

Country Club at Woodland Hills

Discovery Independent Senior Living

6333 South 91st East Avenue, Tulsa OK 74133

(918) 252-5451

New this month

Meet our team

Michael Hammontree..... Executive Director
Jennifer Lombard..... Director of Sales
Amy Huntley.....Director of Sales
Kathy Powell.....Business Office Manager
Mattie Sloan.....Executive Chef
Jordan Phillips.....Director of Celebrations
Ian Sales.....Maintenance Supervisor
SaRae Butler.....FitCamp Director

Resident Birthdays

6/1- John McClure	6/15- John Yeager
6/4- Robert Borland	6/17- Dot Christian
6/4- Rhonda Marks	6/18- Marie Utegg
6/5- Karen Gaddis	6/19- Sue Williams
6/6- Pat Antle	6/21- Kathy Allen
6/7- Jane Hill	6/21- Pam Patrum
6/8- Ron Price	6/26- Richard Lilienthal
6/10- Cookie Bush	6/27- Joy Nickle
6/10- Jane Cooper	6/30- Dan Paul
6/13- Stephanie Colburn	6/30 Roland Tessier



Country Club Column

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Special Event

- 6/1- Men's Group Luncheon with Michael at Smitty's Garage Burgers
 - Zumba w/ Fit Group USA
 - Red, white and blue decoupage pot and flower arranging with Tammy
- 6/2- Food for Thought with Chef Mattie
- 6/4- Gifts from the Heart Sale
- 6/5- Town Hall
- 6/8- Book Club- A Gentleman in Moscow
 - Grief Group w/ Chaplin Phil from Millennium Home Health
 - Jim & Doe's Sing a Long
 - DIY birdseed craft
- 6/9- Avon Sale
 - Taste Test Tuesday- Different kinds of cheeses
- 6/10- Quilters Club meet up
- 6/11- Be listening for the ice cream truck!
- 6/13- Fran & Robert "Gospel Fest"
- 6/15- Create your own sundae bar with Millenium
 - Zumba w/ Fit Group USA
 - Boots, Beers & BBQ for Father's Day Week
- 6/16- Whiskey Tasting with Ryan for Father's Day
- 6/17- Amish baked goods sale
 - Mini Putt Putt on the back patio for Father's Day
- 6/18- Brats, beers and jokes with the maintenance crew on the patio for Father's Day Week
- 6/19- Gardening Club meeting
 - Dress in your favorite sports gear for Happy Hour
 - Asbury Church meeting
- 6/22- Beginner line dancing with Alexis
 - Grief Group w/ Chaplin Phil from Millennium Home health
 - American flag door hanger using strips of fabric
- 6/24- New Resident Meeting
- 6/25- Mary Kay sale
 - Cottage Pizza Party; \$5
- 6/26- Riverwalk Spa & Sleep Apnea Solutions presentation about alternative options for sleep apnea
 - Roland Tessier's 100th Birthday celebration
- 6/27- CCWH Patriotic Choir Concert
- 6/29- 3D paper flower pin/ magnet craft
 - Activity Calendar suggestion Talk

Wednesday Outings

- 6/3-
- 6/10- Lunch at Outback Steakhouse
- Sat. 6/20- Oxley Nature Center- Guided plant identification walk
- 6/24- Lunch at India Palace

Re-occurring events

- Crafts- Every Monday @ 3
- Sit & Stitch/ Diamond Dotz- Mon. & Thurs.
- Wii Bowling- Tues., Thurs. & Sat. @ 10
- Bridge- Tues., Wed. & Fri. @ 1
- Cornhole- Tues. & Thurs. @ 3
- BINGO- Tues. & Sat. @ 6
- Poker- Tues. @ 2 & Thurs. @ 6:30
- Hand & Foot- Every Wed. @ 6
- Ping Pong in the Pub- Thurs. @ 1
- Keno with Karen- Every Thurs. @ 6
- Choir practice- Every Thurs. @ 1
- Men's group chat with coffee Friday @ 9:45
- Happy Hour- Every Friday @ 3
- Games Galore- Every Friday @ 6:00

Meet our Newest Neighbors

- 323- Nancy Bryan
- 301- Jerry & Carrie Barnes



Monday, Wednesday & Friday

9:45- Better Balance (Intermediate)

Instructor-led class with different walking exercises aimed to strengthen your balancing skills.

10:15- Chair Exercise (Advanced)

CD-led class, seated fast paced exercises working every part of the body from head to toe.

Tuesday & Thursday

9:45- Chair Workout (Beginner)

Instructor-led class with sitting exercises

10:15- Strength Training (Beginner/ Intermediate)

Instructor-led class using 1-5lb weights and workout bands while seated.

10:45- Workout machine intervals (Intermediate)

Instructor-led workout rotating between machines at 5 min. intervals.



