
















UV ACTIVITIES / November 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 9:00 Walking Group WS 10:00 Catholic Mass CH 10:00 Mobility & Movement WS 10:30 Move with Mickey TH 10:45 Devotional with Wayne TH 1:00 Cards/Games CL 4:00 Bible Study TH 6:00 Games ORU Students TH	2 10:00 Chair Yoga WS 10:30 Move with Mickey TH 10:45 Devotional with Wayne TH 11:15 TCCL Bookmobile L3 12:30 Wii Bowling TH 12:45 Dominoes CL 2:00 Nov. Birthday Bash SD 2:00 Seated Tai Chi WS 3:00 Health Talk w/Melody TH	3 9:30 A.L. Residents Mtg. TH 10:15 Strength Exercise WS 10:30 Move with Mickey TH 10:45 Devotional with Wayne TH 1:00 The Horse Races TH 2:30 Color It Beautiful 265 6:00 Game Night CL	4 10:15 Strength Exercise WS 10:30 Seated Exercise TH 10:45 Devotional with Jode TH 1:00 Vintage Matinee TH <i>"A Letter to Dad" (2008)</i> 1:00 Canasta CL 3:00 Games with Jode 265
5 Daylight Saving Ends 10:00 Sunday School TH 10:00 Catholic Mass CH 11:00 Worship Service TH 1:00 Feature Film TH <i>"Gold Diggers of 1935" (1934)</i> 3:00 Table Gamers CL 	6 9:00 Walking Group WS 10:00 Bingo with Mickey TH 10:00 Mobility & Movement WS 1:00 Sing-a-long & Bible Study with Wayne TH 1:00 Bridge Club CL	7 10:00 Catholic Mass CH 10:00 Chair Yoga WS 10:30 Move with Mickey TH 10:45 Devotional with Wayne TH 11:00 Line Dance Class WS 12:30 Wii Bowling TH 2:00 Seated Tai Chi WS 3:00 Drum Fit Class TH 3:30 Shuffleboard WS 5:30 Choir Practice TH 	8 9:00 Walking Group WS 10:00 Mobility & Movement WS 10:30 Movement & Devotional TH 1:00 Joseph Kingma Concert TH 1:00 Cards/Games CL 2:45 Balloon Volleyball TH 4:00 Bible Study TH 6:00 Games ORU Students TH	9 10:00 Chair Yoga WS 10:30 Move with Mickey TH 10:45 Devotional with Wayne TH 12:30 Wii Bowling TH 12:45 Dominoes CL 2:00 Seated Tai Chi WS 3:00 Shuffleboard WS 6:30 Tulsa Community Band Patriotic Concert TH	10 10:15 Strength Exercise WS 10:30 Move with Mickey TH 10:45 Devotional with Wayne TH 1:00 The Horse Races TH 2:30 Color it Beautiful 265 3:00 Ladies Group Meeting TH 6:00 Tim Menzies Gospel Music Concert TH 6:00 Game Night CL	11 Veterans Day 1:00 Vintage Matinee TH <i>"Miracle" (2004)</i> 1:00 Canasta CL 
12 10:00 Sunday School TH 10:00 Catholic Mass CH 11:00 Worship Service TH 1:00 Feature Film TH <i>"The Judge" (2015)</i> 3:00 Table Gamers CL 	13 9:00 Walking Group WS 10:00 Mobility & Movement WS 1:00 Sing-a-long & Bible Study with Wayne TH 1:00 Bridge Club CL	14 9a-2p Hearing Solutions Rm 131 10:00 Chair Yoga WS 10:00 Safari Joe's Animal Show TH 11:00 Line Dance Class WS 12:30 Wii Bowling TH 2:00 Seated Tai Chi WS 3:00 Drum Fit Class TH 3:30 Shuffleboard WS 5:30 Choir Practice TH	15 9:00 Walking Group WS 10:00 Mobility & Movement WS 10:30 Move with Mickey TH 10:45 Devotional with Wayne TH 12:45 Village News TH 1:00 Cards/Games CL 2:45 Balloon Volleyball TH 4:00 Bible Study TH 6:00 Games ORU Students TH 	16 10:00 