

Independent Living Wellness—April 2024

LEGEND: BRR=Boatright Reading Room CT=Crestwood Theatre GR=Game Room, CW 2nd Floor MED=Medical Clinic in Spann ® = **RESERVATIONS REQUIRED**
 Ch=Chapel CWMR=CW 3rd floor Meeting Room HPC=CLC Howard Plowman Classroom SWC=Spann Wellness **To cancel a reservation, call the Reservation Hotline: (918) 346-6689.**
 CCS= Churchill Creative Studio, Holliman FC=Fleming Center HR=Hobby Room, CW 1st Floor TPC=CLC Trudy Plowman Classroom The times listed for off-campus outings are the times the bus will depart campus. Pick-up times may be earlier.
 CLC=Community Life Center FCMR=Fleming Center Meeting Room MC=Member Club, CW 4th Floor

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 ®8:00 Functional L3 - SWC ®8:45 Functional L2 - SWC ®9:00 Shopping @ 21st & Yale ®9:00 Core Class -SWC ®9:00 Water Wellness - SWC ®9:45 Functional L3 - SWC ®10:00 Gentle Yoga – CLC 11:30 Tai Chi – CLC 1:00 Scrabble – GR ®1:00 Functional L1 – SWC 1:30 Speaking of Gilcrease: A Horse of Course - TPC 2:00 Pickleball – Outdoor Court 3:30-4:15 CHORUS! – CLC Westervelt Hall	2 ®8:00 Fun Fit Boxing - SWC ®8:45 Better Balance - SWC 9:00-2:00 Audiology Service Center - MED ®9:30 Range of Motion - SWC 10:00 Chair Volleyball – FC ®10:00 Water Wellness - SWC ®10:15 Move & Groove – SWC ®11:00 Tappers - SWC 11:30–2:30 Wet Brush Club – HR 1:00 Preparing for the Solar Eclipse - FC 1:30 <i>No Wii Bowling Today</i> 2:00 Ping Pong – HPC 3:00 Bingo - FC 4:30 Social Hour – CT	3 <i>National Walking Day</i> ®8:00 Functional L3 – SWC ®8:45 Functional L2 - SWC ®9:00-11:00 Walking Adventure @ Gathering Place ®9:00 Core Class - SWC ®9:45 Functional L3 – SWC ®10:00 Gentle Yoga – CLC ®11:00 Trivia Time – SWC ®11:30 Tai Chi - CLC 12:00-1:00 The Aging Brain Video Series - TPC ®1:00 Functional L1 – SWC 1:00 Bible Study – Ch 2:00 Dementia Friendly Series - FC 2:00 Pickleball – Outdoor Court 7:00 Game Night – GR	4 ®8:00 Fun Fit Boxing - SWC ®8:45 Better Balance - SWC ®9:00 Shopping @ 31st & Harvard ®9:30 Range of Motion – SWC 10:00 Chair Volleyball – FC ®10:00 Water Wellness – SWC ®10:15 Move & Groove - SWC ®11:00 Tappers - SWC 1:00 Mah Jongg – HR 2 2:00 Ping Pong – HPC 3:00 Christ Conversations – TPC 7:00 Metro Christian Academy presents Songs and Scenes from Bye Bye Birdie – CLC Westervelt Hall	5 ®8:00 Functional L3 - SWC ®8:45 Functional L2 - SWC 10:00-12:00 Document Shredding & Medication Disposal – in front of Crestwood ®9:00 Water Wellness – SWC ®9:45 Functional L3 – SWC ®11:00 Trivia Time – SWC ®11:30 Tai Chi – CLC 11:00-3:30 Treasure Chest 1:00 Sound Discoveries - TPC ®1:00 Functional L1 – SWC 2:00 Men’s Sharing Group – TPC 2:00 Happy Hands – BRR 2:00 Pickleball – Outdoor Court 7:00 Game Night - GR 7:00 Movie: <i>Barbie</i> – FC	6 2:00 <i>No Movie Today</i> 7:00 Pickleball – Outdoor Court
