Line Dancing—SWC *7:00 <u>OMM Chorus & Friends on Broadway—FC</u></p>	<p>30 7:30-8:30 Veterans Coffee and Donuts—HLC 1:00 Wii Bowling—FC 1:30-3:00 Bargain Basement 3:00 <u>Chair Volleyball—FC</u> 7:00 Card Sharks—GR 7:00 Movie—FC—<i>Book Club</i></p>	

Calendar Supplement for November 2018

Unless otherwise indicated below, 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, 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 using the Wellness Event Reservation Form. 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.

Thursday, November 1st

- **1:00 Laughter for the Health of It:** Sometimes referred to as “laughter yoga” this physical and emotional wellness program is meant to be practiced regularly. Trained in the psychology and physiology of laughter, attitudinal healing, and adaptations to special challenges, Jan Brothers has been a Certified Laughter Leader since 2008. Her Laughter Therapy program provides light-to-moderate activities for mental & physical flexibility, mood regulation, stress reduction, and an attitude boost. Jokes are not used; only the joy of true, mirthful laughter in a supportive environment. It’s fun and you’ll leave with a big smile on your face, feeling better all over! No reservations necessary. PLEASE NOTE: *Laughter* will be held in the Large Exercise Room in Spann.
- **2:00 Wii Bowling OMM v. BellaRose Senior Living:** OMM is hosting BellaRose Senior Living in a Wii Bowling scrimmage. BellaRose’s team is new and very strong! OMM bowlers are hoping you will come over for an hour and cheering us on!

Friday, November 2nd

- **7:30-8:30 Veterans Coffee and Donuts:** In this month when we especially remember our Veterans, we will have a Veterans gathering *every Friday*. All Veterans are invited to a free Continental breakfast and fellowship in the Holliman Gathering Room. Come and go. No reservations necessary.
- **®10:00 Helpful Harmonies for Wellness:** We are pleased to be included in this concert series by a Signature Symphony quartet focusing on sensory friendly performances, helping to bring communities and families closer and stimulating the pleasure sensors of the brain for people of all ages to promote good health and a positive outlook. The concert will take place in Chapman Heights in the Wellness Center. **Space is limited so RSVP by October 30.**
- ***®T6:00/7:00 Pizza/Movie Night: Show Dogs** (2018 PG 1hr 31m) From the director of Beverly Hills Chihuahua and Scooby-Doo comes a family comedy about the unlikely pairing of a human detective and his canine partner, who must go undercover at the world’s most exclusive dog show and recruit an all-star cast of animal helpers to solve their biggest case yet. Cast: Will Arnett, Ludacris, Natasha Lyonne. PLEASE NOTE: You will need a ticket for pizza and/or the movie. **RSVP for pizza/movie and/or campus shuttle by 4:00pm on Wednesday, October 31.** Your ticket will be delivered to your mailbox on November 1. 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.

Monday, November 5th

- 10:00 **Screenwatchers Guild:** All are welcome to help choose our December movies. **Please share any movie suggestions you have by calling the Reservation Hotline at 918-346-6689.**
- @2:50 **Spot 31 Volunteering:** It's not too late to join the OMM team of reading/homework helpers who work with students in Kindergarten through 2nd grade at St. Matthew's United Methodist Church (31st Street & 129th E. Ave.) OMM provides free transportation and you will make a big difference in a child's life. If you have questions or would like to sign up, contact Irene Brown, Life Enrichment Coordinator, at 918-346-6614 or ibrown@ommtulsa.org.
- 3:30-4:15 **OMM Chorus:** The chorus is rehearsing a program of Broadway music for presentation on November 29.

Tuesday, November 6th

- 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.
- 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 Mandy Durham at (918) 549-7480 or email her at mandy.Durham@tulsalibrary.org about a week in advance.
- 12:30-2:30 **Passport Movie: *The Gates of Jerusalem – A History of the Holy City*** (2003 G 2 hours) Discover the mystery and prophecy behind the eight gates of Jerusalem. Jerusalem is the city where Christian history began and where many believe it will end. This program provides insights to events that are to take place in Jerusalem. Of the eight gates surrounding the Old City, the Golden Gate is being faithfully watched continuously by Christians, Muslims and Jews. Millions around the world believe it holds the key to the future of history. For the Jewish faithful the Golden Gate symbolizes the entry for their Messiah and the beginning of a Messianic age. For Christians, this gate promises the second coming of our Savior, Jesus Christ. For Muslims, the Golden Gate will someday be part of the last judgment of man at the end of history. These spiritual gateways will play a vital role in Israel's past, present, and future. Narrated by award-winning actor, Richard Kiley.
- 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, November 7th