Chair Yoga WS 10:30 Move with Mickey TH 10:45 Devotional with Wayne TH 12:30 Wii Bowling TH 12:45 Dominoes CL 2:00 Seated Tai Chi WS 3:00 Shuffleboard WS	17 10:15 Strength Exercise WS 10:30 Move with Mickey 265 10:45 Devotional with Wayne 265 12:00 November Birthday Luncheon TH 2:00 Live Horse Races TH <i>"Thanksgiving Theme"</i> 2:30 Color it Beautiful 265 6:00 Game Night CL	18 10:15 Strength Exercise WS 10:30 Seated Exercise TH 10:45 Devotional with Jode TH 1:00 Vintage Matinee TH <i>"Flicka" (2006)</i> 1:00 Canasta CL 3:00 Games with Jode 265
19 10:00 Sunday School TH 10:00 Catholic Mass CH 11:00 Worship Service TH 1:00 Feature Film TH <i>"Young Frankenstein" (2006)</i> 3:00 Table Gamers CL 	20 9:00 Walking Group WS 10:00 Bingo with Mickey TH 10:00 Mobility & Movement WS 1:00 Sing-a-long & Bible Study with Wayne TH 1:00 Bridge Club CL	21 10:00 Episcopal Service CH 10:00 Chair Yoga WS 10:30 Move with Mickey TH 10:45 Devotional with Wayne TH 11:00 Line Dance Class WS 1:00 New Movie "The Hill" TH 2:00 Seated Tai Chi WS 3:00 Drum Fit Class TH 3:30 Shuffleboard WS 5:30 Choir Practice TH 	22 9:00 Walking Group WS 10:00 Mobility & Movement WS 10:30 Move with Mickey TH 10:45 Devotional with Wayne TH 1:00 Tim Turner Concert TH 1:00 Cards/Games CL 2:45 Balloon Volleyball TH 4:00 Bible Study TH 6:00 Games ORU Students TH	23 Thanksgiving Day 10:00 Catholic Mass CH 12:45 Dominoes CL 3:00 Shuffleboard WS 	24 10:15 Strength Exercise WS 10:30 Move with Mickey TH 10:45 Devotional with Wayne TH 2:30 Color it Beautiful 265 3:00 Round Table Storytelling TH 6:00 Game Night CL	25 10:15 Strength Exercise WS 10:30 Seated Exercise TH 10:45 Devotional with Jode TH 1:00 Canasta CL 2:00 Myrtle Parriman 100th Birthday Celebration TH 3:00 Games with Jode 265 
26 10:00 Sunday School TH 10:00 Catholic Mass CH 11:00 Worship Service TH 1:00 Feature Film TH <i>"Second Hand Lions" (2004)</i> 3:00 Table Gamers CL 	27 9:00 Walking Group WS 10:00 Bingo with Mickey TH 10:00 Mobility & Movement WS 1:00 Sing-a-long & Bible Study with Wayne TH 1:00 Bridge Club CL	28 10:00 Lutheran Service CH 10:00 Chair Yoga WS 10:30 Movement & Devotional TH 11:00 Line Dance Class WS 12:30 Wii Bowling TH 2:00 Seated Tai Chi WS 3:00 Drum Fit Class TH 3:30 Shuffleboard WS 5:30 Choir Practice TH	29 9:00 Walking Group WS 10:00 Mobility & Movement WS 10:30 Movement & Devotional TH 1:00 Thankful Gathering TH 1:00 Cards/Games CL 2:45 Balloon Volleyball TH 4:00 Bible Study TH 6:00 Games ORU Students TH	30 10:00 Chair Yoga WS 10:30 Movement & Devotional TH 12:30 Wii Bowling TH 12:45 Dominoes CL 2:00 Seated Tai Chi TH 3:00 Shuffleboard WS 3:30 New Residents Coffee Connection 265 6:00 Bingo with Wayne TH 	LOCATIONS BI = Bistro BZ = Breezeway Lounge CB = Club House CH = Chapel CL = Circle Lounge 	G = All Lounges SD = South Dining Room L3 = Parking lot outside Dining TH = Stovall Theater WS = Wellness Studio