Montereau

Abbey • March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activities and Event Locator **A** Abbey **B** Beaujolais **C1** Chateau 1 **C2** Chateau 2 **CT** Coterie Theatre **LM** Le Marche **FQ** French Quarter **LC** Le Cinema **MWC** Montereau Warren Chapel **V** Villa **VC** Villa Courtyard			vitality	**Questions about activities?** **Jessica Vagin** **918-491-5299**		
1 10:00 Catholic Mass (MWC) 11:00 Boston Ave on TV 11:00 Protestant Service (MWC) 11:00 Newspaper and Chat 1:30 Manicures 2:00 Exercise 2:30 Color Me Calm 3:00 Cooking: Mini Pineapple Upside Down Cakes 3:30 Dominos 4:30 Water Indoor Garden 7:30 Walking Group	**2** 9:30 Fitness Studio 10:00 Catholic Mass (MWC) 10:00 Price Is Right on TV 10:30 Lunch outing: Charleston's* 11:00 Fun Facts and Chat 11:30 Word Searches 1:30 Bingo 1:45 Movie: "Harriet" (LC) 3:30 Snack: Veggie Tray 4:00 Walking Group 6:00 Netflix: Guess Who's Coming to Dinner	**3** 10:00 Catholic Mass (MWC) 10:00 Deconstruct Binders 10:45 Light n Lively 11:15 Accordion music with Bob 1:45 Dominos 2:00 Music with David Horne (C2) 3:30 Music with Luigi 5:45 Pizza Party with NCL (Villa-FQ) 6:00 Netflix Movie: Marriage Story	**4** 8:00 Donut Party (A) 10:00 Catholic Mass (MWC) 10:45 Light and Lively 11:00 White Board: games 1:30 Drawing on the Memories 2:00 Cleo's Story: "My Name is Bill" (FQ) 2:30 Deconstruct Binders 3:30 Mindful Meditation 4:00 Water Indoor Garden 5:00 ORU Chorus (CT)	**5** 9:30 Feed Fish 10:00 Catholic Mass (MWC) 11:00 Light and Lively 11:15 Devotions with Cheryl 11:30 Name Ten Game 2:00 Art: Shamrocks 3:00 Drink and Chat 3:30 Small Group: Connect Four 4:00 Ellen Show on TV 4:30 Nu-Step Exercise Program 7:00 Netflix Movie Series: Blue Bloods	**6** 9:30 Fitness Studio 10:00 Catholic Mass (MWC) 10:00 The Price is Right on TV 10:30 Exercise 10:45 White Board Games 2:30 The Guitar Boys (C2) 3:30 Song Bingo 3:30 Tai Chi (B-Villa) 4:00 Dominos 6:00 Netflix: Save The Last Dance 6:30 Water the indoor garden	**7** 10:00 Catholic Mass (MWC) 10:30 Read Newspaper 10:45 Exercise 11:00 Trivia and Chat 2:00 Walking Group to Pool Tables 2:30 Jenga 2:30 Adult Coloring 3:30 Cooking Group: Pizza Roll Ups 4:00 Hangman White Board Games 6:30 Lawrence Welk Show (11)
8 10:00 Catholic Mass (MWC) 11:00 Boston Ave on TV 11:00 Protestant Service (MWC) 11:00 Reminiscing Magazines 1:30 Manicures 12:00 Sunday Brunch (LM) 2:00 Exercise 2:30 Color Me Calm 3:00 Cooking: Texas Toast Pizza 3:30 Dominos 4:30 Water Outdoor Garden 7:30 Bingo	**9** 9:30 Fitness Studio 10:00 Catholic Mass (MWC) 10:00 Price Is Right on TV 10:30 Lunch outing: El Patron* 11:00 Fun Facts and Chat 11:30 Word Searches 1:00 Fellowship Lutheran Church Service (MWC) 1:30 Bingo 3:30 Snack: Healthy Chip Tasting 4:00 Walking Group 4:30 Happy Hour with the Sutton & Bruner (CVL) 6:00 Netflix: Vietnam, A Land of Surprises	**10** 9:30 Outing: Philbrook Museum 10:00 Catholic Mass (MWC) 