

# Independent Living Wellness—August 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! BEGINS ON PAGE 3** All programming and events are subject to change.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1 10:00 Bible Study—Ch 1:30-3:00 Welcome Wednesday—MC 3:00 Movie—<i>Wind</i> @3:00 Creativity Connection Classroom—HR1 3:30 Spiritual Life Council—FCMR 7:00 Card Sharks—GR</p>	<p>2 @11:30-1:30 Nat'l Coloring Book Day-Zentangles—SWC 3:30 Line Dancing—SWC @5:45 Newsies Preview for Theatre Tulsa Subscribers—TU's Kendall Hall</p>	<p>3 1:00 Wii Bowling—FC 1:30-3:30 Bargain Basement 3:00 OMM's Own Summer School: Readers Theatre—CT *@T6:00/7:00 Pizza/Movie—FC—<i>Finding Your Feet</i> 7:00 Card Sharks—GR</p>	<p>4 @9:15 Shopping—31st &amp; Harvard  2:00 Movie—CT—<i>4 Minute Mile</i></p>
<p>5 @7:30 Asbury Shuttle  11:00 Sunday Morning Community Worship—HLC &amp; HC  5:00 Communion—Ch</p>	<p>6 @9:15 Shopping—21st &amp; 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 @1:30-2:30 OMM's Own Summer School: <b>Who Is My Neighbor? An Interfaith Perspective on the Abrahamic Faiths of Christianity, Judaism, and Islam—CT</b></p>	<p>7 7:30 Men's Breakfast—HLC @1:00-5:00 Dr. Beasley Clinic—SWC 1:00-3:00 Weaving—WR 1:00 Food Bank Service Project—HLC @1:30-2:30 OMM's Own Summer School: <b>Who Is My Neighbor?—CT</b> 2:00 Community Bingo—FC 3:00 Christ Conversations—Ch 4:30-6:00 Social Hour—MC</p>	<p>8 10:00 Bible Study—Ch 12:30 Ping Pong at Montereau @1:00 HotShots Injection Clinic—SWC 1:30-3:00 Welcome Wednesday—MC @1:30-2:30 OMM's Own Summer School: <b>Who Is My Neighbor?—CT</b> 3:00 Movie—<i>A Wrinkle in Time</i> @3:00 Creativity Connection Classroom—HR1 7:00 Card Sharks—GR</p>	<p>9 7:30-8:30 Veterans Coffee and Donuts—HLC @8:30 Lab Draw Clinic—SWC @9:00/10:00/11:00 Walking Adventure—The Gathering Place Dress Rehearsal 3:30 Line Dancing—HLC</p>	<p>10 <b>ALL EXERCISE CLASSES CANCELLED</b>  @8:30 Wellness Breakfast: Up With Trees—SWC 10:00 OMM Town Hall —FC 1:00 Wii Bowling—FC 1:30-3:30 Bargain Basement 3:00 OMM's Own Summer School: Readers Theatre—CT 7:00 Card Sharks—GR 7:00 Movie—FC—<i>The Conspirator</i></p>	<p>11 7:30-9:00 Women's Waffle—HLC  @9:15 Shopping—31st &amp; Harvard  2:00 Movie—CT—<i>Winter's Bone</i></p>
<p>12 @7:30 Asbury Shuttle  11:00 Sunday Morning Community Worship—HLC &amp; HC  5:00 Devotions—Ch</p>	<p>13 @9:15 Shopping—21st &amp; 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 1:30 Needlecraft—GR @1:30 LiveLifeLearning Community Classroom: <b>Take Control of Chronic Disease—CT</b></p>	<p>14 @1:00-2:00 OMM's Own Summer School: <b>The Past, Present, and Future of Social Security—FC</b> 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 Christ Conversations—Ch 4:30-6:00 Social Hour—MC</p>	<p>15 10:00 Bible Study—Ch @1:00-2:00 OMM's Own Summer School: <b>The