

# Calendar of Events

# Independent Living

July 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, July 5th Dakim demonstration. Or call Thalia 918.299.0953 to reserve a different demonstration time.</p>	<p>9:00 🏃 Stretch &amp; Coordination [AR] 1 9:30 🏃 Corn Hole [AR] 10:00 📖 Tulsa Library Bookmobile 10:00 🚶 Walk &amp; Talk 1:15 💻 Computer Assistance [CL] 2:00 🩺 Senior Helpers Blood Pressure Check [CK] 2:45 🍲 Food for Thought [DR] 3:00 🗣️ Language Lessons [AR] 3:30 🎨 Pretty Hands [CK] 6:30 🎵 Mexican Train [CK] 6:30 🎸 Ukulele Club Practice [AR]</p>	<p><b>Walgreen's Pick-Up</b> 2 9:00 🏃 Stretch &amp; Coordination [AR] 9:20 🏃 Chair Exercise [AR] 9:30 🏃 Little Walmart 10:00 🏠 Apartment Visits 11:00 🗣️ Show &amp; Share [CK] 2:00 🍽️ Taste from ATW [AR] 2:30 🗣️ Activities Planning Meeting [AR] 6:30 🎲 Dominoes [CK] 6:30 🗣️ Toastmasters Speech Club Meeting [AR]</p>	<p>9:00 🏃 Stretch &amp; Coordination [AR] 3 9:20 🏃 Chair Exercise [AR] 10:30 📖 Bible Study with Pastor Dan and Connie [AR] 1:00 🧘 Independent Chair Yoga [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] 6:15 🎮 Wii Bowling [AR] 6:30 🎴 Uno Card Game [CK]</p>	<p><b>Independence Day No Transportation</b> 4 9:00 🏃 Stretch &amp; Coordination [AR] 9:20 🏃 Chair Exercise [AR] 10:00 🍽️ Coffee &amp; Donuts [CK] 2:00 🗣️ 3rd Floor Bridge 3:30 🎮 Independent Wii Bowling [AR] 6:30 🗣️ Docuseries: Our Great National Parks [AR] 6:30 🎴 Phase 10 Card Game [CK] 9:00 🎆 Fireworks Watch Party</p>	<p>9:00 🏃 Stretch &amp; Coordination [AR] 5 9:20 🏃 Chair Exercise [AR] 10:00 🚶 Walk &amp; Talk 10:30 🍽️ Lunch Out: Napa Flats 1:45 🗣️ Dakim Demonstration [4th] 2:30 🍽️ Social Hour [DR] 3:30 🎵 Sing-Along w/ Jo &amp; Kerry [AR] 6:30 🎲 .50 cent Bingo [AR]</p>	<p>9:00 🏃 Chair Exercise [AR] 6 10:00 🧩 Jigsaw Puzzles [7th] 2:30 🎲 Dominoes (Classic) [CK] 3:30 🎨 Coloring for Grown-Ups 3:30 🎮 Wii Bowling [AR] 6:00 🙏 Independent Prayer [2nd] 6:30 🍽️ Dominos [CK] 6:30 🎬 Evening Movie: Queen Bees [AR]</p>
<p>7:00 🌅 Sunday Mass on Station EWTN 291-- 7am, 11 am, 6pm 7 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 w/ Gene B. [AR] 6:30 🎬 Evening Movie: The Wonderful Story of Henry Sugar [AR]</p>	<p>9:00 🏃 Stretch &amp; Coordination [AR] 8 9:30 🏃 Corn Hole [AR] 10:00 🚶 Walk &amp; Talk 10:30 🗣️ Armchair Travel: Canada [AR] 1:15 💻 Computer Assistance [CL] 2:00 🎲 Wheel of Fortune [AR] 3:00 🗣️ Language