

# Independent Living Wellness—June 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 3!** All programming and events are subject to change.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 1:00 Wii Bowling—Qualifying Round—FC 1:30-3:30 Bargain Basement *®T6:00/7:00 Pizza/Movie—FC— <i>The Greatest Showman</i> 7:00 Card Sharks—GR	2 ®9:15 Shopping—31st & Harvard 2:00 Movie—CT— <i>Volcano</i>
3 ®7:30 Asbury Shuttle 11:00 Sunday Morning Community Worship—HLC & HC 5:00 Communion—Ch	4 ®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 ®1:30 LiveLifeLearning Community Classroom: Strong Bones and Muscles for Healthy Aging	5 7:30 Men’s Breakfast—HLC 1:00-3:00 Weaving—WR *1:00 Lynette Bennett Danskin presents Rue McClanahan—FC 1:00 Food Bank Service Project —HLC 2:30 Community Bingo—FC 3:00 Christ Conversations—CT 4:30-6:00 Social Hour—MC	6 10:00 Bible Study—Ch ®11:15 Shuttle to Food Truck Wednesday—Guthrie Green 1:30-3:00 Welcome Wednesday—MC ®1:30 Trip to Gilcrease ®3:00 Creativity Connection Classroom—HR1 3:00 Movie—CT— <i>Walk the Line</i> 7:00 Card Sharks—GR	7 1:00-3:00 India Culture Box Display—HR1 ®2:00 Wii Bowling League Match @ University Village *7:00 Cowboy Jim Garling—FC	8 ALL EXERCISE CLASSES CANCELLED ®8:30 Wellness Breakfast: Hydration, More Than a Drink of Water—SWC 10:00 OMM Town Hall —FC 1:00 Wii Bowling—FC 1:30-3:30 Bargain Basement 7:00 Card Sharks—GR 7:00 Movie—FC— <i>The Ultimate Gift</i>	9 7:30-9:00 Women’s Waffle—HLC ®9:15 Shopping—31st & Harvard 2:00 Movie—CT— <i>Shumdog Millionaire</i>
10 ®7:30 Asbury Shuttle 11:00 Sunday Morning Community Worship—HLC & HC 5:00 Devotions—Ch	<b>FALL PREVENTION WEEK</b>					16 ®9:15 Shopping—31st & Harvard 2:00 Movie—CT— <i>Fly Away Home</i>
	11 ®9:15 Shopping—21st & Yale 10:00-12:00 Caring Mat-ters—MR ®10:30 Fall Prevention Kick Off—FC 1:00 Mah Jongg—MC 1:00 Wii Bowling—FC 1:30 Needlecraft—GR	12 ® 12:00-3:00 Fall Prevention Falls Fair—FC 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—CT 4:30-6:00 Social Hour—MC	13 10:00 Bible Study—Ch ®12:00-4:00 Fall Prevention Mini Conference ®1:00 HotShots Injection Clinic—SWC 1:30-3:00 Welcome Wednesday—MC 3:00 Movie—CANCELED ®3:00 Creativity Connection Classroom—HR13:30 Spiritual Life Council—FCMR 3:30 Spiritual Life Council—FCMR ® 6:00 Drillers Game—ONEOK Field 7:00 Card Sharks—GR	14 7:30-8:30 Veterans Coffee and Donuts—HLC ®8:30 Route 66 Walking Adventure—11th Street Bridge ®8:30 Lab Draw Clinic—SWC ® 1:00 Fall Prevention Games and Ice Cream Social—FC	15 ®12:00 Men’s Summer Shindig—FC 1:00 Wii Bowling CANCELED 1:30-3:30 Bargain Basement 7:00 Card Sharks—GR 7:00 Movie—FC— <i>The Commuter</i>	
17 ®7:30 Asbury Shuttle 11:00 Sunday Morning Community Worship—HLC & HC 1:30 3rd Sunday Mah Jongg—MC 5:00 Devotions—Ch	18 ®9:15 Shopping—21st & Yale 10:00-12:00 Caring Mat-ters—MR 1:00 Mah Jongg—MC 1:00 Wii Bowling—FC	19 ®1:00-5:00 Dr. Beasley Clinic—SWC 1:00-3:00 Weaving—WR 1:00 Community Bingo—HLC ®1:00 Chair Volleyball—FC 3:00 Christ Conversations—CT 4:30-6:00 Social Hour—MC *7:00 The Book Club Program: The Oilman’s Daughter—FC	20 10:00 Bible Study—Ch ®12:30 Ping Pong @ Montereau 1:30-3:00 Welcome Wednesday—MC 2:00 Campus OrientATION Tour—CW Lobby ®3:00 Creativity Connection Classroom—HR1 3:30 Movie—FC— <i>Golden Years</i> 7:00 Card Sharks—GR	21 ®8:45 Breakfast Break @ Brookside Diner ®1:00 Health and Wellness Presentation—SWC ®1:00-5:00 Audiology Clinic—SWC 1:30 Member Council Meeting—AC	22 1:00 Wii Bowling—FC 1:30-3:30 Bargain Basement 7:00 Card Sharks—GR 7:00 Movie—FC— <i>Last Holiday</i>	23 ®9:15 Shopping—31st & Harvard 2:00 Movie—CT— <i>O Brother, Where Art Thou?</i>
24 ®7:30 Asbury Shuttle 11:00 Sunday Morning Community Worship—HLC & HC 5:00 Devotions—Ch	25 ®9:15 Shopping—21st & Yale 10:00-12:00 Caring Mat-ters—MR 1:00 Mah Jongg—MC 1:00 Wii Bowling—FC 1:30 Needlecraft—GR ®6:20 Musical Monday—Cascia Hall	26 Fleming Center in use all day as Polling Place. ®9:00 Claremore A to Z Trip 1:00-3:00 Weaving—WR 1:00 Community Bingo—CT ®2:30 Heads Up—GR 3:00 Christ Conversations—CT 4:30-6:00 Social Hour—MC	27 10:00 Bible Study—Ch 1:30-3:00 Welcome Wednesday—MC ®3:00 Creativity Connection Classroom—HLC 3:00 Movie—CT— <i>Akeelah &amp; The Bee</i> 7:00 Card Sharks—GR	28 7:30-8:30 Veterans Coffee and Donuts—HLC ®8:30 Lab Draw Clinic—SWC ®10:45 Around the World Culinary Tour: India Palace 1:30 Speaking of Gilcrease—HLC *7:00 Tulsa Metro Chorus—FC	29 1:00 Wii Bowling—FC 1:30-3:30 Bargain Basement 7:00 Card Sharks—GR 7:00 Movie—FC— <i>Peter Rabbit</i>	30 ®9:15 Shopping—31st & Harvard 2:00 Movie—CT— <i>The Italian Job</i>

