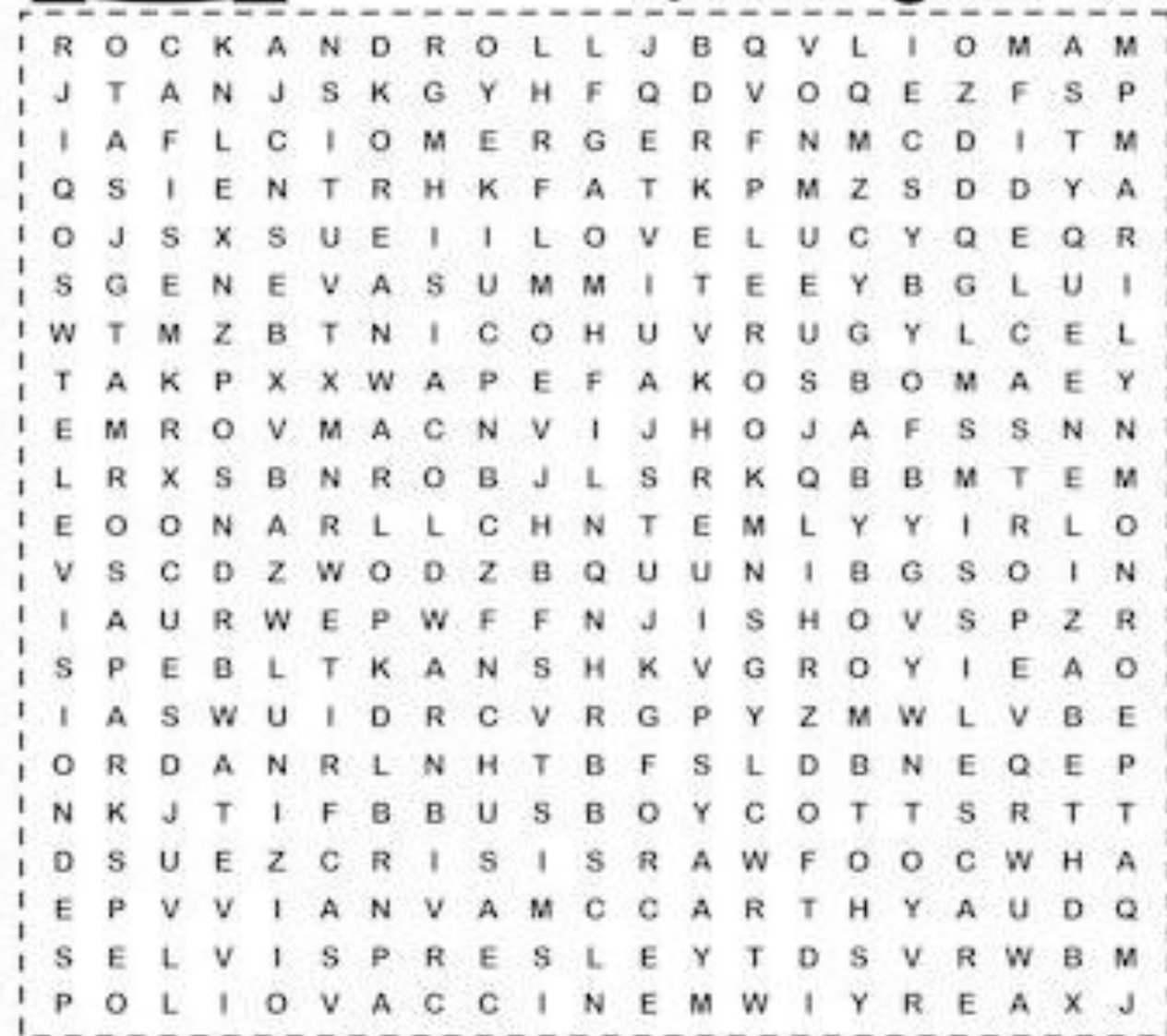




History by the Decade:

1950's Word Search



AFL-CIO MERGER
BABY BOOM
BROWN V. BOARD
BUS BOYCOTT
COLD WAR
EISENHOWER

ELVIS PRESLEY
FIDEL CASTRO
GENEVA SUMMIT
I LOVE LUCY
KOREAN WAR
LEGOS

MARILYN MONROE
McCARTHY
MISSILE SCARE
POLIO VACCINE
QUEEN ELIZABETH
ROCK AND ROLL

ROSA PARKS
SPUTNIK
SUBURBIA
SUEZ CRISIS
TELEVISION
WARSAW PACT

Free printable courtesy of WordSearchAddict.com

Country Club at Woodland Hills

Discovery Independent Senior Living
6333 South 91st East Avenue, Tulsa OK 74133
(918) 252-5451

New this month

We are celebrating Elvis this month because it marks the anniversary of his passing. Every year, tens of thousands of fans make a pilgrimage to his Graceland mansion in Memphis, Tennessee, for a massive, multi-day event known as **Elvis Week**. Aug. 10-14 we will have a Spirit dress up week with a theme each day and coordinating snacks.

