

Calendar of Events

Independent Living

May 2024
Senior Star at Burgundy Place

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Looking to Keep Your Brain Sharp? Sign up for the Friday, May 3rd Dakim demonstration. Or call Thalia 918.299.0953 to reserve a different demonstration time.</p>	<p>The ShapeMaster Gym is open all day, every day! Join us for the ShapeMaster Demo on the 6th floor, May 2nd, to learn how to safely use the equipment.</p>	<p>Brain Power Exercise & Movement Expression Inner Strength Nourishment & Health Socialization Spirituality</p>	<p>9:00 🏃 Stretch & Coordination [AR] 9:30 🪑 Chair Exercise [AR] 10:00 🗨️ Walk & Talk 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 🎴 Uno Card Game [CK]</p>	<p>Walgreen's Pick-Up 8:30 🚶 Foot Care by Caring Nurse Association [CK] 9:00 🏃 Stretch & Coordination [AR] 9:30 🪑 Chair Exercise [AR] 9:30 🎁 Little Walmart 10:00 🏠 Apartment Visits 10:00 📖 Tulsa Library Bookmobile [FPL] 11:00 🏠 Home Depot 2:00 🌉 3rd Floor Bridge 2:00 🩺 Senior Helpers Blood Pressure Check [CK] 2:00 🏋️ ShapeMaster Gym Demonstration [6th] 2:45 🍲 Food for Thought [DR] 3:45 🎮 Wii Bowling Orientation [AR] 6:30 📺 Docuseries [AR] 6:30 🎴 Phase 10 Card Game [CK]</p>	<p>9:00 🏃 Stretch & Coordination [AR] 9:30 🪑 Chair Exercise [AR] 10:00 🗨️ Walk & Talk 10:30 🍽️ Lunch at Fish Daddy's 1:30 🌸 Flower Planting [BY] 2:30 📖 Social Hour [DR] 3:30 🎵 Sing Along w/ Jo [AR] 4:00 🎭 Dakim Demonstration [4th] 6:30 🎲 .50 cent Bingo w/ Gene B. [AR]</p>	<p>9:00 🏃 Stretch & Coordination [AR] 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 [AR]</p>
<p>Cinco De mayo 7:00 🌞 Sunday Mass on Station EWTN 291-- 7am,11 am, 6pm 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] 3:30 🎮 Wii Bowling Team Practice [AR] 4:30 🍽️ Cinco de Mayo Themed Dinner [DR] 6:30 🎬 Popcorn Movie [AR]</p>	<p>9:00 🏃 Stretch & Coordination [AR] 9:30 🌽 Corn Hole [AR] 10:00 🗨️ Walk & Talk 10:30 🌞 Depart for Jolly Citizens 2:00 🎨 Dreamers & Poets [AR] 3:00 🗣️ Language Lessons: Spanish [AR] 4:35 📱 Computer Assistance [CL] 6:30 🎮 Mexican Train [CK] 6:30 🎸 Ukulele Club Practice [AR]</p>	<p>Walgreen's Pick-Up 9:00 🏃 Stretch & 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] 3:45 🗣️ Wordle [AR] 6:30 🎲 Dominoes [CK] 6:30 🎭 Rotary Men of Note Performance [AR]</p>	<p>9:00 🏃 Stretch & Coordination [AR] 9:30 🪑 Chair Exercise [AR] 10:00 🗨️ Walk & Talk 10:30 📖 Bible Study with Pastor Dan and Connie [AR] 11:15 🎭 TPAC: Pat Hobbs 2:30 🍵 Ladies Tea Party [DR] 4:15 📱 Cell Phone/iPad Assistance [CL] 6:30 🎮 Advanced Wii Bowling [AR] 6:30 🎴 Rummikub Game [CK]</p>	<p>Walgreen's Pick-Up 9:00 🏃 Stretch & Coordination [AR] 9:30 🎁 Big Walmart 9:30 🪑 Chair Exercise [AR] 10:00 🏠 Apartment Visits 11:00 🏠 TJ Max 2:00 🌉 3rd Floor Bridge 2:00 🩺 Senior Helpers Blood Pressure Check [CK] 2:00 🗣️ Town Hall Meeting [DR] 2:00 🎮 Wii Bowling Team Meet [AR] 6:30 📺 Docuseries [AR] 6:30 🎴 Phase 10 Card Game [CK]</p>	<p>9:00 🏃 Stretch & Coordination [AR] 9:30 🪑 Chair Exercise [AR] 10:00 🗨️ Walk & Talk 9:30 🪑 Chair Exercise [AR] 10:00 🗨️ Walk & Talk 10:30 🎲 Cracker Barrel 2:00 🎨 Ladies Spa Day [AR] 6:30 🎲 .50 cent Bingo [AR]</p>	<p>9:00 🏃 Stretch & Coordination [AR] 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 [AR]</p>