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

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

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

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



### Spann Wellness Center Exercise Classes



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

#### Monday, Wednesday, Friday:

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

#### Monday

3:30 Rock Steady Boxing

#### Wednesday

3:00 Rock Steady Boxing

**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 Tower of Power  
10:00 Osteoball  
10:00 Tai Chi  
10:30 Aqua Cardio  
2:00 Ping Pong

#### Thursday:

3:30 Line Dancing

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

#### Sunday:

2:00 Ping Pong

### Around the World Culinary Adventure Continues:

Thursday, June 7, 1:00-3:00 p.m.  
India Culture Box Display in Hobby Room 1  
Come and go. No reservations necessary.

Thursday, June 28, departing OMM at 10:45 a.m.  
Lunch at India Palace Restaurant  
Cost of this outing including the delicious buffet meal is \$20.  
RSVP on the Wellness Reservation Form by June 21.



### Claremore from A to Z

Tuesday, June 26, 9:00 a.m. to 5:00 p.m.  
See all the top sites in lovely Claremore!

#### Shepherd's Cross Farm:

Shepherd's Cross, a working sheep farm and Christian mission, is a scenic retreat from life's hectic pace featuring 120 acres of rolling, hilly pasture. The 12,000-square foot Amish built red gambrel roof air conditioned barn and silo will allow us to view the farm in comfort. We'll also get to see the wool mill and view the process of turning wool into yarn, pet a sheep, and enjoy the Shepherd's Shop, a specialty gift shop featuring many woolly and sheep related crafts, as well as Made-In-Oklahoma items.