Lessons [AR] 6:30 🎵 Mexican Train [CK] 6:30 🎸 Ukulele Club Practice [AR]</p>	<p><b>Walgreen's Pick-Up</b> 9 9:00 🏃 Stretch &amp; Coordination [AR] 9:20 🏃 Chair Exercise [AR] 9:30 🏃 Little Walmart 10:00 🏠 Apartment Visits 10:15 🌟 St. Bernard's Mass [AR] 11:00 🗣️ My Story [CK] 2:30 🍽️ July Birthdays w/ David Horne &amp; Co [DR] 6:30 🎲 Dominoes [CK] 6:30 🗣️ Toastmasters Speech Club Meeting [AR]</p>	<p>9:00 🏃 Stretch &amp; Coordination [AR] 10 9:20 🏃 Chair Exercise [AR] 10:30 📖 Bible Study with Pastor Dan and Connie [AR] 1:00 🧘 Independent Chair Yoga [AR] 2:30 🗣️ Resident Ambassadors [CK] 3:30 🎲 Spelling Bee Board Game [AR] 4:15 💻 Cell Phone/iPad Assistance [CL] 6:15 🎮 Wii Bowling [AR] 6:30 🎴 Uno Card Game [CK]</p>	<p><b>Walgreen's Pick-Up</b> 11 8:30 🩺 Foot Care by Caring Nurse Association [CK] 9:00 🏃 Stretch &amp; Coordination [AR] 9:20 🏃 Chair Exercise [AR] 9:30 🏃 Little Walmart 10:00 🏠 Apartment Visits 10:30 🎨 #ENDALZ Crafting at Music &amp; Memories [CK] 2:00 🗣️ 3rd Floor Bridge 2:00 🩺 Senior Helpers Blood Pressure Check [CK] 2:00 🗣️ Town Hall Meeting [DR] 2:00 🎮 Wii Bowling Meet [AR] 6:30 🗣️ Docuseries: Our Great National Parks [AR] 6:30 🎴 Phase 10 Card Game [CK]</p>	<p>9:00 🏃 Stretch &amp; Coordination [AR] 12 9:15 🗣️ Out to Tulsa Glass Blowing School 9:20 🏃 Chair Exercise [AR] 1:30 🏠 Shapemaster Gym Demonstration [6th] 2:00 🍽️ Late Lunch: Thai Village 2:00 🗣️ Mary Kay w/ Dawn [CK] 2:00 🗣️ Parkinson's Support Group [4th] 3:30 🎲 Bingo w/ Stephanie of Angels Care Hospice [AR] 6:30 🎬 Popcorn Movie: Eat, Pray, Love [AR]</p>	<p>9:00 🏃 Chair Exercise [AR] 13 10:00 🧩 Jigsaw Puzzles [7th] 2:30 🎲 Dominoes (Classic) [CK] 3:30 🎨 Art Cart 3:30 🎮 Wii Bowling [AR] 6:00 🙏 Independent Prayer [2nd] 6:30 🍽️ Dominos [CK] 6:30 🎬 Evening Movie: The Polka King [AR]</p>
<p>7:00 🌅 Sunday Mass on Station EWTN 291-- 7am, 11 am, 6pm 14 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 w/ Letha T. [AR] 6:30 🎬 Evening Movie [AR]</p>	<p>9:00 🏃 Stretch &amp; Coordination [AR] 15 9:30 🏃 Corn Hole [AR] 10:00 🚶 Walk &amp; Talk 10:30 🍳 Cooking [CK] 1:15 💻 Computer Assistance [CL] 2:00 🗣️ News Currents [AR] 3:00 🗣️ Language Lessons [AR] 3:30 🎨 Pretty Hands [CK] 6:30 🎵 Mexican Train [CK]</p>	<p><b>Walgreen's Pick-Up</b> 16 9:00 🏃 Stretch &amp; Coordination [AR] 9:20 🏃 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] 3:30 🍲 Taste Test Tuesday [CK] 