








UV ACTIVITIES / October 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 10:00 Catholic Mass CH 10:15 Stretch Exercise WS 10:30 Move with Mickey TH 10:45 Devotion with Wayne TH 12:30 Wii Bowling TH 3:30 Shuffleboard WS 3:30 UV Choir Practice TH	2 10:15 Strength Exercise WS 10:30 Move with Mickey TH 10:45 Devotion with Wayne TH 1:00 New Movie & Popcorn TH "The Long Game" (2024) 1:00 Cards/Games CL 2:45 Balloon Volleyball TH 4:00 Bible Study TH 6:00 Activity with ORU Students TH	3 10:15 Stretch Exercise WS 10:30 Move with Mickey TH 10:45 Devotion with Wayne TH 11:15 TPL Bookmobile L 3 12:30 Wii Bowling TH 12:45 Dominoes CL 1:30 Oct. Birthday Bash 265 3:30 Shuffleboard WS 6:00 Fellowship Lutheran Handbell Choir TH	4 9:30 A.L. Residents Mtg. TH 10:15 Strength Exercise WS 10:30 Move with Mickey TH 10:45 Devotion with Wayne TH 1:00 The Horse Races TH 2:30 Color it Beautiful 265 6:00 Game Night CL	5 1:00 Vintage Matinee TH "Funny Girl" (1968) 1:00 Canasta CL 3:00 Table Gamers CL 
6 10:00 Sunday School TH 10:00 Catholic Mass CH 11:00 Worship Service TH 1:00 Feature Film TH "The Scent of a Woman" (1998) 3:00 Table Gamers CL	7 10:00 Bingo with Mickey TH 10:15 Strength Exercise WS 1:00 Sing-a-long & Bible Study with Wayne TH 1:00 Bridge Club CL	8 9-11 am Hearing Solutions Rm131 10:15 Stretch Exercise WS 10:30 Move with Mickey TH 10:45 Devotion with Wayne TH 12:30 Wii Bowling TH 3:30 Shuffleboard WS 3:30 UV Choir Practice TH	9 10:15 Strength Exercise WS 10:30 Move with Mickey TH 10:45 Devotion with Wayne TH 1:00 Tim Turner Concert (Broadway Style Singer) TH 1:00 Cards/Games CL 2:45 Balloon Volleyball TH 4:00 Bible Study TH	10 10:15 Stretch Exercise WS 10:30 Move with Mickey TH 10:45 Devotion with Mickey TH 12:30 Wii Bowling TH 12:45 Dominoes CL 3:30 Shuffleboard WS	11 9:30 Walking Club BZ 10:15 Strength Exercise WS 10:30 Move with Mickey TH 10:45 Devotion with Mickey TH 1:00 The Horse Races TH 2:30 Color it Beautiful 265 3:00 Ladies Group Meeting TH 6:00 Game Night CL	12 10:30 Drum Fit with Amber TH 1:00 Vintage Matinee TH "The Great Dan Patch" (1949) 1:00 Canasta CL 3:00 Table Gamers CL 
13 10:00 Sunday School TH 10:00 Catholic Mass CH 11:00 Worship Service TH 1:00 Feature Film TH "The Retirement Plan" (2023) 3:00 Table Gamers CL	14 10:00 Bingo with Mickey TH 10:15 Strength Exercise WS 1:00 Sing-a-long & Bible Study with Wayne TH 1:00 Bridge Club CL 2:30 Mary Vogt presents: "Tulsa's First Theaters" TH	15 10:00 Episcopal Service CH 10:15 Stretch Exercise WS 10:30 Move with Mickey TH 10:45 Devotion with Wayne TH 12:30 Wii Bowling TH 3:30 Shuffleboard WS 3:30 UV Choir Practice TH 4:00-6:00 Meet Karen Keith (Tulsa Mayoral Candidate) BZ	16 10:15 Strength Exercise WS 10:30 Move with Mickey TH 10:45 Devotion 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 Activity with ORU Students TH	17 10:15 Stretch Exercise WS 10:30 Move with Wayne TH 10:45 Devotion with Wayne TH 12:45 Dominoes CL 1:00 Scooter Training (Required) TH 2:30 Wii Bowling TH 3:30 Shuffleboard WS	18 10:15 Strength Exercise WS 10:30 Move with Mickey 265 10:45 Devotion with Wayne 265 12:00 Birthday Luncheon TH 1:30 The Horse Races TH 2:30 Color It Beautiful 265 3:00 "Hyde Park 5" Concert TH (Pop & Classic Music) 6:00 Game Night CL	19 1:00 Vintage Matinee TH "My Dear Secretary" (1949) 1:00 Canasta CL 3:00 Table Gamers CL 
20 10:00 Sunday School TH 10:00 Catholic Mass CH 11:00 Worship Service TH 1:00 Feature Film TH "Dark Victory" (1939) 3:00 Table Gamers CL	21 10:00 Bingo with Mickey TH 10:15 Strength Exercise WS 1:00 Sing-a-long & Bible Study with Wayne TH 1:00 Bridge Club CL 2:30 John Wilson Presents: "God's Creation: Part 3 -The Earth and Its Features" TH	22 10:00 Lutheran Service CH 10:15 Stretch Exercise WS 10:30 Move with Mickey TH 10:45 Devotion with Wayne TH 11:00-1:00 Meet Aaron Reinhardt (Oklahoma Senate Candidate) BZ 12:30 Wii Bowling TH 3:30 Shuffleboard WS 3:30 UV Choir Practice TH	23 10:15 Strength Exercise WS 10:30 Move with Mickey TH 10:45 Devotion with Wayne TH 1:00 Russell the Magician TH 1:00 Cards/Games CL 2:45 Balloon Volleyball TH 4:00 Bible Study TH 6:00 Activity with ORU Students TH	24 10:15 Stretch Exercise WS 10:30 Move with Mickey TH 10:45 Devotion with Wayne TH 12:30 Wii Bowling TH 12:45 Dominoes CL 3:30 Shuffleboard WS 6:00 Bingo with Wayne TH	25 9:30 Walking Club BZ 10:15 Strength Exercise WS 10:30 Move with Mickey TH 10:45 Devotional with Wayne TH 1:00 The Live Horse Races TH (Costume Party Theme) 2:30 Color it Beautiful 265 6:00 "Sacred Call" Concert TH (Southern Gospel Quartet)	26 10:30 Drum Fit with Amber TH 1:00 Vintage Matinee TH "Two Weeks Notice" (2002) 1:00 Canasta CL 3:00 Table Gamers CL 
27 10:00 Sunday School TH 10:00 Catholic Mass CH 11:00 Worship Service TH 1:00 Feature Film TH "The King and I" (1956) 3:00 Table Gamers CL	28 10:00 Bingo with Mickey TH 10:15 Strength Exercise WS 1:00 Sing Along & Bible Study with Wayne TH 1:00 Bridge Club CL 2:30 "Vintage Vocals" (Southern Gospel Concert) TH	29 10:15 Stretch Exercise WS 10:30 Move with Mickey TH 10:45 Devotion with Wayne TH 12:30 Wii Bowling TH 3:30 Shuffleboard WS 3:30 UV Choir Practice TH	30 10:15 Strength Exercise WS 10:30 Move with Mickey TH 10:45 Devotion with Wayne TH 1:00 Cards/Games CL 4:00 Bible Study TH 6:00 A Time to Remember TH	31 10:15 Stretch Exercise WS 10:30 Move with Mickey TH 10:45 Devotion with Wayne TH 12:45 Dominoes CL 2:00-4:00 Dorothy Salen 100th Birthday Party (Come & Go) TH 3:30 Shuffleboard WS		LOCATIONS BI = Bistro BZ = Breezeway Lounge CB = Club House CH = Chapel CL = Circle Lounge SD = South Dining Room L3 = Parking lot outside Dining TH = Stovall Theater WS = Wellness Studio

