

Independent Living Wellness—October 2018

LEGEND: AC=Academy Classroom, CW 1st Floor FC=Fleming Center HLC=Holliman Living Center MR=Meeting Room, CW 3rd Floor ® = RESERVATIONS REQUIRED
 Ch=Chapel FCMR=Fleming Center Meeting Room HR1=Hobby Room 1, CW 1st Floor SWC=Spann Wellness Center * = CAMPUS SHUTTLE AVAILABLE BY RESERVATION
 CT=Crestwood Theatre GR=Game Room, CW 2nd Floor MC=Member Club, CW 4th Floor WR=Weaving Room T = TICKETS REQUIRED
 CWL=Crestwood Library, CW 2nd Flr HC=Health Center **PLEASE READ YOUR CALENDAR SUPPLEMENT FOR IMPORTANT DETAILS! BEGINS ON PAGE 3** All programming and events are subject to change.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1 @9:15 Shopping—21st & Yale 10:00 Screenwatchers Guild—CWL 10:00-2:00 Caring Mat-ters—MR 1:00 Mah Jongg—MC 1:00 Wii Bowling—FC 1:00-3:00 Scrabble—SWC 3:30-4:15 OMM Chorus—FC</p>	<p>2 7:30 Men's Breakfast—HLC 9:00 Gentle Volleyball NC—HLC 11:15-12:00 TCCL Bookmobile—Maintenance Shed @1:00-5:00 Dr. Beasley Clinic-SWC 1:00-3:00 Weaving—WR 1:00 Food Bank Service Project—HLC 2:00 Community Bingo—FC 3:00 Christ Conversations—CT 4:30-6:00 Social Hour—MC *7:00 OMM's Own Dynamic Duo Piano Concert—FC</p>	<p>3 10:00 Bible Study—Ch @1:00 HotShots Injection Clinic—SWC 1:30-3:00 Welcome Wednesday—MC 3:00 Movie—CT—<i>Won't You Be My Neighbor?</i> @3:00 CCC: Claudia Thomas—Christmas Cards—HR1 7:00 Card Sharks—GR</p>	<p>4 @8:30 Lab Draw Clinic—SWC 9:00 Gentle Volleyball NC—HLC 1:00 Laughter for the Health of It—CT @1:30 Wii Bowling—OMM at BellaRose 2:30 Metropolitan Opera Memories & Verdi's Aida—CT 4:00 Line Dancing—SWC</p>	<p>5 @9:15 Tulsa Town Hall—TPAC 1:00 Wii Bowling—FC 1:30-3:30 Bargain Basement Closed *@T6:00/7:00 Pizza Movie: Ocean's 8—FC 7:00 Card Sharks—GR</p>	<p>6 @9:15 Shopping—31st & Harvard @11:00 The Metropolitan Opera presents Verdi's Aida—Cinemark Movie Theatre 2:00 Movie—CT—<i>Allied</i> @7:30 Tulsa Symphony Classics Shuttle—TPAC</p>
<p>7 @7:30 Asbury Shuttle 11:00 Sunday Morning Community Worship—HLC & HC 5:00 Communion—Ch</p>	<p>8 @9:15 Shopping—21st & Yale 10:00-12:00 Caring Mat-ters—MR 1:00 Mah Jongg—MC 1:00 Wii Bowling—FC 1:00-3:00 Scrabble—SWC @1:30 LiveLifeLearning: Protect Against Breast Cancer—CT 1:30 Needlecraft—GR @2:50 Spot 31 Volunteering—St. Matthew's 3:30-4:15 OMM Chorus—FC</p>	<p>9 9:00 Gentle Volleyball NC—HLC @10:40 Let's Eat Lunch—Shiloh's 1:00-3:00 Weaving—WR 2:00 Food Committee—MR @T2:00 Meet the Chef—Charter Oak 2:00 Community Bingo—HLC 3:00 Christ Conversations—CT 4:30-6:00 Social Hour—MC *7:00 Janet Rutland in Concert—FC</p>	<p>10 10:00 Bible Study—Ch 12:30 Ping Pong at Montereau 1:30-3:00 Welcome Wednesday—MC 1:30 Tulsa Historical Society Program—HLC 3:00 Movie—CT—<i>Remember</i> @3:00 CCC: Claudia Thomas—Christmas Cards—HR1 7:00 Card Sharks—GR</p>	<p>11 7:30-8:30 Veterans Coffee and Donuts—HLC @8:15 Walking Adventure—Newblock Park Trail @8:30 Lab Draw Clinic—SWC 9:00 Gentle Volleyball NC—HLC 10:00 UMW OMM Faith Circle—MC 3:30 Line Dancing—SWC</p>	<p>12 ALL EXERCISE CLASSES CANCELLED @8:30 Wellness Breakfast: TSHA—SWC 10:00 OMM Town Hall—FC 1:00 Wii Bowling—FC 1:30-3:30 Bargain Basement @5:00 Dinner & Sapulpa Community Theatre 7:00 Card Sharks—GR 7:00 Movie—<i>Canceled</i> @6:30 Fall Fright Night—FC</p>	<p>13 7:30-9:30 Women's Waffles & Coffee—HLC @9:15 Shopping—31st & Harvard 2:00 Movie—CT—<i>Freedom Writers</i></p>
