

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

7/2- Rita Runyon	7/19- Sue Greenwood
7/12- Ann Hearne	7/21- Ron Thomson
7/14- Bill Nash	7/23- Carrie Barnes
7/14- Sharon Fritts	7/23- Jack Fuchs
7/15- Linda Chambers	7/28- Dorothy Chapman
7/16- Karen Wolfe	7/29- James McWilliams
7/17- Jim Long	7/29- Diana Rubin
7/18- Jerry Barnes	7/29- Jean Wulser



Country Club Column

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Special Event

- 7/1- Outdoor games- Horseshoes & cowboy cornhole
- 7/2- 4th of July parade and quilt raffle- sign up for parade
- 7/3- 4th of July cookout
- 7/6- Men's Group Luncheon with Michael at Mi Tierra
 - Zumba w/ Fit Group USA
 - DIY painted candy dish craft with Tammy
- 7/7- Taste Test Tuesday- Blind taste test
- 7/8- Quilters Club meet up
 - Outdoor games- Horseshoes & cowboy cornhole
- 7/9- Mary Kay sale
- 7/11- Celebration of life for Harvey Gaspar
- 7/13- Book Club- Four Winds by Kristin Hannah
 - Grief Group w/ Chaplain Phil from Millennium Home Health
 - Jim & Doe's Sing a Long
 - Painted watermelon door hangar craft
- 7/14- Avon Sale
 - Food for Thought with Chef Mattie
- 7/15- Be listening to the ice cream truck
- 7/17- Do you have a hard time hearing on the phone?
 - Caption call is a great resource to help. Come get details!
- 7/20- Zumba w/ Fit Group USA
 - Asbury Church meeting
 - 3D wooden camping coloring craft
- 7/21- Amish baked goods sale
- 7/22- New Resident Meeting
 - Games in the pool
- 7/27- Grief Group w/ Chaplain Phil from Millennium Home health
 - Tissue paper flower suncatcher craft
- 7/28- Blood pressure clinic and cookie bar in the Pub
- 7/29- Games in the pool
- 7/30 -Cottage Pizza Party; \$5

Wednesday Outings

- 7/1- River City Trading Post & lunch
- 7/8- Lunch at Cracker Barrel
- 7/15- Tulsa's walking tunnel tour w/ Kelly from Tours of Tulsa- 10 people max
- 7/22- Lunch at Nelson Buffeteria

Re-occurring events

- Everyday- Water Aerobics @ 10:30
- Crafts- Every Monday @ 3
- Sit & Stitch/ Diamond Dotz- Mon. & Thurs.
- Ping Pong in the Pub- Tues. @ 1
- 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
- Old fashioned dominoes- Every Wed. & Fri.
- 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

- 308s- David Frazier
- 110- Sharon Robinson
- 318- Sheryl Perry
- 211- Solomon Gorfinkle
- 205- Victoria Knezek
- 119- Sondra Beeby



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.

JULY

Sunday	Monday	Tuesday	Wednesday 1	Thursday 2	Friday 3	Saturday 4
LOCATION KEY FIRST FLOOR (GH) Great Hall (BR) Billiards Room (C) Chapel SECOND FLOOR & COTTAGES (EC) Entertainment Center (CH) Community Hub (L) Library (CCH) Cottage Club House ALL activities are subject to change due to participation and availability.  9:15 Devotions (C) 9:45 Better Balance (CH) 9:45 Trip to River City Trading Post and lunch at Los Cabos 10:15 Chair Exercise (CH) 1:00 Water Aerobics w/ SaRae 1:00 Shanghai Rummy (BR) 1:00 Bridge (CH) 3:00 Bible Study on Matthew (EC) 3:00 Old-fashioned Dominoes (EC) 3:00 Outdoor games- horseshoes & cowboy cornhole 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) 10:30 Water Aerobics w/ Jordan 10:45 Workout machine intervals (G) 1:00 4th of July parade outside on the patio and quilt raffle-sign up 1:00 Shanghai Rummy (BR) 3:00 Cornhole (GH) 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 Water Aerobics w/ SaRae 1:00 Shanghai Rummy (BR) 1:00 Bridge (RD) 3:00 Old-fashioned Dominoes (EC) 3:00 4th of July cookout Happy Hour with David & Ken (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) 			56 7 8 9 10 11			
10:00 Worship w/ Dan Paul (GH) 1:00 Shanghai Rummy (BR) 3:30 Canasta (CH) 5:30 Movie night- Around the World in 80 Days (GH)	9:15 Devotions (C) 9:45 Better Balance (CH) 10:15 Chair Exercises (CH) 11:00 Men’s Group Luncheon with Michael at Mi Tierra 1:00 Water Aerobics w/ SaRae 1:00 Shanghai Rummy (BR) 1:00 Bring your own craft & chat (EC) 2:00 Zumba w/ Fit Group USA (CH) 3:00 DIY painted candy dish craft 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) 10:30 Water Aerobics w/ Jordan 10:45 Workout machine intervals (G) 1:00 Shanghai Rummy (BR) 1:00 Bridge (CH) 1:30 Blood Pressure clinic w/ Millennium Home Health (L) 2:00 Taste Test Tuesday; Blind taste test (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 Cracker Barrel 1:00 Water Aerobics w/ SaRae 1:00 Shanghai Rummy (BR) 1:00 Bridge (CH) 3:00 Quilters Club meet up (L) 3:00 Bible Study on Matthew (EC) 3:00 Old-fashioned Dominoes (EC) 3:00 Outdoor games- horseshoes & cowboy cornhole 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) 10:30 Water Aerobics w/ Jordan 10:45 Workout machine intervals (G) 11:00 Mary Kay Sale (GH) 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 Water Aerobics w/ SaRae 1:00 Shanghai Rummy (BR) 1:00 Bridge (RD) 3:00 Old-fashioned Dominoes (EC) 3:00 Happy Hour with Tim Turner (GH) 6:00 Mexican Train & Spinner dominoes (BR)	9:15 Devotions (C) 10:00 Wii Bowling (BR) 1:00 Shanghai Rummy (BR) 2:00 Celebration of life for Harvey Gaspar 6:00 Canasta (CH) 6:00 Bingo (\$2/ \$4 per card) (EC)

