



TOWN VILLAGE
TULSA

A GRACE MGMT COMMUNITY

It's not like home. It *is* home.™

Your Team

Cindy Vann

Executive Director

Lori Allen

Sales Director

Marti Miley

Business Office Manager

Robin Thompson

Life Enrichment Director

Albert Lee

Director of Dining Services

Jose Vega

Director of Environmental

Resident Birthdays

Harold M. 11/1

Lenore B. 11/2

Anna M. 11/3

Jean H. 11/5

Marjane W. 11/5

Anthony K. 11/7

Paul B. 11/8

Sharon W. 11/8

Sally M. 11/10

Mary M. 11/13

Bill P. 11/15

Joyce Z. 11/16

Gene Mc. 11/19

Maxine S. 11/21

Brenda C. 11/21

Jack T. 11/21

Diane W. 11/23

Betty C. 11/25

Roberta M. 11/28

Patsy I. 11/30

Welcome to the Family

Our story is yours. We grow older and wiser but are sure to never lose the spark that started it all. Grace Management Continues to evolve, and we're ever more dedicated to nurturing our company and our team to be healthy contributors to communities across the U.S. Delivering exceptional living experiences, we can focus on the big issues that concern the daily lives of our residents—from healthcare and finances to overall quality of life—while never losing sight of the details that matter most: the connections we make along the way.

