

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>CONTACT INFORMATION: Wellness Clinic: 918-491-5218 Fitness Programs: 918-728-8128 Activities & Events: 918-491-5232</div> <div>For events requiring a reservation complete your signup sheet and turn in to the concierge or call the activities reservation line at 918-491-5245.</div>	<div></div>		<div>TRIP 1</div> <div>8:45– Body Max 30 (CT) 9:00– Blood Draw (WC) 9:15– Core 15 (ES) 9:30– Aqua Fitness (Pool) 9:30– Functional Fitness (CT) 10:00– Catholic Mass (MWC) 10:15– Boost Your Basics (CT) 1:00– Chair Yoga (CT) 1:00– Pain Mgmt Meeting (CVL) 1:30– Painting Class (SM) 2:00– Tap & Tone (CT) 4:00– Wine Wednesday (WC) 4:00– Bible Study with AI (LC) 4:30*– Let’s Eat Local: I Don’t Care Bar & Grill 7:30– Movie: Young & Innocent (LC)</div>	<div>TRIP 2</div> <div>8:45– Move & Groove (CT) 9:30– Aqua Fitness (Pool) 9:45– Better Balance (ES) 10:00– Catholic Mass (MWC) 10:00– Coffee Break (GRL) 10:30– Senior Stability (ES) 10:30– Yoga (CT) 1:00– Meditation with Sofia (MWC) 2:00– Boxing (ES) 2:00– Bible Study (MWC) 2:00– Blood Pressure Clinic (WC) 2:30– Tulsa Travelers (CT) 4:30– Happy Hour: Bernie Heeney (CVL) 7:00– Documentary Series: When We Left Earth (LC)</div>	<div>TRIP 3</div> <div>8:45– Body Max 30 (CT) 9:15– Core 15 (ES) 9:30– Functional Fitness (CT) 9:30*– Tulsa Town Hall: Richard Dreyfuss 10:00– Catholic Mass (MWC) 10:15– Boost Your Basics (CT) 1:00– Blood Sugar Check (WC) 2:00– TV Series: The Crown (LC) 3:30– The Reading Group (CVL) 3:30– Tulsa Symphony Pre-Concert Lecture (CT) 6:30– Game Night (SM)</div>	<div>TRIP 4</div> <div>9:00– Yoga with Michelle (CT) 9:00– Breakfast with Jordan 10:00*– Shopping Trip: Utica Square 2:00– Le Cinéma Matinee: Seabiscut (LC) 2:00– Bunco (SM) 4:30– Catholic Mass (MWC) 6:30*– Tulsa Symphony: Alluring: An Evening of Opera</div>
<div>5</div> <div>10:00– Catholic Mass (MWC) 11:00– Sunday Brunch (R) 11:30– Protestant Service (MWC) 2:00– Bridge Classes with Randy (SM)</div> <div>Turn in volunteer forms to concierge by the 5th of the month!</div>	<div>TRIP 6</div> <div>8:45– Body Max 30 (CT) 9:15– Core 15 (ES) 9:30– Aqua Fitness (Pool) 9:30– Functional Fitness (CT) 10:15– Boost Your Basics (CT) 1:00– Chair Yoga (CT) 2:00– Tap & Tone (CT) 2:00– Water Volleyball Game (Pool) 2:00– High Tea (R6) 2:00– Blood Pressure Clinic (WC) 3:15– Chorus Rehearsal (CT) 4:30– Happy Hour: Spencer Sutton (CVL) 4:30*– Let’s Eat Local: The Bistro</div>	<div>TRIP 7</div> <div>8:45– Move & Groove (CT) 9:30– Aqua Fitness (Pool) 9:30*– Reasor’s 10:00*– Walmart 9:45– Better Balance (ES) 10:00– Catholic Mass (MWC) 10:30– Senior Stability (ES) 10:30– Yoga (CT) 2:00– Boxing (ES) 2:00– Resident Committee Mtgs: Act (GRL), Env Services (WCR), Dining Serv (R6) 3:00– Resident Committee Mtgs: Welcome (CM), Fitness (BR) 7:30– Puzzles Time with Jordan</div>	<div>TRIP 8</div> <div>8:45– Body Max 30 (CT) 9:00– Blood Draw (WC) 