<p>Mother's Day 7:00 🌞 Sunday Mass on Station EWTN 291-- 7am,11 am, 6pm 8:00 🚌 Church Shuttle (8am-noon) 9:00 🙏 Worship w/ Bro Larry [AR] 10:45 🌞 South Tulsa Baptist Church Live Broadcast [AR] 11:30 🍽️ Mothers Day Dinner [DR] 2:00 🎲 50-Cent Bingo [AR] 3:30 🎮 Wii Bowling Team Practice [AR] 6:30 🎬 Evening Movie [AR]</p>	<p>9:00 🏃 Stretch & Coordination [AR] 9:30 🌽 Corn Hole [AR] 10:00 🗨️ Walk & Talk 10:30 🎨 Baking [CK] 2:00 🗣️ News Currents [AR] 3:00 🗣️ Language Lessons: Spanish [AR] 4:35 📱 Computer Assistance [CL] 6:30 🎮 Mexican Train [CK] 6:30 🎸 Ukulele Club Practice [AR]</p>	<p>Walgreen's Pick-Up 9:00 🏃 Stretch & Coordination [AR] 9:30 🪑 Chair Exercise [AR] 9:30 🎁 Little Walmart 10:00 🏠 Apartment Visits 10:15 🌞 St. Bernard's Mass [AR] 2:30 🎭 May Birthdays w/ Music by David Horne & Co [DR] 6:30 🎲 Dominoes [CK] 6:30 🎭 Toastmasters Speech Club Meeting [AR]</p>	<p>9:00 🏃 Stretch & Coordination [AR] 9:30 🪑 Chair Exercise [AR] 10:00 🗨️ Walk & Talk 10:30 📖 Bible Study with Pastor Dan and Connie [AR] 10:30 🗣️ My Story [CK] 2:00 🎵 Music w/ Melody from Angel's Care [AR] 3:00 🌻 Sunshine Club: Cards and Letters [CL] 3:30 🎭 Billies Kids' Recital [AR] 4:15 📱 Cell Phone/iPad Assistance [CL] 6:30 🎮 Advanced Wii Bowling [AR] 6:30 🎴 Skipbo Game [CK]</p>	<p>Walgreen's Pick-Up 9:00 🏃 Stretch & Coordination [AR] 9:30 🪑 Chair Exercise [AR] 9:30 🎁 Little Walmart 10:00 🏠 Apartment Visits 11:00 🏠 Trader Joes 2:00 🌉 3rd Floor Bridge 2:00 🎨 Painting at Music & Memories [CK] 2:00 🩺 Senior Helpers Blood Pressure Check [CK] 6:30 📺 Docuseries [AR] 6:30 🎴 Phase 10 Card Game [CK]</p>	<p>9:00 🏃 Stretch & Coordination [AR] 9:30 🪑 Chair Exercise [AR] 10:00 🗨️ Walk & Talk 10:30 🍽️ Brunch at Silver Skillet 2:00 🙏 Parkinson's Support Group [4th] 2:30 🏠 Get Away Social Hour w/ The M.T. Nesters [DR] 3:30 🎵 Sing Along w/ Jo [AR] 6:30 🎲 .50 cent Bingo [AR]</p>	<p>9:00 🏃 Stretch & Coordination [AR] 9:30 🪑 Chair Exercise [AR] 10:00 🎲 Jigsaw Puzzles [7th] 2:30 🎲 Dominoes (Classic) [CK] 3:30 ✂️ Cut & Paste 6:00 🙏 Independent Prayer [2nd] 6:30 🎬 Evening Movie [AR]</p>
<p>7:00 🌞 Sunday Mass on Station EWTN 291-- 7am,11 am, 6pm 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] 3:30 🎮 Wii Bowling Team Practice [AR] 6:30 🎬 Evening Movie [AR]</p>	<p>9:00 🏃 Stretch & Coordination [AR] 9:30 🌽 Corn Hole [AR] 10:00 🗨️ Walk & Talk 10:30 🍳 Cooking [CK] 2:00 🗣️ News Currents [AR] 3:00 🗣️ Language Lessons: Spanish [AR] 4:35 📱 Computer Assistance [CL] 6:30 🎬 Evening Movie [AR] 6:30 🎮 Mexican Train [CK]</p>	<p>Walgreen's Pick-Up 9:00 🏃 Stretch & Coordination [AR] 9:30 🪑 Chair Exercise [AR] 9:30 🎁 Little