Wayne & Geraldine

Craig

Jody

Pat

Walter

Paul



TOWN VILLAGE
TULSA
A GRACE MGMT COMMUNITY

NOVEMBER 2022

| Sunday | | Monday | | Tuesday | | Wednesday | | Thursday | |
|--|---|--|---|--|---|-----------|---|---|--------------|
| <div><div>CO</div><div>CR</div><div>E</div><div>PY</div><div>PR</div><div>SE</div><div>SO</div><div>SP</div></div> <div><div>- Cognitive</div><div>- Creative</div><div>- Emotional</div><div>- Physical</div><div>- Purposeful</div><div>- Sensory</div><div>- Social</div><div>- Spiritual</div></div> | <div>AS-Art Studio</div> <div>B-Bistro</div> <div>DR-Dining Room</div> <div>GR-Game Room</div> <div>L-Library</div> <div>P-Poker Table</div> <div>T-Theater</div> <div>FD-Front Desk</div> | 1 | <div><div>E</div><div>CR</div><div>PY</div><div>CR</div><div>SO</div><div>SP</div><div>PR</div><div>SE</div></div> <div><div>8:00</div><div>Veteran's Breakfast-DR</div><div>10:00</div><div>Painter's Make Up Class-AS</div><div>10:00</div><div>Stretch & Tone w/Robin-FR</div><div>1:00</div><div>Craft Class w/Cherie-AS</div><div>2:00</div><div>Bingo & Prizes w/Mill-DR</div><div>2:00</div><div>Study The Bible w/Nick</div><div>2:30</div><div>Charity Knit-Wits-3rd FI</div><div>2:30</div><div>Massage Therapist-L</div></div> | 2 | <div><div>PR</div><div>PY</div><div>PR</div><div>SO</div><div>PR</div><div>SO</div><div>SO</div><div>SO</div></div> <div><div>10:00</div><div>Neighborhood Walmart</div><div>10:00</div><div>Fitness w/Legacy PT-FR</div><div>11:00</div><div>AVON Calling 35 Years-I-B</div><div>1:00</div><div>Lighterside Trio Performs</div><div>1:15</div><div>Super Walmart/Reasors</div><div>2:00</div><div>Play Pinochle w/Otis-B</div><div>2:00</div><div>Play Spades w/Doris-B</div><div>6:00</div><div>Men's Penny Poker-P</div></div> | 3 | <div><div>PY</div><div>CO</div><div>CR</div><div>PR</div><div>SO</div><div>E</div><div>CO</div></div> <div><div>10:00</div><div>Balance Class w/Legacy-FR</div><div>10:00</div><div>Computer & Phones-CR</div><div>10:00</div><div>New! Painting w/Patsy-AS</div><div>1:00</div><div>Men's Garage-G</div><div>2:00</div><div>Dime Bingo-DR</div><div>3:00</div><div>Karaoke w/Cherie-T</div><div>3:30</div><div>Mind Aerobics-AS</div><div>3:30</div><div>Cranium Crunches-AS</div></div> | | |
| 6 | Daylight Saving Ends | 7 | | 8 | Election Day | 9 | | 10 | |
| <div><div>SP</div><div>CO</div><div>CO</div><div>PR</div><div>SO</div><div>SO</div><div>SO</div><div>E</div></div> <div><div>8:30</div><div>Church Transportation</div><div>11:30</div><div>Computers & Cell Phones-CR</div><div>1:00</div><div>Lutheran Fellowship-T</div><div>1:15</div><div>Walgreens/Fresh Market</div><div>2:30</div><div>Candy Bingo-DR</div><div>4:00</div><div>Richard Hicks Pianist</div><div>5:30</div><div>Play Rumikub-Bistro</div><div>7:00</div><div>Inspirational Movie-T</div></div> | <div><div>CO</div><div>PR</div><div>PY</div><div>CR</div><div>SO</div><div>PY</div><div>SP</div><div>SP</div></div> <div><div>10:00</div><div>Computer & Phones-CR</div><div>10:00</div><div>Hobby Lobby & Lunch</div><div>10:00</div><div>Sally's Be-Fit Class-FR</div><div>1:00</div><div>Beginners Paint Class-AS</div><div>1:30</div><div>Rootbeer Floats w/Joel-DR</div><div>2:30</div><div>Play Pool w/Cherie-2nd FI</div><div>3:00</div><div>Asbury Communion-T</div><div>7:00</div><div>Ministry w/Gary V.-DR</div></div> | <div><div>CR</div><div>PY</div><div>CR</div><div>SO</div><div>SP</div><div>PR</div><div>SE</div></div> <div><div>10:00</div><div>Painter's Make Up Class-AS</div><div>10:00</div><div>Stretch & Tone w/Robin-FR</div><div>1:00</div><div>Craft Class w/Cherie-AS</div><div>2:00</div><div>Bingo & Prizes w/Mill-DR</div><div>2:00</div><div>Study The Bible w/Nick</div><div>2:30</div><div>Charity Knit-Wits-3rd FI</div><div>2:30</div><div>Massage Therapist-L</div></div> | <div><div>PR</div><div>PY</div><div>SO</div><div>E</div><div>PR</div><div>SO</div><div>SO</div><div>SO</div></div> <div><div>10:00</div><div>Neighborhood