### Independent Living Wellness—March 2020

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<th>Day</th>
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<td>Sunday</td>
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<td>Asbury Shuttle</td>
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<td>Spot 31 Volunteering—Hope United Methodist Church</td>
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<td>Sunday Devotions—Ch</td>
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<td>Lunch &amp; Learn—Great Pharaohs of Ancient Egypt—CT</td>
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<td>TCC Bookmobile—North of Crestwood</td>
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<td>Bible Study—Ch</td>
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<td>Meet the Chef—Charters Oak</td>
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<td>Tai Chi for Arthritis &amp; Fall Prevention—FC</td>
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<td>Lunch at Hale's Kitchen—Nathan Hale High School</td>
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<td>Let's Go Shopping!—Woodland Hills Mall</td>
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**PLEASE READ YOUR CALENDAR SUPPLEMENT FOR IMPORTANT DETAILS ON PAGE 3!** All programming and events are subject to change.
Calendar Supplement for March 2020

© Items with this symbol require reservations. Other items do not. Please note each activity’s RSVP instructions and deadlines.

Wellness Reservation forms: Once you have completed your form, it should be inserted into the designated box located at the Crestwood Member Business Office, the Spann Wellness Center, or the Felt House mailboxes. Before submitting, forms should be stamped with date and time using the machine located at those locations. Please stamp on back of form in blank area so it is legible. Reservation forms can be submitted at any time, but deadlines 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. Even if there are no charges associated with a program and you wish to cancel, we appreciate a courtesy call to allow us to accommodate those who may be on a waiting list.

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

Transportation: *This symbol by a calendar listing indicates there will be a campus shuttle available by reservation for these on-campus events. 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.

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

PLEASExx NOTE: This supplement gives details of activities and events that do not occur every week. Please refer to your Recurring Activities list and recurring Spann Wellness Center classes for details of any calendar entries not listed below. Additional lists of recurring activities are available in the Spann Wellness Center.

Monday, March 2nd

➢ 11:30-12:00 Lunch & Learn: Great Pharaohs of Ancient Egypt: We have 2 30-minute video lectures left in this series of 12. We’ll be taking a break and then starting up again on March 30 with a new topic to be announced.
➢ @2:55 Spot 31 Volunteering at Hope United Methodist Church: It’s not too late to join the group going to help K-2nd grade children on Monday afternoons for 45 minutes. Call Irene Brown (918-346-6614) for more information and/or RSVP on the Wellness Reservation Form.

3:30-4:15 OMM Chorus: PUT A LITTLE MUSIC IN YOUR HEART! The dynamic and delightful Dan & Kathy Call, longtime Tulsa music educators (Dan was Memorial High School’s Music Director for many years.) and Director and Associate Director of Music Ministries at University United Methodist Church, return to direct the OMM Chorus. Our chorus reconstitutes itself each time so newcomers are always welcome. The chorus will rehearse every Monday in March in preparation for OMM Olio Night on March 31. (You can be in the Chorus and still have a separate act in the show.) Be sure to be a part of this great group – it will lift your spirits and be good for your physical health as well! Come one, come all! No reservations necessary.

Tuesday, March 3rd

➢ 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 the Men of Asbury. No reservations necessary. Questions? Call Victoria Treiber at 918-346-6658. Located in the Churchill Creative Studio.
➢ 9:30-10:00 Water Wellness: A 4-week aquatic program held on Tuesdays and Thursdays from 9:30-10:00 in the Spann Wellness Center pool. Great class for strengthening, range of motion, and stretching. Very relaxing and helps to make you feel great! Class will be held March 3rd-March 26th. Questions? Contact Fitness Coordinator, Chelsea Montgomery.
➢ 11:15-12:00 TCCL Bookmobile: Stop in and conveniently browse for a new read or watch – they have DVDs too! If you want the bookmobile to bring you a specific book, call (918) 549-7480 or email outreach.services@tulsalibrary.org.
Tuesday, March 3rd (continued)