10:00 Price Is Right on TV 10:45 Sing with Susan 11:15 Exercise 11:30 Accordion music w/ Bob 2:00 Eldergrow 3:00 Abbey Town Hall 4:00 Water Indoor Garden 4:00 Small Group Games 4:30 Nu-Step Exercise Program 5:45 Ice Cream Sundae's and Sing-a-Long with NCL (C2) 7:00 Netflix Movie: Dear John	**11** 10:00 Catholic Mass (MWC) 10:45 Exercise 11:00 Andy Griffith Show 11:30 Destruct Gardens 1:00 Chair Yoga (ES) 2:00 Scenic Drive & Ice cream 3:00 Hang Man Games 4:00 Episcopal Service (MWC) 3:30 Manicures 4:00 Walking Group 4:30 Jeopardy on TV 5:00 Dinner in Le Marche 6:30 Color Me Calm	**12** 9:30 Feed Fish 10:00 Catholic Mass (MWC) 10:30 Light and Lively 11:15 Devotions with Cheryl 2:00 Creative Art Group: Tissue Paper Rainbows 2:45 Special Tasting: Girl Scout Cookies(C2) 3:00 One on Ones 4:00 Ellen Show on TV 4:30 Nu-Step Exercise Program 8:00 Netflix: Miracle	**13** 9:30 Fitness Studio 10:00 Catholic Mass (MWC) 10:30 Friday the 13th Trivia 11:00 Current Events and Chat 2:00 Bingo 2:00 Music with Mark Bruner (C2) 3:30 One on Ones 4:00 Laundry Folding 4:30 Nu-Step Exercise Program 6:00 Small Group Games: Matching 6:00 Netflix: The Talented Mr. Ripley	**14** 10:00 Catholic Mass (MWC) 10:30 Exercise 11:00 Color Me Calm 1:30 Crockpot Cooking Group 2:30 Name Ten Game 3:00 Dominos 6:30 Lawrence Welk Show (11) 6:30 The Time Traveler's Wife on Netflix and Popcorn

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15 10:00 Catholic Mass (MWC) 11:00 Boston Ave on TV 11:00 Protestant Service (MWC) 11:00 Reminiscing and Chat 11:30 Newspaper and Ads 1:30 Manicures 2:00 Exercise 2:30 Word Searches 3:00 Creative Art Group 6:00 Netflix: Fried Green Tomatoes	**16** 10:00 Catholic Mass (MWC) 10:00 Price Is Right on TV 10:30 Lunch Outing: McNellies* 10:45 Light n Lively 1:00 Fellowship Lutheran Church Service (MWC) 1:30 Bingo 2:45 Tap with Melanie 3:30 Music with Luigi 5:45 Karing K9's	**17** 9:30 Fitness Gym Session 10:00 Catholic Mass (MWC) 10:30 Exercise 10:45 Color Me Calm 2:00 Luck of the Irish Party (C2) 3:00 Dominos 4:00 Water Indoor Garden 4:30 Nu-Step Exercise Program 7:00 Austin Pruitt Concert: Music of the 70's (CT)	**18** 10:00 Catholic Mass (MWC) 10:00 Pathways Chorus (C1) 10:30 Exercise 11:15 Movie Planning Meeting 11:30 Men's Lunch with Craig 1:30 Drawing on the Memories 2:00 Presentation of South America by Jenk Jones (B) 3:00 Wind Up Toy Races 6:00 Netflix: Center Stage	**19** 9:30 Feed Fish 10:00 Catholic Mass (MWC) 10:45 Light and Lively 11:15 Devotions with Cheryl 2:00 Creative Art Group: Stain Glass Flowers 3:00 Jelly Bean Tasting 4:00 Ellen Show on TV 6:30 Hymns with Friends (MWC)	**20** 10:00 Catholic Mass (MWC) 10:45 Light n Lively 11:00 Reminiscing 11:30 Fit & Fabulous Lunch: Improve your Immune Health (CM) 2:00 Bingo 2:00 Spring Fling Party (C1) 3:00 Accordion Music with Nick (C1) 3:30 Tai Chi (B-Villa) 6:00 Dominos 6:00 Movie: The Water Diver (Villa B)	**21** 10:00 Catholic Mass (MWC) 10:30 Exercise 1:30 Cooking: Egg Salad 2:00 Movie: The Perfect Date 3:30 Mindful Meditation 4:00 Walking Group to Play Pool 6:30 Lawrence Welk Show (11) 7:00 Bingo