Trinity Woods Eclipse Trip		9 ®8:00 Fun Fit Boxing - SWC ®8:45 Better Balance - SWC ®9:30 Range of Motion - SWC 10:00 Chair Volleyball – FC ®10:00 Water Wellness - SWC ®10:15 Move & Groove – SWC ®10:40 Let’s Eat Lunch @ Coney Island ®11:00 Tappers - SWC 11:30–2:30 Wet Brush Club – HR 12:30-2:00 The Holy Land Revealed Video Series – TPC 1:30 Wii Bowling - FC 2:00 Ping Pong - HPC 3:00 Bingo – FC 4:30 Social Hour – CT	10 ®8:00 Functional L3 - SWC ®8:45 Functional L2 - SWC ®9:00 Core Class L2/3 - SWC ®9:45 Functional L3 - SWC ®10:00 Gentle Yoga - CLC ®11:00 Trivia Time - SWC ®11:30 Tai Chi - CLC 12:00-1:00 The Aging Brain Video Series - TPC 1:00 Member Council Meeting - CT 1:00 Bible Study - Ch 1:00 Functional L1 – SWC 2:00 Pickleball – Outdoor Court 2:15 Slice of Gratitude Veterans Gathering - CCS 7:00 Game Night – GR	11 ®8:00 Fun Fit Boxing - SWC ®8:45 Better Balance - SWC ®9:00 Shopping @ 31st & Harvard ®9:30 Range of Motion – SWC 10:00 Chair Volleyball – FC 10:00 United Women in Faith Circle - TPC ®10:00 Water Wellness – SWC ®10:15 Move & Groove - SWC ®11:00 Tappers - SWC 1:00 Sound Discoveries - TPC ®1:00 Dr. Rank Campus Clinic – MED 1:00 Mah Jongg – HR 2 2:00 Ping Pong – HPC 3:00 Christ Conversations – TPC ®6:00 Retirement Celebration for Steve Dickie, CEO – CLC Westervelt Hall	12 All exercise classes cancelled. No Wellness Breakfast this month ®9:40 Shuttle to Tulsa Town Hall 10:00 Trinity Woods Town Hall - CLC Westervelt Hall 11:00 <u>Screenwatchers Guild</u> – BRR 2:00 Men’s Sharing Group – TPC 2:00 Happy Hands – BRR 2:00 Staff Member Pickleball Match – Outdoor Court 7:00 Game Night - GR 7:00 Movie: <i>The Starling</i> – FC	13 ®1:00-3:00 Intro to Hand & Foot Card Game - GR 2:00 Movie: <i>Our Planet II Part 1</i> – MC ®6:50 Shuttle to Tulsa Symphony @ TPAC 7:00 Pickleball – Outdoor Court
7 2:00 Ping Pong - HPC 2:00 Mah Jongg – HR 2 5:00 Sunday Worship Service & Communion Service – FC	8 <i>Eclipse Day!</i> (Remember your eclipse glasses!) ®8:00 Functional L3 - SWC ®8:45 Functional L2 - SWC ®9:00 Shopping @ 21st & Yale ®9:00 Core Class -SWC ®9:00 Water Wellness – SWC ®9:45 Functional L3 - SWC ®10:00 Gentle Yoga – CLC ®11:30 Tai Chi - CLC 1:00 Scrabble – GR ®1:00 Functional L1 – SWC 2:00 Pickleball – Outdoor Court 3:00 Recycling Committee – CWMR 3:30-4:15 <i>No Chorus Today</i>					