- **1:00-5:00 Dr. Brent Beasley, Campus Clinic:** Dr. Beasley is an Internal Medicine physician with Tulsa OU Physicians, specializing in Geriatric Medicine. His main clinic offices are located at 41st & Yale. Dr. Beasley sees patients in the Spann Wellness Center nurse’s office by appointment only. Most insurances are accepted. **Contact Lupina, Wellness Nurse at 918-346-6618 for an appointment.**
- **2:00 Bingo:** Everyone is welcome to enjoy bingo with prizes. Bingo is now played in the Churchill Creative Studio in Holliman located on the 1st Floor. No reservations necessary. For more information, please contact OMM Member Martha Swezey 918-325-3653.
- **@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 and tickets are required. **Pick up your ticket directly from the Concierge.**

Wednesday, March 4th

- **3:00 Crestwood Movie: Jesse Stone: Night Passage** (2006 NR 1h 29m) After hard-drinking Jesse Stone is hired as police chief of the idyllic seaside town of Paradise, Mass., it doesn’t take long for him to uncover the dark side of Paradise in this made-for-TV movie based on the writings of Robert B. Parker. Cast Tom Selleck, Stephanie March, Stephen Baldwin, Polly Shannon, Viola Davis
- **3:15-4:30 Bible Lessons with Cathy:** All ladies of the Manor are invited to this special 3-week session with Cathy Ambrose, Chaplain Dub’s wife. (Week 1 is February 26.) This will include Bible study with lively discussion about our relationship with the Lord and how this affects our everyday life. No reservations necessary.

Thursday, March 5th

- **@11:15 Lunch at Hale High School’s Hale’s Kitchen:** You’ll be impressed by this restaurant run by Hale’s Culinary Capstone students on the Hale campus. The students plan the menus, prepare the food, and serve their customers. Profits from bistro sales benefit the Culinary program at Hale. The March menu features Mexican food, including Tres Leches Cake! Cost of this outing including the delicious meal is $16. **RSVP by March 2.**
- **@1:15 Let’s Go Shopping! (shuttle only; no staff accompanies this outing):** We will depart campus at 1:15 p.m. for a 2-hour shopping trip to Woodland Hills Mall. Members will be dropped off and picked up at the north Food Court entrance. **For reservations, call (918) 346-6610 or mark it on your March Wellness Reservation Form.**
- **@1:30-3:00 Great Decisions Discussion Group** This 8-week world affairs discussion group started February 6.
- **6:30 Mexican Train Dominoes:** All are welcome to gather for Mexican Train dominoes. It’s easy to learn and fun! The group meets every Thursday at 6:30 unless there is an evening program in Fleming Center.

Friday, March 6th

- **@6:00/7:00 Pizza/Movie Night: Revenge of the Pink Panther** (1978 PG 1h 39m) While letting the world believe that he’s been murdered, ham-fisted but unflappable Inspector Clouseau disguises himself and travels the globe to break up a heroin ring with help from a drug lord’s ex-mistress. Cast Peter Sellers, Herbert Lom, Burt Kwouk, Dyan Cannon, Robert Webber, Tony Beckley, Robert Loggia **PLEASE NOTE:** You will need a ticket for pizza and/or the movie. **RSVP by 4:00pm on Wednesday, March 4.** Tickets will be delivered to mailboxes on March 5. Non-member guest tickets cost $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, March 7th

- **7:30-9:30 Waffles & Coffee:** All are welcome for Waffles and Coffee in the Churchill Creative Studio located in Holliman Center. It’s a great opportunity to visit with your friends from throughout the OMM Community. No reservations necessary.
- **2:00 Crestwood Movie: Hidalgo** (2004 PG-13 2h 16m) Frank T. Hopkins, reputed to be one of the best riders in the Wild West, gets a chance to prove his talent when an affluent sheik invites him to join one of the most grueling races of all: a 3,000-mile trek across the Arabian Desert. Cast Viggo Mortensen, Omar Sharif, Louise Lombard, J.K. Simmons