Walmart</div><div>10:00</div><div>Fitness w/Legacy PT-FR</div><div>1:00</div><div>Step-Sisters Tap Dance-DR</div><div>1:00</div><div>Sweet Adeline's Practice-T</div><div>1:15</div><div>Super Walmart/Reasors</div><div>2:00</div><div>Movie Matinee-T</div><div>2:00</div><div>Play Spades w/Doris-B</div><div>6:00</div><div>Men's Penny Poker-P</div></div> | <div><div>PY</div><div>CO</div><div>CR</div><div>SO</div><div>PR</div><div>SO</div><div>E</div><div>CO</div></div> <div><div>10:00</div><div>Balance Class w/Legacy-FR</div><div>10:00</div><div>Computer & Phones-CR</div><div>10:00</div><div>New! Painting w/Patsy-AS</div><div>11:00</div><div>Barb's Boutique-DR</div><div>1:00</div><div>Men's Garage-G</div><div>2:00</div><div>Dime Bingo-DR</div><div>3:00</div><div>Karaoke w/Cherie-T</div><div>3:00</div><div>Mind Aerobics-AS</div></div> | | | | | |
| 13 | | 14 | | 15 | | 16 | | 17 | |
| <div><div>SP</div><div>CO</div><div>PR</div><div>SO</div><div>SO</div><div>SO</div><div>E</div></div> <div><div>8:30</div><div>Church Transportation</div><div>11:30</div><div>Computers & Cell Phones-CR</div><div>1:15</div><div>Walgreens/Fresh Market</div><div>2:30</div><div>Candy Bingo-DR</div><div>4:00</div><div>Robert's Country Dance-DR</div><div>5:30</div><div>Play Rumikub-Bistro</div><div>6:00</div><div>Games w/Friends-B</div><div>7:00</div><div>Inspirational Movie-T</div></div> | <div><div>CO</div><div>SO</div><div>PY</div><div>CR</div><div>PY</div><div>CO</div><div>PY</div><div>CO</div></div> <div><div>10:00</div><div>Computer & Phones-CR</div><div>10:00</div><div>Movie Outing:Ticket To Paradise</div><div>10:00</div><div>Sally's Be-Fit Class-FR</div><div>1:00</div><div>Beginners Paint Class-AS</div><div>2:30</div><div>Play Pool w/Cherie-2nd FI</div><div>3:00</div><div>Cleo's Book Review: "Paula Deen"-Theater</div></div> | <div><div>CO</div><div>CR</div><div>PY</div><div>SP</div><div>PR</div><div>CR</div><div>SP</div><div>PR</div></div> <div><div>Tulsa Library Delivery-FD</div><div>10:00</div><div>Painter's Make Up Class-AS</div><div>10:00</div><div>Stretch & Tone w/Robin-FR</div><div>10:30</div><div>Catholic Mass-Chapel</div><div>11:00</div><div>Stephen H. Jewelry Sale</div><div>1:00</div><div>Craft Class w/Cherie-AS</div><div>2:00</div><div>Study The Bible w/Nick</div><div>2:30</div><div>Charity Knit-Wits-3rd FI</div></div> | <div><div>PR</div><div>PY</div><div>PY</div><div>SO</div><div>PR</div><div>SO</div><div>SO</div><div>E</div></div> <div><div>10:00</div><div>Neighborhood Walmart</div><div>10:00</div><div>Fitness w/Legacy PT-FR</div><div>11:00</div><div>Legacy Balance Screening</div><div>1:00</div><div>Timothy Turner Broadway</div><div>1:15</div><div>Super Walmart/Reasors</div><div>2:00</div><div>Play Pinochle w/Otis-B</div><div>6:00</div><div>Men's Penny Poker-P</div><div>7:00</div><div>1907 Okla. Became A State!</div></div> | <div><div>PY</div><div>CO</div><div>CR</div><div>PR</div><div>PR</div><div>E</div><div>CO</div></div> <div><div>10:00</div><div>Balance Class w/Legacy-FR</div><div>10:00</div><div>Computer & Phones-CR</div><div>10:00</div><div>New! Painting w/Patsy-AS</div><div>1:00</div><div>Men's Garage-G</div><div>2:00</div><div>Town Hall Meeting & Special Speaker-DR</div><div>3:00</div><div>Karaoke w/Cherie-T</div><div>3:00</div><div>Mind Aerobics-AS</div></div> | | | | | |
| 20 | | 21 | | 22 | | 23 | | 24 | Thanksgiving |