#### The Pink House at Belvidere Mansion:

For over three decades, the Claremore lunchtime crowd has flocked to The Pink House to enjoy the hearty and satisfying fare. Now they are located in the Belvidere Mansion, a lovely three-story Victorian mansion built in 1907. We'll enjoy a summertime lunch of ham & cheese quiche served with green salad, fruit salad, and a slice of banana bread.

#### JM Davis Arms & Historical Museum:

JM Davis Arms & Historical Museum is the largest privately owned arms museum in the world. It houses more than 50,000 unique items, including firearms, swords and knives. The museum also offers a "Believe It Or Not Oddities" gallery of outlaw guns, as well as Native American artifacts, John Rogers statuary, Western memorabilia, antique music boxes, musical instruments and 1,200 steins from all over the world.

#### Will Rogers Memorial Museum:

In this beautiful limestone museum and memorial, you'll find countless artifacts, memorabilia, a saddle collection, photographs and manuscripts documenting Will Rogers' life, as well as original artwork by Charles Russell, Charles Banks Wilson, and others. Classic Will Rogers movies also play in the museum daily.

Cost of this trip including lunch is \$45 per person. **RSVP on the Wellness Reservation Form by June 11.**



### \*\* Available through Walmart- Shingrix Shingles Vaccine\*\*



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. Flyer to come with date and details!



**Calling all OMM Men!**  
Friday, June 15, 12:00 noon in Fleming Center  
A very special Men's Summer Shindig with special guest Jim Stovall  
See your invitation & calendar supplement for details.

## Calendar Supplement for June 2018

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

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

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

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

**® Items with this symbol require reservations 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.

### Friday, June 1<sup>st</sup>

- **1:00 Wii Bowling Qualifying Round:** Some Wii bowling days are designated as “Qualifying Rounds.” On those days scores will be counted starting at 1:00 p.m., and the eight players with the highest scores will qualify to play in the next Thursday’s Wii League match.
- **\*@T6:00/7:00 Pizza/Movie Night: The Greatest Showman** (2017 PG 1hr 45m) Behind "The Greatest Show on Earth" was one of history's greatest showmen, P.T. Barnum. This musical biopic centers on Barnum's creation of the three-ring circus and his infatuation with Swedish songbird Jenny Lind. Cast: Hugh Jackman, Zac Efron, Michelle Williams  
PLEASE NOTE: You will need a ticket for pizza and/or the movie. **Since this event falls on the first day of the month, it was also on the May Reservation Form. Thus, very few spaces remain. RSVP for pizza/movie and/or campus shuttle by 4:00pm on Wednesday, May 30.** Your ticket will be delivered to your mailbox on May 31. You may purchase a non-member guest ticket for \$7 per guest (charged to your OMM account.) Guests will only be permitted if there is space available AFTER the Wednesday 4:00 p.m. deadline.

### Saturday, June 2<sup>nd</sup>

- **2:00 Crestwood Movie: Volcano** (1997 PG-13 1hr 43m) Earthquakes look like child's play compared with what Mother Nature is throwing at Tinseltown this time. A volcano erupts and threatens to engulf downtown Los Angeles. But fear not: a scientist and the kick-ass head of a crisis team get to work. Cast: Tommy Lee Jones, Anne Heche, Gaby Hoffmann

### Monday, June 4<sup>th</sup>

- **10:00 Screenwatchers Guild:** All are welcome to help choose our July movies. If you cannot attend, **please share any movie suggestions you have by calling the Reservation Hotline at 918-346-6689.**
- **1:00 Wii Bowling:** Our Wii League Bowling season began in April and runs through mid-June. Even if you don't wish to participate in the League, you can still bowl on non-match days (Mondays and Fridays). On Fridays, our league members will be bowling to qualify for the following week's match.
- **®1:30 LiveLifeLearning Community Classroom: Strong Bones and Muscles for Health Aging.** Summer's coming and we all like to get outdoors at least a little when the sun shines! Staying active means keeping your bones and muscles strong, learn what else you can do to keep things moving in the right direction! **RSVP on the Wellness Reservation form.**