Past, Present, and Future of Medicare—FC</b> 1:30-3:00 Welcome Wednesday—MC 2:00 Campus Orientation Tour—CW Lobby 3:00 Movie—<i>It Could Happen to You</i> @3:00 Creativity Connection Classroom—HR1 7:00 Card Sharks—GR</p>	<p>16 @8:45 Breakfast Break @ Brookside by Day @1:00 Journeys of Paul—FC @1:00-5:00 Audiology Clinic—SWC 1:30 Member Council Meeting—AC 3:30 Line Dancing—SWC *7:00 Janet Rutland in Concert—FC</p>	<p>17 12:30-2:30 Korea Culture Box Display—HR1 1:00 Wii Bowling—FC 1:30-3:30 Bargain Basement 3:00 OMM's Own Summer School: Readers Theatre—FC 7:00 Card Sharks—GR 7:00 Movie—FC—<i>The Ghost Writer</i></p>	<p>18 @9:15 Shopping—31st &amp; Harvard  2:00 Movie—CT—<i>Notting Hill</i></p>
<p>19 @7:30 Asbury Shuttle  11:00 Sunday Morning Community Worship—HLC &amp; HC  1:30 3rd Sunday Mah Jongg—MC  5:00 Devotions—Ch</p>	<p>20 @9:15 Shopping—21st &amp; Yale 10:00-12:00 Caring Mat-ters—MR @11:00 Around the World Culinary Tour: <b>Seoul Bistro</b> 1:00 Mah Jongg—MC 1:00 Wii Bowling—FC 1:00-3:00 Scrabble—SWC 3:00 Readers Theatre Dress Rehearsal—FC @6:20 Musical Monday—Cascia Hall</p>	<p>21 @1:00-5:00 Dr. Beasley Clinic—SWC 1:00-3:00 Weaving—WR 1:00 Chair Volleyball—Canceled 2:00 Community Bingo—HLC @2:00 OMM's Own Summer School Graduation Celebration—FC 3:00 Christ Conversations—Ch 4:30-6:00 Social Hour—MC 7:00 OMM Book Club—CT</p>	<p>22 10:00 Bible Study—Ch 1:30-3:00 Welcome Wednesday—MC @3:00 Creativity Connection Classroom—HR1 3:00 Movie—CT—<i>The Man Who Knew Too Much</i> 7:00 Card Sharks—GR</p>	<p>23 7:30-8:30 Veterans Coffee and Donuts—HLC @8:30 Lab Draw Clinic—SWC @9:30 Podiatrist—SWC 1:30 Speaking of Gilcrease—HLC 3:30 Line Dancing—SWC *@T7:00 Back to the 50s New Member Reception—FC</p>	<p>24 @1:00 OMM Ping Pong Tournament 1:00 Wii Bowling—Canceled 1:30-3:30 Bargain Basement 7:00 Card Sharks—GR 7:00 Movie—FC—<i>Flash of Genius</i></p>	<p>25 @9:15 Shopping—31st &amp; Harvard  2:00 Movie—CT—<i>Red River</i></p>
<p>26 @7:30 Asbury Shuttle  11:00 Sunday Morning Community Worship—HLC &amp; HC @1:30 Theatre Tulsa—PAC 5:00 Devotions—Ch</p>	<p>27 @9:15 Shopping—21st &amp; 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 Brain Training Kick-Off—CT 1:30 Needlecraft—GR</p>	<p>28 <i>Fleming Center in use all day as Polling Place</i> @1:00-2:00 Happy Birthday, Lenny!—CT 1:00-3:00 Weaving—WR 2:00 Community Bingo—HLC @2:30 Heads Up—GR 3:00 Christ Conversations—Ch 4:30-6:00 Social Hour—MC</p>	<p>29 10:00 Bible Study—Ch @11:30-4:00 Trip to Sand Springs 1:30-3:00 Welcome Wednesday—MC @3:00 Creativity Connection Classroom—HR1 3:00 Movie—CT—<i>The Butler</i> 7:00 Card Sharks—GR</p>	<p>30 12:00 Fifth Thursday Potluck—FC 3:30 Line Dancing—SWC *7:00 Fleming Center Piano Bar—FC</p>	<p>31 1:00 Wii Bowling—FC 1:30-3:30 Bargain Basement 7:00 Card Sharks—GR 7:00 Movie—FC—<i>Chappaquiddick</i></p>	