<p>14 @7:30 Asbury Shuttle 11:00 Sunday Morning Community Worship—HLC & HC 5:00 Devotions—Ch</p>	<p>15 @9:15 Shopping—21st & Yale 10:00-12:00 Caring Mat-ters—MR 1:00 Mah Jongg—MC 1:00 Wii Bowling—FC 1:00-3:00 Scrabble—SWC @2:50 Spot 31 Volunteering—St. Matthew's 3:30-4:15 OMM Chorus—FC</p>	<p>16 9:00 Gentle Volleyball NC—HLC @9:45 Automobiles & Amish Lunch Trip @1:00-5:00 Dr. Beasley Clinic-SWC 1:00-3:00 Weaving—WR 2:00 Community Bingo—HLC 3:00 Christ Conversations—CT 4:30-6:00 Social Hour—MC 7:00 OMM Book Club—CT</p>	<p>17 10:00 Bible Study—Ch 1:30-3:00 Welcome Wednesday—MC 2:00 Campus Orientation Tour—CW Lobby 3:00 Movie—CT—<i>Overboard</i> @3:00 CCC: Dianne Rodehaver—Christmas Ornaments—HR1 7:00 Card Sharks—GR</p>	<p>18 @8:30 Lab Draw Clinic—SWC 9:00 Gentle Volleyball NC—HLC 10:00 Anna Bible Study—CT @1:00-5:00 Audiology Clinic 1:30 Member Council Meeting—AC 3:30 Line Dancing—HC</p>	<p>19 1:00 Wii Bowling—FC 1:30-3:30 Bargain Basement 2:30 Chair Volleyball—FC @6:45 Signature Symphony Pops—Van Trease PACE 7:00 Card Sharks—GR 7:00 Movie—FC—<i>God's Not Dead: A Light in the Darkness</i></p>	<p>20 @9:15 Shopping—31st & Harvard 2:00 Movie—CT—<i>Adrift</i></p>
<p>21 @7:30 Asbury Shuttle 11:00 Sunday Morning Community Worship—HLC & HC 1:30 3rd Sunday Mah Jongg @2:00 Tulsa Opera Shuttle—TPAC 5:00 Devotions—Ch</p>	<p>22 @9:15 Shopping—21st & Yale 10:00-12:00 Caring Mat-ters—MR @11:35 Books Sandwiched In—Central Library 1:00 Mah Jongg—MC 1:00 Wii Bowling—FC 1:00-3:00 Scrabble—SWC 1:30 Needlecraft—GR @2:50 Spot 31—St. Matthew's UMC 3:30-4:15 OMM Chorus—FC</p>	<p>23 9:00 Gentle Volleyball NC—HLC 1:00-3:00 Weaving—WR 2:00 Community Bingo—FC 3:00 Christ Conversations—CT 4:30-6:00 Social Hour—MC</p>	<p>24 10:00 Bible Study—Ch 1:30-3:00 Welcome Wednesday—MC 3:00 Movie—CT—<i>The Replacements</i> @3:00 CCC: Dianne Rodehaver—Christmas Ornaments HR1 7:00 Card Sharks—GR</p>	<p>25 7:30-8:30 Veterans Donuts—HLC @8:30 Lab Draw Clinic—SWC 9:00 Gentle Volleyball NC—HLC 1:30 Speaking of Gilcrease—HLC 3:30 Line Dancing—SWC @5:45 Fall Festival—FC</p>	<p>26 @1:00 Scrabble/Checkers Tournament—SWC 1:00 Wii Bowling—FC 1:30-3:00 Bargain Basement 2:30 Chair Volleyball—FC 7:00 Card Sharks—GR 7:00 Movie—FC—<i>The Mighty Macs</i> @7:15 Chanticleer Concert—Boston Avenue UMC</p>	<p>27 @9:15 Shopping—31st & Harvard 2:00 Movie—CT—<i>Beaches</i></p>
<p>28 @7:30 Asbury Shuttle 11:00 Sunday Morning Community Worship—HLC & HC @2:00 Tulsa Ballet Shuttle—TPAC 5:00 Devotions—Ch</p>	<p>29 @9:15 Shopping—21st & Yale 10:00-12:00 Caring Mat-ters—MR @10:45 Around the World Culinary Tour: Dona Gloria's & Plaza Santa Cecilia 1:00 Mah Jongg—MC 1:00 Wii Bowling—FC 1:00-3:00 Scrabble—SWC @2:50 Spot 31—St. Matthew's UMC 3:30-4:15 OMM Chorus—FC</p>	<p>30 9:00 Gentle Volleyball NC—HLC @1:00-3:00 Mini Health Clinic—SWC 1:00-3:00 Weaving—WR 2:00 Community Bingo—FC @2:30 Heads Up—SWC 3:00 Christ Conversations—CT 4:30-6:00 Social Hour—MC</p>	<p>31 10:00 Bible Study—Ch 1:30-3:00 Welcome Wednesday—MC 3:00 Movie—CT—<i>Mary Shelley</i> @3:00 CCC: Lupina & Patti—Christmas Door Hanging- HR1 7:00 Card Sharks—GR</p>			

