

# Calendar of Events

# Independent Living

April 2024  
Senior Star at Burgundy Place

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<p><b>Looking to Keep Your Brain Sharp?</b> Sign up for the Friday, April 1st Dakim demonstration. Or call Thalia 918.299.0953 to reserve a different demonstration time.</p>	<p>9:00 🏃 Stretch &amp; Coordination [AR] <b>1</b> 9:30 🏃 Corn Hole [AR] 10:30 🌞 Depart for Jolly Citizens 1:30 🏠 Dakim Demonstration [4th] 2:00 🏠 News Currents [AR] 4:15 🏠 Computer Assistance [CL] 6:30 🏠 Mexican Train [CK] 6:30 🎸 Ukulele Club Practice [AR]</p>	<p><b>Walgreen's Pick-Up</b> <b>2</b> 9:00 🏃 Stretch &amp; Coordination [AR] 9:30 🏃 Chair Exercise [AR] 9:30 🏠 Little Walmart 10:00 🏠 Apartment Visits 2:00 🏠 Taste from ATW [AR] 2:30 🎭 Activities Planning Meeting [AR] 6:30 🏠 Dominoes [CK]</p>	<p><b>National Walking Day</b> <b>3</b> 9:00 🏃 Stretch &amp; Coordination [AR] 9:30 🏃 Chair Exercise [AR] 10:00 🏃 Walk &amp; Talk [BY] 10:30 🏠 Bible Study with Pastor Dan and Connie [AR] 2:00 🌸 Flower Arranging with Melody from Angel's Care Home Health [AR] 3:00 🌞 Sunshine Club: Flower Deliveries [AR] 3:30 🏠 Spelling Bee Board Game [AR] 4:15 🏠 Cell Phone/iPad Assistance [CL] 6:30 🏃 Advanced Wii Bowling [AR] 6:30 🏠 Checkers [CK]</p>	<p><b>Walgreen's Pick-Up</b> <b>4</b> 8:30 🏃 Foot Care by Caring Nurse Association [CK] 9:00 🏃 Stretch &amp; Coordination [AR] 9:30 🏠 Big Walmart 9:30 🏃 Chair Exercise [AR] 10:00 🏠 Apartment Visits 10:00 🏠 Tulsa Library Bookmobile [FPL] 10:30 🏠 Shapemaster Gym Demonstration [6th] 2:00 🏠 3rd Floor Bridge 2:00 🏃 Senior Helpers Blood Pressure Check [CK] 2:45 🏃 Food for Thought [DR] 3:30 🏃 Beginning Wii Bowling [AR] 6:30 📺 Docuseries: Japan From Above [AR] 6:30 🏠 Phase 10 Card Game [CK]</p>	<p>9:00 🏃 Stretch &amp; Coordination [AR] <b>5</b> 9:30 🏃 Chair Exercise [AR] 10:00 🏃 Walk &amp; Talk [BY] 10:30 🏠 Lunch at Jinya Ramen Bar 10:30 🏠 Rummikub Game [CK] 2:30 🏠 Social Hour [DR] 3:30 🎵 Sing Along w/ Jo [AR] 6:30 🏠 .50 cent Bingo w/ Gene B. [AR]</p>	<p>9:00 🏃 Stretch &amp; Coordination [AR] <b>6</b> 9:30 🏃 Chair Exercise [AR] 10:00 🏠 Jigsaw Puzzles [7th] 2:30 🏠 Dominoes (Classic) [CK] 3:30 🎨 Coloring for Grown-Ups 6:00 🎭 Independent Prayer [2nd] 6:30 🏠 Popcorn Movie: The Last Samurai [AR]</p>		
