



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Medical Transportation Appointment Request must be turned in one day prior by 1:00 Tuesday and Thursday 10 mile radius</p> <p>Please note: Only one appointment per day per resident and First Come First Serve</p>	<p>9:00 Head to Toe Swedish Exercise (AS)</p> <p>10:00 Grocery Shopping Outing</p> <p>10:00 WU Diabetes Talk (BL)</p> <p>11:00 WU Brain Teasers (G)</p> <p>1:00 Strength Training Exercise (AS)</p> <p>1:30 Bingo (MP)</p> <p>2:00 Intercersory Community Prayer (across from 5212)</p> <p>3:30 Journey across the US-VR (BL)</p> <p>6:30 Pokeno (G)</p> <p style="text-align: right;">1</p>	<p>9:00 Head to Toe Swedish Exercise (AS)</p> <p>9:30 Synergy Vitals Checks (BL)</p> <p>10:00 Mediation Group (BL)</p> <p>10:30 Parkview Book Club: Astor(L)</p> <p>1:30 Speed Bingo (G)</p> <p>3:30 ROMEO: The Brass Tap outing</p> <p>3:30 Zentangle (AB)</p> <p>6:30 Evening Movie: My Big Fat Greek Wedding (TH)</p> <p style="text-align: right;">2</p>	<p>10:00 Upper Limbs Exercise (AS)</p> <p>10:00 Shopping/Nail Salon Outing</p> <p>1:00 Pokeno (Next to 5212)</p> <p>1:00 History Buffs: Gladiators in Ancient Rome (BL)</p> <p>2:30 Travel Queens Information Session (BL)</p> <p>4:00 Wine Down Wednesday (BL)</p> <p>6:30 Poker (G)</p> <p style="text-align: right;">3</p>	<p>9:00 Head to Toe Swedish Exercise (AS)</p> <p>10:30 WU Bible Study (MP)</p> <p>1:30 Crazy Rummy (G)</p> <p>1:30 Bingo (MP)</p> <p>1:30 WU Poetry Club: Ada Limon (BL)</p> <p>2:00 Community Life Meeting (BL)</p> <p>2:30 Hymn Singing (next to 4111)</p> <p>3:30 Swiss Alps- VR (BL)</p> <p>6:30 Pokeno (G)</p> <p style="text-align: right;">4</p>	<p>9:00 Head to Toe Swedish Exercise (AS)</p> <p>10:00 Catholic Rosary (MP)</p> <p>10:30 Culture Club: Ballet Dancing (BL)</p> <p>10:30 Catholic Communion (MP)</p> <p>1:00 Eden Hill Winery and Vineyard Outing</p> <p>2:00 WU Diamond Dots Craft (BL)</p> <p>2:00/3:00 WU Live your Best Life (G)</p> <p>4:00-5:00 Signature Cocktail Hour (BL)</p> <p>7:00 Mexican Train (MP)</p> <p style="text-align: right;">5</p>	<p>9:30 Charity Stitch & Chat (across from 5212)</p> <p>10:00 WU Line Dancing (AS)</p> <p>10:00 WU Talk about Lungs (G)</p> <p>10:00 Solar Eclipse Information Session w/STEM Academy (BL)</p> <p>1:30 Bingo (MP)</p> <p>1:30 French Berets: French Delicacies (BL)</p> <p>2:00/7:00 Movie: Ticket to Paradise (TH)</p> <p>6:30 Chicken Foot (G)</p> <p style="text-align: right;">6</p>
<p>10:00 Suad Sells (BL)</p> <p>10:15 Church Shuttle</p> <p>11:00-2:00 Sunday Brunch</p> <p>11:00 Bold Grace Fellowship (TH)</p> <p>11:10 Current Event and Coffee Social (BL)</p> <p>2:00 Billiards Club (near 5110)</p> <p>2:30 Parkview Church Service (TH)</p> <p>5:30 Sunday Movie: Counte of Monte Cristo (TH)</p> <p style="text-align: right;">7</p>	<p>9:00 Head to Toe Swedish Exercise (AS)</p> <p>10:00 Grocery Shopping Outing</p> <p>10:00 WU Kidney Disease Talk (BL)</p> <p>11:00 WU Brain Teasers (G)</p> <p>12:00 Solar Eclipse (AB)</p> <p>1:00 Range of Motion Exercise (AS)</p> <p>1:30 Bingo (MP)</p> <p>2:00 Intercersory Community Prayer (across from 5212)</p> <p>3:30 