Spann Wellness Center Exercise Classes

For questions on classes & personal training call Jennifer Rawlings at 918-346-6663.

Monday, Wednesday, Friday:

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

Tuesday, Thursday:

8:30 Fun Fit Boxing
9:30 Better Balance
10:30 Osteoball
10:30 Tai Chi
2:00 Ping Pong (Member-Run)
2:00-2:45 Gentle Yoga
3:00 Aqua Cardio

Open Swim: available anytime there is no class in the pool. The Spann pool is open 24/7.

Never swim alone.

Saturday: 10:00 Splash & Laugh

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

Tuesday: 3:30 Line Dancing (Member-Run)

Thursday: 3:30 Line Dancing
(with Instructor)

Dr. Brent Beasley, OU Internal Medicine physician specializing in Geriatrics, will now be available for OMM Members twice a month, on the first and third Tuesdays, 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 at 8:30am. If you need lab work collected, contact Lupina, Wellness Nurse to schedule an appointment. If you do not have your physician's orders, Lupina can contact your physician for those orders. 918-346-6618

Available through Walmart: Shingrix Shingles Vaccine

Vaccine is currently available. Contact Lupina Fry, Wellness Nurse to inquire when Walmart will return to administer vaccine.

Two doses are required, 2-6 months apart. Walmart pharmacy will run your prescription insurance and notify you of copay amount. If you'd like to obtain the series, please contact Lupina Fry, Wellness Nurse, at 918-346-6618. We will need a copy of your Part D insurance and/or supplemental and Medicare cards.

Independent Living Wellness—October 2018

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

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

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

For questions, please contact Irene Brown, 918-346-6614 or ibrown@ommtulsa.org.

Music!

OMM Chorus

Mondays beginning October 1, 3:30-4:15 p.m. in Fleming Center
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. Whether or not you've been in the OMM Chorus before, everyone is welcome to take part in this fun musical experience. The group will prepare a program of BROADWAY MUSIC for presentation on November 15. No reservations necessary but we will need your commitment to weekly rehearsals if you wish to participate in the November 15 performance.

OMM's Own Dynamic Duo Piano Concert

Tuesday, October 2, 7:00 p.m. in Fleming Center
Always a highlight of the year, our very own piano stars, OMM Member Phillele McBrayer and OMM staff member Ann Dorff, along with some special guests, will present a program spanning all 12 months of the year and encompassing both fun and serious compositions. Don't miss it! No reservations necessary.

Janet Rutland in Concert

Tuesday, October 9, 7:00 p.m. in Fleming Center
Vocalist Janet Rutland is a long time fixture in the Mid America music and theatre scene. Her repertoire ranges from vintage jazz to country and pop standards with emphasis on the Great American Songbook. No reservations necessary.

Laughter!

Laughter for the Health of It

Thursday, October 4, 1:00 p.m. in Crestwood Theatre

Trained in the psychology and physiology of laughter, attitudinal healing, and adaptations to special challenges, Jan Brothers has been a Certified Laughter Leader since 2008. Her Laughter Therapy program provides light-to-moderate activities for mental & physical flexibility, mood regulation, stress reduction, and an attitude boost. Jokes are not used; only the joy of true, mirthful laughter in a supportive environment. Sometimes referred to as "laughter yoga" this physical and emotional wellness program is meant to be practiced regularly. It's fun and you'll leave with a big smile on your face, feeling better all over! No reservations necessary.

Calendar Supplement for October 2018

Unless otherwise indicated below, all reservations should be made using the Wellness Reservation form distributed with your calendar.

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

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

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

® Items with this symbol require reservations using the Wellness Event Reservation Form. Other items do not. Please note RSVP deadlines.

