

Bethany Center Activities Calendar September 2023

Traci Lucas - Enrichment Coordinator | 405-792-2401 | This institution is an equal opportunity provider.

Monday	Tuesday	Wednesday	Thursday	Friday
SPRIT WEEK! SEPTEMBER 18 - 22				9:00 Golden Walkers Chair Yoga 1 9:30 Patriotic Celebration 11:30 Lunch 12:30 News/Socializing 1:00 Bingo 2:00 Snacks/Music 2:30 Remember when 3:30 Current Events
Monday - Sweetheart Day! Wear something RED! Tuesday - Backwards Day! Wear something backwards! Wednesday - Crazy Hat Day! Wear a crazy hat!		Thursday - Hiya Barbie Day! Wear something PINK! Friday - Football Day! Everyone wear their favorite football jerseys.		
DLC CLOSED 4 	9:00 Golden Walkers Morning Stretches 5 9:30 Art Council Class 10:30 Lunch 11:30 News/Socializing 12:30 Horseshoe Game 1:00 Snacks / Music 2:00 Funny Home Videos 2:30 Current Events	9:00 Golden Walkers Music Fit Class 6 9:30 Bingo 10:30 Lunch 11:30 News/Socializing 12:30 Music w/ Rick 1:00 Snacks/Music 2:00 Let's Make A Deal 2:30 Current Events	9:00 Golden Walkers Senior Exercises 7 9:30 Crafts/paper flowers 10:30 Lunch 11:30 News/Socializing 12:30 Party on the Patio 1:00 Snacks/Music 2:00 Movie Trivia 2:30 Current Events	9:00 Golden Walkers Drum Fit class 8 9:30 Bowling game 10:30 Lunch 11:30 News/Socializing 12:30 Bingo 1:00 Snacks/Music 2:00 Rock N Roll Party 2:30 Current Events
9:00 Golden Walkers Senior Exercise 11 9:30 Boomer Sooner Trivia 10:30 Lunch 11:30 News/Socializing 12:30 Bingo 1:00 Snacks / Music 2:00 OSU Trivia 2:30 Current Events	9:00 Golden Walkers Drum Fit Class 12 9:30 Busy B Sensory Games 10:30 Lunch 11:30 News/Socializing 12:30 Popcorn Bar 1:00 Snacks/Music 2:00 Trivia 2:30 Current Events	9:00 Golden Walkers Music Fit Class 13 9:30 Golf Game 10:30 Lunch 11:30 News/Socializing 12:30 Bingo 1:00 Snacks/Music 2:00 Remember when 2:30 Current Events	9:00 Golden Walkers Silver Riders 14 9:30 Music w/ Katherine 10:30 Lunch 11:30 News/Socializing 12:30 News with Margo 1:00 Snacks/Music 2:00 Hot Topics 2:30 Current Events	9:00 Golden Walkers Chair Yoga Class 15 9:30 Hawaii Luau 10:30 Lunch 11:30 News/Socializing 12:30 Luau Games 1:00 Snacks/Music 2:00 Karaoke Party 2:30 Current Events
9:00 Golden Walkers Senior Exercise 18 9:30 Cooking Class w/ Ann 10:30 Lunch 11:30 News/Socializing 12:30 Bingo 1:00 Snacks/Music 2:00 Trivia / Scruples 2:30 Current Events	9:00 Golden Walkers Morning Stretches 19 9:30 Art council class 10:30 Lunch 11:30 News / Socializing 12:30 Garden Club/Bunko 1:00 Snacks/Music 2:00 Remember When 2:30 Current Events	9:00 Golden Walkers Music Fit Class 20 9:30 Color Therapy 10:30 Lunch 11:30 News/Socializing 12:30 Bingo 1:00 Snacks/Music 2:00 jokes and riddles 2:30 Current Events	9:00 Golden Walkers Silver Riders 21 9:30 Bean Bag Game 10:30 Lunch 11:30 News/Socializing 12:30 Name that Tune 1:00 Snacks/Music 2:00 Hangman 2:30 Current Events	9:00 Golden Walkers Yoga Chair Exercise 22 9:30 Golf games/horse shoes 10:30 Lunch 11:30 News/Socializing 12:30 Bingo 1:00 Snacks/Music 2:00 Karaoke Party 2:30 Current Events
9:00 Golden Walkers Silver Riders 25 9:30 Crafts w/ Rhonda 10:30 Lunch 11:30 News/Socializing 12:30 Movie & popcorn 1:00 Snacks/Music 2:00 Spelling B 2:30 Current Events	9:00 Golden Walkers Drum Fit Class 26 9:30 BusyB Sensory Games 10:30 Lunch 11:30 News/Socializing 12:30 Wii Bowling Tournament 1:00 Snacks / music 2:00 Job Search day !!! 2:30 Current Events	9:00 Golden Walkers Senior Exercise 27 9:30 Horse Shoe 10:30 Lunch 11:30 News/Socializing 12:30 Bingo 1:00 Birthday Celebration 2:00 Karaoke Party 2:30 Current Events	9:00 Golden Walkers Morning Stretches 28 9:30 Cornhole / Bunko 10:30 Lunch 11:30 News/Socializing 12:30 Crafts 1:00 Snacks/Music 2:00 Hot Topics 2:30 Current Events	9:00 Golden Walkers Chair Yoga Class 29 9:30 Craft Class 10:30 Lunch 11:30 News/Socializing 12:30 Bingo 1:00 Snacks/Music 2:00 Karaoke Party 2:30 Current Events
Special Events Welcome Nursing Students 09/01 - Patriotic Celebrations 09/08 - National Cheese Pizza Day 09/11 OU and OSU Day 09/15 - Hawaii Luau 09/18 - Beginning of Spirit Week 09/26 - Birthday Celebration 09/29 - National Coffee Day	Birthdays 09/09 - Alfred 09/09 - Brent 09/14 - Linda C. 09/19 - Roger 09/25 - Betty D. 09/27 - Bruce	Outings 09/05 - Bethany Library 09/07 - Splash Day 09/12 - Doggie Depot 09/14 - Bricktown Tour 09/19 - Skyline Volunteer 09/21 - Thrift Store 09/26 - Martin Nature Park	Participant of the Month Thomas is a great guy! He enjoys music and playing with his friends and loves sweets.	