

JOIN US THIS MONTH FOR *mardi gras family night: march 5 at 5:30 p.m.*

This March, we will be bringing the celebration of Mardi Gras to Weatherwood!

We will enjoy a classic shrimp boil with potatoes, sausage and corn, as well as King Cake for dessert!

Come dressed in green, gold and purple and enjoy the celebration with us!

I would also like to Welcome our New Resident Programming Director (Activities Director), Summer Osborne!

We are so glad to have her, and our residents are as well.

Summer has previous experience as a school teacher. She has a degree in Psychology and Art. She loves to paint and refinish furniture, and she loves music, singing, dancing and events.

Summer is going to bring plenty of excitement, activities, artistic therapy and laughter to Weatherwood. We cannot wait to see what she has planned for this year!

Thank you to everyone who came to our Sweetheart Luncheon and participated in our cake auction; we were able to raise a total of \$300 for our community. We look forward to many more events to come this year! We are very thankful for your support and the families we have here!

THIS MONTH'S *silver star*

SILVER STAR: MARY ANNE COUCH

Mary Anne moved to Weatherwood this year and has been such a joy to have.

Mary Anne volunteers at the local Et Cetera shop in Weatherford, Okla. This has been a family tradition her parents enjoyed, and she now hopes to keep this tradition going with her grandchildren and great-grandchildren. She enjoys working in the fabric department.

Mary Anne also loves to play the piano. She has taught piano classes and played for her church for many years and has just recently decided to stop just before moving into Weatherwood.

We hope to get to hear her play frequently here at Weatherwood.

Mary Anne is such a great help around the community and always has a smiling face to greet you. She enjoys being involved in music, art and games here at Weatherwood.

THIS MONTH'S *heart hero*

HOSPITALITY, EXCELLENCE, APPRECIATION, RESPECT, TEAMWORK

Our HEART Hero this month is DAVID MOWLES, Weatherwood's Director of Plant Operations.

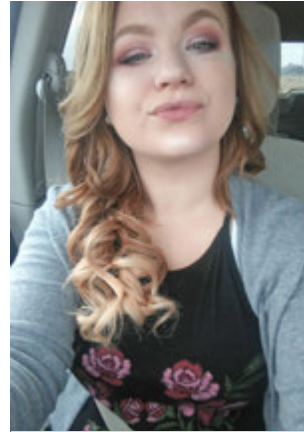
David has worked so hard this year turning room after room for internal transfers and new move-ins, and he has been helpful to the floor staff in assisting with resident care and transportation when it is needed without hesitation.

David has been with Weatherwood for four years. He started off as a C.N.A and worked his way up to the Maintenance Director in 2017.

David has a great relationship with each and every resident and their families. He will address any concern as it arises and do what he can to fix it.

We cannot always see what is needing to be fixed or how many employees and residents ask for his assistance in a day, but he is always there and willing to help.

David, our appreciation for your hard work and dedication to making Weatherwood the best it can be does not go unnoticed.



Summer Osborne



Mary Anne Couch



David Mowles

WORD FROM YOUR *executive director*

MARDI GRAS

Mardi Gras, also known as Carnival, is celebrated on or after the Christian feast of the Epiphany. In French, Mardi Gras means "Fat Tuesday," since people typically eat fatty foods before the ritual fasting of Lent, which starts on Ash Wednesday.

It's believed the first Mardi Gras celebration in the United States took place in what is now Louisiana in 1699, brought to Louisiana by French-Canadian explorer Pierre Le Moyne d'Iberville.

The first New Orleans Mardi Gras parade took place in 1837, and the first floats were horse-drawn carts and wagons.

Bead throwing originated in 1972, when the king of the first daytime Carnival asked people to toss glass beads to people exhibiting the meaning of the colors he chose: green for faith, gold for power and purple for justice.

King Cake symbolizes the biblical three kings who visited the Christ child on Epiphany, the 12th day after Christmas. Traditional king cake has a ring of twisted dough with the icing or sugar on top in the colors of Mardi Gras.