Monday, March 9th

- **10:00 Screenwatchers Guild:** This is an open group, and all are welcome to help choose our April movies. **Please share any movie suggestions you have by calling the Reservation Hotline at 918-346-6689.**
- **1:30 Needlecraft:** All are welcome to enjoy fellowship and knit caps (yarn provided) for new babies at Ascension St. John’s Hospital nursery. The group meets on the 2nd and 4th Mondays of each month. Stop by and see their beautiful work or join their knitting. For questions, contact OMM Member Jan Steffensen at (918) 804-6060.
- **1:30 Tulsa Historical Society Presentation:** A volunteer from the Tulsa Historical Society will present a slide show in the Churchill Creative Studio in Holliman Center. No reservations necessary.
Tuesday, March 10th

- **10:45 Lunch Bunch @ Black Bear Diner**: Come and enjoy a hearty, homestyle meal. Breakfast is served all day. Order from the menu. The meal is a flat cost of $12 billed to your OMM account. PLEASE NOTE: Victoria Treiber is the escort for this outing and is there to provide assistance, as needed, to Holliman residents. RSVP by March 3.
- **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 Phyllis Rhodes at 918-863-3103.
- **2:00 Ping Pong vs Montereau @ OMM**: All OMM Members are welcome to come support the team, and Members can practice in Spann on Sundays, Tuesdays and Thursdays at 2:00pm. each week. If you would like to participate, please contact OMM Member Bill Kirwin at 918-728-6301.

Wednesday, March 11th

- **8:30 Walking Adventure @ Henthorn Park**: We’ll return to a nearby favorite with a lovely walking trail to start our Spring Walking Adventures. Walk at your own pace for 30 minutes. Then we’ll enjoy breakfast at another old standby Panera on 41st Street. Please wear appropriate shoes and clothing and bring money for breakfast. Meet at Spann Wellness Center at 8:30am. You will not be called with a pick-up time but, if you find you are unable to go, please call the Reservation Hotline to cancel. For questions, call Irene Brown at 918-346-6614. RSVP by March 9.

1:00 The Green Country Highlanders Present Celtic Music: Featuring such interesting instruments as bazouki, pipes, drums, fiddle, guitar, mandolin, and tenor viol, this newly formed group of talented amateur musicians will share a casual program of Celtic music including a sing-along to some of your favorite Irish-themed songs. Come enjoy the music and still have time for Welcome Wednesday afterward. No reservations necessary.

- **3:00 Crestwood Movie: P.S. I Love You** (2007 PG-13 2h 7m) When she loses her beloved husband, Gerry, to a brain tumor, grieving widow Holly Kennedy learns that he left a series of letters behind to help her cope with the pain of living without him. Cast Hilary Swank, Gerard Butler, Lisa Kudrow, Gina Gershon, James Marsters, Kathy Bates, Harry Connick Jr., Dean Winters, Jeffrey Dean Morgan

Thursday, March 12th

- **7:30-8:30 Veterans Coffee and Donuts**: All Veterans are invited for coffee, donuts and fellowship in the Churchill Creative Studio in Holliman Center. Come and go. No reservations necessary.
- **10:00 UMW OMM Faith Circle**: This United Methodist Women’s circle welcomes all OMM women, regardless of church affiliation. No reservations necessary. For questions, contact OMM member Margie Herndon at 918-906-5557.
- **7:00 St. Patrick’s Party**: We’ll start the evening with fun and games. You’ll be matched up in teams for some light-hearted trivia with Lucky Chow snacks to give you strength. After that, we’ll enjoy a musical program from Harpwind Duo, featuring harpist Lorelei Barton and oboist Ingrid Lobaugh. Both professional musicians, they will share beautiful Irish music on these two lovely instruments. RSVP by March 4.