- *** Campus shuttle is available by reservation for on-campus activities marked with an asterisk.** Shuttle reservations must be made no later than 4:00 p.m. the day before the event. If there are no reservations by 4:00 p.m. the day before the event, the shuttle will be cancelled. Campus Shuttle begins pick-ups 30 minutes prior to the event start time listed on the calendar. You will not receive a phone call with a specific pick-up time. Please watch for the shuttle to reach your home. (If your plans change, please remember to cancel your shuttle reservation.)
- The time listed for off-campus outings is the time the shuttle is scheduled to depart OMM.

PLEASE NOTE: This supplement gives details of activities and events *that do not occur every week*. Please refer to your list of repeating activities and repeating Spann Wellness Center classes for details of any calendar entries not listed below. Additional lists of repeating activities are available from the Life Enrichment office in Fleming Center.

Monday, October 1st

- 10:00 **Screenwatchers Guild:** All are welcome to help choose our November movies. **Please share any movie suggestions you have by calling the Reservation Hotline at 918-346-6689.**
- 3:30-4:15 **OMM Chorus:** See back of calendar for details. All are welcome to participate as the group prepares a program of Broadway music for presentation on November 15.

Tuesday, October 2nd

- 7:30-8:45 **Men's Breakfast:** All OMM men are invited, free of charge, to breakfast, music, a guest speaker, and prayer, co-hosted by Holliman and by the Men of Asbury. No reservations necessary. For questions, call Victoria Treiber at 918-346-6658. For on-campus transportation, call the Receptionist at 918-346-6610.
- 9:00 **Gentle Volleyball NC:** Chair Volleyball is now being offered every Tuesday and Thursday in the Holliman Wellness Center gathering area. Have some friendly, **gentle** (NC = non-competitive) volleys with our Holliman friends!
- **®1:00-5:00 Dr. Brent Beasley Campus Clinic:** Dr. Beasley, an Internal Medicine physician with OU, specializing in Geriatrics, has made himself available to OMM community members on the first and third Tuesday of every month, in the SWC treatment room in the Wellness Nurse office. Most insurance plans accepted. **Contact Lupina at 918-346-6618 for an appointment.**
- 1:00 **Food Bank Service Project:** Handwrite thank-you cards to Food Bank of Eastern Oklahoma donors. The Food Bank provides the wording for the notes, as well as the cards, postage and mailing. A great opportunity to serve the Tulsa community, without even leaving home! For questions, call Victoria Treiber at 918-346-6658.
- ***7:00 OMM's Own Dynamic Duo:** See back of calendar for details of this marvelous program by OMM Member Phillelle McBrayer, OMM staff member Ann Dorff, and more. No reservations necessary.

Wednesday, October 3rd

- **®1:00 HotShots Injection Clinic:** HotShots nurses will be available 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. Other injections such as flu and pneumonia are covered by Medicare. Bring your Medicare and supplemental insurance cards if you need those vaccines. **Contact Lupina at 918-346-6618 if you'd like an injection.**

Wednesday, October 3rd (continued)

- 3:00 **Crestwood Movie: Won't You Be My Neighbor?** (2018 PG-13 1hr 34m) For over 30 years, Fred Rogers, an unassuming minister, puppeteer, writer and producer, was beamed daily into homes across America. In his beloved television program, Mister Rogers' Neighborhood, Fred and his cast of puppets and friends spoke directly to young children about some of life's weightiest issues, in a simple, direct fashion. There hadn't been anything like Mr. Rogers on television before and there hasn't been since. Cast: Fred Rogers
- @3:00 **CCC (Creativity Connection Classroom): Claudia Thomas--Christmas Cards:** OMM member, Claudia Thomas will show us how to put together some Christmas cards with "pop"! Join our CCC classroom in Hobby Room 1. You won't want to miss this class as you're getting ready for the holidays! **RSVP for both classes by October 2nd.**

Thursday, October 4th

- 9:00 **Gentle Volleyball NC:** See the description on October 2.
- 1:00 **Laughter for the Health of It:** See back of calendar for details of this fun physical and emotional wellness program.
- @1:30 **Wii Bowling OMM @ BellaRose Senior Living:** Bella Rose is hosting OMM in a Wii Bowling scrimmage to allow Bella Rose to see what it's like to be in the Wii Bowling League!
- 2:30 **Metropolitan Opera Memories & Verdi's Aida:** OMM Member Hal Bockelken will present reminiscences of the iconic Metropolitan Opera House and Life Enrichment Coordinator Irene Brown will present a synopsis and listening guide for Giuseppe Verdi's opera *Aida*, in preparation for Saturday's trip to The Met Live in HD performance of *Aida* at Cinemark Theatre in Tulsa. All are welcome, whether or not you are going on Saturday's trip.