6:30 🎲 Dominoes [CK] 6:30 🗣️ Toastmasters Speech Club Meeting [AR]</p>	<p>9:00 🏃 Stretch &amp; Coordination [AR] 17 9:20 🏃 Chair Exercise [AR] 10:30 📖 Bible Study with Pastor Dan and Connie [AR] 1:00 🧘 Independent Chair Yoga [AR] 2:00 🎵 Music &amp; Mocktails [AR] 3:00 🌻 Sunshine Club: Cards and Letters [CK] 3:30 🎲 Spelling Bee Board Game [AR] 4:15 💻 Cell Phone/iPad Assistance [CL] 6:15 🎮 Wii Bowling [AR] 6:30 🎴 Uno Card Game [CK]</p>	<p><b>Walgreen's Pick-Up</b> 18 9:00 🏃 Stretch &amp; Coordination [AR] 9:20 🏃 Chair Exercise [AR] 9:30 🏃 Little Walmart 10:00 🏠 Apartment Visits 10:30 🎨 Paint w/ Amy [CK] 2:00 🗣️ 3rd Floor Bridge 2:00 🩺 Senior Helpers Blood Pressure Check [CK] 3:30 🎮 Beginning Wii Bowling [AR] 3:30 🗣️ Regalia International Birds of Prey [AR] 6:30 🗣️ Docuseries: Our Great National Parks [AR] 6:30 🎴 Phase 10 Card Game [CK]</p>	<p>9:00 🏃 Stretch &amp; Coordination [AR] 19 9:20 🏃 Chair Exercise [AR] 10:00 🚶 Walk &amp; Talk 10:30 🌸 Tokyo Garden 2:30 🍽️ Get Away Social Hour [DR] 3:30 🗣️ Sing Along w/ Jo &amp; Kerry [AR] 6:30 🎲 .50 cent Bingo w/ Ian [AR]</p>	<p>9:00 🏃 Chair Exercise [AR] 20 10:00 🧩 Jigsaw Puzzles [7th] 2:30 🎲 Dominoes (Classic) [CK] 3:30 🎨 Cut &amp; Paste 3:30 🎮 Wii Bowling [AR] 6:00 🙏 Independent Prayer [2nd] 6:30 🍽️ Dominos [CK] 6:30 🎬 Evening Movie: Woman in Gold [AR]</p>
<p>7:00 🌅 Sunday Mass on Station EWTN 291-- 7am, 11 am, 6pm 21 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 w/ Linda B. [AR] 6:30 🎬 Evening Movie [AR]</p>	<p>9:00 🏃 Stretch &amp; Coordination [AR] 22 9:30 🏃 Corn Hole [AR] 10:00 🚶 Walk &amp; Talk 10:30 🗣️ Baking in the Country Kitchen [CK] 1:15 💻 Computer Assistance [CL] 2:00 🎲 Wheel of Fortune [AR] 3:00 🗣️ Language Lessons [AR] 6:30 🎵 Mexican Train [CK] 6:30 🎸 Ukulele Club Practice [AR]</p>	<p><b>Walgreen's Pick-Up</b> 23 9:00 🏃 Stretch &amp; Coordination [AR] 9:20 🏃 Chair Exercise [AR] 9:30 🏃 Little Walmart 10:00 🏠 Apartment Visits 11:00 🗣️ Create: Name Tags 2:00 🌟 Lutheran Worship Service [AR] 3:30 🍲 Taste Test Tuesday 6:30 🎲 Dominoes [CK] 6:30 🗣️ Toastmasters Speech Club Meeting [AR]</p>	<p>9:00 🏃 Stretch &amp; Coordination [AR] 24 9:20 🏃 Chair Exercise [AR] 10:30 📖 Bible Study with Pastor Dan and Connie [AR] 1:00 🧘 Independent Chair Yoga [AR] 3:30 🎲 Spelling Bee Board Game [AR] 4:15 💻 Cell Phone/iPad Assistance [CL] 6:15 🎮 Wii Bowling [AR] 6:30 🎴 Uno Card Game [CK]</p>	