9:15– Core 15 (ES) 9:30– Aqua Fitness (Pool) 9:30– Functional Fitness (CT) 10:00– Catholic Mass (MWC) 10:00– R2R Class (CVL) 10:15– Boost Your Basics (CT) 1:00– Chair Yoga (CT) 1:00– Hearing Services with American Hearing (WC) 1:00– Pain Mgmt Meeting (CVL) 1:30– Painting Class (SM) 2:00– Food Bank Note Writing (GRL) 2:00– Tap & Tone (CT) 4:00– Bible Study with AI (LC) 7:30– Movie: Rebecca (LC)</div>	<div>TRIP 9</div> <div>8:45– Move & Groove (CT) 9:30– Aqua Fitness (Pool) 9:45– Better Balance (ES) 10:00– Catholic Mass (MWC) 10:30– Senior Stability (ES) 10:30– Yoga (CT) 2:00– Boxing (ES) 2:00– Bible Study (MWC) 2:00– Blood Pressure Clinic (WC) 4:30– Happy Hour: Shipman (CVL) 4:30*– Let’s Eat Local: Peacemaker Lobster & Crab 7:00– Documentary Series: When We Left Earth (LC)</div>	<div>TRIP 10</div> <div>8:45– Body Max 30 (CT) 9:15– Core 15 (ES) 9:30– Functional Fitness (CT) 9:30*– Greenwood Rising Museum Trip & Lunch at Wanda J’s 10:00– Catholic Mass (MWC) 10:15– Boost Your Basics (CT) 11:00– March Birthday Brunch (GRL) 2:00– TV Series: The Crown (LC) 2:30– Drum Circle with Jacquie (CT)</div>	<div>TRIP 11</div> <div>9:00– Yoga with Michelle (CT) 10:00*– Men’s Outing: Bass Pro Shops 2:00– Le Cinéma Matinee: The Sting (LC) 2:15– Bingo! (CT) 4:30– Catholic Mass (MWC)</div>
<div>12</div> <div>10:00– Catholic Mass (MWC) 11:00– Sunday Brunch (R) 11:30– Protestant Service (MWC)</div>	<div>TRIP 13</div> <div>8:45– Body Max 30 (CT) 9:15– Core 15 (ES) 9:30– Aqua Fitness (Pool) 9:30– Functional Fitness (CT) 10:15– Boost Your Basics (CT) 1:00– Chair Yoga (CT) 2:00– Tap & Tone (CT) 2:00– Blood Pressure Clinic (WC) 2:00– Author Karen Grunst (LC) 3:15– Chorus Rehearsal (CT) 4:30– Happy Hour: TBA (CVL)</div>	<div>TRIP 14</div> <div>8:45– Move & Groove (CT) 9:30– Aqua Fitness (Pool) 9:30*– Reasor’s 10:00*– Walmart 9:45– Better Balance (ES) 10:00– Catholic Mass (MWC) 10:00– COVID-19 Vaccine Clinic (GRL) 10:30– Senior Stability (ES) 10:30– Yoga (CT) 11:30– Spa Spotlight: Acupuncture (GRL) 1:00– Caregiver Support Group (L6) 2:00– Fireside Chat with Scott (CVL) 2:00– Boxing (ES) 4:00– New Resident Mix & Mingle (CVL)</div>	<div>TRIP 15</div> <div>8:45– Body Max 30 (CT) 9:00– Blood Draw (WC) 9:15– Core 15 (ES) 9:30– Aqua Fitness (Pool) 9:30– Functional Fitness (CT) 10:00– Catholic Mass (MWC) 10:00– R2R Class (CVL) 10:15– Boost Your Basics (CT) 1:00– Chair Yoga (CT) 1:00– Pain Mgmt Meeting (CVL) 1:30– Painting Class (SM) 2:00– Tap & Tone (ES)** 4:00– Bible Study with AI (LC) 4:30*– Let’s Eat Local: Little Venice 7:30– Movie: Shadow of a Doubt (LC)</div>	<div>TRIP 16</div> <div>8:45– Move & Groove (CT) 9:00*– Scenic Drive with Jenk Jones: Fort Gibson & Honey Springs Battlefield 9:30– Aqua Fitness (Pool) 9:45– Better Balance (ES) 10:00– Catholic Mass (MWC) 10:00– Coffee Break (GRL) 10:30– Senior Stability (ES) 10:30– Yoga (CT) 2:00– Boxing (ES) 2:00– Bible Study (MWC) 2:00– Blood Pressure Clinic (WC) 