Childhood Vacations- VR (BL)</p> <p>6:30 Pokeno (G)</p> <p style="text-align: right;">8</p>	<p>9:00 Head to Toe Swedish Exercise (AS)</p> <p>9:30 Synergy Vitals Checks (BL)</p> <p>10:00 360 Wellness Part 1 (BL)</p> <p>10:30 Parkview Book Club: Astor(L)</p> <p>11:30 Hugs Cafe Outing</p> <p>2:15 Happy Hour w/Divine (DR)</p> <p>3:30 Zentangle (AB)</p> <p>6:30 Evening Movie: The Bishops Wife (TH)</p> <p style="text-align: right;">9</p>	<p>9:00-3:00 Resident Art Show (BL)</p> <p>10:00 Blue Bonnets-Ennis Texas</p> <p>10:00 Stretching Exercise (AS)</p> <p>11:00 History of the World Rabbi Wolk (MP)</p> <p>1:00 Pokeno (Next to 5212)</p> <p>2:00 WU Music and Memories (TH)</p> <p>3:00 360 Wellness Part 2(BL)</p> <p>4:00 Wine Down Wednesday (BL)</p> <p>6:30 Poker (G)</p> <p style="text-align: right;">10</p>	<p>9:00 Head to Toe Swedish Exercise (AS)</p> <p>10:30 WU TechClass: Social Media(BL)</p> <p>10:30 WU Bible Study (MP)</p> <p>1:00 Dog Show Contest (AB)</p> <p>1:30 Bingo (MP)</p> <p>1:30 WU Upcycling Art Class (BL)</p> <p>2:30 360 Wellness Part 3 (BL)</p> <p>3:30 Virtual Roller coaster (BL)</p> <p>6:30 Pokeno (G)</p> <p style="text-align: right;">11</p>	<p>9:00 Head to Toe Swedish Exercise (AS)</p> <p>10:00 Catholic Rosary (MP)</p> <p>10:30 Catholic Communion (MP)</p> <p>11:00 DIY Gift Bag (BL)</p> <p>11:30 Mystery Lunch Outing</p> <p>1:00 Hand Arthritis Exercise (AS)</p> <p>1:00 State Social: Colorado (BL)</p> <p>1:30 Crazy Rummy (G)</p> <p>2:00/3:00 WU Live your Best Life (G)</p> <p>4:00-5:00 Signature Cocktail Hour (BL)</p> <p>7:00 Mexican Train (MP)</p> <p style="text-align: right;">12</p>	<p>9:30 Charity Stitch & Chat (across from 5212)</p> <p>10:00 WU Heart Talk (BL)</p> <p>10:00 Canvas Painting (AB)</p> <p>1:00 Blue Angels Airshow Outing</p> <p>1:30 Bingo (MP)</p> <p>2:00/7:00 Movie: Six Days Seven Nights (TH)</p> <p>6:30 Chicken Foot (G)</p> <p>7:00 Richard Barry Show- Neil Diamond Impersonation (DR)</p> <p style="text-align: right;">13</p>
<p>10:15 Church Shuttle</p> <p>11:00-2:00 Sunday Brunch</p> <p>11:00 Bold Grace Fellowship (TH)</p> <p>11:10 Current Event and Coffee Social (BL)</p> <p>2:00 Billiards Club (near 5110)</p> <p>2:30 Parkview Church Service (TH)</p> <p>5:30 Sunday Movie: Midnight Movie (TH)</p> <p style="text-align: right;">14</p>	<p>9:00 Head to Toe Swedish Exercise (AS)</p> <p>10:00 Grocery Shopping Outing</p> <p>10:00 WU Talk about Neuropathy (BL)</p> <p>10:30 WU Paint w/Bob Razz (AB)</p> <p>11:00 WU Brain Teasers (G)</p> <p>1:00 Flexibility Exercise (AS)</p> <p>1:30 Bingo (MP)</p> <p>2:00 Intercersory Community Prayer (across from 5212)</p> <p>3:30 Virtual Gaming (BL)</p> <p>6:30 Pokeno (G)</p> <p style="text-align: right;">15</p>	<p>9:00 Head to Toe Swedish Exercise (AS)</p> <p>9:30 Synergy Vitals Checks (BL)</p> <p>9:30 History Buffs: Samurais in Japan (G)</p> <p>10:30 Parkview Book Club: Astor(L)</p> <p>11:00 JULIETS Outing: Panera</p> <p>2:30 Extraordinary Outing Meeting (BL)</p> <p>3:30 Zentangle (AB)</p> <p>3:30 WU Diamond Dots (BL)</p> <p>6:30 Evening Movie: Sound of Music (TH)</p> <p style="text-align: right;">16</p>	