

The Graceful Connection

OCTOBER 2024



Latest News from the Town Village Tulsa Newsletter

October is here, bringing a focus on health, staying active, fall flavors, and of course, a hauntingly good time. This month, our community is honoring two important observances: Breast Cancer Awareness Month and Active Aging Week. From October 6th to 12th, we're celebrating Active Aging Week, emphasizing the importance of living an active, healthy lifestyle at any age. We have an exciting lineup of activities designed to keep us moving and engaged, including our normal group exercise classes and more! This week is all about trying something new and having fun while promoting physical, mental, and social well-being. You may see a lot of pink this month as we mark Breast Cancer Awareness month and support efforts in early detection. In addition to these important observances, this month also brings a whole bunch of spooky silly fun with Bat Awareness Month, Apple Month, I Love Lucy Day, Bob Ross Day, and of course, Halloween. Don't be afraid to join in the fun!

Grace Signature Events

Community Updates



OCTOBER BIRTHDAYS

Lisa Angleton - 1st
Charles Troncale - 4th
LaFaune Krampf - 4th
Nancy Johnson - 6th
Doris Wilson - 6th
Chester Brown - 7th

Melon Nipps - 13th
Suzanne Young - 14th
Betty Johns - 16th
Don Hurst - 18th
Shirley Turner - 21st
Fritz Gernhardt - 24th

Betty Beckman - 25th
Angela Frank - 30th
Juanita Fry - 30th

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Watch for all these FUN Things: Farm Animal Zoo 10/8, Fall Scenic Drives, Hispanic Month, Breast Cancer Awareness-Wear Pink Day & Pink Party Pic-10/9, Pumpkin Carving Contest, David Weldy Accordion Players 10/16 at 10:00. Oktoberfest w/Charles Emerson Polka Band 10/23, Halloween Costume Contest & Trick Treaters & Trunk or Treaters 31st

Free Triad Eye Exams: Thursday, October 3rd from 1:00-2:30 in the Bistro
Cleo's Book Review: "Tom Brokaw" 10/14 at 3:00 in the Theater

Town Hall: Thursday, October 17th, at 2:00 pm. Mayor, Barbara Heidler & Special Speaker: Trick Roper from Will Rogers Museum in Claremore.

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

Total Brain Health Workout course is your guide to building better focus, sharper thinking and improving your overall well-being.

More Fun things to do: Trivia w/Jim Pulliam, Chair Volleyball w/Ripley, Dominos w/Tom & Bev, Wahoo w/Marion, Spades w/Doris, Wii Bowling is looking for new players for Golf, Tennis & Boxing w/Fritz. Practice is Sundays at 2:30 Tuesdays at 3:00 & Thursdays at 6:00

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NEW RESIDENTS

Carolyn Wagnon
Gloria Coulson
Cleta Hoffman

Robert Steger
Bonnie Barton
Bruce Paulson





TOWN VILLAGE
TULSA
A GRACE MGMT COMMUNITY

October Fun: Farm Animals, Oktoberfest & Halloween!



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
Sales and Marketing Directors
Keli Lamb &
Kaitlin Jones

The Town Village Tulsa

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