Friday, March 13th

- **8:30 Wellness Breakfast Presentation: The Benefits of Massage Therapy**: This month we hear from our own Tranquility Spa licensed massage therapist Tasha Anderson. Tasha has been a welcome asset to OMM. Offering massage therapy to OMM members and staff on Thursdays and Fridays, Tasha has already made an impression on those she’s seen. For our Wellness Breakfast presentation this month, Tasha will discuss not only the incredibly relaxing benefits of regular massage therapy but the importance to your health. Join us for coffee, breakfast and a chance to have Tasha answer your questions about the benefit of massage. We’ll also have a drawing for a free 30-minute massage certificate to be given away after the presentation. RSVP by March 9.
- **10:00 OMM Town Hall**: Make time to attend this important monthly informational meeting, led by our CEO Steve Dickie. Announcements are made and issues are discussed that impact our community.
- **5:00 Dinner & Sapulpa Community Playhouse**: Enjoy dinner at Rib Crib (Order from the menu and pay the restaurant directly.) and then head to the theatre for the 7:30 p.m. curtain of The Nit Wits. Prepare to be laughing all evening! Tommy Winter needs money for college. He advertises himself as a consulting psychologist for people who are afraid of losing their minds. Before long, his office is swamped with some of the craziest, looniest, wildest half-wits ever gathered in one place. It takes all his ingenuity, and the help of a friend, Steve, to keep things under control once the parade of nit-wits comes rolling in! Cost of this outing (not including dinner) is $20 charged to your OMM account. RSVP by March 2.
- **7:00 Fleming Center Movie: A Dog’s Journey** (2019 PG 1h 48m) Picking up where A Dog's Purpose left off, Ethan's dog Bailey finds a new destiny: Protect Ethan's granddaughter at any cost. His multiple lives are filled with love and devotion…and a few really good belly rubs. Cast Dennis Quaid, Marg Helgenberger. No reservations necessary.
Saturday, March 14th
➢ 10:00 Second Saturday Silent Movie w/Organ: The Great K&A Train Robbery (1924) starring Tom Mix will start at 11:00 a.m. Free Admission (while seats last) courtesy of Hughes Lumber Company of Tulsa. There will be a display of memorabilia and items for sale from the Tom Mix Museum of Dewey. Bill Rowland provides accompaniment on Circle Cinema’s original 1928 pipe organ. The program will also feature a Felix The Cat cartoon! House organist, Phil Judkins, provides walk-in music of yesteryear. This Tom Mix western, featuring Tony the Horse, gallops along at a furious clip as it tells the exciting tale of a Texas railroad detective assigned to bust up a band of train robbers. To capture the rascals, Tom pretends to join them. Not only is the action top-flight, the cinematography, shot on location in Colorado, is exceptional. Cost of this outing is $6 charged to your OMM account. RSVP by March 7.

2:00 Crestwood Movie: Angel Has Fallen (2019 R 2h 1m) In this second sequel to "Olympus Has Fallen," Secret Service agent Mike Banning is framed for the attempted assassination of the president and forced to flee from his colleagues as he races to stop terrorists from seizing control of Air Force One. Cast Gerard Butler, Morgan Freeman, Nick Nolte, Tim Blake Nelson, Jada Pinkett Smith

Sunday, March 15th
➢ 1:20 Theatre Tulsa: A Little Night Music begins at 2:00. Season ticket outing. Tickets have already been purchased.

Monday, March 16th
➢ 1:00-5:00 (ON MONDAY THIS WEEK) Dr. Brent Beasley Campus Clinic: Dr. Beasley is an Internal Medicine physician with OU Tulsa Physicians, who specializes in Geriatric Medicine. Dr. Beasley’s main office is located at 41st & Yale, and he sees patients on campus in the Spann Wellness Center nurses’ office area, appointment only. Most insurances are accepted. Contact Lupina at 918-346-6618 to schedule an appointment.
➢ 1:30 At the Crossroads of Driving and Dementia: Dementia Friendly Partners presents, Mickey Hinds, Life Senior Services Education Coordinator, a regular contributor to caregiver education in the Tulsa area. This presentation offers information to anyone concerned about the balance between independence and driving safety, not only those living with dementia and memory challenges. Covering information sourced from various driving and safety providers, topics include how to start the conversation with a loved one about your concerns, early planning for alternatives, non-biased driving evaluations, warning signs and other sources of driving support and much more. If you’re concerned about your own or your loved one’s driving safety, you won’t want to miss this very valuable opportunity. Invite family and friends to attend. RSVP by March 9

Tuesday, March 17th
➢ 7:00 The Book Club: The Book Woman from Troublesome Creek by Kim Michele Richardson Facilitator: Betty Barrick, a retired librarian. For more information, contact OMM Member Gayle Teter (gteter1@aol.com or (918) 949-9181.) No reservations necessary.