We are introducing a new workout class, Tai Chi and stretching. We will begin with seated stretches then move to standing continuous movement using tai chi exercises. Jordan will be hosting a jewelry repair hour, fixing broken jewelry and adding magnet clasps to necklaces and bracelets at no charge.

Celebrate the end of summer with us at our Cookout Happy Hour on the last Friday of the month! Great food and great company.

Meet our team

Michael Hammontree..... Executive Director
Jennifer Lombard..... Director of Sales
Amy Huntley.....Director of Sales
Kathy Powell.....Business Office Manager
Mattie Sloan.....Executive Chef
Jordan Phillips.....Director of Celebrations
Ian Sales.....Maintenance Supervisor
SaRae Butler.....FitCamp Director

Resident Birthdays

8/1- Jim Runyon	8/19- Paul Br
8/2- Ernest Tucker	8/21- Parker [
8/3- Sue Myers	8/21- Edith Long
8/6- Carol Scranton	8/23- Ila Liner
8/8- Sue Bishop	8/24- Solomon Gorfinkle
8/11- Nancy Bryan	8/25- Shari Nightingale
8/11- David Dunning	8/27- Dena Kimberly
8/16- Bruce Swearingen	8/30- Jan Dougless
8/17- Marcia Reeves	8/30- Rusty Colvin
8/17- Trudie Stovall	



Country Club Column

Country Club at Woodland Hills Independent Living (918) 252-5451

Special Event

- 8/3- DIY Ribbon keychain craft
-Zumba w/ Fit Group USA
- 8/4- Men’s Group Luncheon with Michael at Bradford Grill
- 8/5- Games in the Pool
- 8/6- Jordan’s jewelry repair and added magnet clasps- FREE
- 8/10- Camo/Patriotic dress up day
-Book Club- Remarkably Bright Creatures
-Grief Group w/ Chaplain Phil from Millennium
-Jim & Doe’s Sing a Long
-Root beer floats and popcorn w/ Millennium
-Fairy light mason jar craft
- 8/11- 50’s dress up day w/ 50’s themed lunch
- Avon Sale
- 8/12- Elvis dress up day
-Scentsy w/ Sylvia
-Peanut Butter and banana on Ritz and banana pudding cups
-Quilters Club meet up
- 8/13- “Sock” hop day- funny socks and rolled jeans
- Mary Kay sale
-Seasoned oyster crackers and cherry Jello cups
- 8/14- Rock ‘n’ Roll dress up day
-Town hall with guest speaker from Tulsa PD
- 8/17- Zumba w/ Fit Group USA
-Asbury Church meeting
-Jewelry making
- 8/18- Food for Thought with Chef Mattie
-Amish baked goods sale
- 8/19- New Resident Meeting
- 8/20- Frozen margaritas in the Pub
- 8/21- Tech class with Damion
- 8/24- Be listening for the ice cream truck
- Grief Group w/ Chaplain Phil from Millennium
-Fabric flower craft
- 8/25- Activity Calendar suggestion talk
-Taste Test Tuesday- Chocolate tasting
- 8/27 -Cottage Pizza Party; \$5
- 8/28- End of summer cookout
- 8/31- DIY mosaic picture frame craft

Wednesday Outings

- Saturday 8/1- Bristow Toy Museum- Free (40 min drive) and lunch
- 8/5- Lunch at Empire Pizza
- 8/12- Bob Dylan Center- \$12
- 8/19- Lunch at Red Door Grill
- 8/26- Philbrook Museum- \$18

Re-occurring events

- Crafts- Every Monday @ 3
- Sit & Stitch/ Diamond Dotz- Mon. & Thurs.
- Ping Pong in the Pub- Tues. @ 1
- Wii Bowling- Tues., Thurs. & Sat. @ 10
- Bridge- Tues., Wed. & Fri. @ 1
- Every Tues & Thurs.- Water Aerobics @ 1
- Cornhole- Tues. & Thurs. @ 3
- BINGO- Tues. & Sat. @ 6
- Poker- Tues. @ 2 & Thurs. @ 6:30
- Hand & Foot- Every Wed. @ 6
- Old fashioned dominoes- Every Wed. & Fri.
- Keno with Karen- Every Thurs. @ 6
- Choir practice- Every Thurs. @ 1
- Men’s group chat with coffee Friday @ 9:45
- Happy Hour- Every Friday @ 3
- Games Galore- Every Friday @ 6:00

Meet our Newest Neighbors

- 205- Victoria Knezek
- 231- Deanie Welch
- 116- Gail Taylor
- 6401- Eddie Williams & Donna Nimerick
- 9004- Cathy Anglin



Monday, Wednesday & Friday

9:30- Better Balance (Intermediate)

Instructor-led class with different walking exercises aimed to strengthen your balancing skills.