Friday, October 5th

- @9:15 **Tulsa Town Hall (shuttle only, no staff accompanies this outing):** *Vicente Fox*. Program begins at 10:30. Season-ticket event. If you have not already signed up for the season shuttle and you have your own ticket, there may be additional space available on the bus for \$6 round-trip.
- *@T6:00/7:00 **Pizza/Movie Night: Ocean's 8** (2018 PG-13 1hr 50m) The tide has turned and it's a whole new "Ocean's." Danny Ocean's sister, Debbie Ocean, recruits a seven-woman crew to plan and execute the heist of the century at New York City's star-studded annual Met Gala. Cast: Sandra Bullock, Cate Blanchett, Anne Hathaway. PLEASE NOTE: You will need a ticket for pizza and/or the movie. **RSVP for pizza/movie and/or campus shuttle by 4:00pm on Wednesday, October 3.** Your ticket will be delivered to your mailbox on October 4. 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, October 6th

- @11:00 **The Metropolitan Opera presents Verdi's AIDA (shuttle only, no staff accompanies this outing):** Tickets have already been purchased and the bus is full for this outing.
- 2:00 **Crestwood Movie: Allied** (2016 R 2hr 4m) During a perilous World War II mission in Casablanca, French-Canadian operative Max Vatan falls in love with and weds French spy Marianne Beausejour. After learning that Marianne may be a Nazi double agent, Max launches an investigation of his wife. Cast: Brad Pitt, Marion Cotillard, Jared Harris
- @7:30 **Tulsa Symphony Shuttle (shuttle only, no staff accompanies this outing):** *Gala Concert with Cellist Lynn Harrell* begins at 8:00. The shuttle is full.

Monday, October 8th

- @1:30 **LiveLifeLearning Community Classroom: Protect Against Breast Cancer** October is Breast Cancer Awareness month. Though many advances have been made in the treatment of breast cancer, the first line of defense is still knowing your body and what you need to look for. Breast cancer can strike at any age and chances increase as you get older. Join us to review what you need to know to protect yourself. **RSVP on the Wellness Reservation form**
- 1:30 **Needlecraft:** All are welcome to enjoy fellowship and knit caps (yarn provided) for new babies at St. John's Hospital. 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. For questions, contact OMM Member Jan Steffensen at (918) 804-6060.
- @2:50 **Spot 31 Volunteering:** It's not too late to join the OMM team of reading/homework helpers who work with students in Kindergarten through 2nd grade at St. Matthew's United Methodist Church (31st Street & 129th E. Ave.) OMM provides free transportation and you will make a big difference in a child's life. If you have questions or would like to sign up, contact Irene Brown, Life Enrichment Coordinator, at 918-346-6614 or ibrown@ommtulsa.org.

Tuesday, October 9th

- 9:00 **Gentle Volleyball NC:** See the description on October 2.
- @10:45 **Let's Eat Lunch @ Shiloh's:** We will join the Holliman gang for their lunch outing, held on the second Tuesday of each month. Lunch will always be a flat cost of \$12 charged to your OMM account so no need to bring money. This month, we're heading for delicious downhome cooking at Shiloh's, where you can order from the menu. Enjoy good food with friends new and old. **RSVP by October 5.**
- 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

Tuesday, October 9th (continued)

- @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 to 21 people and tickets are required. **Pick up your ticket directly from the Concierge.**
- *7:00 **Janet Rutland in Concert:** See back of calendar for details and don't miss this great performer! No reservations necessary.

Wednesday, October 10th

- @12:30 **Ping Pong @ Montereau:** Our Ping Pong players will try to recapture the traveling trophy from Montereau. Players drive themselves.
- 1:30 **Tulsa Historical Society Program: Tulsa Gusher:** The discovery of the Glenpool oilfield led to Tulsa being proclaimed the "Oil Capital of the World." Follow the boom and bust development from the early days of roughnecks and wildcatters to the fabulous wealth oil companies bestowed upon Tulsa. Presentation by Tulsa Historical Society Guardian (volunteer). No reservations necessary.
- 3:00 **Crestwood Movie: Remember** (2016 R 1hr 35m) As lifelong friends Zev and Max move into their last years in a retirement community, they make a solemn pact to hunt down and take revenge on the Nazi commander who was responsible for slaughtering their families during World War II. Cast of this thought-provoking mystery includes Christopher Plummer, Martin Landau, Bruno Ganz
- @3:00 **CCC (Creativity Connection Classroom): Claudia Thomas--Christmas Cards:** OMM member Claudia Thomas returns for Part 2 of this CCC instruction on putting together Christmas cards with "POP"! Fun, exciting cards can be made