<p>7:00 🌞 Sunday Mass on Station EWTN 291-- 7am, 11 am, 6pm <b>7</b> 8:00 🌞 Church Shuttle (8am-noon) 9:00 🌞 Worship w/ Bro Larry [AR] 10:45 🌞 South Tulsa Baptist Church Live Broadcast [AR] 2:00 🏠 50-Cent Bingo [AR] 6:30 🎭 Popcorn Movie: The Last Samurai [AR]</p>	<p>9:00 🏃 Stretch &amp; Coordination [AR] <b>8</b> 9:30 🏃 Corn Hole [AR] 10:00 🏃 Walk &amp; Talk 1:30 🎨 Solar Eclipse Viewing [BY] 2:15 🏠 News Currents [AR] 3:00 🏠 Language Lessons: Japan [AR] 4:15 🏠 Computer Assistance [CL] 6:30 🏠 Mexican Train [CK] 6:30 🎸 Ukulele Club Practice [AR]</p>	<p><b>Walgreen's Pick-Up</b> <b>9</b> 9:00 🏃 Stretch &amp; Coordination [AR] 9:30 🏃 Chair Exercise [AR] 9:30 🏠 Little Walmart 10:00 🏠 Apartment Visits 10:15 🌞 St. Bernard's Mass [AR] 11:00 🎭 My Story [CK] 12:15 🎭 Depart for: Boevers Reading Buddies 2:30 🏠 April Birthdays w/ John Southern [DR] 6:30 🏠 Dominoes [CK]</p>	<p>9:00 🏃 Stretch &amp; Coordination [AR] <b>10</b> 9:30 🏃 Chair Exercise [AR] 10:00 🎭 Boevers Boppin' Bobcats Choir [DR] 10:30 🏠 Bible Study with Pastor Dan and Connie [AR] 2:00 🎭 Sip &amp; Paint w/ Amy [CK] 3:30 🏠 Spelling Bee Board Game [AR] 4:15 🏠 Cell Phone/iPad Assistance [CL] 6:30 🏃 Advanced Wii Bowling [AR] 6:30 🏠 Checkers [CK]</p>	<p><b>Walgreen's Pick-Up</b> <b>11</b> 9:00 🏃 Stretch &amp; Coordination [AR] 9:30 🏃 Chair Exercise [AR] 9:30 🏠 Little Walmart 10:00 🏠 Apartment Visits 10:00 🎭 Live Music: Vintage Voices [AR] 11:00 🎭 Intro Gary White: Grief Recovery [CK] 2:00 🏠 3rd Floor Bridge 2:00 🏃 Senior Helpers Blood Pressure Check [CK] 2:00 🏠 Town Hall Meeting [DR] 3:30 🏃 Beginning Wii Bowling [AR] 6:30 📺 Docuseries: Japan From Above 2 [AR] 6:30 🏠 Phase 10 Card Game [CK]</p>	<p>9:00 🏃 Stretch &amp; Coordination [AR] <b>12</b> 9:30 🏃 Chair Exercise [AR] 10:00 🏃 Walk &amp; Talk 10:30 🏠 Lunch at Rib Crib 10:30 🏠 Scrabble [CK] 2:00 🎭 Mary Kay w/ Dawn [CK] 2:00 🎭 Parkinson's Support Group [4th] 3:00 🎭 Main Street Players [AR] 6:30 🏠 .50 cent Bingo w/ Paul [AR]</p>	<p>9:00 🏃 Stretch &amp; Coordination [AR] <b>13</b> 9:30 🏃 Chair Exercise [AR] 10:00 🏠 Jigsaw Puzzles [7th] 2:30 🏠 Dominoes (Classic) [CK] 3:30 🎨 Art Cart 6:00 🎭 Independent Prayer [2nd] 6:30 🎭 Evening Movie: My Left Foot [AR]</p>		
<p>7:00 🌞 Sunday Mass on Station EWTN 291-- 7am, 11 am, 6pm <b>14</b> 8:00 🌞 Church Shuttle (8am-noon) 9:00 🌞 Worship w/ Bro Larry [AR] 10:45 🌞 South Tulsa Baptist Church Live Broadcast [AR] 2:00 🏠 50-Cent Bingo [AR] 6:30 🎭 Evening Movie: Of Mice &amp; Men [AR]</p>	<p>9:00 🏃 Stretch &amp; Coordination [AR] <b>15</b> 9:30 🏃 Corn Hole [AR] 10:00 🏃 Walk &amp; Talk 10:30 🎨 Cooking [CK] 1:45 🌸 Azalea Tour w/ William 2:00 🏠 News Currents [AR] 3:30 🎨 Show &amp; Share [CK] 4:15 🏠 Computer Assistance [CL] 6:30 🎭 Evening Movie: The Miracle