4:30– Happy Hour: Ron Shipman (CVL) 7:00– Documentary Series: When We Left Earth (LC)</div>	<div>TRIP 17</div> <div>8:45– Body Max 30 (CT) 9:15– Core 15 (ES) 9:30– Functional Fitness (CT) 10:00– Catholic Mass (MWC) 10:15– Boost Your Basics (CT) 11:30– Fit & Fabulous Lunch: Eat Your Greens! (GRL) 1:00*– Phibrook Museum of Art Tour 2:00– TV Series: The Crown (LC) 3:30– The Reading Group (CVL) 6:30– Game Night (SM)</div>	<div>TRIP 18</div> <div>9:00– Yoga with Michelle (CT) 10:00*– Shopping Trip: OKGO Market 2:00– Le Cinéma Matinee: Fletch (LC) 2:00– Bunco (SM) 4:30– Catholic Mass (MWC)</div>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>TRIP19</div> <div>10:00– Catholic Mass (MWC) 11:00– Sunday Brunch (R) 11:30– Protestant Service (MWC) 12:00*– Tulsa PAC Broadway: Hamilton 2:30– Sunday Sundaes (LM)</div>	<div>20</div> <div>8:45– Body Max 30 (CT) 9:15– Core 15 (ES) 9:30– Aqua Fitness (Pool) 9:30– Functional Fitness (CT) 10:15– Boost Your Basics (CT) 1:00– Chair Yoga (CT) 2:00– Tap & Tone (CT) 2:00– Blood Pressure Clinic (WC) 3:15– Chorus Rehearsal (CT) 4:30– Happy Hour: Mark Bruner & Spencer Sutton (CVL) 7:30– Puzzles Time with Jordan</div>	<div>TRIP21</div> <div>8:45– Move & Groove (CT) 8:30– Men's Breakfast (GRL) 9:30– Aqua Fitness (Pool) 9:30*– Reasor's 10:00*– Walmart 9:45– Better Balance (ES) 10:00– Catholic Mass (MWC) 10:30– Senior Stability (ES) 10:30– Yoga (CT) 12:00– Food Donations Due (CD) 1:00– Color Me Calm (SM) 2:00– Boxing (ES) 2:00– Montereau Town Hall (CT) 3:00– Tasting Tuesday (CVL) 4:30*– Let's Eat Local: Peacemaker Lobster & Crab</div>	<div>22</div> <div>8:45– Body Max 30 (CT) 9:00– Blood Draw (WC) 9:15– Core 15 (ES) 9:30– Aqua Fitness (Pool) 9:30– Functional Fitness (CT) 10:00– Catholic Mass (MWC) 10:00– R2R Class (CVL) 10:15– Boost Your Basics (CT) 1:00– Chair Yoga (CT) 1:00– Pain Mgmt Meeting (CVL) 1:30– Painting Class (SM) 2:00– Food Bank Note Writing (GRL) 2:00– Tap & Tone (CT) 4:00– Wine Wednesday (WC) 4:00– Bible Study with AI (LC) 7:30– Movie: Notorious (LC)</div>	<div>23</div> <div>8:45– Move & Groove (CT) 9:30– Aqua Fitness (Pool) 9:45– Better Balance (ES) 10:00– Catholic Mass (MWC) 10:30– Senior Stability (ES) 10:30– Yoga (CT) 2:00– Boxing (ES) 2:00– Bible Study (MWC) 2:00– Blood Pressure Clinic (WC) 4:30– Happy Hour: TBA (CVL) 7:00– Documentary Series: When We Left Earth (LC) 7:00– American Song Book: TU Students (CT)</div>	<div>TRIP24</div> <div>8:45– Body Max 30 (CT) 9:15– Core 15 (ES) 9:30– Functional Fitness (CT) 10:00– Catholic Mass (MWC) 10:15– Boost Your Basics (CT) 1:00– Blood Sugar Check (WC) 2:00– TV Series: The Crown (LC) 4:30*– Let's Eat Local: Mother Road Market</div>	<div>TRIP25</div> <div>9:00– Yoga with Michelle (CT) 9:00– Breakfast with Jordan 10:00*– Men's Outing: Golf Galaxy and LongHorn Steakhouse 2:00– Le Cinéma Matinee: The Pink Panther (LC) 2:15– Bingo! (CT) 4:30– Catholic Mass (MWC) 4:00*– Dinner & Concert: White River Fish Market & Rodgers & Hammerstein Concert</div>
