


Independent Living Wellness—January 2019

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 ON PAGE 3** All programming and events are subject to change.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<i>1</i> HAPPY NEW YEAR! ADMINISTRATIVE OFFICES CLOSED ALL EXERCISE CLASSES CANCELED	<i>2</i> 10:00 Bible Study—Ch ®1:00 HotShots Injection Clinic—SWC 1:30-3:00 Welcome Wednesday—MC 3:00 Movie—FC— <i>Little Women (2018)</i> 7:00 Card Sharks—GR	<i>3</i> 3:30 Line Dancing—SWC	<i>4</i> 1:00 Wii Games: Bowling & <u>Tennis</u> —FC 1:30-3:30 Bargain Basement *®T6:00/7:00 Pizza Movie: Christopher Robin—FC 7:00 Card Sharks—GR	<i>5</i> ®9:15 Shopping—31st & Harvard 2:00 Movie—SWC— <i>Puzzle</i> ®7:00 Tulsa Symphony Shuttle
<i>6</i> ®7:30 Asbury Shuttle 11:00 Sunday Morning Community Worship—HLC & HC 5:00 Communion—Ch	<i>7</i> ®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 Games: Bowling & <u>Tennis</u> —FC 1:00-3:00 Scrabble—SWC ®2:50 Spot 31 Volunteering—St. Matthew's	<i>8</i> ®10:40 Let's Eat Lunch—Flo's Burger Diner 1:00-3:00 Weaving—WR 2:00 Food Committee—MR 2:00 <i>Meet the Chef—CANCELED</i> 2:00 Community Bingo—HLC 3:00 Christ Conversations—FC 3:30 Line Dancing with June —SWC 4:30-6:00 Social Hour—MC	<i>9</i> 10:00 Bible Study—Ch 10:30 Ping Pong: OMM at Montereau 1:30-3:00 Welcome Wednesday—MC 3:00 Movie—FC— <i>Skyscraper</i> ®3:00 CCC: HR1 7:00 Card Sharks—GR	<i>10</i> 7:30-8:30 Veterans Coffee and Donuts—HLC ®8:15 Walking Adventure—Tulsa International Airport ®9:00-4:00 Senior Fitness Testing—FC 10:00 UMW OMM Faith Circle—MC 3:30 Line Dancing—SWC *7:00 Tulsa Historical Society presents the OMM Premiere of <i>L'Dor V'Dor</i>—FC	<i>11</i> ALL EXERCISE CLASSES CANCELED ®8:30 Wellness Breakfast: Life in the Blue Zone—SWC 10:00 OMM Town Hall —FC 1:00 Wii Games: Bowling & Tennis—FC 1:30-3:30 Bargain Basement 7:00 Card Sharks—GR 7:00 Movie—FC— <i>CANCELED</i>	<i>12</i> 7:30-9:30 Waffles & Coffee 2nd Saturday—HLC ®9:15 Shopping—31st & Harvard 2:00 Movie—SWC— <i>The Miracle Season</i>
<i>13</i> ®7:30 Asbury Shuttle 11:00 Sunday Morning Community Worship—HLC & HC 5:00 Devotions—Ch	<i>14</i> ®9:15 Shopping—21st & Yale 10:00-12:00 Caring Mat-ters—MR ®1:00-3:00 Senior Fitness Testing Make-Up Day—SWC 1:00 Mah Jongg—MC 1:00 Wii Games: Bowling & <u>Tennis</u> —FC 1:00-3:00 Scrabble—SWC 1:30 Needlecraft—GR ®2:50 Spot 31 Volunteering—St. Matthew's	<i>15</i> 1:00-3:00 Weaving—WR ®1:00-5:00 Dr. Beasley Clinic-SWC 2:00 Community Bingo—HLC 3:00 Christ Conversations—FC 3:30 Line Dancing with June—SWC 4:30-6:00 Social Hour—MC 7:00 The Book Club—CT	<i>16</i> 10:00 Bible Study—Ch 1:30-3:00 Welcome Wednesday—MC 2:00 Campus Orientation Tour—CW Lobby 3:00 Movie—FC— <i>Crooked House</i> ®3:00 CCC: HR1 7:00 Card Sharks—GR	<i>17</i> 10:00 Anna Bible Study—CT ®1:00-5:00 Audiology Clinic ®1:00 Know Your Numbers - SWC 1:30 Member Council Meeting—AC 3:30 Line Dancing—SWC *7:00 Choir of Metropolitan Baptist Church Tulsa—FC	<i>18</i> ®1:00 Know Your Numbers—SWC 1:00 Wii Games: Bowling & Tennis—FC 1:30-3:30 Bargain Basement 3:00 <u>Chair Volleyball—FC</u> 7:00 Card Sharks—GR 7:00 Movie—FC— <i>Dog Days</i>	<i>19</i> ®9:15 Shopping—31st & Harvard 2:00 Movie—SWC— <i>Little Pink House</i>
<i>20</i> ®7:30 Asbury Shuttle 11:00 Sunday Morning Community Worship—HLC & HC 1:30 3rd Sunday Mah Jongg—MC 5:00 Devotions—Ch	<i>21</i> ®9:15 Shopping—21st & Yale 10:00-12:00 Caring Mat-ters—MR 1:00 Mah Jongg—MC 1:00 Wii Games: Bowling & <u>Tennis</u> —FC 1:00-3:00 Scrabble—SWC ®2:50 Spot 31 CANCELED	<i>22</i> 1:00-3:00 Weaving—WR ®1:00-2:30 Dementia Friendly Training—FC 2:00 Community Bingo—FCMR 3:00 Christ Conversations—FC 3:30 Line Dancing with June—SWC 4:30-6:00 Social Hour—MC *7:00 <u>Lost Restaurants of Tulsa</u>—FC	<i>23</i> 10:00 Bible Study—Ch ®1:00 Exercising Safely—SWC 1:30-3:00 Welcome Wednesday—MC 3:00 Movie—FC— <i>Operation Finale</i> ®3:00 CCC: HR1 7:00 Card Sharks—GR	<i>24</i> 7:30-8:30 Veterans Coffee and Donuts—HLC 1:30 Speaking of Gilcrease—HLC 2:00 Wii Bowling: OMM v. Bellarose—FC 3:30 Line Dancing—SWC	<i>25</i> 1:00 Wii Games: Bowling & Tennis—FC 1:30-3:00 Bargain Basement 3:00 <u>Chair Volleyball—FC</u> 7:00 Card Sharks—GR 7:00 Movie—FC— <i>God Bless the Broken Road</i>	<i>26</i> ®9:15 Shopping—31st & Harvard ®1:30 Theatre Tulsa—TPAC 2:00 Movie—SWC— <i>3:10 to Yuma (2007)</i>
<i>27</i> ®7:30 Asbury Shuttle 11:00 Sunday Morning Community Worship—HLC & HC 5:00 Devotions—Ch	<i>28</i> ®9:15 Shopping—21st & Yale 10:00-12:00 Caring Mat-ters—MR ®1:00 Waking Challenge Kick Off Meeting—SWC 1:00 Mah Jongg—MC 1:00 Wii Games: Bowling & <u>Tennis</u> —FC 1:00-3:00 Scrabble—SWC 1:30 Needlecraft—GR ®2:50 Spot 31 Volunteering—St. Matthew's	<i>29</i> 1:00-3:00 Weaving—WR 2:00 <i>Community Bingo—Canceled</i> ®2:00 5th Tuesday Game Day—SWC 3:00 Christ Conversations—FC 3:30 Line Dancing with June—SWC 4:30-6:00 Social Hour—MC *®T7:00 Escape to the Islands New Member Reception—FC	<i>30</i> 10:00 Bible Study—Ch 1:30-3:00 Welcome Wednesday—MC 3:00 Movie—FC— <i>Lovely, Still</i> ®3:00 CCC: HR1 7:00 Card Sharks—GR	<i>31</i> 12:00 5th Thursday Potluck—FC 3:30 Line Dancing—SWC	<i>February 1</i> *®T6:00/7:00 Pizza Movie: <i>Movie TBA</i>—FC	