A small plastic baby figurine is hidden inside of the cake. In southern culture, whoever finds the trinket has to host the next Mardi Gras party or buy the following year's King Cake.



MANAGEMENT TEAM

Ashley LaGrange, *Executive Director*

Summer Osborne, *Director of Resident Programs*

Ronda Horn, *Business Office Manager*

Amber Minto, *Dining Services Director*

David Mowles, *Director of Plant Operations*

Kathy Irvin, *Health and Wellness Director*



SENIOR LIFESTYLE
your life your style



memory care

BE INSPIRED

- CONNECT
- CONTRIBUTE
- FEEL
- GROW
- MOVE
- REFLECT

LOCATIONS

- AL ACTIVITY ROOM — AL/AR
- AL DINING ROOM — AL/DR
- COMMUNITY — CM
- COURTYARD — CY
- DINING ROOM — DR
- LOUNGE AREA — LA

TRANSPORTATION SCHEDULE

TUESDAY
8 a.m.-4:30 p.m.

SENIOR LIFESTYLE MISSION

“To become the trusted leader in senior living services by creating great places to work and great places to live.”

SENIOR LIFESTYLE VALUES

Hospitality, Excellence, Appreciation, Respect, & Teamwork

“Springtime is the land awakening.
The March winds are the morning yawn.”
—Lewis Grizzard