Worker [AR] 6:30 🏠 Mexican Train [CK]</p>	<p><b>Walgreen's Pick-Up</b> <b>16</b> 9:00 🏃 Stretch &amp; Coordination [AR] 9:30 🏃 Chair Exercise [AR] 9:30 🏠 Little Walmart 10:00 🏠 Apartment Visits 10:30 🌞 Bible Study &amp; Worship w/ Rev. Tracey [AR] 2:00 🎭 Bingo w/ Andrea [AR] 6:30 🏠 Dominoes [CK]</p>	<p>9:00 🏃 Stretch &amp; Coordination [AR] <b>17</b> 9:30 🏃 Chair Exercise [AR] 10:00 🏃 Walk &amp; Talk 10:30 🏠 Bible Study with Pastor Dan and Connie [AR] 2:00 🎭 Music &amp; Memories w/ Melody from Angel's Care [AR] 3:00 🎭 Sunshine Club: Cards and Letters [CL] 3:30 🏠 Spelling Bee Board Game [AR] 4:15 🏠 Cell Phone/iPad Assistance [CL] 6:30 🏃 Advanced Wii Bowling [AR] 6:30 🏠 Checkers [CK]</p>	<p><b>Walgreen's Pick-Up</b> <b>18</b> 9:00 🏃 Stretch &amp; Coordination [AR] 9:30 🏃 Chair Exercise [AR] 9:30 🏠 Little Walmart 10:00 🏠 Apartment Visits 2:00 🏠 3rd Floor Bridge 2:00 🏃 Senior Helpers Blood Pressure Check [CK] 3:30 🏃 Beginning Wii Bowling [AR] 6:30 📺 Docuseries: Japan From Above 3 [AR] 6:30 🏠 Phase 10 Card Game [CK]</p>	<p>9:00 🏃 Stretch &amp; Coordination [AR] <b>19</b> 9:30 🏃 Chair Exercise [AR] 10:00 🏃 Walk &amp; Talk 10:30 🏠 Antique Mall Shopping 10:30 🏠 Rummikub Game 2:30 🏠 Get Away Social Hour [DR] 3:30 🏠 Franco's Drive-Through Service 3:30 🎵 Sing Along w/ Jo [AR] 6:30 🏠 .50 cent Bingo W/ Letha [AR]</p>	<p>9:00 🏃 Stretch &amp; Coordination [AR] <b>20</b> 9:30 🏃 Chair Exercise [AR] 10:00 🏠 Jigsaw Puzzles [7th] 2:30 🏠 Dominoes (Classic) [CK] 3:30 🎨 Cut &amp; Paste 6:00 🎭 Independent Prayer [2nd] 6:30 🎭 Evening Movie: Ramen Girl [AR]</p>		
<p>7:00 🌞 Sunday Mass on Station EWTN 291-- 7am, 11 am, 6pm <b>21</b> 8:00 🌞 Church Shuttle (8am-noon) 9:00 🌞 Worship w/ Bro Larry [AR] 10:45 🌞 South Tulsa Baptist Church Live Broadcast [AR] 2:00 🏠 50-Cent Bingo [AR] 6:30 🎭 Evening Movie: The Other Side of the Mountain [AR]</p>	<p>9:00 🏃 Stretch &amp; Coordination [AR] <b>22</b> 9:30 🏃 Corn Hole [AR] 10:00 🏃 Walk &amp; Talk 2:00 🏠 News Currents [AR] 3:30 🎨 Armchair travel: Japan [AR] 4:15 🏠 Computer Assistance [CL] 6:30 🏠 Mexican Train [CK] 6:30 🎸 Ukulele Club Practice [AR]</p>	<p><b>Walgreen's Pick-Up</b> <b>23</b> 9:00 🏃 Stretch &amp; Coordination [AR] 9:30 🏃 Chair Exercise [AR] 9:30 🏠 Little Walmart 10:00 🏠 Apartment Visits 2:00 🌞 Lutheran Worship Service [AR] 3:30 🏠 Taste Test Tuesday [AR] 6:30 🏠 Dominoes [CK]</p>	<p>9:00 🏃 Stretch &amp; Coordination [AR] <b>24</b> 9:30 🏃 Chair Exercise [AR] 10:00 🏃 Walk &amp; Talk 10:30 🏠 Bible Study with Pastor Dan and Connie [AR] 2:00 🎭 Music &amp; Memories: Japan [AR] 3:30 🏠 Spelling Bee Board Game [AR] 4:15 🏠 Cell Phone/iPad Assistance [CL] 6:30 🏃 Advanced Wii Bowling [AR] 6:30 🏠 Checkers [CK]</p>	<p><b>Walgreen's Pick-Up</b> <b>25</b> 9:00 🏃 Stretch &amp; Coordination [AR] 9:30 🏃 Chair Exercise [AR] 9:30 🏠 Little Walmart 10:00 🏠 Apartment Visits 11:30 🎭 Hanami Japanese Luncheon [DR] 1:30 🎭 Wii Bowling Team Meet 2:00 🏠 3rd Floor Bridge 2:00 🏃 Senior Helpers Blood Pressure Check [CK] 3:30 🎭 Live Music: Wade Daniels [AR] 6:30 🏠 Docuseries: Japan From Above 4 [AR] 6:30 🏠 Phase 10 Card Game [CK]</p>	<p>9:00 🏃 Stretch &amp; Coordination [AR] <b>26</b> 9:30 🏃 Chair Exercise [AR] 10:00 🏃 Walk &amp; Talk 10:30 🏠 Military History Museum 2:45 🏠 Hideaway Pizza 3:30 🏠 Scrabble Board Game [CK] 6:30 🏠 .50 cent Bingo w/ Debra [AR]</p>	<p>9:00 🏃 Stretch &amp; Coordination [AR] <b>27</b> 9:30 🏃 Chair Exercise [AR] 10:00 🏠 Jigsaw Puzzles [7th] 2:30 🏠 Dominoes (Classic) [CK] 3:30 🎨 Art Cart 6:00 🎭 Independent Prayer [2nd] 6:30 🎭 Evening Movie: Radio [AR]</p>		
<p>7:00 🌞 Sunday Mass on Station EWTN 291-- 7am, 11 am, 6pm <b>28</b> 8:00 🌞 Church Shuttle (8am-noon) 9:00 🌞 Worship w/ Bro Larry [AR] 10:45 🌞 South Tulsa Baptist Church Live Broadcast [AR] 2:00 🏠 50-Cent Bingo [AR] 6:30 🎭 Evening Movie: Children of a Lesser God [AR]</p>	<p>9:00 🏃 Stretch &amp; Coordination [AR] <b>29</b> 9:30 🏃 Corn Hole [AR] 10:00 🏃 Walk &amp; Talk 10:30 🎨 Baking [CK] 2:00 🏠 News Currents [AR] 2:45 🎨 Wheel of Fortune [AR] 4:15 🏠 Computer Assistance [CL] 6:30 🏠 Mexican Train [CK] 6:30 🎸 Ukulele Club Practice [AR]</p>	<p><b>Walgreen's Pick-Up</b> <b>30</b> 9:00 🏃 Stretch &amp; Coordination [AR] 9:30 🏃 Chair Exercise [AR] 9:30 🏠 Little Walmart 10:00 🏠 Apartment Visits 11:00 🎨 Fancy Fingers [CK] 2:00 🌞 Alves Ministry Puppet Show [AR] 3:30 🏠 Taste Test Tuesday [CK] 6:30 🏠 Dominoes [CK]</p>	<p><b>The ShapeMaster Gym is open all day, every day!</b> Join us for the ShapeMaster Demo on the 6th floor, April 2nd, to learn how to safely use the equipment.</p>			<p><b>Brain Power</b> <b>Exercise &amp; Movement</b> <b>Expression</b> <b>Inner Strength</b> <b>Nourishment &amp; Health</b> <b>Socialization</b> <b>Spirituality</b></p>	<p><b>Location Keys</b> 2nd Flr Chapel 4th Floor 6th Floor 7th Floor Activity Room Backyard Computer Lab Country Kitchen Dining Room Front Parking Lot</p>	<p><b>Come travel Around the world with us and get your passport stamped.</b> This month we are experiencing Japan in some fun, new, ways!</p>