Spann Wellness Center Exercise Classes

For questions on classes & personal training call Kyle Baker at 918-346-6682.

Monday, Wednesday, Friday:

8:00 Stability Ball
8:00 Fluid Motions
8:45 WAS- Pool
8:45 Seniorcise
9:30 Senior Strong
9:30 ROM & Flexibility
10:15 Sit to be Fit
11:00 Pickleball (Member-Run)

Saturday: 10:00 Splash & Laugh

Sunday: 2:00 Ping Pong (Member-Run)

Tuesday, Thursday:


8:00 Fun Fit Boxing
9:00 Better Balance
10:00 Osteoball
2:00 Ping Pong (Member-Run)
2:00 Gentle Yoga

Tuesday:

3:30 Line Dancing (Member-Run)

Thursday: 3:30 Line Dancing (with Instructor)

Open Swim: available anytime there is no class in the pool. The Spann pool is open 24/7.
Never swim alone.



Senior Fitness Test

Thursday, January 10

9:00-4:00


Goal: 50% Member Participation

The Senior Fitness Test (SFT) is a series of seven test that assess the functional fitness of older adults. Taking the Senior Fitness Test helps to set physical and personal goals. The whole Wellness Team will look at the results and will plan programming and classes based on the functional ability and the interests of the members. Taking the SFT is beneficial for everyone involved!

For more information, please contact Kyle Baker at 918-346-6682.

Sign up for your time slot in the Spann Wellness Center or by calling Kyle by January 9.