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>14</p> <p>®1:50 Shuttle to The Folk Legacy Trio at Will Rogers High School</p> <p>2:00 Ping Pong – HPC</p> <p>2:00 Mah Jongg – HR 2</p> <p>5:00 Sunday Worship Service – FC</p>	<p>15</p> <p>®8:00 Functional L3 - SWC ®8:45 Functional L2 - SWC ®9:00 Shopping @ 21st & Yale ®9:00 Core Class L2/3 - SWC ®9:00 Water Wellness - SWC ®9:45 Functional L3 - SWC ®10:00 Gentle Yoga – CLC 11:30 Tai Chi – CLC 1:00 Scrabble - GR ®1:00 Functional L1 – SWC 2:00 Pickleball – Outdoor Court 3:30-4:15 CHORUS! – CLC Westervelt Hall</p>	<p>16</p> <p>®8:00 Fun Fit Boxing – SWC ®8:45 Better Balance – SWC ®9:30 Range of Motion – SWC 10:00 Chair Volleyball – FC ®10:00 Water Wellness - SWC ®10:15 Move & Groove –SWC ®11:00 Tappers – SWC 11:30–2:30 The Wet Brush Club – HR 12:30-2:00 The Holy Land Revealed Video Series – TPC 1:30 Wii Bowling - FC ®2:00 Meet the Chef – CLC Westervelt Hall (ticket required) 2:00 Ping Pong - HPC 3:00 Wellness Advisory Council Meeting - SWC 3:00 Bingo - FC 4:30 Social Hour – CT 7:00 Book Review by the Author: ABC on Route 66 – FC</p>	<p>17</p> <p>®8:00 Functional L3 - SWC ®8:45 Functional L2 - SWC ®9:00 Core Class L2/3 - SWC ®9:45 Functional L3 - SWC ®10:00 Gentle Yoga – CLC ®11:00 Trivia Time - SWC ®11:30 Tai Chi - CLC 12:00-1:00 The Aging Brain Video Series - TPC 1:00 Bible Study - Ch 1:00 Functional L1 – SWC 2:00 Dementia Friendly Series - FC 2:00 Pickleball – Outdoor Court 7:00 Game Night - GR</p>	<p>18</p> <p>®8:00 Fun Fit Boxing - SWC ®8:45 Better Balance - SWC ®9:30-12:00 Great Tulsa Clean-Up ®9:00 Shopping @ 31st & Harv ®9:30 Range of Motion – SWC 10:00 Chair Volleyball – FC ®10:00 Water Wellness – SWC ®10:15 Move & Groove - SWC ®11:00 Tappers - SWC 1:00 Mah Jongg – HR 2 2:00 Ping Pong - HPC 3:00 No Christ Conversations 3:00-4:00 Dementia/Alzheimer’s Support Group – CWMR</p>	<p>19</p> <p>®8:00 Functional L3 - SWC ®8:45 Functional L2 - SWC ®9:00 Water Wellness - SWC ®9:45 Functional L3 – SWC ®11:00 Trivia Time – SWC ®11:30 Tai Chi - CLC 11:00-3:30 Treasure Chest ®1:00 Functional L1 – SWC 2:00 Men’s Sharing Group – TPC 2:00 Happy Hands – BRR 2:00 Pickleball – Outdoor Court ®6:00 Supper & A Show: Mancini’s 100th Birthday w/Rutland, Wooley, & McQuade – CLC Westervelt Hall (ticket required) 7:00 Game Night - GR 7:00 No Movie Today</p>	<p>20</p> <p>®1:00-3:00 Intro to Hand & Foot Card Game - GR</p> <p>2:00 Movie: <i>Our Planet II Part 2</i> – MC</p> <p>7:00 Pickleball – Outdoor Court</p>
<p>21</p> <p>2:00 Ping Pong - HPC</p> <p>2:00 Mah Jongg – HR 2</p> <p>5:00 Sunday Worship Service - FC</p>	<p>22</p> <p>®8:00 Functional L3 - SWC ®8:45 Functional L2 - SWC ®9:00 Shopping @ 21st & Yale ®9:00 Core Class L2/3 - SWC ®9:00 Water Wellness - SWC ®9:45 Functional 3 – SWC ®10:00 Gentle Yoga - CLC 11:30 Tai Chi – CLC 1:00 Scrabble - GR ®1:00 Functional L1 – SWC 2:00 Pickleball – Outdoor Court 2:00 Sharing the Love of Teaching – TPC 3:30-4:15 CHORUS! – CLC Westervelt Hall</p>	