10:00- Chair Exercise (Advanced)

CD-led class, seated fast paced exercises working every part of the body from head to toe.

10:30- Repeat Chair Exercise (Advanced)

CD-led class, seated fast paced exercises working every part of the body from head to toe.

Tuesday & Thursday

9:45- Thai Chi and Stretching (Intermediate)

Instructor-led class with continuous movement and seated stretching.

10:15- Strength Training (Beginner/ Intermediate)

Instructor-led class using 1-5lb weights and workout bands while seated.

10:45- Workout machine intervals (Intermediate)

Instructor-led workout rotating between machines at 5 min. intervals.

August

Saturday 1

9:15 Devotions (C)
 10:00 Wii Bowling (BR)
 1:00 Shanghai Rummy (BR)
9:45 Bristow Toy Museum- FREE and lunch \$
 6:00 Canasta (CH)
 6:00 Bingo (\$2/ \$4 per card) (EC)

Sunday 2	Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7	8
10:00 Worship w/ Dan Paul (GH) 1:00 Shanghai Rummy (BR) 3:30 Canasta (CH) 5:30 Movie night- Dream Girls (GH)	9:15 Devotions (C) 9:30 Better Balance (EC) 10:00 Horseshoes by the Pool 10:00 Chair Exercises (EC) 10:30 Repeat Chair Exercises (EC) 1:00 Shanghai Rummy (BR) 1:00 Bring your own craft & chat (EC) 1:00 Zumba w/ Fit Group USA (CH) 3:00 DIY ribbon keychain (CH) 6:00 Canasta (CH)	9:15 Devotions (C) 9:45 Tai Chi & stretching (EC) 10:00 Wii Bowling (BR) 10:15 Strength Training (EC) 10:45 Workout machine intervals (G) 11:00 Men's Group Luncheon with Michael at Bradford Grill 1:00 Water Aerobics w/ Jordan 1:00 Bridge (CH) 1:30 Blood Pressure clinic w/ Millennium Home Health (L) 2:00 Texas Hold 'Em Poker (BR) 3:00 Cornhole (GH) 6:00 Bingo (\$2/ \$4 per card) (EC)	9:15 Devotions (C) 9:30 Better Balance (EC) 10:00 Chair Exercises (EC) 10:30 Repeat Chair Exercises (EC) 11:00 Lunch at Empire Pizza 1:00 Bridge (CH) 3:00 Games in the pool 3:00 Old-fashioned Dominoes (EC) 6:00 Hand & Foot; everyone welcome (BR)	9:15 Devotions (C) 9:45 Tai Chi & stretching (EC) 10:00 Wii Bowling (BR) 10:15 Strength Training (EC) 10:45 Workout machine intervals (G) 1:00 Choir Practice (GH) 1:00 Shanghai Rummy (BR) 1:00 Water Aerobics w/ Jordan 1:45 Jordan's jewelry repair and added magnet clasps- FREE (EC) 3:00 Cornhole (GH) 6:00 Keno with Karen (EC) 6:30 Poker- Visitors Welcome	9:15 Devotions (C) 9:30 Better Balance (EC) 9:45 Men's Group chat w/ coffee (BR) 10:00 Chair Exercises (EC) 10:30 Repeat Chair Exercises (EC) 1:00 Shanghai Rummy (BR) 1:00 Bridge (RD) 3:00 Old-fashioned Dominoes (EC) 3:00 Happy Hour with fiddling duo Mike Traveletti (GH) 6:00 Mexican Train & Spinner dominoes (BR)	9:15 Devotions (C) 10:00 Wii Bowling (BR) 1:00 Shanghai Rummy (BR) 6:00 Canasta (CH) 6:00 Bingo (\$2/ \$4 per card) (EC)