SHOPPING TRIPS



Wednesday @ 9:30

Oct 2- Reasors

Oct 9- Neighborhood Walmart

Oct 16- Reasors

Oct 23-Neighborhood Walmart

Oct 30- Reasors

Thursday @ 9:30

“Lift Available”

Oct 3- Walmart Super Center

Friday @ 9:30

Oct 11- Dollar Tree/Family Dollar



NEW RESIDENTS

Ruth Bracht

Apartment 213

Jean Worrell



THANK YOU!

**UV RESIDENTS AND
STAFF RAISED
\$5000 FOR THE**

**ALZHEIMER'S
ASSOCIATION**



The yellow face stands brightly smiling upon this day which was declared “World Smile Day” by the US Congress in 1999. The intent of this special day is to do an act of kindness ... or get someone else to grin. Why not do both?

Free-lance artist, Harvey Ball, created the “smiley face” in 1963 when an insurance company hired him to design an image for use in improving employee morale. The cheerful, yellow face grew in popularity until the 1970's when it became a pop icon. The US Post Office even issued a stamp with “smiley.”

So turn a frown upside down, and celebrate this day with a good deed. Now, that should put a smiley on your face too.



October's tree is the Rowan ... known for aid and protection against enchantment. Sticks of Rowan were used in the art of metal divining, and Rowan sprays/crosses were placed over homes and cattle pens to safeguard. The lovely red berries feed birds in winter.



OCTOBER is National Apple Month

Here's a brief history lesson on the Apple Brown Betty:

The dessert is said to have originated in colonial times, when apples were often used to sweeten dishes. The recipe was first published in the 1864 Yale Literary Magazine as "brown Betty." Brown was lowercase and Betty was capitalized. The dessert is a favorite autumn recipe made with lovely apples, spices, and layers of crumbs from bread, oats, or a crumble.

Thanks Betty!