Wednesday, March 18th
➢ 3:00 Crestwood Movie: The Forger (2015 R 1h 32m) With his son dying from cancer, art forger and prison inmate Ray Cutter is desperate to share some time with him. A local mobster offers to arrange Ray’s early release -- but only if he copies a priceless painting and switches it with the original. Cast John Travolta, Christopher Plummer, Tye Sheridan, Jennifer Ehle.

Thursday, March 19th
➢ 10:00 Anna Bible Study: This member-run Bible study meets on the 3rd Thursday of each month. All are welcome. No reservations necessary. For questions, call OMM Member Mary Pearson at 918-743-7338.
➢ 1:00-5:00 Audiology Clinic: Ranch Acres Audiologist, Airyn Christiano will be available to see anyone wishing to have their hearing or hearing aids tested, have any hearing issues or needs to discuss options for hearing improvements. Contact Lupina Fry, Wellness Nurse to schedule an appointment at 918-346-6618
➢ 1:30 Member Council Meeting: Please contact your Member Council representative with any questions or concerns you would like addressed at this meeting.
➢ 3:00-4:30 OMM Caregiver Support Group Meeting: OMM hosts a caregiver support group meeting each month on the third Thursday in the Churchill Creative Studio room. There is no charge for attendance and no need to RSVP. Caregivers face many challenges and difficulties, the best source for finding answers to those challenges comes from those who have faced similar challenges and have overcome obstacles. Please attend if you are a caregiver and can benefit from giving or receiving those suggestions and answers. Anyone who participates should expect that all information is kept private and confidential amongst those attending. Support group facilitators will be on hand to keep the group focused and help in any way they can. If you require respite care for your care receiver, please contact Lori Johnson, LPN, Wellness Coordinator, to get that set up: 918-346-6693.
Friday, March 20th
➢ 7:00 Fleming Center Movie: Field of Dreams (1989 PG 1h 47m) Kevin Costner stars as an Iowa farmer who hears a mysterious voice telling him to turn his cornfield into a baseball diamond. He does, but the voice's directions don't stop -- even after the spirits of deceased ballplayers turn up to play. James Earl Jones and Burt Lancaster co-star as a reclusive writer and a young slugger turned doctor, respectively, with Ray Liotta turning in a pivotal performance as "Shoeless" Joe Jackson. Cast Kevin Costner, Amy Madigan, Gaby Hoffmann, Ray Liotta, Timothy Busfield, James Earl Jones, Burt Lancaster

Saturday, March 21st
➢ 2:00 Crestwood Movie: Class Action (1991 R 1h 50m) Attorney Jebediah Ward (Gene Hackman) fights for the rights of those who have been victimized by the negligence of large corporations. He begins a David vs. Goliath battle, fighting to compensate the victims of defective automobiles. But his battle becomes more difficult when he learns that the lawyer he's up against is his own estranged daughter, Maggie (Mary Elizabeth Mastrantonio). This drama from Michael Apted co-stars Laurence Fishburne. No reservations necessary.

Monday, March 23rd
➢ 1:30 Needlecraft: See March 9.
➢ 7:00 Finding Your Silver Lining in the Midst of Change: Have you experienced a significant loss? Have you had changes in your life that have been painful? Have you recently downsized? Or do you know someone who has experienced these? Then this session is for YOU! There are two opportunities to attend this program; it will be the same program both times. Choose which one works best for your schedule and invite your friends and family.

Tuesday, March 24th
➢ 1:30 Finding Your Silver Lining in the Midst of Change: See March 23 for a description of this program that is being presented twice for your convenience.