22 10:00 Catholic Mass (MWC) 10:00 Holiday Movie 11:00 Boston Ave on TV 11:00 Protestant Service (MWC) 11:00 Newspaper and Chat 1:30 Manicures 2:00 Exercise 2:30 Cooking: Veggie Tray 3:00 Art Project: Jelly Bean Craft 4:00 Look at Newspaper and Ads 6:00 Dominos	**23** 10:00 Catholic Mass (MWC) 10:00 Price Is Right on TV 10:30 Lunch: P.F. Chang's * 10:45 Light n Lively 11:00 Walking Group 11:00 Word Searches 12:00 Music with Luigi 1:45 Bingo 3:45 Whiteboard games: Hangman 6:00 Snack Sampling and Chat 6:00 Netflix: Nt. Lampoons Vacation	**24** 8:30 Vitality Week Breakfast (CT) 10:00 Catholic Mass (MWC) 10:00 Music w/ Danny Miller 10:45 Exercise 11:15 Sing with Susan 11:00 Word Searches 12:30 Food Bank Volunteer Trip 2:00 Dominos 2:00 Eldergrow 3:00 Encouraging Words with Ted Robertson (V-DR) 4:30 Dinner Outing: Hideaway Pizza*	**25** 10:00 Catholic Mass (MWC) 10:45 Exercise 11:00 Trivia and Brain Games 11:15 Outing: Midday Music & lunch 11:30 Color Me Calm 1:30 Drawing on the Memories 2:00 Gilcrease Presentation (B) 2:00 Chocolate Covered Popcorn 3:00 Georgia's Pottery Class (SM) 3:00 SPCA Pet Visit (C1) 4:00 Jeopardy on TV 6:00 Movie: By the Sea (Villa -B)	**26** 10:00 Catholic Mass (MWC) 10:00 The Price is Right 10:00 Coffee Tasting Event (GRL) 10:45 Light and Lively 11:00 White Board Games 11:15 Devotions with Cheryl 1:00 Stories of the Bible (MWC) 1:45 Craft: Easter Cotton Ball Eggs 3:00 Dominos 4:00 Ellen Show on TV 7:00 Water Indoor Garden	**27** 10:00 Catholic Mass (MWC) 10:00 Price Is Right on TV 10:45 Light n Lively 11:00 Reminiscing 1:00 Piano Music with Gathan 2:00 Flower Arranging 2:30 Whiteboard games: Hangman 3:00 Drink & Chat 3:30 Tai Chi (B-Villa) 4:30 Nu-Step Exercise Program	**28** 9:30 Feed Fish 10:00 Catholic Mass (MWC) 10:30 Exercise 2:30 Mindful Meditation 3:00 Bingo 4:30 Walking Group to Play Pool 6:30 Lawrence Welk Show (11) 7:00 Color Me Calm
29 10:00 Catholic Mass (MWC) 10:00 Holiday Movie 11:00 Boston Ave on TV 11:00 Protestant Service (MWC) 11:00 Reminiscing Magazines 1:30 Manicures 2:00 Exercise 2:30 Cooking: Deviled Eggs 3:00 Art Project 4:00 Look at Newspaper and Ads 6:00 Dominos	**30** 10:00 Catholic Mass (MWC) 10:00 Price Is Right on TV 10:30 Abbey Lunch outing* 10:45 Light n Lively 11:00 Walking Group 11:00 Word Searches 12:00 Music with Luigi 1:45 Bingo 3:45 Healthy chip tasting: Veggie, Kale & Beet chips 4:30 Happy Hour with the Duo Sonics (CVL) 6:00 Snack Sampling and Chat	**31** 9:30 Feed Fish 10:00 Catholic Mass (MWC) 10:30 Exercise 11:00 Word Searches 1:30 Easter Craft 2:00 Dominos 3:00 Small Groups: Connect Four 4:00 Water Indoor Garden Nu-Step Exercise Program 7:15 Movie: The Good Liar (LC)				Red = physical activity Purple = special event * = activity will cost money