## Tuesday, June 5<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 **OMM's Own Lynette Bennett Danskin presents a Performance Book Review:** Lynette Bennett Danskin, will present a performance book review about Rue McClanahan of TV's *The Golden Girls*. Lynette was a personal friend of Rue when she was Eddi Rue McClanahan of Ardmore, OK. My First Five Husbands and the Ones Who Got Away is Rue's autobiography. Lynette says, "My brother Bill Bennett is the first one who got away. Rue was part of our family when she was in the TU Theatre Department with Bill." Don't miss this delightful and entertaining review! No reservations necessary
- 1:00 **Food Bank Service Project:** Handwrite thank-you cards to Food Bank of Eastern Oklahoma donors. The Food Bank provides the wording for the notes, as well as the cards, postage and mailing. A great opportunity to serve the Tulsa community, without even leaving home! Please call Victoria Treiber at 918-346-6658 should you have any questions. For on-campus transportation, call the Receptionist at 918-346-6610.
- 2:30 **Community Bingo:** On the 1<sup>st</sup> and 4<sup>th</sup> Tuesdays of each month the community will play Bingo in either Fleming Center or Crestwood Theatre, and on the 2<sup>nd</sup> and 3<sup>rd</sup> Tuesdays, Bingo will be played in the Holliman Living Center. If there is a 5<sup>th</sup> Tuesday, there will be Community Bingo in both Holliman and Fleming Center/Crestwood Theatre. Always check your calendar for exact location and time. Our Bingo Caller Extraordinaire Carl Cartwright will lead our community in an hour of Bingo games. Several games will be played, and you may be a winner! No reservations necessary. For on-campus transportation, call the Receptionist at 918-346-6610.

## Wednesday, June 6<sup>th</sup>

Ⓜ11:15 **Shuttle to Food Truck Wednesday:** Live music, amazing food trucks, and fresh air - what could be better, or hipper?? There are 14 regular vendors who bring their trucks to this weekly event, offering American food, Vietnamese, Italian, grilled cheese, hot dogs, crepes, gelato, smoothies, doughnuts and more. The setting at this popular urban park just north of downtown is hard to beat. Bring cash to purchase whatever you'd like. We'll arrive as the event starts but be prepared to wait in line, just in case. **RSVP by June 4.** (You'll be back in time for the trip to Gilcrease.)

Ⓜ1:30 **Trip to Gilcrease:** OMM Member Ruth Weston will be one of our guides for a tour of *Norman Rockwell: Behind the Camera*. A must-see for Norman Rockwell fans and fans of American history, this is the first exhibition to explore in depth Rockwell's richly detailed study photographs, created by the artist as references for his iconic paintings. We'll also have time to view *Exploring The Big Trail*, showcasing stereoscopic photographs taken during the filming of the 1930 motion picture *The Big Trail*, starring John Wayne. This exhibit provides valuable insights into the production of the film, an understanding of how the American West has been presented to audiences around the world and the role Westerns played in shaping the mythology of the West. Cost of this outing is \$12 (\$6 for Gilcrease Museum members.) **RSVP by May 30.**

- Ⓜ3:00 **Creativity Connection Classroom: Macramé:** Remember when macramé was all the rage? Plant holders, jewelry, etc. were the art object to make or have. Now in the last year or two we're seeing this trendy art hobby coming back to life. OMM Member Lou Felts will bring her macramé talent to the Classroom to create a modern-day treasure. Part two of her class will be on June 13. **RSVP on the Wellness Event Reservation form** and watch for the flyer giving detailed information.
- 3:00 **Crestwood Movie: Walk the Line** (2005 PG-13 2hr 15m) This critically acclaimed biopic distills country singer Johnny Cash's transformation from man to icon -- from his hardscrabble days on an Arkansas farm to his time inside Memphis's Sun Studios, where he finally found a voice for his talents. Cast: Joaquin Phoenix, Reese Witherspoon

## Thursday, June 7<sup>th</sup>

1:00-3:00 **India Culture Box Display:** As part of our Culinary Trip Around the World (See June 28.) 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. This month, you'll also get to meet leaders of the Tulsa Global Alliance who will be present to see how we are enjoying the Culture Boxes. Come meet and learn from them. Come and go anytime during the two hours the display will be up. **If you have items from India that you would like to add to the display, contact Irene Brown at 918-346-6614. (Please be sure your name is on them.)**