- @1:00 **HotShots Injection Clinic:** HotShots nurses will be available 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. Other injections such as flu and pneumonia are covered by Medicare. Bring your Medicare and supplemental insurance cards if you need those vaccines. **Contact Lupina at 918-346-6618 if you need your flu/ pneumonia vaccines.**
- 3:00 **Fleming Center Movie: *Hacksaw Ridge*** (2016 R 2hr 11m) Based on a true story, this World War II drama focuses on Desmond T. Doss, a conscientious objector who becomes a hero while serving as an unarmed medic during the brutal and bloody fight for Okinawa. Cast: Andrew Garfield, Sam Worthington, Luke Bracey
- @3:00 **CCC (Creativity Connection Classroom) – Learn Drawing and Acrylic Painting with Tony Tulsa, Part 1:** OMM employee and artist Tony Tulsa returns to CCC after rave reviews of his first drawing classes! Tony will be with us throughout November and December. Today, we will join Tony for a "field trip" to Holliman Living Center to see a mural he painted, discuss aspects and begin practice. He will lead participants through sketching out a painting. If you're a previous student, bring your pencil kits with you. Pencil kits are available for \$5 for new students or anyone needing a replacement. **RSVP and indicate your needs on the Wellness Event Reservation form by November 2.**
- @3:15-4:30 **Christian Book Discussion for Women:** Led by Cathy Ambrose, wife of our chaplain Dub Ambrose, this 3-week study of *The Rock, The Road and The Rabbi* by Kathy Lee Gifford began October 31. Space is limited. **RSVP if you wish to join the group.**

Thursday, November 8th

- @9:30 **Walking Adventure @ Riverside Trail through the Gathering Place:** This month, we'll start at 41st and Riverside and then head north to explore the mile and half-long Riverside Trail through the basketball courts, skate park and nature trails. We'll spend about 40 minutes walking. Then we'll go to Antoinette Baking Company in the Tulsa Arts District for coffee and pastries. Please wear appropriate shoes and clothing and bring money for breakfast. Meet at Spann Wellness Center at 9:30 a.m. (You will not be called with a pick-up time.) **RSVP by November 2.**
- 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.

Friday, November 9th

- @8:30 **Wellness Breakfast Presentation: Osteoporosis and Bone Health.** Joining us this month for our Wellness Breakfast presentation is Jennifer Lamb, APRN, Gerontological Clinical Nurse Specialist and SJMC coordinator. Jennifer will talk to us about osteoporosis and the importance of bone health. She can discuss risks and steps you can take to improve bone health. Stop in for coffee, bagels and great conversation! **RSVP on the Wellness Reservation Form.**

2:00 **OMM Veterans Day Service:** We will honor our veterans, both living and passed. Family members are welcome. No reservations necessary.

- 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.
- 7:00 **Fleming Center Movie: The Lamp** (2011 NR 1hr 32m) After his son's accidental death, a grief-stricken novelist loses all sense of joy in his life and success, and even his marriage. Years later, an old lamp and a mystery spirit offer a chance at redemption -- if he knows what to ask for. Cast: Jason London, Louis Gossett Jr., Meredith Salenger Filmed in Tulsa and based on a book by our Men's Event speaker, Jim Stovall. (This movie may not have subtitles but assistive listening devices are available in Fleming Center.) No reservations necessary.

Saturday, November 10th

- @1:30 **Theatre Tulsa (shuttle only; no staff accompanies this outing):** *Barnum* begins at 2:00 p.m. Season ticket outing. Tickets are already purchased and the bus is full.

Sunday, November 11th

- @2:00 **Tulsa Symphony Shuttle (shuttle only, no staff accompanies this outing):** *Benjamin Britten's War Requiem* begins at 2:30. The shuttle is full.

Monday, November 12th

- @1:30 **LiveLifeLearning Community Classroom: No Co-Pay Preventive Services:** It's almost time to slip into the "donut hole" and for those of you who understand that term, you know you don't want to go there. However, there are still services that can help you stay on top of good health. Join Angels' Care today for some great money saving tips! **RSVP on the Wellness Reservation form.**
- 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. For questions, contact OMM Member Jan Steffensen at (918) 804-6060.