Wednesday, March 25th
➢ 3:00 Crestwood Movie: The Life and Death of Colonel Blimp Part 1 (1943 NR approx. 1h 20m) From the Criterion Collection comes the magnificent epic The Life and Death of Colonel Blimp. The passions and pitfalls of a lifetime in the military are dramatized in this 1943 film, which follows the exploits of pristine British soldier Clive Candy (Roger Livesey) as he battles to maintain his honor and proud gentlemanly conduct through romance, three wars and a changing world. Cast Deborah Kerr, Anton Walbrook, Roland Culver, James McKechnie, Albert Lieven, John Laurie, Ursula Jeans. Part 2 will be shown on Saturday, March 28.

Thursday, March 26th
➢ 7:30-8:30 Veterans Coffee and Donuts: See March 12.
➢ 10:30 Speaking of Gilcrease: Holliman hosts a “Gillie” (Gilcrease Museum volunteer) for this monthly presentation illustrated by works from the museum’s collection. No reservations necessary.
➢ 1:00-2:30 Sudoku 101: Introductory Lessons to Sudoku: A logic-based, number-placement puzzle designed for a single player much like a crossword. Sudoku is not about math, it’s about visualization and logic. It can be challenging and relaxing at the same time. And it’s an excellent way to keep your brain sharp and mind focused. There are tips and tricks that you can learn that can make this fun game a little easier to understand and more fun to accomplish. We’ll work through a few simple puzzles together and learn techniques that will have you firing off brain neurons and improving mental capacity in no time. RSVP by March 23.

*7:00 Don Irwin Piano Concert: Back by popular demand! Pianist and composer Don Irwin studied Piano Performance and received a Bachelor of Music degree at the University of Illinois. His has worked as a recording studio musician for artists such as Prince, Donna Summer, and many others. He has also performed on MTV Europe and MTV Africa, and at the Cannes Music Festival, and Bloomingdale’s flagship store in New York City. You loved him last year and asked that we have him back so we are! No reservations necessary.
Friday, March 27th
➢ **3:00 March Madness Basketball Challenge:** Test your basketball skills during March Madness and compete against your peers. Sign up to be a participant in the free throw contest, three-point shootout, Spot up Challenge, and a friendly game of P.I.G. [RSVP by March 20](#).

➢ **7:00 Fleming Center Movie: Harriet** (2019 PG-13 2h 5m) Based on the thrilling and inspirational life of an iconic American freedom fighter, Harriet tells the extraordinary tale of Harriet Tubman's escape from slavery and transformation into one of America's greatest heroes. Haunted by memories of those she left behind, Harriet ventures back into dangerous territory on a mission to lead others to freedom. With allies like abolitionist William Still and the entrepreneurial Marie Buchanon, Harriet risks capture and death to guide hundreds to safety as one of the most prominent conductors of the Underground Railroad. Cast Cynthia Erivo, Leslie Odom Jr., Janelle Monáe, Joe Alwyn. No reservations necessary.

Saturday, March 28th
➢ **2:00 Crestwood Movie: The Life and Death of Colonel Blimp Part 2** (1943 NR approx. 1h 20m) See Wednesday, March 24 for description.

Sunday, March 29th
➢ **1:40 Tulsa Ballet Shuttle (shuttle only, no staff accompanies this outing):** Vendetta: A Mafia Story Performance begins at 2:30. Season ticket event.

Tuesday, March 31st
➢ **7:00 OMM Olio Night:** We’ll start the evening with fun and games. You’ll be matched up in teams for some light-hearted trivia with Lucky Chow snacks to give you strength. After that, we’ll enjoy a musical program from Harpwind Duo, featuring harpist Lorelei Barton and oboist Ingrid Lobaugh. Both professional musicians, they will share beautiful Irish music on these two lovely instruments. Don’t miss a fun night of music and fellowship!
Spann Wellness Center Exercise Classes
For questions on classes & personal training call Josh Cunningham, 918-346-6682.