### Spann Wellness Center Exercise Classes



For questions about classes or personal training call Kyle Baker at 918-346-6682.

#### Monday, Wednesday, Friday:

7:00 Pickleball  
8:30 Stability Ball  
8:30 Fluid Motions  
9:00 WAS- Pool  
9:00 Seniorcise  
9:30 Senior Strong  
9:30 ROM & Flexibility  
10:00 Sit to be Fit

#### Rock Steady Boxing

Monday 2:00  
Wednesday 2:00

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

Never swim alone.

#### Tuesday, Thursday:

8:30 Fun Fit Boxing  
9:30 Better Balance  
10:30 Osteoball  
10:30 Tai Chi  
11:00 Aqua Cardio  
2:00 Ping Pong

#### Thursday:

3:30 Line Dancing

**Saturday:** 10:00 Splash & Laugh

#### Sunday:

2:00 Ping Pong

**Dr. Brent Beasley, OU Internal Medicine physician specializing in Geriatrics, will now be 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.



#### Available through Walmart: Shingrix Shingles Vaccine



**Currently the manufacturer is behind on supply. As soon as vaccine is available, we will notify OMM Members via flyer or phone call.**

Walmart will be administering the vaccine to those on campus who wish to receive the new Shingrix Shingles vaccine. Two doses are required, 2-6 months apart. Wal-Mart pharmacy will run your prescription insurance and notify you of copay amount. 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.

*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).*



### A very special Walking Adventure: Gathering Place Dress Rehearsal (shuttle only; no staff will accompany this outing)

Thursday, August 9

Our long-hoped-for preview of Tulsa's brand new, 100-acre world class riverfront park, Gathering Place, has arrived!! We have been offered a limited number of passes to preview the park on August 9. There is plenty of shade in the park but no restaurants or air-conditioned locations will be open yet so it will be important for you to wear appropriate shoes and clothing and bring water. You will be on your own to enjoy the park at your own pace. No staff will accompany this outing.

There will be up to 3 shuttle departure times from OMM: 9:00, 10:00, and 11:00 a.m. The shuttle will pick up and drop off at Spann Wellness Center. You will be given a map of the park that day and told where to meet the return shuttle.

When making your reservation, please indicate:

1. Your first-choice departure time from OMM.
2. The amount of time you would ideally like to spend at the park (1, 2, or 3 hours)

We will do our best to accommodate your requests but flexibility will be required so that as many Members as possible can go. Once we confirm your shuttle times, you will *not* be given any further reminders.

Cost of this outing is \$6 charged to your OMM account. **Passes will be allocated on a first-come, first-served basis and reservations will be accepted by Wellness Reservation form only. RSVP by August 2.** For questions, call Irene Brown at (918) 346-6614.

### Our Around the World Culinary Adventure Continues:

**Friday, August 17, 12:30-2:30 p.m.**  
**Korea Culture Box Display in Hobby Room 1**  
**Come and go. No reservations necessary.**

**Monday, August 20, departing OMM at 11:15 a.m.**  
**Lunch at Seoul Bistro**  
**Cost of this outing including the delicious meal is \$20.**  
**RSVP on the Wellness Reservation Form by August 15.**



## Calendar Supplement for August 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 rehydration 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 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.

### Wednesday, August 1<sup>st</sup>

- 3:00 **Crestwood Movie: Wind** (1992 PG-13 2hr 6m) Matthew Modine and Jennifer Grey are experienced sailors determined to win the prestigious America's Cup yacht race. But their abiding love for each other is put to the test when she's removed from the crew and joins up with a maverick boat designer.
- @3:00 **Creativity Connection Classroom:** **RSVP on the Wellness Reservation form** and watch for the flyer giving detailed information

### Thursday, August 2<sup>nd</sup>

- @11:30-1:30 **National Coloring Book Day--Zentangles:** August 2 is National Coloring Book Day, and we are celebrating with a come-and-go station for you to Zentangle at the Spann Wellness Center. Zentangle is the creation of Maria Thomas and Rick Roberts. After Maria experienced feelings of timelessness, freedom, well-being and complete focus on her work drawing patterns on a manuscript, she told her husband Rick. Rick told her that she was describing meditation. They began a simple and elegant system of drawing beautiful designs. We'll have tables and chairs set up with coloring tools (markers, pencils, crayons) and a selection of Zentangle coloring books for you to peacefully enjoy. We will also have some blank paper available if you decide to create your own personalized Zentangle. **RSVP on the Wellness Reservation form by Wednesday, August 1.**
- @5:45 **Newsies Preview for Theatre Tulsa Subscribers:** This event is open to our OMM group of Theatre Tulsa subscribers only. **RSVP to the Reservation Hotline (918-346-6689) by July 30.**

### Friday, August 3<sup>rd</sup>

1:30-3:30 **Bargain Basement:** Starting today for a limited time only: 25% off all clothing!!! Shorts and capris just 75¢! And there are other new items on the 75¢ rack every week! Plus all of our wonderful jewelry, kitchenware, books, and more!!!