### **Thursday, June 7<sup>th</sup> (continued)**

- \*7:00 **Cowboy Jim Garling:** Boots tap, hands clap, and grins grow like new spring grass during Jim Garling's performances, which have included top western regional and national venues and events. An Oklahoma native, whose great grandfather made the 1889 land run, Garling's performance includes cowboy-era music, classics from Saturday matinee silver screen heroes such as Gene Autry and Roy Rogers, and favorites from contemporary artists who reflect on the cowboy life. His program will include just the right mix of old-style, acoustic western cowboy music and western swing, with a good dose of storytelling and amusing anecdotes. No reservations necessary.

### **Friday, June 8<sup>th</sup>**

- @8:30 **Wellness Breakfast:** Please join us this month for coffee, bagels, and conversation. This month we welcome Comfort Keepers, Director of Nurses Jan Hacek. Jan will discuss the importance of Hydration: More Than a Drink of Water. We all know the importance of staying hydrated. Hydration is especially important in the upcoming hottest months of the year. Learn what you can do, where you can get fluids and how to stay safe. **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.
- 1:00 **Wii Bowling – Qualifying Round:** See June 4.
- 7:00 **Fleming Center Movie: The Ultimate Gift** (2006 PG 1hr 54m) When his wealthy grandfather finally dies, Jason Stevens fully expects to benefit when it comes to the reading of the will. But instead of a sizable inheritance, Jason receives a test, a series of tasks he must complete before he can get any money. Cast: Drew Fuller, James Garner, Ali Hillis. No reservations necessary. NOTE: This movie is based on the novel by our Men's Summer Shindig speaker, Jim Stovall.

### **Saturday, June 9<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: Slumdog Millionaire** (2008 R 2hr) After coming within one question of winning a fortune on a game show, an uneducated young "slumdog" is accused of cheating and arrested. While in custody, he accounts for knowing all the answers by reflecting on his hardscrabble life. Cast: Dev Patel, Freida Pinto, Anil Kapoor. 2009 Academy Award® for Best Picture & Best Director. NOTE: This movie, set in India, ties in to our Culinary Trip Around the World. (See June 7 and 28.)

### **Monday, June 11<sup>th</sup>**

- @10:30 **Fall Prevention Week Kick Off:** This event will begin 4 days of fall prevention education. Dr. Miller will be our keynote speaker followed by information from Jacob Will, Matt Loyd, Katie Cox/Lupina Fry, Erin Ogee and others. The information will include what is happening in healthcare, assisted living and independent living to help prevent falls. **RSVP on the Wellness Reservation form.** For questions call Katie Cox at 918-346-6663.
- 1:30 **Needlecraft:** All are welcome to enjoy fellowship and knit caps (yarn provided) for babies in neonatal intensive care. The group meets on the 2<sup>nd</sup> and 4<sup>th</sup> Mondays of each month in their new meeting location outside the 2<sup>nd</sup> floor Game Room in Crestwood. Stop by and see their beautiful work or join their knitting. For questions, contact OMM Member Jan Steffensen at (918) 804-6060.

### **Tuesday, June 12<sup>th</sup>**

- @12:00 **Fall Prevention Week Falls Fair:** Day 2 of Fall Prevention week will be our Falls Fair and will host vendors providing ideas and items to help reduce falls. Vendors will range from vision to nutrition to durable medical goods and more. Please join us for a fun interactive afternoon. **RSVP on the Wellness Reservation form.** Questions call Katie Cox at 918-346-6663.
- 2:00 **Food Committee:** This committee of the Member Council meets monthly to discuss questions and ideas related to independent living dining. If you have input or questions, contact chair Stella Schwartz at 918-743-1748
- @2:00 **Meet the Chef:** Led by our OMM chefs, each monthly session includes a review of what's necessary for the cooking process, a tasting, and a question-and-answer session. Space is limited to 21 people and tickets are required. **Pick up your ticket directly from the Concierge.**
- 2:00 **Community Bingo:** See June 5.