| <div><div>SP</div><div>CO</div><div>PR</div><div>SO</div><div>SO</div><div>SO</div><div>E</div></div> <div><div>8:30</div><div>Church Transportation</div><div>11:30</div><div>Computers & Cell Phones-CR</div><div>1:15</div><div>Walgreens/Fresh Market</div><div>2:30</div><div>Candy Bingo-DR</div><div>4:00</div><div>Robert's Country Dance-DR</div><div>5:30</div><div>Play Rumikub-Bistro</div><div>6:00</div><div>Games w/Friends-B</div><div>7:00</div><div>Inspirational Movie-T</div></div> | <div><div>CO</div><div>SO</div><div>PY</div><div>CR</div><div>E</div><div>CO</div><div>PY</div><div>SP</div></div> <div><div>10:00</div><div>Amish Lunch in Chateau</div><div>10:00</div><div>Computer & Phones-CR</div><div>10:00</div><div>Sally's Be-Fit Class-FR</div><div>1:00</div><div>Beginners Paint Class-AS</div><div>1:00</div><div>Sweet Adeline's Practice-T</div><div>2:00</div><div>Bingo & Prizes w/Joel-DR</div><div>2:30</div><div>Play Pool w/Cherie-2nd FI</div><div>7:00</div><div>Ministry w/Gary V.-B</div></div> | <div><div>SE</div><div>CR</div><div>CR</div><div>PY</div><div>CR</div><div>SP</div><div>PR</div><div>SE</div><div>SO</div></div> <div><div>9:00</div><div>Hearing Solution Cleaning</div><div>10:00</div><div>Painter's Make Up Class-AS</div><div>10:00</div><div>Stretch & Tone w/Robin-FR</div><div>1:00</div><div>Craft Class w/Cherie-AS</div><div>2:00</div><div>Study The Bible w/Nick</div><div>2:30</div><div>Charity Knit-Wits-3rd FI</div><div>2:30</div><div>Massage Therapist-L</div><div>2:30</div><div>Win \$ Bingo!-DR</div></div> | <div><div>PR</div><div>PY</div><div>E</div><div>PR</div><div>SO</div><div>SO</div><div>SO</div><div>SO</div></div> <div><div>10:00</div><div>Neighborhood Walmart</div><div>10:00</div><div>Fitness w/Legacy PT-FR</div><div>1:00</div><div>Daytime Divas Perform (Sweet Adeline's)-DR</div><div>1:15</div><div>Super Walmart/Reasors</div><div>2:00</div><div>Play Pinochle w/Otis-B</div><div>2:00</div><div>Play Spades w/Doris-B</div><div>6:00</div><div>Men's Penny Poker-P</div></div> | <div><div>PY</div><div>E</div><div>E</div><div>SO</div></div> <div><div>10:00</div><div>Walking Club-3rd FL</div><div>11:00</div><div>Thanksgiving Dinner-DR</div><div>2:00</div><div>Movie Matinee-T</div><div>3:00</div><div>Karaoke w/Cherie-T</div><div>4:00</div><div>Richard Hicks Thanksgiving Performance</div><div>Movie: "Planes, Trains & Automobiles"-T</div></div> | | | | | |
| 27 | | 28 | | 29 | | 30 | | New Fitness Area is on the 3rd Floor by Elevator 3. Knitting & Sewing Rooms are on the 3rd Floor. | |
| <div><div>SP</div><div>CO</div><div>PR</div><div>SO</div><div>SO</div><div>SO</div><div>E</div></div> <div><div>8:30</div><div>Church Transportation</div><div>11:30</div><div>Computers & Cell Phones-CR</div><div>1:15</div><div>Walgreens/Fresh Market</div><div>2:30</div><div>Candy Bingo-DR</div><div>4:00</div><div>Robert's Country Dance-DR</div><div>5:30</div><div>Play Rumikub-Bistro</div><div>6:00</div><div>Games w/Friends-B</div><div>7:00</div><div>Inspirational Movie-T</div></div> | <div><div>CO</div><div>PY</div><div>SO</div><div>CR</div><div>E</div><div>SP</div><div>E</div><div>PY</div></div> <div><div>10:00</div><div>Computer & Phones-CR</div><div>10:00</div><div>Sally's Be-Fit Class-FR</div><div>10:00</div><div>Shop At Home Store & Fish Daddy's Lunch</div><div>1:00</div><div>Sweet Adeline's Practice-T</div><div>2:00</div><div>Hymns & Gospel Songs-DR</div><div>2:00</div><div>Open Painting Class-AS</div><div>2:30</div><div>Play Pool w/Cherie-2nd FI</div></div> | <div><div>CR</div><div>PY</div><div>CR</div><div>SP</div><div>PR</div><div>SE</div><div>PR</div></div> <div><div>10:00</div><div>Painter's Make Up Class-AS</div><div>10:00</div><div>Stretch & Tone w/Robin-FR</div><div>1:00</div><div>Craft Class w/Cherie-AS</div><div>2:00</div><div>Study The Bible w/Nick: "Our Daily Walk"-T</div><div>2:30</div><div>Charity Knit-Wits-3rd FI</div><div>2:30</div><div>Massage Therapist-L</div><div>3:30</div><div>Sew & Sew Club-3rd FL</div></div> | <div><div>PR</div><div>PY</div><div>PR</div><div>SO</div><div>SO</div><div>SO</div><div>SO</div><div>SO</div></div> <div><div>10:00</div><div>Neighborhood Walmart</div><div>10:00</div><div>Fitness w/Legacy PT-FR</div><div>1:15</div><div>Super Walmart/Reasors</div><div>1:30</div><div>John Southern Performs</div><div>2:00</div><div>Movie Matinee-T</div><div>2:00</div><div>Play Pinochle w/Otis-B</div><div>2:00</div><div>Play Spades w/Doris-B</div><div>6:00</div><div>Men's Penny Poker-P</div></div> | | | | | | |