- 3:00 **OMM's Own Summer School: Readers Theatre:** The cast is final and rehearsals have begun for the August 21 show. Stay tuned for the next session of Readers Theatre.



**Friday, August 3<sup>rd</sup> (continued)**

- \*®T6:00/7:00 **Pizza/Movie Night: Finding Your Feet** (2018 PG-13 1hr 51m) When 'Lady' Sandra Abbott discovers that her husband of forty years is having an affair with her best friend, she seeks refuge in London with her estranged, older sister, Bif. The two could not be more different - Sandra is a fish out of water next to her outspoken, serial dating, free-spirited sibling. But different is just what Sandra needs at the moment, and she reluctantly lets Bif drag her along to a community dance class, where she starts finding her feet. Cast: Imelda Staunton, Timothy Spall, Celia Imrie. 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, August 1.** Your ticket will be delivered to your mailbox on August 2. 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.

**Saturday, August 4<sup>th</sup>**

- 2:00 **Crestwood Movie: 4 Minute Mile** (2014 PG-13 1hr 36m) Drew Jacobs is a high school track star who shows tremendous potential -- until his brother's drug trade gets in the way. But when Drew draws the attention of an old reclusive track coach, angry at the world and with no purpose in life, the two slowly begin to transform each other's lives. Cast: Kelly Blatz, Richard Jenkins, Cam Gigandet PLEASE NOTE: This movie may not have subtitles.

**Monday, August 6<sup>th</sup>**

- 1:00 **Scrabble:** Calling all who can read this! If you can read this, you know words, and if you know words, you can play Scrabble. OMM Scrabble players meet on Mondays at 1:00 p.m. in the Spann Wellness Center. The players are hoping you will come join them so they can have a larger group in order to rotate players. You can bring a Scrabble dictionary with you, too. Scrabble is rewarding cognitively, socially and emotionally – you'll improve your spelling and vocabulary, exercise your math skills, and use strategy to win the game.

®1:30-2:30 **Who Is My Neighbor? An Interfaith Perspective on the Abrahamic Faiths of Christianity, Judaism, and Islam:** Instructor: OMM Member Vicky Langston, founder and coordinator of *Open Tables*, a ten-year-old interfaith program based on dialogue over potluck dinners; co-chair of Interfaith Concerns at Boston Avenue United Methodist Church; retired teacher; clergy spouse for 53 years. Have you had friends, neighbors, or new family members who worship and have celebrations in a different religion? Have you heard of Ramadan or Hanukkah but don't really know what the holidays mean? As our world continues to get smaller, we are challenged to know more about our neighbors who can be from any part of the world and from any of the world religions. How can we live together, respecting the other faiths but holding fast to our own beliefs? Most religions have much in common, especially, the Abrahamic faiths of Christianity, Judaism, and Islam. The Golden Rule is a common thread that runs through the heart of all the major religions. In this class, there will be opportunity to meet and ask questions of persons from these three faiths. **RSVP by August 3.**

**Tuesday, August 7<sup>th</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.
- ®1:00-5:00 **Dr. Brent Beasley Campus Clinic:** Dr. Beasley will now be available to the OMM community members on the first and third Tuesday of every month. Dr. Beasley, is a Geriatric Internal Medicine OU physician. He will see patients in the SWC treatment room. 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.
- ®1:30-2:30 **OMM's Own Summer School: Who Is My Neighbor?:** See August 6.

**Wednesday, August 8<sup>th</sup>**

- 12:30 **Ping Pong at Montereau:** Our Ping Pong players travel to Montereau for a friendly "away" game at 1:00 p.m. Members drive themselves.
- ®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 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'd like an injection.**
- ®1:30-2:30 **OMM's Own Summer School: Who Is My Neighbor?:** See August 6.
- 3:00 **Crestwood Movie: A Wrinkle in Time** (2018 PG 1hr 50m) From visionary director Ava DuVernay comes Disney's A Wrinkle In Time. Based on the timeless classic and filled with spectacle, warmth and heart, this celebrated film follows an ordinary girl's epic adventure and brave journey home, with the ultimate triumph of love. Cast: Oprah Winfrey, Reese Witherspoon, Mindy Kaling
- ®3:00 **Creativity Connection Classroom:** **RSVP on the Wellness Reservation form.** See the flyer for detailed information.