Sunday 12	Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17	Saturday 18
10:00 Worship w/ Dan Paul (GH) 1:00 Shanghai Rummy (BR) 3:30 Canasta (CH) 5:30 Movie night- Indiana Jones (GH)	9:15 Devotions (C) 9:45 Better Balance (CH) 10:15 Chair Exercises (CH) 1:00 Water Aerobics w/ SaRae 1:00 Bring your own craft & chat 1:00 Book Club- Four Winds by Kristin Hannah (EC) 2:00 Jim & Doe sing a long (GH) 2:00 Grief Group with Chaplain Phil from Millennium Home Health (C) 3:00 Painted watermelon door hangar 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) 10:30 Water Aerobics w/ Jordan 10:45 Workout machine intervals (G) 11:00 Avon Sale (GH) 1:00 Shanghai Rummy (BR) 1:00 Bridge (CH) 1:30 Blood Pressure clinic w/ Millennium Home Health (L) 2:00 Food for Thought w/ Chef Mattie (GH) 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) 12:40 Tulsa’s walking tunnel tour w/ Kelly from Tours of Tulsa- 10 people max-sign up 1:00 Water Aerobics w/ SaRae 1:00 Bridge (CH) 1:00 Shanghai Rummy (BR) 3:00 Bible Study on Matthew (EC) 3:00 Be listening for the ice cream truck (GH) 3:00 Old-fashioned Dominoes (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) 10:30 Water Aerobics w/ Jordan 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 Water Aerobics w/ SaRae 1:00 Bridge (RD) 1:30 Do you have a hard time hearing on the phone? Caption call is a great resource to help. Come and get details! 3:00 Old-fashioned Dominoes (EC) 3:00 Happy Hour with Jay Stotes 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)
19	20	21	22	23	24	25
10:00 Worship w/ Dan Paul (GH) 1:00 Shanghai Rummy (BR) 3:30 Canasta (CH) 5:30 Movie night- Hairspray GH)	9:15 Devotions (C) 9:45 Better Balance (CH) 10:15 Chair Exercises (CH) 11:00 Gifts from the Heart sale 1:00 Water Aerobics w/ SaRae 1:00 Shanghai Rummy (BR) 1:00 Bring your own craft & chat (EC) 2:00 Zumba w/ Fit Group USA (CH) 2:15 Asbury Church Meeting (GH) 3:00 3D Wooden camping coloring 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) 10:30 Water Aerobics w/ Jordan 10:45 Workout machine intervals (G) 11:00 Amish Baked goods sale 1:00 Shanghai Rummy (BR) 1:00 Bridge (CH) 1:00 Blood Pressure clinic & cookie buffet in the Pub 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 Nelsons Buffeteria 1:00 Water Aerobics w/ SaRae 1:00 Bridge (CH) 1:00 Shanghai Rummy (BR) 2:00 New Resident Meeting (C) 3:00 Old-fashioned Dominoes (EC) 3:00 Games in the pool 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) 10:30 Water Aerobics w/ Jordan 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 Water Aerobics w/ SaRae 1:00 Bridge (RD) 3:00 Old-fashioned Dominoes (EC) 3:00 Happy Hour cookout with Sugartime Band (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)
26	27	28	29	30	31	
10:00 Worship w/ Dan Paul (GH) 1:00 Shanghai Rummy (BR) 3:30 Canasta (CH) 5:30 Movie night- Sherlock Holmes: A game of Shadows(GH)	9:15 Devotions (C) 9:45 Better Balance (CH) 10:15 Chair Exercises (CH) 1:00 Water Aerobics w/ SaRae 1:00 Shanghai Rummy (BR) 1:00 Bring your own craft & chat (EC) 2:00 Grief Group with Chaplain Phil from Millennium Home Health (C) 3:00 Tissue paper flower suncatcher craft (GH) 6:00 Canasta (CH)	9:15 Devotions (C) 9:45 Full body movement (CH) 10:15 Strength Training (CH) 10:30 Water Aerobics w/ Jordan 10:45 Workout machine intervals (G) 1:00 Bridge (CH) 1:30 Blood Pressure clinic w/ Millennium Home Health (L) 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) 1:00 Water Aerobics w/ SaRae 1:00 Bridge (CH) 1:00 Shanghai Rummy (BR) 3:00 Bible Study on Matthew (EC) 3:00 Old-fashioned Dominoes (EC) 3:00 Games in the pool 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) 10:30 Water Aerobics w/ Jordan 10:45 Workout machine intervals (G) 1:00 Choir Practice (GH) 1:00 Shanghai Rummy (BR) 3:00 Cornhole (GH) 5:00 Cottage pizza party; \$5 6:00 Keno with Karen (EC) 6:30 Poker- Visitors Welcome	9:15 Devotions (C) 9:45 Better Balance (CH) (BR) 9:45 Men’s Group chat w/ coffee 10:15 Chair Exercise (CH) 1:00 Water Aerobics w/ SaRae 1:00 Bridge (RD) 1:30 Health talk about wound care with Millennium Home Health (GH) 3:00 Happy Hour with Sam Briggs (GH) 3:00 Old-fashioned Dominoes (EC) 6:00 Mexican Train & Spinner dominoes (BR)	