Thursday, October 11th

- 7:30-8:30 **Veterans Coffee and Donuts:** On the 2nd and 4th Thursday of each month, 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 @ Newblock Park Trail:** This month, we'll start at Cyrus Avery Plaza and then head north to explore the mile-long Newblock Park Trail with a pedestrian bridge over the railroad, a stroll through the Crosbie Heights neighborhood with a view of the river, and then through Newblock Park to the Waterworks building. We'll spend about 30 minutes walking. Then we'll go to Chimera Café in the Tulsa Arts District (formerly known as the Brady District) for coffee and pastries. Please wear appropriate shoes and clothing and bring money for breakfast. Meet at Spann Wellness Center at 8:00 a.m. (You will not be called with a pick-up time.) **RSVP by October 9.**
- 9:00 **Gentle Volleyball NC:** See the description on October 2.
- 10:00 **UMW OMM Faith Circle:** This United Methodist Women's circle welcomes all OMM women, regardless of church affiliation. For questions, contact OMM member Margie Herndon at 918-906-5557.

Friday, October 12th

- @8:30 **Wellness Breakfast Presentation: TSHA- Tulsa Source for Hearing Loss and Access.** Joining us this month for our Wellness Breakfast presentation is TSHA's Diana Emerson. TSHA has been helping those with hearing loss in the Tulsa community since the early 90's. Over the years they've assisted young and old alike- the deaf, hard of hearing or those affected by hearing loss and those who simply have an interest. With sign language classes, support groups, and fund raising they've affected the lives of thousands of Tulsa area residents. Stop in for coffee, bagels and great conversation! **RSVP on the Wellness Reservation Form.**
- 10:00 **OMM Town Hall:** Make time in your schedule to attend this important monthly informational meeting, led by our CEO Steve Dickie. Announcements will be made, and issues are discussed that impact our community.
- @5:00 **Dinner & Sapulpa Community Theatre (shuttle only, no staff accompanies this outing):** *A Murder is Announced* at 7:30 preceded by dinner at Rib Crib (order from the menu and pay the restaurant directly.) Tickets have already been purchased.

@6:30 **Fall Fright Night:** (See Manor Mirror.) We'll start with a Costume Contest! Categories will be Most Thought-Provoking, Best Couple (any two people), Most Creative, and Best Over All and there will be prizes. Then we'll enjoy tricks and treats, along with popcorn and pop, as well as some scares and mostly some laughs as we enjoy *Abbott and Costello Meet Frankenstein* (1948 NR 1hr 23m) Come for a fun night of chills and thrills! **RSVP by October 8.**

Saturday, October 13th

- 2:00 **Crestwood Movie: Freedom Writers** (2007 PG-13 2hr 2m) While her at-risk students are reading classics such as "The Diary of Anne Frank," a young teacher asks them to keep journals about their troubled lives -- hoping they can apply history's lessons to break the cycle of violence and despair. Cast: Hilary Swank, Patrick Dempsey, Scott Glenn

Tuesday, October 16th

- 9:00 **Gentle Volleyball NC**: See the description on October 2.

Ⓜ9:45 **Automobiles & Amish Lunch Trip**: Our first stop will be Mike Fuller's Auto & Gas Museum in Inola, which will be like an episode of the A&E show "American Pickers", showcasing Mike's beloved collection that he is happy to share with the public. Check out the classic designs of 19 well-preserved vehicles that range from 1917 to 1953, as well as gas memorabilia from the time of true service stations, including gas pump globes, pumps, and signs, oil cans, cookie jars, calendars and more. After about 45 minutes there, we'll drive by the eye-catching Thompson Mansion on our way to Earl & Lisa Miller's lovely Amish farm for a hearty, home-cooked meal featuring roast beef and culminating in homemade chocolate and cherry pies. (Lunch begins at 12noon.) You won't leave hungry! Cost of this outing is \$30 charged to your OMM account. **RSVP by October 4.**

- Ⓜ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. 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 **OMM Book Club**: Munich by Robert Harris. Facilitator: OMM Member Steve Lance. For more information, contact OMM Member Gayle Teter (gteter1@aol.com or (918) 949-9181.) No reservations necessary.

Wednesday, October 17th

- 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 **Crestwood Movie: Overboard** (2018 PG-13 1hr 52m) In this reworking of the 1987 comedy of the same name, a spoiled-playboy yacht owner falls overboard, losing his memory in the process. After he's fished out, a disgruntled female employee learns that he has amnesia and begins to exact revenge. Cast: Anna Faris, Eugenio Derbez, Eva Longoria
- Ⓜ3:00 **CCC (Creativity Connection Classroom): Dianne Rodehaver--Christmas Ornaments**: OMM member, Dianne Rodehaver is back this year to teach two new Christmas Ornament designs. She'll teach one ornament each week. See separate flyer for more details. **RSVP for both classes by Wednesday October 10.**

Thursday, October 18th

- 9:00 **Gentle Volleyball NC**: See the description on October 2.
- 10:00 **Anna Bible Study**: This member-run Bible study meets on the 3rd Thursday of each month. All are welcome. 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.
- 1:30 **Member Council Meeting**: Please contact your Member Council representative with any questions or concerns you would like addressed at this meeting.