<div>TRIP26</div> <div>10:00– Catholic Mass (MWC) 11:00– Sunday Brunch (R) 11:30– Protestant Service (MWC) 1:30*– Matinee: Rodgers & Hammerstein Concert 5:00– Potluck Dinner (GRL)</div>	<div>TRIP27</div> <div>8:45– Body Max 30 (CT) 9:15– Core 15 (ES) 9:30– Aqua Fitness (Pool) 9:30– Functional Fitness (CT) 10:15– Boost Your Basics (CT) 1:00– Chair Yoga (CT) 2:00– Tap & Tone (CT) 2:00– Blood Pressure Clinic (WC) 2:00*– Turkey Mountain Hike 3:15– Chorus Rehearsal (CT) 4:30– Happy Hour: Ron Shipman (CVL)</div>	<div>TRIP28</div> <div>8:45– Move & Groove (CT) 9:30– Aqua Fitness (Pool) 9:30*– Reasor's 10:00*– Walmart 9:45– Better Balance (ES) 10:00– Catholic Mass (MWC) 10:30– Senior Stability (ES) 10:30– Yoga (CT) 12:00– Food Donations Due (CD) 12:30*– Food Bank Volunteer Trip 2:00– Parkinson's Support Group (BR) 2:30– Dr. Gist, Superintendent Tulsa Public Schools (CT) 6:00– UnWINEd Dinner: TBA (R6) 7:30– Puzzles Time with Jordan</div>	<div>TRIP29</div> <div>8:45– Body Max 30 (CT) 9:00– Blood Draw (WC) 9:15– Core 15 (ES) 9:30– Aqua Fitness (Pool) 9:30– Functional Fitness (CT) 10:00– Catholic Mass (MWC) 10:00– R2R Class (CVL) 10:15– Boost Your Basics (CT) 1:00– Chair Yoga (CT) 1:00– Pain Mgmt Meeting (CVL) 1:30– Painting Class (SM) 2:00– Tap & Tone (CT) 3:00– Fit Bites: Berries & Cherries! (GRL) 4:00– Bible Study with AI (LC) 4:30*– Let's Eat Local: The Bistro 6:00– Dinner & A Movie: To Catch a Thief (CT)</div>	<div>30</div> <div>8:45– Move & Groove (CT) 9:30– Aqua Fitness (Pool) 9:45– Better Balance (ES) 10:00– Catholic Mass (MWC) 10:30– Senior Stability (ES) 10:30– Yoga (CT) 2:00– Boxing (ES) 2:00– Bible Study (MWC) 2:00– Blood Pressure Clinic (WC) 4:30– Happy Hour: Spencer Sutton (CVL) 7:00– Documentary: When We Left Earth (LC)</div>	<div>TRIP31</div> <div>8:45– Body Max 30 (CT) 9:15– Core 15 (ES) 9:30– Functional Fitness (CT) 10:00– Catholic Mass (MWC) 10:15– Boost Your Basics (CT) 11:00– Food Truck Friday: Curbside Comfort (M) 1:00– Blood Sugar Check (WC) 1:30*– Scenic Drive with Jenk Jones: Keystone 2:00– TV Series: The Crown (LC) 3:00– Cooking with Randy (CT)</div>	

NOTES:

APRIL 2023						
SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23/30	24	25	26	27	28	29

Activities and Event Locator:			
(BR)	Board Room	(GL)	Grand Lawn
(CD)	Concierge Desk	(GRL)	Grand Riviera Lounge
(CH)	Commons Hallway	(HCC)	Health Center
(CL)	Commons Library		Conference Room
(CM)	Café Mondial	(L6)	6th Floor Library
(CT)	Coterie Theatre	(LC)	Le Cinéma
(CVL)	City View Lounge	(LM)	Le Marché
(DR)	Dining Rooms	(LP)	La Patisserie
(ES)	Exercise Studio	(M)	Main Entrance
(FS)	Fitness Studio	(MWC)	Montereau Warren Chapel
		(P)	The Parlour
		(R)	Rotunda
		(R6)	Rue 6800
		(SM)	Studio de Monet
		(V)	Veranda
		(VP)	Virtual Programming
		(VZ)	Vitality Zone
		(WC)	Wellness Clinic
		(WCR)	Wine Cellar
		*	Trip
		**	Event moved from usual location