Tuesday, November 13th

- @10:45 **Let's Eat Lunch @ Hideaway Pizza on Yale:** This month, a variety of Hideaway pizza will be pre-ordered to save time. Enjoy good food with friends new and old. **Lunch is a flat cost of \$12 charged to your OMM account** so no need to bring money. **RSVP by November 7.**
- 1:00 **Ping Pong Match – OMM v. Montereau –** Montereau is back to play OMM's ping pong players. Montereau took the trophy back with them two months ago, and our players would really love to win it back. Come on over to watch or play! Even if you're watching for only a few minutes there's time for you to cheer on OMM.
- 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, November 14th

- @1:00 **Fall Foliage Drive:** The leaves are turning so we'll enjoy a lovely mystery drive in the Tulsa area. You may discover areas you never knew existed! The drive will last about 90 minutes and you'll get a Fall leaf cookie at the end to take home and enjoy. There is no charge for this outing. Space is limited so **RSVP by November 8.**
- 3:00 **Fleming Center Movie: The Seagull** (2018 PG-13 1hr 38m) One summer, at a lakeside Russian estate, friends and family gather for a weekend in the countryside. While everyone is caught up in passionately loving someone who loves somebody else, a tragicomedy unfolds about art, fame, human folly and the eternal desire to live a purposeful life. Cast: Annette Bening, Saoirse Ronan, Corey Stoll
- @3:00 **CCC (Creativity Connection Classroom) – Learn Drawing and Acrylic Painting with Tony Tulsa, Part 2:** OMM employee Tony Tulsa will continue to lead students through the stages of drawing into the necessary steps from sketching to painting your own canvas. Easy lessons to learn from a skilled artist. Check out the CCC flyer for more details. **RSVP by November 9.**

Thursday, November 15th

- 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. Contact Lupina at 918-346-6618 if you need an appointment.
- 1:30 **Member Council Meeting**: Please contact your Member Council representative with any questions or concerns you would like addressed at this meeting.

*@6:30 **Thanksgiving New Member Reception**: *Avenue*, a new ensemble of beautiful voices under the direction of Barry Epperley, will present a program of spirituals, those beautiful songs, tied to our country's history and born from hard times, that nurture our hearts and souls. But before that, we'll enjoy delicious hors d'oeuvres and have the pleasure of meeting and welcoming the newest additions to OMM's independent living community. Don't miss this marvelous evening of food, friends, and giving thanks. **Space is limited. RSVP by November 6.** Campus shuttle available by reservation.

Friday, November 16th

- @9:15 **Tulsa Town Hall (shuttle only, no staff accompanies this outing)**: *Lisa Genova*. Program begins at 10:30. Season-ticket event.
- 3:00 **Chair Volleyball**: This fun and popular game is played in the Fleming Center with 2 teams. We use a large and soft ball to volley back and forth. In addition to the normal rules of volleyball, chair volleyball requires that you do not get out of your chair except to rotate team members.
- 7:00 **Fleming Center Movie: The Cowboys** (1972 PG 2hr 14m) John Wayne is Wil Andersen, an aging rancher who can't find local cowboys to run his cattle drive. His solution: Hire schoolboys, who will be forced to become men fast when they're attacked by a cattle-rustling gang (headed by Bruce Dern in full psycho mode). The most controversial of the Duke's later films, *The Cowboys* was filmed on location in Colorado and New Mexico, and features an untypical score by John Williams, in his pre-Star Wars mode. Cast: John Wayne, Bruce Dern, Colleen Dewhurst. No reservations necessary.

Monday, November 19th

@1:00 **Happy Birthday, Mickey Mouse**: Mickey turns 90 this year so let's gather to celebrate this American icon. We'll have "ears" to wear, fun trivia, some great short films, a sing-along or two, and, of course, birthday cake! Reminisce, get in touch with your "inner child", and have some fun! **RSVP by November 14**

Tuesday, November 20th

- @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. 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**

7:00 **The Book Club presents Mary Helen Stanley: John Wayne**: The inimitable Mary Helen Stanley will present a book review program based on two biographies of John Wayne, John Wayne: The Life and Legend by Scott Eyman and John Wayne: The Man Behind the Myth by Michael Munn. Her programs are always a delight and a revelation. Don't miss it! No reservations necessary.

Wednesday, November 21st

- 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: The Blind Side** (2009 PG-13 2hr 6m) In this sports drama based on a true story, affluent couple Leigh Anne and Sean Tuohy take in Michael, a homeless teenager. Leigh Anne helps him catch up academically and nurtures his growth into a football powerhouse. Cast: Sandra Bullock, Quinton Aaron, Tim McGraw

Monday, November 26th

- 1:30 **Needlecraft**: See November 12.

Tuesday, November 27th

- 2:30 **Heads Up**: This game is played with two teams – usually the guys v the gals. If you haven't had a chance to join in, come in and have a seat! The rules are very simple, and the only skill needed is good guessing. You must guess the word you are holding up for your teammates to see, and they provide you with clues to the word. Lots of fun and laughter!