<p>23</p> <p>®8:00 Fun Fit Boxing – SWC ®8:45 Better Balance – SWC ®9:00 PODIATRY CLINIC -MED ®9:30 Range of Motion – SWC ® 10:00 Chair Volleyball - FC ® 10:00 Water Wellness - SWC ® 10:15 Move & Groove - SWC ®11:00 Tappers - SWC 11:30–2:30 The Wet Brush Club – HR 1:30 Food Committee - CT 1:30 Wii Bowling - FC 2:00-3:30 The Holy Land Revealed Video Series - TPC 2:00 Ping Pong - HPC 3:00 Bingo - FC 4:30 Social Hour – CT</p>	<p>24</p> <p>®8:00 Functional L3 - SWC ®8:45 Functional L2 - SWC ®9:00 Core Class L2/3 - SWC ®9:45 Functional L3 - SWC ®10:00 Gentle Yoga - CLC ®11:00 Trivia Time - SWC ®11:30 Tai Chi - CLC 12:00-1:00 The Aging Brain Video Series - TPC ®1:00-4:00 Tulsa Treasures Art Deco Trip with Jeffrey Tanenhaus 1:00 No Bible Study Today 1:00 Functional L1 – SWC 2:00 Pickleball – Outdoor Court 7:00 Game Night - GR</p>	<p>25</p> <p>®8:00 Fun Fit Boxing - SWC ®8:45 Better Balance - SWC ®9:00 Shopping @ 31st & Harv ®9:30 Range of Motion - SWC 10:00 Anna Bible Study - CT ®10:00 Water Wellness - SWC ®10:15 Move & Groove - SWC ®11:00 Tappers - SWC ®1:00 Dr. Rank Campus Clinic – MED 1:00 Mah Jongg – HR 2 1:00 Chair Volleyball - FC 2:00 Ping Pong - HPC 3:00 No Christ Conversations 7:00 Maggie Bond & Dennis Hoch in Concert – CLC Westervelt Hall</p>	<p>26</p> <p>®8:00 Functional L3 - SWC ®8:45 Functional L2 - SWC ®9:00 Water Wellness - SWC (®9:30-12:30 Great Tulsa Clean-Up Rain Date) ® 9:45 Functional L3 - SWC ®11:00 Trivia Time – SWC ®11:30 Tai Chi – CLC ®1:00 Functional L1 – SWC 2:00 Men’s Sharing Group - TPC 2:00 Happy Hands – BRR 2:00 Pickleball – Outdoor Ct 7:00 Game Night - GR 7:00 Movie: <i>The Boys in the Boat</i> - FC</p>	<p>27</p> <p>®1:00-3:00 Intro to Hand & Foot Card Game - GR</p> <p>2:00 Movie: <i>Our Planet II Part 3</i> – MC</p> <p>7:00 Pickleball – Outdoor Court</p>
<p>28</p> <p>2:00 Ping Pong – HPC</p> <p>2:00 Mah Jongg – HR 2</p> <p>5:00 Sunday Worship Service - FC</p>	<p>29</p> <p>®8:00 Functional L3 - SWC ®8:45 Functional L2 - SWC ®9:00 Shopping @ 21st & Yale ®9:00 Core Class -SWC ®9:00 Water Wellness - SWC ®9:45 Functional L3 - SWC ®10:00 Gentle Yoga – CLC 11:30 Tai Chi – CLC 1:00 Scrabble – GR ®1:00 Functional L1 – SWC 1:00 Sound Discoveries - TPC 2:00 Pickleball – Outdoor Court 3:30-4:15 CHORUS! – CLC Westervelt Hall</p>	<p>30</p> <p>®8:00 Fun Fit Boxing - SWC ®8:45 Better Balance - SWC ®9:30 Range of Motion - SWC 10:00 Chair Volleyball – FC ®10:00 Water Wellness - SWC ®10:15 Move & Groove – SWC ®11:00 Tappers - SWC 11:30–2:30 Wet Brush Club – HR 12:30-2:00 The Holy Land Revealed Video Series – TPC 1:30 Wii Bowling - FC 2:00 Tulsa Festival Ringers Concert – CLC Westervelt Hall 2:00 No Ping Pong Today 3:00 Bingo – FC 4:30 Social Hour – CT</p>				