9	Camo/Patriotic day 10	50's dress up day 11	Elvis dress up day 12	"Sock" hop day 13	Rock 'N' Roll Friday 14	15
10:00 Worship w/ Dan Paul (GH) 1:00 Shanghai Rummy (BR) 3:30 Canasta (CH) 5:30 Movie night- Elvis (GH)	9:15 Devotions (C) 9:30 Better Balance (EC) 10:00 Horseshoes by the Pool 10:00 Chair Exercises (EC) 10:30 Repeat Chair Exercises 1:00 Bring your own craft & chat 1:00 Book Club- Remarkably Bright Creatures (EC) 2:00 Jim & Doe sing a long (GH) 2:00 Grief Group with Chaplain Phil from Millennium Home Health (C) 2:30 Root beer floats and popcorn with Millennium Home Health (GH) 3:00 Fairy light mason jar craft (CH) 6:00 Canasta (CH)	9:15 Devotions (C) 9:45 Tai Chi & stretching (EC) 10:00 Wii Bowling (BR) 10:15 Strength Training (EC) 10:45 Workout machine intervals (G) 11:00 Avon Sale (GH) 11:00 50's diner themed lunch 1:00 Bridge (CH) 1:00 Water Aerobics w/ Jordan 1:30 Blood Pressure clinic w/ Millennium Home Health (L) 2:00 Texas Hold 'Em Poker (BR) 3:00 Cornhole (GH) 6:00 Bingo (\$2/ \$4 per card) (EC)	9:15 Devotions (C) 9:30 Better Balance (EC) 9:45 Trip to Bob Dylan center- \$12 10:00 Chair Exercises (EC) 10:30 Repeat Chair Exercises 11:00 Scentsy with Sylvia (BR) 1:00 Peanut butter and banana on ritz and banana pudding snack cups in the Pub 1:00 Bridge (CH) 1:00 Shanghai Rummy (BR) 3:00 Games in the pool 3:00 Quilters Club meet up (BR) 3:00 Old-fashioned Dominoes (EC) 6:00 Hand & Foot; everyone welcome (BR)	9:15 Devotions (C) 9:45 Tai Chi & stretching (EC) 10:00 Wii Bowling (BR) 10:15 Strength Training (EC) 10:45 Workout machine intervals (G) 11:00 Mary Kay Sale (GH) 1:00 Choir Practice (GH) 1:00 Shanghai Rummy (BR) 1:00 Water Aerobics w/ Jordan 2:00 Seasoned oyster crackers and cherry Jello with marshmallow cups in the Pub 3:00 Cornhole (GH) 6:00 Keno with Karen (EC) 6:30 Poker- Visitors Welcome	9:15 Devotions (C) 9:30 Better Balance (EC) 9:45 Men's Group chat w/ coffee (BR) 10:00 Chair Exercises (EC) 10:30 Repeat Chair Exercises (EC) 1:00 Bridge (RD) 1:30 Town Hall- Guest speaker Tulsa Police Department 3:00 Old-fashioned Dominoes (EC) 3:00 Happy Hour with Chris Brown (GH) 6:00 Mexican Train & Spinner dominoes (BR)	9:15 Devotions (C) 10:00 Wii Bowling (BR) 1:00 Shanghai Rummy (BR) 6:00 Canasta (CH) 6:00 Bingo (\$2/ \$4 per card) (EC)