### Thursday, August 9<sup>th</sup>

- 7:30-8:30 **Veterans Coffee and Donuts:** On the 2nd and 4th Thursday of each month, all Veterans are invited to a free Continental breakfast and fellowship in the Holliman Gathering Room. Come and go. No reservations necessary.
- @8:30 **Lab Draw Clinic:** RML offers lab services every two weeks. You will need a physician's order for your lab. Contact Lupina at 918-346-6618 if you need lab work.
- @9:00/10:00/11:00 **Walking Adventure: Gathering Place Dress Rehearsal (shuttle only; no staff will accompany this outing):** Our long-hoped-for preview of the Gathering Place has arrived!! See back of your Independent Living Wellness calendar for important details. When making your reservation, please indicate: Your first-choice departure time from OMM and the amount of time you would ideally like to spend at the park (1, 2, or 3 hours.) Cost of this outing is \$6 charged to your OMM account. **Passes will be allocated on a first-come, first-served basis and reservations will be accepted by Wellness Reservation form only. RSVP by August 2.** For questions, call Irene Brown at (918) 346-6614.
- 3:30 **Line Dancing in Holliman Living Center:** Our line dancers will dance today in Holliman Living Center. Our change in location today is to provide our Holliman friends with entertainment as well as to encourage them to join our class!

### Friday, August 10<sup>th</sup>

- @8:30 **Wellness Breakfast Presentation: Up With Trees.** In 1975, 51<sup>st</sup> street was being widened, a process that required the removal of a vast number of trees. A young high school student asked, then Tulsa Streets Commissioner, Sid Patterson what the city was doing to replace those trees. That question sparked an idea that has grown into an important part of Tulsa and the surrounding areas- Up With Trees. Join us to learn what Up With Trees, a volunteer organization, is doing for the betterment of our communities. **RSVP on the Wellness Reservation Form.**
- 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.
- 7:00 **Fleming Center Movie: The Conspirator** (2010 PG-13 2hr 2m) Robert Redford directs this gripping historical drama that follows the efforts of young lawyer Frederick Aiken as he reluctantly defends Mary Surratt, a Confederate sympathizer accused of conspiring to assassinate President Abraham Lincoln. No reservations necessary.

### Saturday, August 11<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: Winter's Bone** (2010 R 1hr 40m) In this unflinching noir drama, resilient teen Ree Dolly goes on the trail of her missing, drug-dealing father when his absence jeopardizes the family's safety. Her deadbeat dad has a key court date pending -- and Ree is determined that he show up. Cast: Jennifer Lawrence, John Hawkes, Kevin Breznahan. A nominee for the Academy Award for Best Picture in 2011.

### Monday, August 13<sup>th</sup>

- 10:00 **Screenwatchers Guild:** All are welcome to help choose our September movies. **Please share any movie suggestions you have by calling the Reservation Hotline at 918-346-6689.** (NOTE: Date change for this month only.)
- 1:30 **Needlecraft:** All are welcome to enjoy fellowship and knit caps (yarn provided) for new babies at St. John's Hospital. The group meets on the 2<sup>nd</sup> and 4<sup>th</sup> Mondays of each month 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.
- @1:30 **LiveLifeLearning Community Classroom: Take Control of Chronic Disease:** This month, Chronic Disease is our focus. Hypertension, diabetes, congestive heart failure, arthritis, just to name a few are some of the many disease processes folks deal with every day. Join Angels Care Home Health RN Justin to discuss why it's important to stay on top of and managing your chronic disease is important to you day to day quality of life. **RSVP on the Wellness Reservation form**

### Tuesday, August 14<sup>th</sup>

@1:00-2:00 **OMM's Own Summer School: The Past, Present, and Future of Social Security:** Instructor: OMM Member Mike Reynolds received his CPA license in 1972 and MBA degree from ORU in 1980. He has worked in public and private accounting and finance for his entire career. Despite his business background he will freely admit to the class how he has made some unwise Social Security and Medicare decisions prior to reading the Social Security and Medicare "instruction manual." In addition to helping us understand where Social Security has been and where his studies show it is going, Mike will explain the answers to the following questions and more: *If my spouse dies, will I continue to receive both my own benefit and my deceased spouse's benefit? Will my Social Security payment increase every year to maintain my senior cost of living? Is my spouse eligible to receive Social Security, even if he or she has no individual earnings history?* **RSVP by August 10.** There will be a door prize each day!