Sunday	Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5	Saturday 6
	9:15 Devotions (C) 9:45 Better Balance (CH) 10:15 Chair Exercises (CH) 11:00 Men's Group Luncheon with Michael at Smitty's Garage Burgers 1:00 Shanghai Rummy (BR) 1:00 Bring your own craft & chat (EC) 2:00 Zumba w/ Fit Group USA (CH) 3:00 Red, white and blue decoupage pot and flower arranging with Tammy (EC) 6:00 Canasta (CH)	9:15 Devotions (C) 9:45 Full body movement (CH) 10:00 Wii Bowling (BR) 10:15 Strength Training (CH) 10:45 Workout machine intervals (G) 1:00 Shanghai Rummy (BR) 1:00 Bridge (CH) 1:00 Ping Pong in the Pub 2:00 Texas Hold 'Em Poker (BR) 2:00 Food for Thought w/ Chef Mattie (GH) 3:00 Cornhole (GH) 6:00 Bingo (\$2/ \$4 per card) (EC)	9:15 Devotions (C) 9:45 Better Balance (CH) 10:00 Trip to the Outlet Mall and lunch 10:15 Chair Exercise (CH) 1:00 Shanghai Rummy (BR) 1:00 Bridge (CH) 3:00 Bible Study on Matthew (EC) 6:00 Hand & Foot; everyone welcome (BR)	9:15 Devotions (C) 9:45 Full body movement (CH) 10:00 Wii Bowling (BR) 10:00 Gifts From the Heart Sale (GH) 10:15 Strength Training (CH) 10:45 Workout machine intervals (G) 1:00 Choir Practice (GH) 1:00 Shanghai Rummy (BR) 3:00 Cornhole (GH) 6:00 Keno with Karen (EC) 6:30 Poker- Visitors Welcome	9:15 Devotions (C) 9:45 Better Balance (CH) 9:45 Men's Group chat w/ coffee (BR) 10:15 Chair Exercise (CH) 1:00 Shanghai Rummy (BR) 1:00 Bridge (RD) 1:30 Town Hall (GH) 3:00 Birthday Happy Hour with Chris Brown (GH) 6:00 Mexican Train & Spinner dominoes (BR)	9:15 Devotions (C) 10:00 Wii Bowling (BR) 1:00 Shanghai Rummy (BR) 6:00 Canasta (CH) 6:00 Bingo (\$2/ \$4 per card) (EC)
7	8	9	10	11	12	13
10:00 Worship w/ Dan Paul (GH) 1:00 Shanghai Rummy (BR) 3:30 Canasta (CH) 5:30 Movie night- (GH)	9:15 Devotions (C) 9:45 Better Balance (CH) 10:15 Chair Exercises (CH) 1:00 Shanghai Rummy (BR) 1:00 Bring your own craft & chat (EC) 1:00 Book Club- A Gentleman in Moscow (EC) 2:00 Jim & Doe sing a long (GH) 2:00 Grief Group with Chaplain Phil from Millennium Home Health (C) 3:00 DIY Bird seed craft (EC) 6:00 Canasta (CH)	9:15 Devotions (C) 9:45 Full body movement (CH) 10:00 Wii Bowling (BR) 10:15 Strength Training (CH) 10:45 Workout machine intervals (G) 11:00 Avon Sale (GH) 1:00 Shanghai Rummy (BR) 1:00 Bridge (CH) 1:00 Ping Pong in the Pub 2:00 Taste Test Tuesday; different kids of cheese (EC) 2:00 Texas Hold 'Em Poker (BR) 3:00 Cornhole (GH) 6:00 Bingo (\$2/ \$4 per card) (EC)	9:15 Devotions (C) 9:45 Better Balance (CH) 10:15 Chair Exercise (CH) 11:00 Lunch at Outback Steakhouse 1:00 Shanghai Rummy (BR) 1:00 Bridge (CH) 3:00 Quilters Club meet up (L) 3:00 Bible Study on Matthew (EC) 6:00 Hand & Foot; everyone welcome (BR)	9:15 Devotions (C) 9:45 Full body movement (CH) 10:00 Wii Bowling (BR) 10:15 Strength Training (CH) 10:45 Workout machine intervals (G) 1:00 Choir Practice (GH) 1:00 Be listening for the ice cream truck (GH) 1:00 Shanghai Rummy (BR) 3:00 Cornhole (GH) 6:00 Keno with Karen (EC) 6:30 Poker- Visitors Welcome	9:15 Devotions (C) 9:45 Better Balance (CH) 9:45 Men's Group chat w/ coffee (BR) 10:15 Chair Exercise (CH) 1:00 Shanghai Rummy (BR) 1:00 Bridge (RD) 2:00 Gardening Club meeting (GH) 3:00 Happy Hour with Wade Daniel (GH) 6:00 Mexican Train & Spinner dominoes (BR)	9:15 Devotions (C) 10:00 Wii Bowling (BR) 1:00 Shanghai Rummy (BR) 2:00 Fran & Robert "Gospel Fest" 6:00 Canasta (CH) 6:00 Bingo (\$2/ \$4 per card) (EC)

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