<p>9:00 Homestead Craft Village and Kolache Outing</p> <p>10:00 Haiku Poem Writing (BL)</p> <p>1:00 Pokeno (Next to 5212)</p> <p>1:00 Food Square: Banana Splits (BL)</p> <p>1:30 WU Taste of the Holy Lands (1208)</p> <p>2:00 Opera Club (TH)</p> <p>4:00 Wine Down Wednesday (BL)</p> <p>6:30 Poker (G)</p> <p style="text-align: right;">17</p>	<p>9:00 Head to Toe Swedish Exercise (AS)</p> <p>1:30 Jazz Fest Information Class (BL)</p> <p>10:30 WU Bible Study (MP)</p> <p>1:00 WU Poetry Club: Amanda Gorman (BL)</p> <p>1:30 Bingo (MP)</p> <p>1:30 Crazy Rummy (G)</p> <p>2:30 Hymn Singing (next to 4111)</p> <p>3:30 Bucket List Travels- VR (BL)</p> <p>6:30 Pokeno (G)</p> <p style="text-align: right;">18</p>	<p>9:00 Head to Toe Swedish Exercise (AS)</p> <p>9:30 Positive Affirmations (BL)</p> <p>9:30 Rebas Place Outing and Atoka Civil War Museum Visit</p> <p>10:00 Catholic Rosary (MP)</p> <p>10:30 Catholic Communion (MP)</p> <p>1:00 State Social: North Dakota (BL)</p> <p>2:00/3:00 WU Live your Best Life (G)</p> <p>4:00-5:00 Signature Cocktail Hour (BL)</p> <p>7:00 Mexican Train (MP)</p> <p style="text-align: right;">19</p>	<p>9:30 Charity Stitch & Chat (across from 5212)</p> <p>10:00 WU Line Dancing (AS)</p> <p>10:00 WU Kidney function (BL)</p> <p>10:30 Julies Abstract Art (AB)</p> <p>1:30 Bingo (MP)</p> <p>6:30 Chicken Foot (G)</p> <p>2:00/7:00 Movie: Day After Tomorrow (TH)</p> <p style="text-align: right;">20</p>
<p>10:15 Church Shuttle</p> <p>11:00-2:00 Sunday Brunch (DR)</p> <p>11:00 Bold Grace Fellowship (TH)</p> <p>11:10 Current Event and Coffee Social (BL)</p> <p>2:00 Billiards Club (near 5110)</p> <p>2:30 Parkview Church Service (TH)</p> <p>6:30 Sunday Movie: Grumpy Old Men (TH)</p> <p style="text-align: right;">21</p>	<p>9:00 Head to Toe Swedish Exercise (AS)</p> <p>10:00 Grocery Shopping Outing</p> <p>10:00 WU Talk about Neuropathy (BL)</p> <p>11:00 WU Brain Teasers (G)</p> <p>1:00 Flexibility Exercise (AS)</p> <p>1:30 Bingo (MP)</p> <p>2:00 Intercersory Community Prayer (across from 5212)</p> <p>2:30 Earth Day Information Class (TH)</p> <p>3:30 Travel Through Canada-VR (BL)</p> <p>6:30 Pokeno (G)</p> <p style="text-align: right;">22</p>	<p>9:00 Head to Toe Swedish Exercise (AS)</p> <p>9:30 Synergy Vitals Checks (BL)</p> <p>10:00 360 Wellness Part 1 (BL)</p> <p>10:30 Parkview Book Club: Astor(L)</p> <p>2:00 Picnic in the Park Outing</p> <p>3:30 Zentangle (AB)</p> <p>6:00 Passover Sedar- Gateway Church Outing</p> <p>6:30 Evening Movie: The Bird Cage (TH)</p> <p style="text-align: right;">23</p>	<p>9:00-3:00 Swap and Shop (#4102)</p> <p>10:00 New Resident Social (BL)</p> <p>10:00 Shopping/Nail Salon Outing</p> <p>1:00 Pokeno (Next to 5212)</p> <p>2:00 WU Music and Memories (TH)</p> <p>2:00 Pinochle (G)</p> <p>2:00 360 Wellness Part 2 (BL)</p> <p>4:00 Wine Down Wednesday (BL)</p> <p>6:30 Poker (G)</p> <p style="text-align: right;">24</p>	<p>9:00 Head to Toe Swedish Exercise (AS)</p> <p>10:00 History Buffs: Alexander the Great (BL)</p> <p>10:30 WU Bible Study (MP)</p> <p>1:00 360 Wellness Part 3(BL)</p> <p>1:30 Bingo (MP)</p> <p>2:00 Ted Talk on Relationships (BL)</p> <p>3:00 WU Jewlery Making (BL)</p> <p>3:00 Mad Hatters Book Club (L)</p> <p>3:30 Virtual Adventure Excursion (BL)</p> <p>5:00 Mystery Dinner Outing</p> <p>6:30 Pokeno (G)</p> <p style="text-align: right;">25</p>	<p>8:00 Choctaw Casino Outing</p> <p>9:00 Head to Toe Swedish Exercise (AS)</p> <p>9:30 State Social: South Dakota (BL)</p> <p>10:00 Catholic Rosary (MP)</p> <p>10:30 Catholic Communion (MP)</p> <p>11:00 WU Turkey Information Session(TH)</p> <p>2:30 WU OT and Autism (TH)</p> <p>2:00/3:00 WU Live your Best Life (G)</p> <p>4:00-5:00 Signature Cocktail Hour (BL)</p> <p>7:00 Mexican Train (MP)</p> <p style="text-align: right;">26</p>	<p>9:30 Charity Stitch & Chat (across from 5212)</p> <p>9:30 Weighted Exercise</p> <p>10:00 WU Talk about Cancer (TH)</p> <p>10:30 Julies Abstract Art (AB)</p> <p>11:45 Rolling through the 40s and 50s with Dean Peters (DR)</p> <p>1:30 Bingo (MP)</p> <p>2:00/7:00 Movie: Intolerable Cruelty (TH)</p> <p>6:30 Chicken Foot (G)</p> <p style="text-align: right;">27</p>
<p>10:15 Church Shuttle</p> <p>11:00 Sunday Brunch</p> <p>11:00 Bold Grace Fellowship (TH)</p> <p>11:10 Current Event and Coffee Social (BL)</p> <p>2:00 Billiards Club (near 5110)</p> <p>2:30 Parkview Church Service (TH)</p> <p>3:00 Rough Riders Outing</p> <p>6:30 Sunday Movie: Sea Biscuit (TH)</p> <p style="text-align: right;">28</p>	<p>9:00 Head to Toe Swedish Exercise (AS)</p> <p>10:00 Grocery Shopping Outing</p> <p>10:00 WU Talk about Brain Health (BL)</p> <p>11:00 WU Brain Teasers (G)</p> <p>1:00-1:45 Harris Jewelers and Repair (BL)</p> <p>1:00 Chair Zumba Exercise (AS)</p> <p>1:30 Bingo (MP)</p> <p>2:00 Intercersory Community Prayer (across from 5212)</p> <p>3:30 WU Backpack through Europe-VR (BL)</p> <p>6:30 Pokeno (G)</p> <p style="text-align: right;">29</p>	<p>9:00 Head to Toe Swedish Exercise (AS)</p> <p>9:30 Synergy Vitals Checks (BL)</p> <p>9:30 Baking Square: Oatmeal Cookie (BL)</p> <p>10:30 Parkview Book Club: Astor(L)</p> <p>2:15 Happy Hour w/ Paul Anderson (DR)</p> <p>3:30 Zentangle (AB)</p> <p>3:30 Speed Bingo (G)</p> <p>6:30 Evening Movie: 9 to 5 (TH)</p> <p style="text-align: right;">30</p>	<p>FP- Fire Place</p> <p>G- Game Room</p> <p>L- Library</p> <p>MP- Multipurpose Room</p> <p>LB- Lobby</p> <p>P-Pool</p> <p>PD- Private Dining Room</p> <p>PT- Pool Table</p> <p>TH- Theate</p>		<p style="text-align: center;">April Birthdays</p> <p>Jim Davis 04/02</p> <p>Enhui Lu 04/05</p> <p>Sherry Childs 04/08</p> <p>Dona Luckcock 04/10</p> <p>John Pulley 04/11</p> <p>Steven Ziegler 04/11</p> <p>John Childs 04/15</p> <p>Elaine Tompkins 04/18</p> <p>Olga Beck 04/19</p> <p>Jody Cox 04/19</p> <p>Sue Seeloff 04/19</p> <p>Sammy Vaughn 04/20</p> <p>Barbara Blackman 04/23</p> <p>Frank Reisch 04/24</p> <p>Sylvia Pendley 04/24</p> <p>Ramona DeLano 04/25</p> <p>Sandra Blacksher 04/25</p> <p>Nila McQuary 04/29</p> <p>Sandra Blacksher 04/30</p>	

APRIL 2024

Independent Living



A WATERMARK RETIREMENT COMMUNITYSM

ACTIVITY LOCATOR KEY

AB- Art Breezeway

AS- Aerobic Studio

B1/4 Breezway Between Bld 1/4

BL- Bistro Lounge

DO- Doctor's Office (1102)

DR- Dining Room