### **Wednesday, June 13<sup>th</sup>**

- @1:00 **Fall Prevention Week Mini Conference:** Day 3 of Fall Prevention week will include a mini conference. We will have 6 topics of which you can pick 3 to attend. Each session will last 45 minutes with 30 minutes of presentation and 15 minutes for Q&A. For a full explanation of the sessions available please check the Fall Prevention Week Program Guide that was delivered with the monthly calendar. A flyer with session locations will be handed out at the kick-off event on June 11. **RSVP on the Wellness Reservation Form.** For questions call Katie Cox at 918-346-6663.
- @3:00 **Creativity Connection Classroom: Macramé** See June 6.

### Wednesday, June 13<sup>th</sup> (continued)

Ⓜ6:00 **Drillers Game:** The Drillers take on the Northwest Arkansas Naturals (affiliate of the Kansas City Royals) at beautiful ONEOK Field. Game time is 7:05 p.m. Dugout Premium seats between home plate and first base should keep us in the shade for all the excitement and we'll be near the concession stand and restrooms. (Bring cash and order from at the concession stand.) We'll arrive in time to enjoy visiting and eating before the game. Drop off will be about 250 feet from our seats. There is limited accessible seating with no steps required; other seats will require some steps. Restrooms are nearby. Enjoy the view! Enjoy the game! Enjoy a fun night out with friends! Cost of this outing including transportation is \$17 charged to your OMM account. Bring cash for any concessions you may desire. **RSVP using the Wellness Reservation Form by June 1.**

### Thursday, June 14<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 enjoy free Continental breakfast and fellowship in the Holliman Gathering Room. Come and go from 7:30 to 8:30 a.m. No reservations necessary.

Ⓜ8:30 **Route 66 Walking Adventure:** This month, we'll try again to enjoy Route 66 as well as the Arkansas River by walking the 11<sup>th</sup> Street Bridge. We'll start at Cyrus Avery Plaza for an up-close view of the monumental "East Meets West" sculpture and then spend 30 minutes walking the pedestrian bridge and/or sidewalk along the main bridge at your own pace. Then we'll drive to Topeca Coffee in the beautiful Philcade building for coffee and breakfast. Please wear appropriate shoes and clothing and bring money for breakfast. Meet at Spann Wellness Center at 8:30 a.m. (You will not be called with a pick-up time.) **RSVP on the Wellness Reservation Form.** For questions, call Irene Brown at (918)

- Ⓜ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.
- Ⓜ1:00 **Fall Prevention Week Games and Ice Cream Social:** Day 4 of Fall Prevention week will conclude with games that test what you learned throughout the week and an ice cream social. Come prepared to show us what you learned and have a little fun. Programming will include Jeopardy, Bingo, a quiz and more. There will also be a Tai Chi demonstration. **RSVP on the Wellness Reservation Form.** For questions call Katie Cox at 918-346-6663.

### Friday, June 15<sup>th</sup>

Ⓜ12:00 **Men's Summer Shindig with special guest Jim Stovall:** The buffet menu will include prime hamburgers and hot dogs hot off the grill, potato salad, cole slaw, chili, corn on the cob, and cobbler. After dinner and fellowship, special guest Jim Stovall will share his inspiring thoughts on the richness of life and service, regardless of circumstance. Men from all areas of OMM are invited and the men of the OMM staff will be serving. You are encouraged to invite your sons, grandsons, or a good friend to share this special event with you. This will be a great time of fellowship! Native Tulsan Jim Stovall has been a national champion Olympic weightlifter, the President of the Emmy Award-winning Narrative Television Network, and a highly sought-after author and platform speaker. Steve Forbes, president and CEO of Forbes magazine, says, "Jim Stovall is one of the most extraordinary men of our era." A highly entertaining speaker, he has appeared on Good Morning America and CNN and has been featured in Reader's Digest, Time Magazine, Forbes Magazine, and The Wall Street Journal. Cost is \$9 per Member and \$10 per Member Guest (charged to your OMM account.) **RSVP on the Wellness Reservation Form by June 5.**

- 7:00 **Fleming Center Movie: The Commuter** (2018 PG-13 1hr 44m) Insurance salesman Michael MacCauley's quiet train ride home turns into a terrifying situation when a mysterious woman forces him to find a specific passenger before the last stop, entangling Woolrich in a deadly conspiracy. Cast: Liam Neeson, Vera Farmiga, Patrick Wilson. No reservations necessary.