**Make Up Day: January 14, 1:00-3:00.*



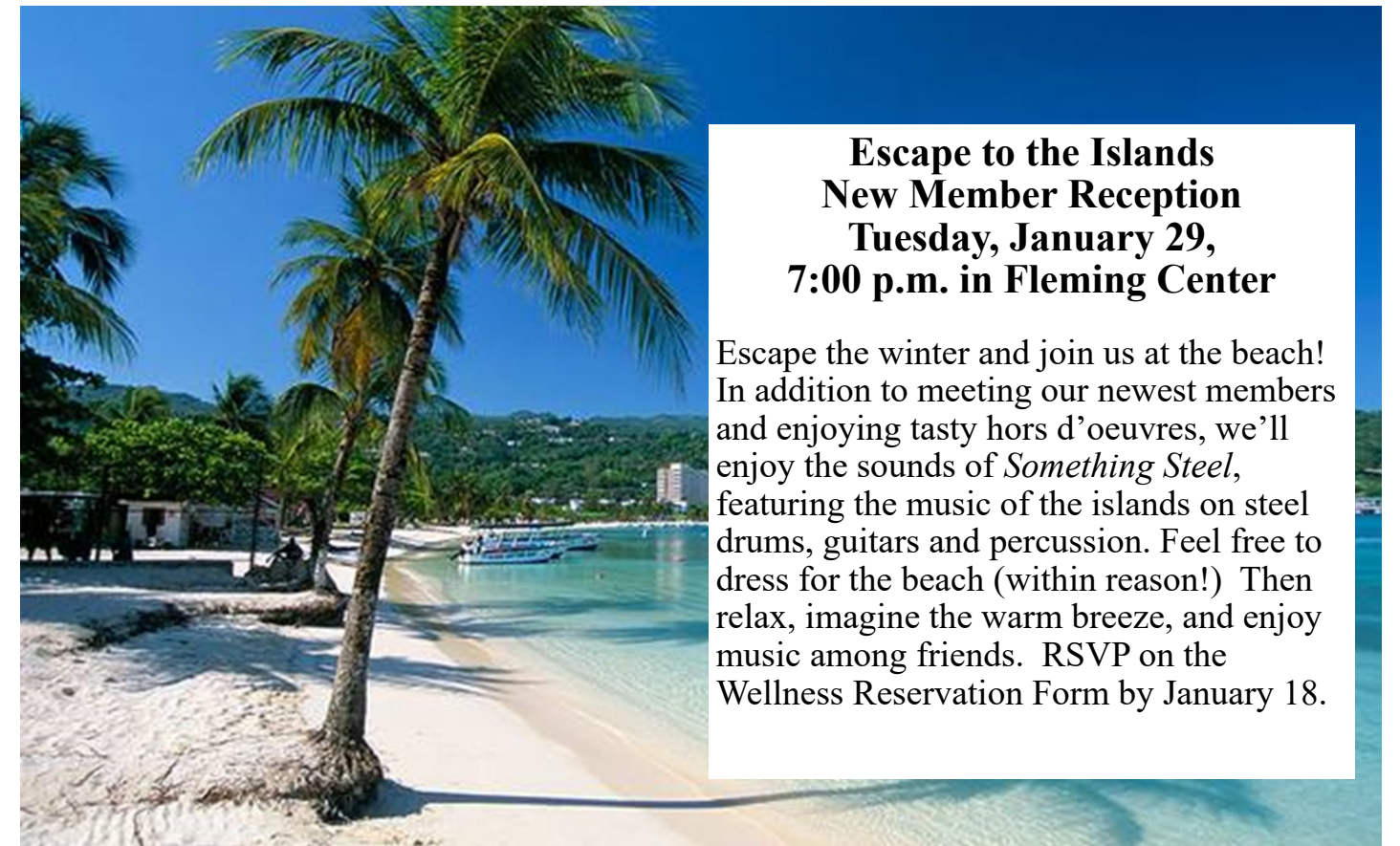
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All reservations should be made using the Wellness Reservation form distributed with your calendar.

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.



Escape to the Islands

New Member Reception

Tuesday, January 29,

7:00 p.m. in Fleming Center

Escape the winter and join us at the beach! In addition to meeting our newest members and enjoying tasty hors d'oeuvres, we'll enjoy the sounds of *Something Steel*, featuring the music of the islands on steel drums, guitars and percussion. Feel free to dress for the beach (within reason!) Then relax, imagine the warm breeze, and enjoy music among friends. RSVP on the Wellness Reservation Form by January 18.

Dr. Brent Beasley, OU Internal Medicine physician specializing in Geriatrics, is available for OMM members twice a month, on the first and third Tuesdays, except holidays, from 1-5pm, by appointment only. Most insurance accepted.

Please contact Lupina, Wellness Nurse at 918-346-6618 to schedule an appointment.

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.