Monday, Wednesday, Friday:
8:00 Core Stability (Level 3)
8:30 Senior Motions (Level 2)
8:45 WAS – Pool (Level 2)
9:30 Senior Strong (Level 3)
9:30 ROM & Flexibility (all Levels)
10:00 Pickleball (Member-Run)
10:15 Sit to be Fit (Level 2)
Friday:
12:30 Wii Bowling in Fleming Center
2:00 Chair Volleyball in Fleming Center
(Saturday: 10:00 Splash & Laugh (Member-Run)
Sunday: 2:00 Ping Pong (Member-Run)

Functional Fitness Levels:

- **Level 1:** Those who rely on an ambulation aid most or all of the time and have difficulty walking or standing.
- **Level 2:** Designed for those new to exercise looking to build a progressive foundation, or those who have some mobility limitations but can still walk/stand with minimal support.
- **Level 3:** A more advanced class for those familiar with strength and balance training or are active on a regular basis and capable of safely performing more complex movements.

Tuesday, Thursday:
8:00 Fun Fit Boxing (Level 3)
8:45 Better Balance (Level 1)
9:30 Tai Chi for Arthritis and Fall Prevention (all Levels) in Fleming Center
10:15 Tai Chi for Arthritis and Fall Prevention (all Levels) in Fleming Center
10:15 Osteoball (all Levels)
1:00 Line Dancing (Member-Run)
2:00 Ping Pong (Member-Run)
2:00 Gentle Yoga (all Levels)
7:00 Splash & Laugh (Member-Run)

Open Swim: available anytime there is no class in the pool. The pool is open every day except Monday from 9:30 a.m. to Tuesday at 8:00 a.m. for maintenance and cleaning. **Never swim alone.**

Dr. Brent Beasley, OU Internal Medicine physician specializing in Geriatrics, is available in the Spann Wellness Treatment room every Thursday (except Holidays) at 8:30am. A copy of your physician’s lab order is necessary. If you do not have those orders, Lupina can contact your physician for you. If you need an appointment, contact Lupina, Wellness Nurse to schedule an appointment—918-346-6618.

REGIONAL MEDICAL LABORATORIES (RML) is available in the Spann Wellness Treatment room every Thursday (except Holidays) at 8:30am. A copy of your physician’s lab order is necessary. If you do not have those orders, Lupina can contact your physician for you. If you need an appointment, contact Lupina, Wellness Nurse to schedule an appointment—918-346-6618.

**Check the Calendar for other clinics regularly held at Spann Wellness Center—Nurse’s Office**

Ranch Acres Audiology Clinic: Every 3rd Thursday of the month beginning at 1pm, by appointment only, Airyn Cristiano, Audiologist can perform hearing tests, prescribe hearing appliances and offer treatments.

Preferred Podiatry Group: About every 2 months, Dr Tim Malavolti is available by appointment to Members who need podiatry services. He can diagnose and treat infections or prescribe medications, trim toe nails and monitor feet for any problems. Most insurance is accepted and Medicare is billed for you. (Community Care cannot be accepted.)

Contact Lupina, Wellness Nurse to schedule appointments—918-346-6618

Independent Living Wellness—March 2020
All reservations should be made using the Wellness Reservation form distributed with your calendar.

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

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

For questions, please contact Jennifer Rawlings, 918-346-6663 or jrawlings@ommtulsa.org.

St. Patrick’s Day
Thursday, March 12, at 7:00 p.m. in Fleming Center
RSVP on the Wellness Reservation Form by March 4.

We’ll start the evening with fun and games. You’ll be matched up in teams for some light-hearted trivia with Lucky Chow snacks to give you strength. After that, we’ll enjoy a musical program from Harpwind Duo, featuring harpist Lorelei Barton and oboist Ingrid Lobaugh. Both professional musicians, they will share beautiful Irish music on these two lovely instruments. Don’t miss a fun night of music and fellowship!

OMM Olio Night
Tuesday, March 31 at 7:00 p.m. in Fleming Center
No reservations necessary.

The OMM Chorus, OMM Line Dancers, and more will join forces for a night of homedgrown entertainment. Chorus rehearsals begin March 4 & all are welcome.

It's not too late to join in with your own special talent act. If you have something in mind, contact Irene Brown (918-346-6614 or ibrown@ommtulsa.org) by March 5.

Whether or not you participate onstage, be sure to come support your friends and neighbors and be entertained.