### Saturday, June 16<sup>th</sup>

- 2:00 **Crestwood Movie: Fly Away Home** (1996 PG 1hr 47m) When 13-year-old Amy adopts a flock of orphaned Canada geese, she sets out to teach them survival skills. Before long, Amy and her inventor dad take to the skies in a homemade aircraft to help the gaggle migrate 500 miles. Cast: Jeff Daniels, Anna Paquin, Dana Delany

### Tuesday, June 19<sup>th</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.**
- Ⓜ1:00 **Chair Volleyball:** Join us in the Fleming Center for a game or two of chair volleyball. The hardest part of this game is staying in your chair. Look for this activity now on the 3<sup>rd</sup> Tuesday of each month. **RSVP by June 14.** If you have any questions, please call Kyle Baker at 918-346-6682.

## Tuesday, June 19<sup>th</sup>

\*7:00 **The Book Club Program: The Oilman's Daughter** by Jane Wilson Sheppard. For this book, Sally Bright edited her mother Jane Wilson Sheppard's writings about growing up in a lovely home in a Tulsa neighborhood near the Arkansas River and her "interesting" family, as one neighbor euphemistically described it. She speaks of early oil fields and county fairs; Tulsa's landmarks, its race riot, and its riverside area; Oklahoma's 101 Ranch and Pawnee Bill; and her life inside a convent school. Sally Bright herself will be our facilitator and our other special guests will be Gary Kuck and Elise Kilpatrick, the current owners of the beautiful Tulsa home that is central to the book and son and daughter-in-law of OMM Member Elsie Kuck. For more information contact OMM Member Gayle Teter (gteter1@aol.com or (918) 949-9181.) This program is open to all, whether or not you have read the book, and no reservations are necessary.

## Wednesday, June 20<sup>th</sup>

- @12:30 **Ping Pong @ Montereau:** Join us this month as we go to Montereau for some friendly ping pong competition. There is an opportunity for all levels of playing ability. **RSVP on the Wellness Reservation Form.** For questions call Katie at 918-346-6663.
- @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.**
- 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 **Creativity Connection Classroom: Needlepoint Basics:** We began earlier this year with learning cross stitch. Now we move on to needlepoint where the materials used are larger. The "canvas" we'll be using is significantly easier to use, and the thread is wool yarn – so much easier to see! Member Elma Briggs will bring her exquisite needlework skills. Part two of her class will be on June 27. **RSVP on the Wellness Event Reservation form** and watch for the flyer giving detailed information.
- 3:30 **Movie: Golden Years** (2016 NR 1hr 36m) Retired couple Arthur and Martha Goode live a quiet suburban life, tending to their garden and socializing with friends at their club. But when the nation's financial crisis empties their hard-earned pension accounts, the couple seizes the opportunity to replenish their funds through a series of bank robberies. Cast: Virginia McKenna, Bernard Hill, Alun Armstrong. **PLEASE NOTE: The movie will be shown in Fleming Center due to other activities in Crestwood.**

## Thursday, June 21<sup>st</sup>

- @8:45 **Breakfast Break @ Brookside Diner:** Enjoy this restaurant which opened in January serving American diner fare in a sleek, open atmosphere. Order from the menu and pay the restaurant directly. **RSVP by June 13.**
- @1:00 **Health and Wellness Presentation:** In this presentation we will discuss the importance and benefits of exercising, nutrition and sleep. The presentation will be about an hour long. **RSVP on the Wellness Reservation form.**
- @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.

## Friday, June 22<sup>nd</sup>

- 7:00 **Fleming Center Movie: Last Holiday** (2006 PG-13 1hr 51m) Given the news she's terminally ill, Georgia throws caution to the wind, breaks out of her shell and takes a no-holds-barred European vacation. While she's celebrating her last hurrah, she touches the lives of everyone around her. Cast: Queen Latifah, LL Cool J, Timothy Hutton. No reservations necessary.