Sunday 16	Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21	Saturday 22
10:00 Worship w/ Dan Paul (GH) 1:00 Shanghai Rummy (BR) 3:30 Canasta (CH) 5:30 Movie night- Hacksaw Ridge (GH)	9:15 Devotions (C) 9:30 Better Balance (EC) 10:00 Horseshoes by the Pool 10:00 Chair Exercises (EC) 10:30 Repeat Chair Exercises (EC) 11:00 Gifts from the Heart sale 1:00 Shanghai Rummy (BR) 1:00 Bring your own craft & chat (EC) 1:00 Zumba w/ Fit Group USA (CH) 2:15 Asbury Church Meeting (GH) 3:00 Jewelry Making (CH) 6:00 Canasta (CH)	9:15 Devotions (C) 9:45 Tai Chi & stretching (EC) 10:00 Wii Bowling (BR) 10:15 Strength Training (EC) 10:45 Workout machine intervals (G) 11:00 Amish Baked goods sale 1:00 Water Aerobics w/ Jordan 1:00 Bridge (CH) 1:30 Blood Pressure clinic w/ Millennium Home Health (L) 2:00 Food for Thought w/ Chef Mattie (GH) 2:00 Texas Hold ‘Em Poker (BR) 3:00 Cornhole (GH) 6:00 Bingo (\$2/ \$4 per card) (EC)	9:15 Devotions (C) 9:30 Better Balance (EC) 10:00 Chair Exercises (EC) 10:30 Repeat Chair Exercises (EC) 11:00 Lunch at Red Door Grill 1:00 Bridge (CH) 1:00 Shanghai Rummy (BR) 2:00 New Resident Meeting (C) 3:00 Old-fashioned Dominoes (EC) 3:00 Games in the pool 6:00 Hand & Foot; everyone welcome (BR)	9:15 Devotions (C) 9:45 Tai Chi & stretching (EC) 10:00 Wii Bowling (BR) 10:15 Strength Training (EC) 10:30 Water Aerobics w/ Jordan 10:45 Workout machine intervals (G) 1:00 Choir Practice (GH) 1:00 Shanghai Rummy (BR) 1:30 Frozen margaritas with chips and salsa in the Pub 3:00 Cornhole (GH) 6:00 Keno with Karen (EC) 6:30 Poker- Visitors Welcome	9:15 Devotions (C) 9:30 Better Balance (EC) 9:45 Men’s Group chat w/ coffee (BR) 10:00 Chair Exercises (EC) 10:30 Repeat Chair Exercises (EC) 1:00 Bridge (RD) 1:00 Tech class with Damion (EC) 3:00 Old-fashioned Dominoes (EC) 3:00 Happy Hour with Wade Daniel (GH) 6:00 Mexican Train & Spinner dominoes (BR)	9:15 Devotions (C) 10:00 Wii Bowling (BR) 1:00 Shanghai Rummy (BR) 2:00 Remembering songs of our youth sing-a- long with Max (EC) 6:00 Canasta (CH) 6:00 Bingo (\$2/ \$4 per card) (EC)
23	24	25	26	27	28	29
10:00 Worship w/ Dan Paul (GH) 1:00 Shanghai Rummy (BR) 3:30 Canasta (CH) 5:30 Movie night- Funny Face (GH)	9:15 Devotions (C) 9:30 Better Balance (EC) 10:00 Horseshoes by the Pool 10:00 Chair Exercises (EC) 10:30 Repeat Chair Exercises (EC) 1:00 Shanghai Rummy (BR) 1:00 Bring your own craft & chat (EC) 1:00 Be listening for the ice cream truck (GH) 2:00 Grief Group with Chaplain Phil from Millennium Home Health (C) 3:00 Fabric flower craft (CH) 6:00 Canasta (CH)	9:15 Devotions (C) 9:45 Tai Chi & stretching (EC) 10:15 Strength Training (EC) 10:45 Workout machine intervals (G) 1:00 Bridge (CH) 1:00 Water Aerobics w/ Jordan 1:30 Blood Pressure clinic w/ Millennium Home Health (L) 1:00 Activity Calendar suggestion talk (EC) 2:00 Taste Test Tuesday; Chocolate tasting (EC) 2:00 Texas Hold ‘Em Poker (BR) 3:00 Cornhole (GH) 6:00 Bingo (\$2/ \$4 per card) (EC)	9:15 Devotions (C) 9:30 Better Balance (EC) 9:45 Trip to Philbrook Museum- \$18 10:00 Chair Exercises (EC) 10:30 Repeat Chair Exercises (EC) 1:00 Bridge (CH) 1:00 Shanghai Rummy (BR) 3:00 Old-fashioned Dominoes (EC) 3:00 Games in the pool 6:00 Hand & Foot; everyone welcome (BR)	9:15 Devotions (C) 9:45 Tai Chi & stretching (EC) 10:00 Wii Bowling (BR) 10:15 Strength Training (EC) 10:45 Workout machine intervals (G) 1:00 Water Aerobics w/ Jordan 1:00 Choir Practice (GH) 1:00 Shanghai Rummy (BR) 3:00 Cornhole (GH) 5:00 Cottage pizza party; \$5 6:00 Keno with Karen (EC) 6:30 Poker- Visitors Welcome	9:15 Devotions (C) 9:30 Better Balance (EC) 9:45 Men’s Group chat w/ coffee (BR) 10:00 Chair Exercises (EC) 10:30 Repeat Chair Exercises (EC) 1:00 Bridge (RD) 3:00 Old-fashioned Dominoes (EC) 3:00 End of summer cookout Happy Hour with Sugartime Band (GH) 6:00 Mexican Train & Spinner dominoes (BR)	9:15 Devotions (C) 10:00 Wii Bowling (BR) 1:00 Shanghai Rummy (BR) 6:00 Canasta (CH) 6:00 Bingo (\$2/ \$4 per card) (EC)
30	31	LOCATION KEY FIRST FLOOR (GH) Great Hall (BR) Billiards Room (C) Chapel SECOND FLOOR & COTTAGES (EC) Entertainment Center (CH) Community Hub (L) Library (CCH) Cottage Club House <i>ALL activities are subject to change due to participation and availability.</i>				