Walmart 10:00 🏠 Apartment Visits 10:30 🌞 Bible study & Worship w/ Rev Tracey [AR] 2:00 🎲 Bingo w/ Andrea [AR] 3:30 🎨 Armchair Travel: Mexico [AR] 6:30 🎲 Dominoes [CK] 6:30 🎭 Toastmasters Speech Club Meeting [AR]</p>	<p>9:00 🏃 Stretch & Coordination [AR] 9:30 🪑 Chair Exercise [AR] 10:00 🗨️ Walk & Talk 10:30 📖 Bible Study with Pastor Dan and Connie [AR] 3:30 🎲 Spelling Bee Board Game [AR] 4:15 📱 Cell Phone/iPad Assistance [CL] 6:30 🎮 Advanced Wii Bowling [AR] 6:30 🎴 Spades Card Game [CK]</p>	<p>Walgreen's Pick-Up 9:00 🏃 Stretch & Coordination [AR] 9:30 🪑 Chair Exercise [AR] 9:30 🎁 Little Walmart 10:00 🏠 Apartment Visits 11:00 🏠 Dollar Tree/ Family Dollar 2:00 🌉 3rd Floor Bridge 2:00 🎨 Crafting at Music & Memories [CK] 2:00 🩺 Senior Helpers Blood Pressure Check [CK] 6:30 📺 Docuseries [AR] 6:30 🎴 Phase 10 Card Game [CK]</p>	<p>9:00 🏃 Stretch & Coordination [AR] 9:30 🪑 Chair Exercise [AR] 10:00 🗨️ Walk & Talk 10:30 🍽️ Candy Bar Bingo [AR] 2:00 🎲 Wheel of Fortune [AR] 3:30 🍽️ Dinner at Bison Steak House</p>	<p>9:00 🏃 Stretch & Coordination [AR] 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 [AR]</p>
<p>7:00 🌞 Sunday Mass on Station EWTN 291-- 7am,11 am, 6pm 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] 3:30 🎮 Wii Bowling Team Practice [AR] 6:30 🎬 Evening Movie [AR]</p>	<p>Memorial Day 9:00 🏃 Stretch & Coordination [AR] 9:30 🌽 Corn Hole [AR] 10:00 🏠 Coffee & Donuts [CK] 11:30 🍽️ Memorial Day Dinner [DR] 12:00 🎨 Main Street Players [DR] 2:00 🗣️ News Currents Grab & Go 2:30 🗣️ Language Lessons: Spanish Grab & Go 3:00 🎲 Scrabble [CK] 6:30 🎬 Memorial Day Movie [AR] 6:30 🎮 Mexican Train [CK]</p>	<p>Walgreen's Pick-Up 9:00 🏃 Stretch & Coordination [AR] 9:30 🪑 Chair Exercise [AR] 9:30 🎁 Little Walmart 10:00 🏠 Apartment Visits 10:30 🎨 Greenwood Tour w/ William Show & Share [CK] 2:00 🌞 Lutheran Worship Service [AR] 3:30 🍽️ Taste Test Tuesday [CK] 6:30 🎲 Dominoes [CK] 6:30 🎭 Toastmasters Speech Club Meeting [AR]</p>	<p>9:00 🏃 Stretch & Coordination [AR] 9:30 🪑 Chair Exercise [AR] 10:00 🗨️ Walk & Talk 10:30 📖 Bible Study with Pastor Dan and Connie [AR] 3:30 🎲 Spelling Bee Board Game [AR] 4:15 📱 Cell Phone/iPad Assistance [CL] 6:30 🎮 Advanced Wii Bowling [AR] 6:30 🎴 Rummy Card Game [CK]</p>	<p>Walgreen's Pick-Up 9:00 🏃 Stretch & Coordination [AR] 9:30 🪑 Chair Exercise [AR] 9:30 🎁 Little Walmart 10:00 🏠 Apartment Visits 11:00 🏠 Garden Ridge Pottery 2:00 🌉 3rd Floor Bridge 2:00 🩺 Senior Helpers Blood Pressure Check [CK] 2:00 🎮 Wii Bowling Team Meet [AR] 6:30 📺 Docuseries [AR] 6:30 🎴 Phase 10 Card Game [CK]</p>	<p>9:00 🏃 Stretch & Coordination [AR] 9:30 🪑 Chair Exercise [AR] 10:00 🗨️ Walk & Talk 10:30 🎲 River Spirit Casino 2:00 🎲 .50 Sodapop Bingo [AR] 3:30 🌿 Olive garden</p>	<p>Location Keys 2nd Flr Chapel 4th Floor 6th Floor 7th Floor Activity Room Backyard Computer Lab Country Kitchen Dining Room Front Parking Lot</p> <p>2nd 4th 6th 7th AR BY CL CK DR FPL</p>