## Saturday, June 23<sup>rd</sup>

- 2:00 **Crestwood Movie: O Brother, Where Art Thou?** (2000 PG-13 1hr 47m) With their collective eye focused on retrieving a cache of hidden money, three convicts break out of jail in Depression-era Mississippi and embark on an epic journey that bears more than a few similarities to Homer's Odyssey. Cast: George Clooney, John Turturro, Tim Blake Nelson

**Monday, June 25<sup>th</sup>**

- 1:30 **Needlecraft**: See June 11.
- @6:20 **Musical Mondays (shuttle only; no staff accompanies these outings): *The Retro Rockets: 50s & 60s Pop/Rock*** Season ticket event. If you have your own ticket and would like to ride with our group, there is limited space available on the bus for a cost of \$6. **RSVP for transportation on the Wellness Reservation form.**

**Tuesday, June 26<sup>th</sup>**

- @9:00 **Claremore A to Z Trip**: See back of calendar for details. We'll be visiting Shepherd's Cross Farm, lunch at The Pink House at the Belvidere Mansion, JM Davis Arms and Historical Museum, and the Will Rogers Memorial Museum. Cost of this trip including lunch is \$45. **RSVP by June 11.**
- @2:30 **Heads Up**: If you haven't had a chance to join us for this game, come and give it a try! You may find you enjoy it. Two teams are needed to play against each other. Look for this activity now on the 4<sup>th</sup> or last Tuesday of every month. **RSVP by June 28.** If you have any questions, contact Patti Harriman at 918-346-6642.
- 1:00 **Bingo**: See June 5.

**Wednesday, June 27<sup>th</sup>**

- @3:00 **Creativity Connection Classroom: Needlepoint Basics**: See June 20.
- 3:00 **Crestwood Movie: *Akeelah and the Bee*** (2006 PG 1hr 52m) Eleven-year-old Akeelah Anderson is determined to spell her way out of South Los Angeles and make it to the National Spelling Bee in Washington, D.C. With a tutor behind her, Akeelah may even show her pessimistic mother she has what it takes to win. Cast: Keke Palmer, Angela Bassett, Laurence Fishburne

**Thursday, June 28<sup>th</sup>**

- 7:30-8:30 **Veterans Coffee and Donuts**: See June 14. 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.

**@10:45 Around the World Culinary Tour: India** Climb aboard as we continue our around-the-world culinary adventure visiting eight countries by sampling the cuisine at a different authentic ethnic restaurant each month. This month we travel to India. We'll enjoy the delicious and bountiful buffet at India Palace, a Tulsa favorite. Cost of this outing including the buffet is \$20. **RSVP by June 21.**

- 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 Tulsa Metro Sound Concert**: Come hear spectacular a cappella harmonies by this women's chorus. A small group of their singers has been a hit at past Christmas at the Manor celebrations and now we get to be wowed by the whole ensemble. You won't want to miss this grand night of singing! No reservations necessary.

**Friday, June 29<sup>th</sup>**

- 7:00 **Fleming Center Movie: *Peter Rabbit*** (2018 PG 1hr 33m) Peter Rabbit, the mischievous and adventurous hero who has captivated generations of readers, now takes on the starring role of his own cute, contemporary comedy with attitude. In the film, Peter's feud with Mr. McGregor escalates to greater heights than ever before as they rival for the affections of the warm-hearted animal lover who lives next door. Cast: James Corden, Rose Byrne, Domhnall Gleeso. No reservations necessary.

**Saturday, June 30<sup>th</sup>**

- 2:00 **Crestwood Movie: *The Italian Job*** (2003 PG-13 1hr 50m) Charlie Croker is a clever thief who masterminds a major heist amid the waterways of Venice, Italy -- but a betrayal by one of his own spells disaster. Returning to Los Angeles without the stash, Croker reassembles his crew and plots revenge. Cast: Mark Wahlberg, Charlize Theron, Donald Sutherland

**Save the dates:**

**Tuesday, July 3 – All-campus Independence Day Ice Cream Social**  
**Sunday, September 9 – Grandparents Day Celebration of Generations**