Calendar Supplement for January 2019

® 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. Stamp on back of form in blank area so it is legible. 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. If there are no charges associated with a program, we appreciate a courtesy call if you cancel. Please help us to accommodate those who may be on a waiting list. To cancel an activity reservation, call the Reservation Hotline at 918-346-6689.

Transportation: * Items with this symbol indicates there will be a campus shuttle available by reservation for on-campus activities. 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.

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 in the Spann Wellness Center.

Wednesday, January 2nd

- @1:00 **HotShots Injection Clinic:** The HotShots nurse is available to give injections every 4 weeks. They can administer monthly B-12 injections, and flu, pneumonia vaccines if desired. B-12 shots are \$10, cash, check or card. Injections such as flu and pneumonia are covered by Medicare. Please bring your Medicare and supplemental insurance cards if you need those vaccines. **Contact Lupina at 918-346-6618 if you need your flu/pneumonia vaccines.**
- 3:00 **Fleming Center Movie: Little Women** (2018 PG-13 1h 52m) From girls playing in the attic to women living with purpose, the March sisters -- Meg, Jo, Beth and Amy -- are committed to always supporting each other. Yet growing up sometimes means growing apart. When tragedy brings the sisters back home, sticking together takes on a new meaning. Little Women brings the same sisters to a new generation to celebrate dreams, family and unconditional love. Cast Sarah Davenport, Allie Jennings, Lucas Grabeel, Ian Bohlen, Lea Thompson, Brad Johnson, Melanie Stone, Stuart Edge, Elise Jones.

Friday, January 4th

- 1:00-3:00 **Wii Games:** Each Monday and Friday you can find two Bowling games PLUS this month's featured game. January's game is Tennis. No reservations necessary. For more information, please contact Wellness Coordinator Patti Harriman at 918-346-6642.
- *@T6:00/7:00 **Pizza/Movie Night: Christopher Robin** (2018 PG 1h 44m) In this heartwarming tale from Disney, Christopher Robin, the boy who had countless adventures in the Hundred Acre Wood, has grown up and lost his way. Now it's up to his spirited and loveable stuffed animals, Winnie The Pooh, Tigger, Piglet, and the rest of the gang, to rekindle their friendship and remind him of endless days of childlike wonder and make-believe, when doing nothing was the very best something. Cast Ewan McGregor, Hayley Atwell, Mark Gatiss, Adrian Scarborough. **PLEASE NOTE: You will need a ticket for pizza and/or the movie. RSVP on the Wellness Reservation Form for pizza/movie and/or campus shuttle by 4:00pm on Wednesday, January 2.** Your ticket will be delivered to your mailbox on January 3. You may purchase a non-member guest ticket for \$7 (charged to your OMM account.) Guests will only be permitted if there is space available AFTER the Wednesday 4:00 p.m. deadline.

Saturday, January 5th

- 2:00 **Spann Wellness Center Movie: Puzzle** (2018 R 1h 43m) While leading an empty suburban existence, Agnes discovers the pleasure of solving jigsaw puzzles and finds she has a rare talent for it. Before long, her hobby provides an entrée into a new life through the world of competitive puzzling. Cast Kelly Macdonald, Irrfan Khan, David Denman, Bubba Weiler.
- @7:00 **Tulsa Symphony Shuttle (shuttle only, no staff accompanies this outing): Prokofiev's Romeo & Juliet** begins at 7:30. The shuttle is full, and no reservations are being accepted.

Monday, January 7th

- 10:00 **Screenwatchers Guild:** All are welcome to help choose our February movies. No reservations necessary. **Please share any movie suggestions you have by calling the Reservation Hotline at 918-346-6689.**
- 1:00-3:00 **Wii Games:** See the description on January 4.

Tuesday, January 8th

- @10:45 **Let's Eat Lunch @ Flo's Burger Diner (shuttle only, no staff accompanies this outing):** Enjoy good food with friends new and old at this new restaurant on Route 66 (11th Street.) Order at the counter and Victoria will pay for the group. Lunch is a flat cost of \$12 charged to your OMM account so no need to bring money. PLEASE NOTE: Victoria Treiber is the Assisted Living escort for this outing and is there to provide assistance, as needed, only to Holliman residents. She is not available to assist Independent Living Members, other than paying the bill. **RSVP on the Wellness Reservation Form by January 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 Stella Schwartz at 918-743-1748