Friday, October 19th

- Ⓜ6:45 **Signature Symphony Shuttle (shuttle only, no staff accompanies this outing)**: *Star Wars and Beyond: The Music of John Williams*. Concert begins at 7:30. Season ticket event.
- 7:00 **Fleming Center Movie: God's Not Dead: A Light in Darkness** (2017 PG 1hr 46m) After a deadly fire rips through St. James Church, Hadleigh University leaders use the tragedy to push the congregation off campus, forcing the church to defend its rights and bringing together estranged brothers for a reunion that opens old wounds and forces them to address the issues that pulled them apart. Cast: David A.R. White, John Corbett, Jennifer Taylor. No reservations necessary.

Saturday, October 20th

- 2:00 **Crestwood Movie: Adrift** (2018 PG-13 1hr 37m) Adrift is based on the inspiring true story of two free spirits whose chance encounter leads them first to love, and then to the adventure of a lifetime. As the two sailors set out on a journey across the ocean, Tami Oldham and Richard Sharp couldn't anticipate they would be sailing directly into one of the most catastrophic hurricanes in recorded history. In the aftermath of the storm, Tami awakens to find Richard badly injured and their boat in ruins. With no hope for rescue, Tami must find the strength and determination to save herself and the only man she has ever loved. Cast: Shailene Woodley, Sam Claflin, Jeffrey Thomas

Sunday, October 21st

- Ⓜ1:45 **Tulsa Opera (shuttle only, no staff accompanies this outing)**: *The Barber of Seville* starts at 2:30. If you have not already signed up for the season shuttle and you have your own ticket, is additional space available on the bus for \$6 roundtrip.

Monday, October 22nd

- @11:35 **Books Sandwiched In (shuttle only; no staff will accompany this outing):** Co-author Douglas Miller will review 4th & Boston: Heart of the Magic Empire by Douglas Miller and Steve Gerkin, the remarkable story of how the intersection of 4th & Boston in Tulsa became the heart of the "Magic Empire," an early euphemism for the Oklahoma oil fields that created fabulous fortunes seemingly overnight in the early 20th Century. Behind the unique collection of buildings that populate its four corners are stories of boom and bust, risk and loss, and courage and love. Like the city that surrounds it, 4th & Boston is a place where golden opportunity led towering egos to build wealth and power on foundations of ingenuity, sacrifice, and faith. This one intersection encapsulates the ongoing drama that always has and always will be embodied in the name "Tulsa." Copies will be available for purchase and signing. A dessert reception will follow. Cost of this outing is \$6 charged to your OMM account. **RSVP by October 15.**
- 1:30 **Needlecraft:** See October 8.

Tuesday, October 23rd

- 9:00 **Gentle Volleyball NC:** See the description on October 2.

Wednesday, October 24th

- 3:00 **Crestwood Movie: The Replacements** (2000 PG-13 1hr 58m) Maverick old-guard coach Gene Hackman is hired in the wake of a players' strike to help the Washington Sentinels advance to the playoffs. But that impossible dream hinges on whether his replacements can hunker down and do the job. So, Hackman dusts off his secret dossier of ex-players who never got a chance (or screwed up the one they were given) and knits together a bad-dream team of guys who just may give the Sentinels their title shot. Cast: Keanu Reeves, Gene Hackman, Brooke Langton
- @3:00 **CCC (Creativity Connection Classroom): Dianne Rodehaver--Christmas Ornaments** OMM member Dianne Rodehaver will help us put together the second Christmas ornament. Sweet additions to anyone's tree or as a great Christmas gift. Don't miss it! **RSVP for both classes by October 10th.** See the flyer for detailed information.

Thursday, October 25th

- 7:30-8:30 **Veterans Coffee and Donuts:** See October 11. No reservations necessary.
- 9:00 **Gentle Volleyball NC:** See the description on October 2.
- 1:30 **Speaking of Gilcrease:** Explore artists Catlin and Miller. Holliman hosts "Gillie" (museum volunteer) Alan Jarvis for this monthly presentation illustrated by works from the museum's collection. No reservations necessary.