Events are Subject to Change.

Independent Living



Daylight Savings Time

Don't forget to turn your clocks back one hour!



NOVEMBER

National Alzheimer's Disease Awareness Month

8222 South Yale Avenue
Tulsa, Oklahoma 74137
918-493-1200
www.townvillagetulsa.com



Friday

Saturday

| | |
|---|---|
| <p>4</p> <p>PY 10:00 Stretch & Tone Class-FR SO 1:00 Jim Tate Guitarist-DR SO 1:00 Wine & Soda Social-DR E 2:00 Resident Story Tellers-T SO 2:30 Choir Practice-DR SO 2:30 Dynamo Dominos-B SO 6:00 Men's Penny Poker-P SO 7:00 Romance Movie Night-T</p> | <p>5</p> <p>PR 9:00 Garden Gurus-CY SO 12:15 Sandy Knox Pianist-DR SO 1:00 Play Dominos w/Tom-Bistro CO 2:00 Dime Bingo w/Crystal-B SO 2:00 Ron's Matinee Movie-T SO 3:00 Play Pool-2nd FL SO 6:00 Canasta & Games-B SO 7:00 Adventure Movie Night-T</p> |
| <p>11</p> <p>Veterans Day</p> <p>PY 10:00 Stretch & Tone Class-FR E 1:30 Honor Veterans: Tribute w/Richard Hicks SO 1:30 Veterans Day Party-DR SO 2:00 Resident Story Tellers-T SO 2:30 Dynamo Dominos-B SO 6:00 Men's Penny Poker-P SO 7:00 Romance Movie Night-T</p> | <p>12</p> <p>PR 9:00 Garden Gurus-CY PY 10:00 Walking Club-3rd FL SO 1:00 Play Dominos w/Tom-Bistro CO 2:00 Dime Bingo w/Crystal-B SO 2:00 Ron's Matinee Movie-T SO 3:00 L-C-R Dice Game-P SO 3:00 Play Pool-2nd FL SO 7:00 Adventure Movie Night-T</p> |
| <p>18</p> <p>PY 10:00 Stretch & Tone Class-FR PR 11:00 Mary Kay Cosmetics-B E 1:00 Robert Combs Performs SO 1:00 Wine & Soda Social-DR SO 2:00 Resident Story Tellers-T E 2:30 Choir Practice-DR SO 2:30 Dynamo Dominos-B SO 6:00 Men's Penny Poker-P</p> | <p>19</p> <p>PR 9:00 Garden Gurus-CY PY 10:00 Walking Club-3rd FL SO 1:00 Play Dominos w/Tom-Bistro CO 2:00 Dime Bingo w/Crystal-B SO 2:00 Ron's Matinee Movie-T SO 3:00 L-C-R Dice Game-P SO 3:00 Play Pool-2nd FL SO 7:00 Adventure Movie Night-T</p> |
| <p>25</p> <p>PY 10:00 Stretch & Tone Class-FR PR 11:00 Barb's Boutique-DR SO 1:00 Accordionist, Nick B. SO 1:00 Wine & Soda Social-DR E 2:00 Resident Story Tellers-AS SO 2:30 Dynamo Dominos-B SO 4:00 Captain's B-Day Bash! SO 6:00 Men's Penny Poker-P</p> | <p>26</p> <p>PR 9:00 Garden Gurus-CY PY 10:00 Walking Club-3rd FL SO 1:00 Play Dominos w/Tom-Bistro CO 2:00 Dime Bingo w/Crystal-B SO 2:00 Ron's Matinee Movie-T SO 3:00 L-C-R Dice Game-P SO 3:00 Play Pool-2nd FL SO 7:00 Adventure Movie Night-T</p> |
| <p>Men's Poker is every M-W-F at 6:00- Poker Table Pod 2nd FL. Great Movies are shown every night at 7:00 on our Big Screen TV in the Theater on 2nd Floor. Invite a Friend for Movie Night!!</p> | |

Did You Know?

Veterans Day

NOVEMBER 11

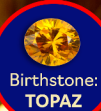
★ HONORING ALL WHO SERVED ★



Happy Thanksgiving!

HAPPY BIRTHDAY **NOVEMBER**

You are loyal,
magnetic, and
ambitious.



HEALTH Tips

Be Grateful

Research shows a healthy positive attitude helps build a healthier immune system and boosts overall health.





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