Wednesday, January 9th

- 10:30 **Ping Pong at Montereau:** We begin the 2019 Ping Pong competition with traveling to Montereau. Will this be the year we have the trophy here at OMM? All are welcome to play, and members can practice on Sundays, Tuesdays and Thursdays at 2:00 p.m. each week. Members drive themselves to the match. If you would like to compete or go to watch, please contact Member Ken Weston at 918-749-7414.
- 3:00 **Fleming Center Movie: Skyscraper** (2018 PG-13 1h 42m) Former FBI Hostage Rescue Team leader and U.S. war veteran Will Sawyer now assesses security for skyscrapers. He's on assignment in China when he finds the tallest, safest building in the world suddenly ablaze, and he's been framed for it. A wanted man on the run, Will must find those responsible, clear his name and somehow rescue his family, who are trapped inside the building, above the fire line. Cast Dwayne Johnson, Neve Campbell, Pablo Schreiber, Byron Mann, Hannah Quinlivan, Noah Taylor, Roland Møller, Chin Han.
- @3:00 **CCC (Creativity Connection Classroom):** Join us this month as we work on creating a "Welcome" sign/ banner for your front door! A unique door banner not only says hello to neighbors and friends but it's also the first thing you see before you enter your home yourself. It's a way of expressing yourself in a unique way. CCC will have guided acrylic painting classes this month walking you through completion of your own "welcome" sign. Each design lends itself to creating an individual rather than duplicated piece of art. Patti and Lupina will help you complete your design during each consecutive class. Throughout the year, as the seasons pass, we will offer additional classes to create a different motif. All class supplies will be provided for a cost of \$7 per student, per banner/sign. **RSVP on the Wellness Reservation Form by January 3.**

Thursday, January 10th

- 7:30-8:30 **Veterans Coffee and Donuts:** All Veterans are invited to a free Continental breakfast and fellowship in the Holliman Gathering Room. Come and go. No reservations necessary.
- @8:15 **Walking Adventure @ Tulsa International Airport:** This month, we'll stay indoors and walk the pre-security halls of Tulsa International Airport, enjoying the artwork and airplane displays we often miss when we are focused on meeting a flight. After walking for half an hour, we'll stop at the Caribou Coffee/Einstein Bagel shop at the airport for some nourishment, fellowship, and people-watching. Please wear appropriate shoes and clothing and bring money for breakfast. Meet at Spann Wellness Center at 8:15 a.m. (You will not be called with a pick-up time.) **RSVP on the Wellness Reservation Form by December 7.**
- @9:00-3:30 **Senior Fitness Testing:** The Senior Fitness Test (SFT) is a series of seven test that assess the functional fitness of older adults. Taking the Senior Fitness Test helps to set physical and personal goals. The whole Wellness Team will look at the results and will plan programming and classes based on the functional ability and the interests of the members. Taking the SFT is beneficial for everyone involved! For more information, please contact Kyle Baker at 918-346-6682. **Sign up for your time slot in the Spann Wellness Center or by calling Kyle by January 9.**
- 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 **Tulsa Historical Society presents the OMM Premiere of *L'Dor V'Dor*:** Michelle Place, Executive Director of the Tulsa Historical Society, will introduce this one-hour film commissioned by the Society. *L'Dor V'Dor: Generation to Generation* tells the story of Tulsa's Jewish community from its arrival in America, to its settling in Indian Territory, to its contemporary commitment to our city. A history lesson as well as a testament to the many contributions to Tulsa by its Jewish citizens, this film explores the human condition of our city's collective history. No reservations necessary.

Friday, January 11th

- @8:30 **Wellness Breakfast: Life in the Blue Zone:** It's the beginning of a new year and for some it's a new start and attempts to improve health and happiness. This month, our own Wellness Nurse, Lupina Fry will discuss the keys to Blue Zone living. If you're unfamiliar with Blue Zones, they are those areas found around the world who have an unusually high number of active octo and nonagenarians - 80 and 90-year olds! It's not a secret, there are things you can do here in Oklahoma that can help you not only live longer but live longer better! Join us for coffee, bagels and an interesting topic! **RSVP on the Wellness Reservation Form by January 7.**
- 10:00 **OMM Town Hall:** Make time in your schedule to attend this important monthly informational meeting, led by our CEO Steve Dickie. Announcements will be made, and issues are discussed that impact our community. No reservations necessary.
- 1:00-3:00 **Wii Games:** See the description on January 4.

Saturday, January 12th

- 7:30-9:30 **Waffles & Coffee 2nd Saturday:** Men and women are invited to enjoy free homemade waffles and coffee, as well as fellowship. No reservations necessary.
- 2:00 **Spann Wellness Center Movie: The Miracle Season** (2018 PG 1h 41m) When Caroline Found -- the undisputed star of West High School's volleyball team -- dies suddenly, the Iowa City squad is left floundering until her father and the team's tough but caring coach inspire them to pursue the state championship. Cast: Helen Hunt, Erin Moriarty, William Hurt.

Monday, January 14th

- 1:00-3:00 **Wii Games:** See the description on January 4.
- @1:00-3:00 **Senior Fitness Testing Make-up Day:** Spann Wellness Center is offering this opportunity for those who are unable to participate on January 10. (Please see that date for additional information.) **Sign up for your time slot in the Spann Wellness Center or by calling Kyle by January 13.**
- 1:30 **Needlecraft:** All are welcome to enjoy fellowship and knit caps (yarn provided) for new babies at St. John's Hospital nursery and for visitors to Ronald McDonald House. The group meets on the 2nd and 4th Mondays of each month outside the 2nd floor Game Room in Crestwood. Stop by and see their beautiful work or join their knitting. No reservations necessary. For questions, contact OMM Member Jan Steffensen at (918) 804-6060.

