



The Graceful Connection

MAY 2024



Latest News from the Town Village Tulsa Newsletter

Welcome to the month of May! We are celebrating Older Americans Month! This was established in 1963 by President Kennedy and the National Council of Senior Citizens, back when there were 17 million Americans over the age of 65. Today, there are 62 million Americans over age 65 – how incredible! Older American's Month has long been a time to celebrate and acknowledge the contributions of past and current older persons to their communities and to society. This is also a great time to remember that age is a state of mind, and today's elders are not shrinking violets, but vibrant, interesting, and fun people to celebrate! There is even a new movement called, Old People are Cool, which continues to celebrate older adults during Older Americans Month and all year long. Check in with your Life Enrichment team to see how we are celebrating Older Americans this month and stay cool!

Grace Signature Events

Community Updates



MAY BIRTHDAYS

Beverly Hagood - 13th
Tim Steele - 14th
Greg Cumbey - 17th
Tony Graham - 17th
Jimmy Heath - 19th
Linda O - 19th

Richard Mechtel - 21st
Norma Pope - 24th
LaNell Robinson - 28th
Dorothy Bruffett - 29th
Darleen Joyce - 30th
Boyd Hager - 30th

E V E N T S

Total Brain Health Workout course is your guide to building better focus, sharper thinking and improving your overall well-being. Developed by Dr. Cynthia Green, a leading cognitive wellness expert and author. Classes are taught by Sarah, Thursdays at 3:00 in the Art Studio. Try it!

Ladies Tea Party & Fashion Show by Zella's with our lovely Village Ladies serving as Models: Tuesday, May 14th at 2:00. Please RSVP!

Town Hall Meeting: Thursday, May 16th, at 2:00 pm. Meet our new Mayor, Barbara Heidler. Special Speakers are Tulsa Firemen! Bill Reust will give us an update on TV Strikers Wii League Bowling Team.

Learn how to prevent Falls! Come to the Balance Classes with Legacy every Wednesday at 2:00 in the Fitness Room 2nd Floor.

New games starting: Dominos, Wahoo, Cornhole, Name That Tune, Word.

Town
Village
Tea
Servers!



NEW RESIDENTS

Aurelia Popa
Kent DuBois
Barbara Sinclair

Darlene Whitfield
Dorothy Echols
Marion Snowbarger

Howard & Geneva Troyer
Wayne Boles
Carol Ann Berven



TOWN VILLAGE
TULSA
A GRACE MGMT COMMUNITY

Ladies Tea Party & Fashion Show 5/14 at 2:00pm



MEET OUR TEAM

Cindy Vann - Executive Director
Marti Miley - Business Office Manager
Cody Kreulen - Dining Services
Director
Jose Vega - Maintenance Director

Robin Thompson - Life Enrichment
Director
Anthony Fleming - Sales and
Marketing Director
Keli Lamb - Sales Counselor

The Town Village Tulsa

8222 South Yale Ave Tulsa, Oklahoma 74137 | (918) 493-1200