- 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, August 15<sup>th</sup>

Ⓜ 1:00-2:00 **OMM's Own Summer School: The Past, Present, and Future of Medicare:** Instructor: OMM Member Mike Reynolds (See August 14.) Mike will answer pressing questions about Medicare such as: *Will Medicare be here when I get old? Will Medicare pay for a CPAP machine if I snore and wake up the OMM neighborhood? Will I be penalized if I want to change my Medicare Advantage, Medigap plan or drug plan? Will I receive a new Medicare card anytime soon?* **RSVP by August 10.** There will be a door prize each day!

- 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 **Crestwood Movie: It Could Happen to You** (1994 PG hr 41m) In this charming romantic comedy based on a true story, a coffee-shop waitress gets a life-changing tip when a beat cop comes up short on pocket change and promises her half of his potential winnings from a lottery ticket. Cast: Nicolas Cage, Bridget Fonda, Rosie Pérez,
- Ⓜ 3:00 **Creativity Connection Classroom:** **RSVP on the Wellness Reservation form.** See the flyer for detailed information.

### Thursday, August 16<sup>th</sup>

- Ⓜ 8:45 **Breakfast Break @ Brookside by Day on Peoria:** The Tulsa World's Scot Cherry calls Brookside by Day an "eatery packed with charm" and it's always fun to be in Brookside. Enjoy good food with friends new and old. Order from the menu and pay the restaurant directly. **RSVP by August 8.**

Ⓜ 1:00 **The Journeys of Paul:** Josue Araujo, Associate Pastor of St. James United Methodist will speak on the theme of our 2018 Passport of Wellness. Pastor Araujo is originally from Salvador, Brazil, and he was raised in a Christian home and in the church where his grandfather was the pastor. Josue has lived in the United States for the last 20 years. His biggest passions for ministry are evangelism and discipleship, and he has studied Apostle Paul extensively. We are looking forward to his talk which will give an overview and insights into Paul's many travels. He has a wonderful Brazilian accent, and he pronounces his name "Zuho-shway Ah-ra-oojo." **RSVP on the Wellness Reservation form by Tuesday, August 14.**

- Ⓜ 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.

\*7:00 **Janet Rutland in Concert:** Vocalist Janet Rutland is a long time fixture in the Mid America music and theatre scene with club, theater, and concert hall performances in Oklahoma, Texas, Kansas, and Missouri. Her repertoire ranges from vintage jazz to country and pop standards with emphasis on the Great American Songbook. For over a decade she has produced and starred in cabaret shows in Tulsa, usually focusing on the work of America's great songwriters, including Johnny Mercer and Irving Berlin. She will be accompanied by A-list keyboardist Spencer Sutton of the Tulsa Playboys and Tulsa's jazz scene. No event reservations necessary. Campus shuttle available by reservation.

### Friday, August 17<sup>th</sup>

12:30-2:30 **Korea Culture Box Display:** As part of our Culinary Trip Around the World (See August 20.) we 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 consists 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. Come and go anytime during the two hours the display will be up. **If you have items from Korea that you would like to add to the display, contact Irene Brown at 918-346-6614. (Please be sure your name is on them.)**

- 7:00 **Fleming Center Movie: The Ghost Writer** (2010 PG-13 2hr 8m) After his predecessor perishes under mysterious circumstances, a ghostwriter agrees to help a former British prime minister finish his memoirs, but the author finds himself in danger when he uncovers a web of secrets and corruption. Cast: Ewan McGregor, Pierce Brosnan, Kim Cattrall. No reservations necessary.

### Saturday, August 18<sup>th</sup>

- 2:00 **Crestwood Movie: Notting Hill** (1999 PG-13 2hr 4m) A chance encounter brings together reserved bookstore owner William Thacker (Hugh Grant) and Hollywood icon Anna Scott (Julia Roberts), who forge an improbable romance until Anna's megastardom begins whittling away at their relationship. Can their love overcome all the pretense -- and the flash of the paparazzi? Rhys Ifans co-stars in a scene-stealing turn as Spike, William's dim-bulb, bedraggled flatmate.