Tuesday, January 15th

- @1:00-5:00 **Dr. Brent Beasley Campus Clinic:** Dr. Beasley is an Internal Medicine physician with OU, specializing in Geriatrics. Dr. Beasley has made himself available to the OMM community members on the first and third Tuesday of every month, except Holidays. He will see patients in the SWC treatment room in the Wellness Nurse office. Most insurance plans accepted. **Contact Lupina at 918-346-6618 for an appointment.**
- 7:00 **The Book Club: The Feather Thief: Beauty, Obsession, and the Natural History Heist of the Century** by Kirk Wallace Johnson, Facilitator: OMM Member Stan Teter. For more information, contact OMM Member Gayle Teter (gteter1@aol.com or (918) 949-9181.) No reservations necessary.

Wednesday, January 16th

- 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 **Fleming Center Movie: Crooked House** (2017 PG-13 1h 55m) In Agatha Christie's most twisted tale, the suspicious circumstances surrounding the death of a wealthy patriarch is investigated by spy-turned-private-detective Charles Hayward (Max Irons), who is lured by his former lover to catch her grandfather's murderer before Scotland Yard exposes dark family secrets. On the sprawling estate, amidst a poisonous atmosphere of bitterness, resentment and jealousy in a truly crooked house, Hayward encounters three generations of the dynasty, including a theater actress (Gillian Anderson), the old man's widow 50 years his junior (Christina Hendricks), and the family matriarch Lady Edith de Haviland (Glenn Close).
- @3:00 **CCC (Creativity Connection Classroom) – Class #2:** See December 9. We'll continue working on creating a "Welcome" sign for your front door! All class supplies will be provided for a cost of \$7 per student, per banner/sign. **RSVP on the Wellness Reservation Form by January 9.**

Thursday, January 17th

- 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:** 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.**
- 1:00 **Know Your Numbers:** We're offering two days for you to get the results from your Senior Fitness Test and understand what your results mean for you. Also learn how to create a plan that helps you reach your lifestyle goals. Choose January 17 or 18. **RSVP on the Wellness Reservation Form by Tuesday, January 15.**
- 1:30 **Member Council Meeting:** Please contact your Member Council representative with any questions or concerns you would like addressed at this meeting.

Thursday, January 17th (continued)

*7:00 **Choir of Metropolitan Baptist Church Tulsa:** The dynamic and inspiring choir of Metropolitan Baptist Church (The Met) will be here to sing for us as we prepare for Martin Luther King Jr. Day. Since 1917, The Met has served as a beacon of light shining in north Tulsa and beyond. Their choir will share soul-stirring traditional and contemporary gospel music in this very special program. No reservations necessary.

Friday, January 18th

- 1:00 **Know Your Numbers:** We're offering two days for you to get the results from your Senior Fitness Test and understand what your results mean for you. Also learn how to create a plan that helps you reach your lifestyle goals. Choose January 17 or 18. **RSVP on the Wellness Reservation Form by Tuesday, January 15.**
- 1:00-3:00 **Wii Games:** See the description on January 4.
- 3:00 **Chair Volleyball:** This fun and popular game is played in the Fleming Center with two teams of six players each. If we have more than 12 members ready to play, we can make accommodations! We use a soft large ball to serve and volley back and forth. In addition to the normal rules of volleyball, chair volleyball requires that you do not get out of your chair except to rotate team members. No reservations necessary. For more information, please contact Wellness Coordinator Patti Harriman at 918-346-6642.
- 7:00 **Fleming Center Movie: Dog Days** (2018 PG 1h 53m) In this ensemble comedy, dogs are not only man's best friend, they're his best matchmaker as a disparate group of Los Angelenos -- including a mom, an athlete turned TV host and a barista -- connects through their canine companions. Cast Nina Dobrev, Vanessa Hudgens, Adam Pally, Eva Longoria, Rob Corddry, Tone Bell. No reservations necessary.

Saturday, January 19th

- 2:00 **Spann Wellness Center Movie: Little Pink House** (2018 NR 1h 39m) In this fact-based drama, a small-town nurse becomes a national hero after daring to go up against corporate giant Pfizer in a fight to keep the homes in her blue-collar neighborhood from being bulldozed to accommodate redevelopment. Cast Catherine Keener, Jeanne Tripplehorn, Callum Keith Rennie, Garry Chalk.

Monday, January 21st

- 1:00-3:00 **Wii Games:** See the description on January 4.