@5:45 **Fall Festival:** (See Manor Mirror article.) Barbecue dinner with carrot cake PLUS internationally renowned fiddler Jana Jae and multi-genre instrumentalist Jim Paul Blair, all in the comfort of Fleming Center surrounded by friends, new and old. What better way to celebrate the beauty of Fall? It will be a great night of food, fun, and world-class music – don't miss it! Cost of this event including dinner is \$11 charged to your OMM account. **RSVP by October 15.**

Friday, October 26th

- 1:00 **Scrabble/Checkers Tournament:** Sign up do your best in either Scrabble or Checkers. The tournament is open to anyone who would like to play. Both of these tournaments will be held concurrently. If you are coming to watch, you do not need a reservation. **RSVPs are for players only and should be turned in by Wednesday, October 24.**
- 7:00 **Fleming Center Movie: The Mighty Macs** (2009 G 1hr 39m) Based on true events, this drama tells the story of Cathy Rush (Carla Gugino), who becomes the head women's basketball coach at Immaculata College in Pennsylvania and whips the team into shape to win the first women's basketball national championship. David Boreanaz co-stars as Cathy's husband, NBA referee Ed Rush, with Marley Shelton as a nun and assistant coach, and Ellen Burstyn as Mother Superior. No reservations necessary.
- @7:15 **Chanticleer Concert:** The San Francisco based Grammy® award-winning ensemble Chanticleer celebrates its 40th Anniversary in 2018. Chanticleer is known around the world as "an orchestra of voices" for its seamless blend of twelve male voices ranging from soprano to bass and its original interpretations of vocal literature, from Renaissance to jazz and popular genres, as well as contemporary compositions. This concert begins at 8:00 in the sanctuary of Boston Avenue UMC and supports the social change through music program, Sistema Tulsa. Special group pricing for this outing is \$49 for front orchestra seats (first eight rows) or \$34 for rear orchestra seats charged to your OMM account. **RSVP by October 3.**

Saturday, October 27th

- 2:00 **Crestwood Movie: Beaches** (1988 PG-13 2hr 3m) Hillary (Barbara Hershey) is an unprepossessing WASP and Cecilia (Bette Midler) is an aspiring Jewish nightclub singer. But what began as an improbable friendship on the Atlantic City boardwalk becomes an unbreakable bond that's tested repeatedly when the chips are down. As the girls come into adulthood, they alternately fight over the affections of the same man (John Heard) and help each other manage their complicated lives.

Sunday, October 28th

- @2:30 **Tulsa Ballet (shuttle only, no staff accompanies this outing):** *Dracula* Performance begins at 2:30. If you have not already signed up for the season shuttle and you have your own ticket, there *may* be additional space available on the bus for \$6 roundtrip.

Monday, October 29th

®10:45 **Around the World Culinary Tour: Dona Gloria's & Plaza Santa Cecilia:** Our culinary tour continues as we head to Mexico with OMM's Catering Director, Alicia Castillo, as our guide. We will enjoy a delicious custom meal of authentic Mexican food. After lunch, we'll head to the Hispanic mall, Plaza Santa Cecilia, for a stroll through the shops that will make you feel like you're in Mexico. Cost of this outing including lunch is \$20. **RSVP by October 22.**

Tuesday, October 30th

➤ 9:00 **Gentle Volleyball NC:** See the description on October 2.

®1:00-3:00pm **Mini Health Clinic:** The 4th Annual Mini Health Clinic will provide an opportunity for free health checkups and annual flu and pneumonia vaccines. Walmart Pharmacy will be on hand to give flu vaccines (recommended every year) and two different pneumonia vaccines, which should also be taken over age 65. Also offering services will be Dr. Beth Walker of Triad Eye Institute, offering free eye exams and consultations. Airyn Cristiano of Ranch Acres Audiology -- if you're not already Airyn's patient, you're invited to have your hearing checked. Summit Care, our in-house therapy team, will be assessing strength and mobility. Spann Wellness Team will offer IN-body biometric testing and Safe Homecare Home Health will offer free blood sugar testing. Keep an eye out for the flyer for details on each provider and the services offered. **RSVP on the Wellness Event Reservation form.**

➤ ®2:30 **Heads Up:** We have moved this fun game to the Spann Wellness Classroom and it will be held on the last Tuesday of each month. If you haven't had a chance to join us, come and give it a try! Two teams are needed to play Heads Up, a game where you must guess the word you are holding up for your teammates to see. The teammates provide clues to the word without actually saying the word. **RSVP by October 25.** For questions, please contact Patti Harriman at 918-346-6642.

Wednesday, October 31st

- 3:00 **Crestwood Movie: Mary Shelley** (2018 PG-13 2h) At age 16, Mary Wollstonecraft Godwin shocks her family and society by running off with rakish poet Percy Shelley. But tragedy soon follows when their infant daughter dies -- which leads young Mary to write Frankenstein. This year marks the 200th anniversary of the publication of her novel. Cast: Elle Fanning, Douglas Booth, Stephen Dillane
- ®3:00 **CCC (Creativity Connection Classroom): Patti and Lupina--Christmas Door Hanging** The first thing you see when you come home should be welcoming and a Christmas door hanging helps to set that mood. Each one different and very easily put together. Simple to make and sure to make your guests smile! **RSVP by October 17.**