## Monday, August 20<sup>th</sup>

Ⓜ11:15 **Around the World Culinary Tour: Korea - Seoul Bistro:** *Bibimbap* was listed at number 40 on the World's 50 most delicious foods readers' poll compiled by CNN Travel. We'll enjoy a special version called *dolsot-bibimbap* served in a hot stone pot, as well as *banchan* (traditional side dishes). It's not too late to join our trip around the world so come along on this culinary adventure! Cost of this outing including lunch is \$20. **RSVP by August 15.**

Ⓜ6:20 **Musical Mondays (shuttle only; no staff accompanies these outings):** *Retrospect Big Band*. Season ticket event. If you have your own ticket, there is limited space available on the bus for a cost of \$6. **RSVP on the Wellness Reservation form.**

## Tuesday, August 21<sup>st</sup>

➤ Ⓜ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. **Contact Lupina at 918-346-6618 for an appointment.**

Ⓜ2:00 **OMM's Own Summer School Graduation Celebration:** OMM's Readers Theatre troupe will entertain us once again with good literature and good laughs. You may not realize how amusing your neighbors are! We will also celebrate our wonderful Summer School teachers. Fun refreshments will follow the program. Whether or not you were able to attend a Summer School class, be sure to join us for a delightful program and celebration. **RSVP by August 14.** All are welcome. whether or not you participated in a Summer School class.

➤ 7:00 **OMM Book Club:** *A Fool's Enterprise* by Opal B Clark. Facilitator: Richard Ziglar. For more information contact OMM Member Gayle Teter (gteter1@aol.com or (918) 949-9181.) No reservations necessary.

## Wednesday, August 22<sup>nd</sup>

➤ Ⓜ3:00 **Creativity Connection Classroom:** **RSVP on the Wellness Reservation form.** See the flyer for detailed information.  
 ➤ 3:00 **Crestwood Movie: The Man Who Knew Too Much** (1956 PG 2hr) While vacationing in Morocco, American tourist Ben McKenna (James Stewart) learns of an assassination plot but can't turn to the police without endangering his young son, who's been kidnapped to ensure McKenna's silence. Director Alfred Hitchcock's suspenseful thriller features a rare dramatic turn by Doris Day as Ben's wife and makes legendary use of the Oscar-winning tune "Que Sera, Sera."

## Thursday, August 23<sup>rd</sup>

➤ 7:30-8:30 **Veterans Coffee and Donuts:** See August 9. No reservations necessary.  
 ➤ Ⓜ8:30 **Lab Draw Clinic:** RML offers lab services every two weeks. You will need a physician's order for your lab. **Contact Lupina at 918-346-6618 if you need lab work.**  
 ➤ Ⓜ9:30 **Podiatrist:** Dr. Tim Malavolti will return to the Spann Wellness Center Nurse's office for those needing podiatry services. Please contact the Wellness Nurse at 918-346-6618 to schedule an appointment.  
 ➤ 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 **Back to the 50s New Member Reception:** Dust off your saddle Oxfords and iron that poodle skirt – let's head back to the 1950s!! Our entertainment will be a "Plaid Sampler", celebrating the delightfully goofy reincarnation of four male singers killed in a car crash on the way to their first big concert and now, miraculously, revived for a plaid-fabulous time for audiences everywhere. Singing in the closest of harmony, the Plaids share a series of well-loved songs and right-on patter that will keep us laughing when they aren't humming along to some of the great nostalgic pop hits of the '50s including *Three Coins in the Fountain*, *Moment to Remember*, *Perfidia*, and *No, Not Much*. Jinx, Frankie, Sparky and Smudge look forward to serenading us! 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, fun, and friends. **Space is limited. RSVP by August 13.** Campus shuttle available by reservation.

## Friday, August 24<sup>th</sup>

➤ 1:00 **OMM Ping Pong Tournament:** Guys and gals, it's time for the 2<sup>nd</sup> annual tournament! We will have a men's tournament and a ladies' tournament. Brackets will form and we will use double elimination. **RSVP by August 22 if you wish to play.** No reservation needed if you are coming to only watch and encourage.  
 ➤ 7:00 **Fleming Center Movie: Flash of Genius** (2008 PG-13 2hr) In this David vs. Goliath drama based on a true story, college professor Robert Kearns (Greg Kinnear) goes up against the giants of the auto industry when they fail to give him credit for inventing intermittent windshield wipers. Kearns doggedly pursues recognition for his invention, as well as the much-deserved financial rewards for the sake of his wife (Lauren Graham) and six kids. No reservations necessary.