Tuesday, January 22nd

@1:00-2:30 **Dementia Friendly Training:** In 2015 the White House Conference on Aging began efforts to foster dementia friendly cultures and improve opportunities for those with dementia, families and care partners. Dementia Friendly America's volunteer-driven, free training resources and tools help combat the social stigma and lack of public awareness of people living with dementia and encourages earlier diagnosis. The program has already been successful in the global community in areas such as Japan, Belgium, France, Netherlands and Australia as well as the UK. Tulsa is the first city in Oklahoma to embrace the program. Oklahoma Methodist Manor could also be the first community of its kind to embrace the program; the OMM's Board has already been trained. Join us for this great education and training opportunity with Dementia Friendly Tulsa's, Susan and John Dornblaser. For more information, please contact Lupina Fry, Wellness Nurse at 918-346-6618. **RSVP on the Wellness Reservation form by January 18.**

*7:00 **Lost Restaurants of Tulsa:** In the early twentieth century, Tulsa was the "Oil Capital of the World." The rush of roughnecks and oil barons built a culinary foundation that not only provided traditional food and diner fare but also inspired upper-class experiences and international cuisine. Tulsans could reserve a candlelit dinner at the Louisiane or cruise along the Restless Ribbon with a pit stop at Pennington's. Join author Rhys Martin on a gastronomic journey through time in Tulsa, from the Great Depression to the days of "Liquor by the Wink" and the Oil Bust of the 1980s. It will be a great night of good memories! Copies of Rhys Martin's new book Lost Restaurants of Tulsa will be available for sale for \$23 (tax included), payable by check, cash (exact change), or credit card. No reservations necessary.

Wednesday, January 23rd

- @1:00-2:00 **Exercising Safely:** Senior Fitness Testing helped you to understand your personal level of fitness. Before you jump right in to the coinciding class for your level, it is important that you start with knowing the CORRECT way to move your body for your level, what modifications that may or may not need to be made, how far to push yourself, and what muscle or joint you actually should feel when you do the exercise move the instructor calls for. This class is very important to take no matter how many years or even hours that you've been exercising. NOTE: This class will be an hour long due to the time needed to break down and explain each move. For more information, please contact Kyle Baker @ 918-346-6682. **RSVP on the Wellness Reservation form by January 21.**

Wednesday, January 23rd (continued)

- 3:00 **Fleming Center Movie: Operation Finale** (2018 PG-13 2h 3m) Operation Finale follows the thrilling true story of the secret mission led by Israeli intelligence agent Peter Malkin to infiltrate Argentina and capture Adolf Eichmann, the Nazi officer who masterminded the plans that sent millions of innocent Jews to their deaths during World War II and bring him to justice. Cast Oscar Isaac, Ben Kingsley, Mélanie Laurent, Lior Raz, Haley Lu Richardson, Nick Kroll, Joe Alwyn.
- @3:00 **CCC (Creativity Connection Classroom)** – Class #3: See December 9. Continuing our work creating a “Welcome” sign for your front door! All class supplies will be provided for a cost of \$7 per student per banner/sign. **RSVP on the Wellness Reservation Form by January 16.**

Thursday, January 24th

- 7:30-8:30 **Veterans Coffee and Donuts**: See January 10. No reservations necessary.
- 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.
- 2:00 **Wii Bowling OMM v Bellarose Senior Living**: OMM hosts Bellarose Senior Living for a Wii Bowling scrimmage. Spectators are welcomed and appreciated! For more information, please contact Wellness Coordinator Patti Harriman at 918-346-6642. No reservations necessary.

Friday, January 25th

- 1:00-3:00 **Wii Games**: See the description on January 4.
- 3:00 **Chair Volleyball**: See the description on January 18.
- 7:00 **Fleming Center Movie: God Bless the Broken Road** (2018 PG 1h 53m) This faith-based drama centers on a young mother widowed by war, whose belief in God is put to the test as she struggles to raise her 9-year-old daughter and save the family home from foreclosure. Cast Lindsay Pulsipher, Makenzie Moss, Andrew W. Walker, Kim Delaney, Robin Givens, Gary Grubbs. No reservations necessary.

Saturday, January 26th

- @1:30 **Theatre Tulsa (shuttle only; no staff accompanies this outing)**: *Beauty and the Beast* begins at 2:00 p.m. Season ticket outing. Tickets are already purchased, and the bus is full.
- 2:00 **Crestwood Movie: 3:10 to Yuma** (2007 R 2hr 2m) In this gripping remake of the 1957 classic, rancher Dan Evans agrees to help transport captured outlaw Ben Wade to the nearest rail station, where they'll board a train to court. But all the while, Wade's henchmen are plotting their next move. Cast: Russell Crowe, Christian Bale, Peter Fonda.