<p><b>Walgreen's Pick-Up</b> 25 9:00 🏃 Stretch &amp; Coordination [AR] 9:20 🏃 Chair Exercise [AR] 9:30 🏃 Little Walmart 10:00 🏠 Apartment Visits 10:30 🎨 #ENDALZ Crafting at Music &amp; Memories [CK] 11:30 🍽️ Canadian Themed Dinner [DR] 2:00 🗣️ 3rd Floor Bridge 2:00 🩺 Senior Helpers Blood Pressure Check [CK] 3:30 🎸 Tulsa Ukulele Club Performance [AR] 6:15 🎮 Wii Bowling [AR] 6:30 🎴 Phase 10 Card Game [CK]</p>	<p>9:00 🏃 Stretch &amp; Coordination [AR] 26 9:20 🏃 Chair Exercise [AR] 10:00 🚶 Walk &amp; Talk 10:30 🍽️ Lunch Out: Burn Co 2:00 🎵 Drumming Exercise [AR] 2:30 🗣️ Hearts Card Game [CK] 6:30 🎲 .50 cent Bingo [AR]</p>	<p>9:00 🏃 Chair Exercise [AR] 27 10:00 📺 Christ Embassy Live Stream Broadcast [AR] 10:00 🧩 Jigsaw Puzzles [7th] 2:30 🎲 Dominoes (Classic) [CK] 3:30 🎨 Art Cart 3:30 🎮 Wii Bowling [AR] 6:00 🙏 Independent Prayer [2nd] 6:30 🍽️ Dominos [CK] 6:30 🎬 Evening Movie: Canadian Bacon [AR]</p>
<p>7:00 🌅 Sunday Mass on Station EWTN 291-- 7am, 11 am, 6pm 28 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 w/ Letha T. [AR] 6:30 🎬 Evening Movie [AR]</p>	<p>9:00 🏃 Stretch &amp; Coordination [AR] 29 9:30 🏃 Corn Hole [AR] 10:00 🚶 Walk &amp; Talk 1:15 💻 Computer Assistance [CL] 2:00 🗣️ News Currents [AR] 3:00 🗣️ Language Lessons [AR] 3:30 🎨 Pretty Hands [CK] 6:30 🎵 Mexican Train [CK] 6:30 🎸 Ukulele Club Practice [AR]</p>	<p><b>Walgreen's Pick-Up</b> 30 9:00 🏃 Stretch &amp; Coordination [AR] 9:20 🏃 Chair Exercise [AR] 9:30 🏃 Little Walmart 10:00 🏠 Apartment Visits 11:00 🗣️ Trivia Game [AR] 2:30 🍽️ New Resident Reception [AR] 6:30 🎲 Dominoes [CK] 6:30 🗣️ Toastmasters Speech Club Meeting [AR]</p>	<p>9:00 🏃 Stretch &amp; Coordination [AR] 31 9:20 🏃 Chair Exercise [AR] 10:30 📖 Bible Study with Pastor Dan and Connie [AR] 1:00 🧘 Independent Chair Yoga [AR] 3:30 🎲 Spelling Bee Board Game [AR] 4:15 💻 Cell Phone/iPad Assistance [CL] 6:15 🎮 Wii Bowling [AR] 6:30 🎴 Uno Card Game [CK]</p>	<p><b>The ShapeMaster Gym is open all day, every day!</b> ShapeMaster 6th floor Demo, July 12th. Learn the safe &amp; easy way to use this fun exercise equipment.</p>		

- 🧠 Brain Power
- 🏃 Exercise & Movement
- 🗣️ Expression
- 🙏 Inner Strength
- 🌿 Nourishment & Health
- 🍽️ Socialization
- 🌟 Spirituality

**Location Keys**

2nd Flr Chapel	2nd
4th Floor	4th
6th Floor	6th
7th Floor	7th
Activity Room	AR
Computer Lab	CL
Country Kitchen	CK
Dining Room	DR