## Saturday, August 25<sup>th</sup>

➤ 2:00 **Crestwood Movie: Red River** (1948 NR 2hr 7m) In one of his landmark roles, John Wayne plays a taciturn Texas cattle rancher who adopts a young boy orphaned by a native raid on a wagon train. After coming of age, the son finds himself compelled to challenge his father during a long cattle drive. Cast: John Wayne, Montgomery Clift, Joanne Dru



**Sunday, August 26<sup>th</sup>**

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

**Monday, August 27<sup>th</sup>**

- 1:30 **Needlecraft:** See August 13.

@1:30 **Brain Training Kick-Off:** Join us in the Crestwood Theatre to kick off an 8-week study on the effects of exercise and the brain. We will provide an overview of the study and have a sign-up sheet available. Those interested and committed to be in the study will be contacted to schedule a time to come in and begin their study with a validated computerized assessment tool called BrainCheck. BrainCheck is in accordance with the guidelines of the American Academy of Neurology to aid in assessing mild cognitive impairment (MCI) or dementia. Participants are scored in a battery of cognitive tasks to provide an interpretation of their current level of cognitive function. During the 8 weeks, participants will complete specific exercises, and at the end of the study will be retested. **RSVP by Monday, August 23.**

**Tuesday, August 28<sup>th</sup>**

@1:00-2:00 **Happy Birthday, Lenny!:** One of Tulsa's best known music educators Ron Wheeler returns to help us celebrate the 100<sup>th</sup> birthday (August 25) of Leonard Bernstein. Bernstein was a success as a Broadway composer, a symphony orchestra conductor, a television star, and was commissioned to write the music to open the Kennedy Center in Washington. Many thousands of families gathered together to watch his Young Persons' Concerts on television, and thousands more have seen *West Side Story*, *On the Town*, and *Wonderful Town*. Ron Wheeler will talk about the maestro's life and show videos of some of his great performances. **After class, we'll enjoy birthday cupcakes! RSVP by August 26.**

- @2:30 **Heads Up:** If you haven't had a chance to join us for this game, come and give it a try! Two teams are needed to play Head's Up, a game where the person must guess the word they are holding up for their team mate(s) to see. The team mate tries to provide clues to the word without actually saying the word. Look for this funny and addictive game now on the last Tuesday of every month. **RSVP by Monday, August 27<sup>th</sup>.** If you have any questions, contact Patti Harriman at 918-346-6642.

**Wednesday, August 29<sup>th</sup>**

@11:30-4:00 **Trip to Sand Springs:** This month the OMM Book Club is reading *A Fool's Enterprise: The Life of Charles Page* so it's the perfect time to explore one of our neighboring suburbs, Sand Springs. We'll start with lunch in downtown Sand Springs at Napoli's Italian Restaurant where we'll enjoy a pasta sampler and then tiramisu for dessert. Then we'll head across the street to the Sand Springs Cultural and Historical Museum in the art deco Page Memorial Library Building built in 1929. After viewing their exhibits, we'll have an historic driving tour of Sand Springs, including the Sand Springs Home, the old Native American cemetery, River City Park, and more. There's much to discover, both old and new, just over the river from home! Cost of this outing including lunch is \$25 charged to your OMM account. **RSVP by August 21.**

- @3:00 **Creativity Connection Classroom:** **RSVP on the Wellness Reservation form** and watch for the flyer giving detailed information.
- 3:00 **Crestwood Movie: Lee Daniels' The Butler** (2013 PG-13 1hr 53m) Oscar-winner Forest Whitaker delivers a powerful performance as Cecil Gaines, who served as the White House butler under eight presidents. His three decades of service unfold against a backdrop of unparalleled change in American history. Cast: Forest Whitaker, Oprah Winfrey, John Cusack

**Thursday, August 30<sup>th</sup>**

- 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.

\*7:00 **Fleming Center Piano Bar:** Come for a casual evening of music you know and love. Keyboardist Bill Rowland will play cocktail music, take requests, and lead some sing-alongs. We might even have a little karaoke!! This will be an interactive, free-flowing, and relaxing evening. Enjoy (non-alcoholic) frozen strawberry daquiris and peach Bellinis while you listen and sing along to your favorites. No event reservations necessary. Campus shuttle available by reservation.

**Friday, August 31<sup>st</sup>**

- 7:00 **Fleming Center Movie: Chappaquiddick** (2018 PG-13 1hr 47m) In this historical drama, the car accident that doomed Ted Kennedy's presidential ambitions and resulted in the drowning death of 28-year-old Mary Jo Kopechne gets a fresh look, focusing on the cover-up that followed the crash. Cast: Jason Clarke, Kate Mara, Ed Helms. No reservations necessary.