Monday, January 28th

- @1:00 **Waking Challenge Kick Off Meeting**: The walking challenge will last until February 24th. You will be on your own to walk one mile every day and complete 30 miles in 30 days. At this Kick-Off, you will receive a sheet to track your miles. The meeting will be January 28th in the Wellness Center, large class room. For questions contact: Kyle Baker @ 918-346-6682. **RSVP at the Wellness Center Wall.**
- 1:00-3:00 **Wii Games**: See the description on January 4.

Tuesday, January 29th

- @1:00-2:00 **Fifth Tuesday Game Day**: Join us in the Spann Wellness Center for what we hope will be a new OMM tradition! Each month in 2019 with five Tuesdays, the Wellness team will host a Fifth Tuesday Game Day. Will it be a relay, a scavenger hunt, Heads Up, Family Feud? All we are willing to tell you is teams will be chosen by the Wellness team so that the teams are balanced with equal skill levels to win! For more information, please contact Patti Harriman at 918-346-6642. **RSVP on the Wellness Reservation form by January 25.**
- 1:30 **Needlecraft**: See January 14.

***@T7:00 Escape to the Islands New Member Reception**: See back of calendar for details of this fun party welcoming our newest Members and featuring Something Steel band. **RSVP on the Wellness Reservation Form by January 18.**

Wednesday, January 30th

- 3:00 **Fleming Center Movie: Lovely, Still** (2008 PG 1h 32m) When his beautiful new neighbor Mary (Ellen Burstyn) asks him out on a date, elderly bachelor Robert (Martin Landau) suddenly finds himself swept up in the excitement and panic of new love. But as romance blossoms between the couple, an unexpected challenge arises that threatens to undermine the fledgling relationship. Nicholas Fackler directs this touching drama that also stars Adam Scott and Elizabeth Banks. (NOTE: This movie may not have subtitles.)
- @3:00 **CCC (Creativity Connection Classroom)** – Class #4: See December 9. We will complete our “Welcome” door hanger/sign for your front door! We’ll work on completing our designs, adding ribbons, extras and hanging devices. We’ll also discuss other designs options for the oncoming year. Each door banner will be seasonal, and fun so keep an eye out for future classes! All class supplies will be provided for a cost of \$7 per student per banner/sign. **RSVP on the Wellness Reservation form by January 23.**

Thursday, January 31st

12:00 **Fifth Thursday Potluck:** A Member-led OMM tradition! Remember the fun of potluck dinners? Whenever there's a fifth Thursday, members gather for a delicious potluck lunch! Bring your own plate and silverware and one dish to share with others (salad, meat, vegetable, or dessert) – if you don't want to cook, just pick something up at the store! Drinks and napkins provided. No reservations necessary.

Friday, February 1st

- *@T6:00/7:00 **Pizza/Movie Night:** Because the February Pizza/Movie falls on the first day of the month, you may go ahead and make your February reservations on the January Wellness Reservation Form. **RSVP by 4:00pm on Wednesday, January 30.** Your ticket will be delivered to your mailbox on January 31. You may purchase a non-member guest ticket for \$7 (charged to your OMM account.) Guests will only be permitted if there is space available AFTER the Wednesday 4:00 p.m. deadline.

Wednesday, February 6th

- @12:15 **The Metropolitan Opera presents Bizet's CARMEN (shuttle only; no staff accompanies this outing):** Save the expensive plane ticket to New York! Enjoy the performance live in HD at Cinemark Theatre (71st & Garnett). Performance starts at 1:00 p.m. and lasts 3 1/2 hours including intermission. Reserved "luxury lounge" seats. Contrebandiers, bullfighters, flamenco dancers and a very famous gypsy are just a few of the elements that make CARMEN a must-see show. Carmen, the iconic gypsy of the title, is a woman desired by every man but determined to remain true to herself. Don José is the soldier who falls under her spell and sacrifices everything for her love, only to be cast aside when the toreador Escamillo piques Carmen's interest. This production of Carmen brings every aspect of Georges Bizet's famous music and dramatic tale to thrilling life, from its lighthearted beginning to its inevitably tragic climax. Cost of this outing is \$34 (as opposed to over \$300 for a ticket to the performance at The Met!) Tickets are going fast so **RSVP on the January Wellness Reservation Form by January 3.**

Call for Participants!! Come one, come all!

OMM Talent Show: Thursday, February 28, 2019, 7:00 p.m. in Fleming Center

Whether you sing, act, dance, juggle, play an instrument, hula hoop, do magic tricks, have a skit, or something else, we want to showcase you onstage for your friends and neighbors to admire and enjoy! We're looking for 3-to-5-minute individual and group acts.

We are also seeking all Member poets and writers of all kinds who would be willing to share a reading from their work. (We have readers, if you'd prefer that someone else do the reading.) We may incorporate these readings into the Talent Show or in a separate event.

There is a section on the January Wellness Reservation Form for you to tell us what you'd like to do. (Feel free to submit a second Reservation Form with your Talent Show/Writing info, once you've had time to determine how you'll participate.)

Let your light shine!!