Wednesday, November 28th

- 3:00 **Fleming Center Movie: Fletch** (1985 PG 1h 38m) When a wealthy businessman offers reporter Irwin "Fletch" Fletcher, a fast-talking master of disguise, a fortune to murder him before a terminal illness takes hold, Fletch works the scenario in hilarious style to get the exclusive scoop. Cast Chevy Chase, Joe Don Baker, Dana Wheeler-Nicholson, Tim Matheson, M. Emmet Walsh, George Wendt, Kenneth Mars, Kareem Abdul-Jabbar, Geena Davis
- @3:00 **CCC (Creativity Connection Classroom) – Learn Drawing and Acrylic Painting with Tony Tulsa, Part 3.** OMM employee Tony Tulsa continues with the class that began on November 7th. Classes will continue in December: taking all you've learned in drawing and applying it to easy step by step acrylic painting. Tony will show us how to mix basic colors and use simple brushes to achieve great results. Check out the CCC flyer for more details and information!

RSVP by November 23.

Thursday, November 29th

12:00 **Fifth Thursday Potluck:** A Member-led OMM tradition! Remember the fun of potluck dinners? Whenever there's a fifth Thursday, members gather for a delicious potluck lunch! Bring your own plate and silverware and one dish to share with others (salad, meat, vegetable, or dessert) – if you don't want to cook, just pick something up at the store! Drinks and napkins provided. No reservations necessary.

- 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.

*7:00 **OMM Chorus & Friends on Broadway:** Your fellow OMM Members, along with some "ringers" from the University United Methodist Church Chancel Choir, have been rehearsing diligently to prepare a program of Broadway music through the years. Prepare to be wowed as they sing some of your favorites. Then congratulate them over yummy refreshments! No reservations necessary.

Friday, November 30th

- 3:00 **Chair Volleyball:** See the description on November 16.
- 7:00 **Fleming Center Movie: Book Club** (2018 PG-13 1hr 44m) Friends and members of the 60-plus set, Diane, Jane, Sharon and Carol have seen it all when it comes to relationships. But after reading "Fifty Shades of Grey," they're inspired to make bold choices in the romance department, with hilarious results. Cast: Diane Keaton, Jane Fonda, Candice Bergen. No reservations necessary.

Spann Wellness Center Exercise Classes

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

**Please note the time changes for all of the classes.*

Monday, Wednesday, Friday:

8:00 Stability Ball
8:00 Fluid Motions
8:45 WAS- Pool
8:45 Seniorcise
9:30 Senior Strong
9:30 ROM & Flexibility
10:15 Sit to be Fit
11:00 Pickleball (Member-Run)

Saturday: 10:00 Splash & Laugh

Sunday: 2:00 Ping Pong (Member-Run)

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

Never swim alone.

Tuesday, Thursday:

8:00 Fun Fit Boxing
9:00 Better Balance
10:00 Osteoball
10:30 Tai Chi
2:00 Ping Pong (Member-Run)
2:00 Gentle Yoga (through Nov. 20)

Tuesday: 3:30 Line Dancing (Member-Run)

Thursday: 3:30 Line Dancing (with Instructor)

Last chance for Flu Vaccine at OMM campus. HotShots nurses will be on hand for the B-12 clinic November 7th, 1pm in the Spann Wellness Center nurse's office. HotShots nurse will also have a supply of flu and pneumonia vaccine. If you'd like the vaccines, bring your Medicare cards with you. Please contact Lupina, Wellness Nurse to notify you'll be attending. 918-346-6618

Dr. Beasley will not be here on Tuesday, November 6th.

Dr. Brent Beasley, OU Internal Medicine physician specializing in Geriatrics, is available for OMM members twice a month, on the first and third Tuesdays, 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. If you need lab work collected, contact Lupina, Wellness Nurse to schedule an appointment. If you do not have your physician's orders, Lupina can contact your physician for those orders. 918-346-6618

Available through Walmart: Shingrix Shingles Vaccine

Vaccine is currently available and we will have a Shingles Vaccination Day in the Wellness Center on Thursday, November 29, 1:30-3:30 p.m.

Two doses are required, 2-6 months apart. If you'd like to obtain the series, please contact Lupina Fry, Wellness Nurse, at 918-346-6618. We will need a copy of your Part D insurance and/or supplemental and Medicare cards. Walmart Pharmacy will run your prescription insurance and notify you of copay amount.

Independent Living Wellness—November 2018

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.

Giving thanks for our great country...

American Music:

®Thanksgiving New Member Reception featuring spirituals performed by *Avenue* - Thursday, November 15 at 6:30 p.m. in Fleming Center:

OMM Chorus & Friends on Broadway - Thursday, November 29 at 7:00 p.m. in Fleming Center

American Icons:

®Happy Birthday, Mickey Mouse! - Monday, November 19 at 1:00 p.m. in Fleming Center

The Book Club presents Mary Helen Stanley: John Wayne - Tuesday, November 20 at 7:00 p.m. in Fleming Center

See supplement for important details of these events.