<p>8:00 ● Breakfast & Clean Up DR 3</p> <p>10:00 ● Move and Stretch LA</p> <p>12:00 ● Lunch and Clean Up DR</p> <p>2:00 ● Emmanuel Baptist Church AL/AR</p> <p>4:00 ● Dance and Move LA</p> <p>5:00 ● Dinner and Clean Up DR</p> <p>6:30 ● Game Time LA</p>	<p>8:00 ● Breakfast & Clean Up DR 4</p> <p>10:00 ● Move and Stretch LA</p> <p>11:00 ● Joke Box LA</p> <p>12:00 ● Lunch and Clean Up DR</p> <p>3:00 ● Reading/Book Club LA</p> <p>4:00 ● Dance and Move LA</p> <p>5:00 ● Dinner and Clean Up DR</p>	<p>MARDI GRAS 5</p> <p>● TRANSPORTATION THIS WEEK</p> <p>8:00 ● Breakfast & Clean Up DR</p> <p>10:00 ● Move and Stretch LA</p> <p>12:00 ● Lunch and Clean Up DR</p> <p>3:00 ● Painting Class with Jennifer LA</p> <p>4:00 ● Dance and Move LA</p> <p>5:00 ● Dinner and Clean Up DR</p>	<p>ASH WEDNESDAY 6</p> <p>8:00 ● Breakfast & Clean Up DR</p> <p>10:00 ● Move and Stretch LA</p> <p>11:00 ● Rhythm Band LA</p> <p>12:00 ● Lunch and Clean Up DR</p> <p>3:00 ● Reading/Book Club LA</p> <p>4:00 ● Dance and Move LA</p> <p>5:00 ● Dinner and Clean Up DR</p> <p>6:30 ● Bible Study with Bob AL/AR</p>	<p>8:00 ● Breakfast & Clean Up DR 7</p> <p>9:00 ● SWOSU Music Therapy LA</p> <p>10:00 ● Move and Stretch LA</p> <p>12:00 ● Lunch and Clean Up DR</p> <p>12:30 ● Burcham Elementary Students</p> <p>3:30 ● Painting Craft LA</p> <p>4:00 ● Dance and Move LA</p> <p>5:00 ● Dinner and Clean Up DR</p>	<p>8:00 ● Breakfast & Clean Up DR 8</p> <p>10:00 ● Move and Stretch LA</p> <p>11:00 ● Joke Box LA</p> <p>12:00 ● Lunch and Clean Up DR</p> <p>2:00 ● Sensory Smell LA</p> <p>3:00 ● Reading/Book Club LA</p> <p>4:00 ● Dance and Move LA</p> <p>5:00 ● Dinner and Clean Up DR</p>	<p>8:00 ● Breakfast & Clean Up DR 9</p> <p>10:00 ● Move and Stretch LA</p> <p>11:00 ● Rhythm Band LA</p> <p>12:00 ● Lunch and Clean Up DR</p> <p>2:00 ● Community Bingo AL/AR</p> <p>3:00 ● Social Hour LA</p> <p>4:00 ● Dance and Move LA</p> <p>5:00 ● Dinner and Clean Up DR</p>
<p>DAYLIGHT SAVING TIME 10 <i>begins</i></p> <p>8:00 ● Breakfast & Clean Up DR</p> <p>10:00 ● Move and Stretch LA</p> <p>12:00 ● Lunch and Clean Up DR</p> <p>2:00 ● St. Basil AL/AR</p> <p>3:00 ● Scrollin' & Rollin' LA</p> <p>4:00 ● Dance and Move LA</p> <p>5:00 ● Dinner and Clean Up DR</p> <p>6:30 ● Game Time LA</p>	<p>8:00 ● Breakfast & Clean Up DR 11</p> <p>10:00 ● Move and Stretch LA</p> <p>11:00 ● Joke Box LA</p> <p>12:00 ● Lunch and Clean Up DR</p> <p>1:00 ● Jim Hull Music AL/AR</p> <p>3:00 ● Reading/Book Club LA</p> <p>4:00 ● Dance and Move LA</p> <p>5:00 ● Dinner and Clean Up DR</p>	<p>● TRANSPORTATION THIS WEEK 12</p> <p>8:00 ● Breakfast & Clean Up DR</p> <p>10:00 ● Move and Stretch LA</p> <p>12:00 ● Lunch and Clean Up DR</p> <p>3:30 ● Painting Craft LA</p> <p>4:00 ● Dance and Move LA</p> <p>5:00 ● Dinner and Clean Up DR</p>	<p>8:00 ● Breakfast & Clean Up DR 13</p> <p>10:00 ● Barbara Messmer Hymns AL/AR</p> <p>11:00 ● Rhythm Band LA</p> <p>12:00 ● Lunch and Clean Up DR</p> <p>1:00 ● Orval Peters AL/AR</p> <p>3:00 ● Reading/Book Club LA</p> <p>4:00 ● Dance and Move LA</p> <p>5:00 ● Dinner and Clean Up DR</p> <p>6:30 ● Bible Study with Bob AL/AR</p>	<p>8:00 ● Breakfast & Clean Up DR 14</p> <p>9:00 ● SWOSU Music Therapy LA</p> <p>9:30 ● Nails with Lori AL/AR</p> <p>10:00 ● Move and Stretch LA</p> <p>12:00 ● Lunch and Clean Up DR</p> <p>3:00 ● Gary Dean AL/AR</p> <p>3:30 ● Painting Craft LA</p> <p>4:00 ● Dance and Move LA</p> <p>5:00 ● Dinner and Clean Up DR</p>	<p>8:00 ● Breakfast & Clean Up DR 15</p> <p>10:00 ● Move and Stretch LA</p> <p>11:00 ● Joke Box LA</p> <p>12:00 ● Lunch and Clean Up DR</p> <p>3:00 ● Reading/Book Club LA</p> <p>4:00 ● Dance and Move LA</p> <p>5:00 ● Dinner and Clean Up DR</p> <p>6:00 ● Scrollin' & Rollin' LA</p>	<p>8:00 ● Breakfast & Clean Up DR 16</p> <p>10:00 ● Move and Stretch LA</p> <p>11:00 ● Rhythm Band LA</p> <p>12:00 ● Lunch and Clean Up DR</p> <p>2:00 ● Community Bingo AL/AR</p> <p>3:00 ● Social Hour LA</p> <p>4:00 ● Dance and Move LA</p> <p>5:00 ● Dinner and Clean Up DR</p> <p>6:00 ● Scrollin' & Rollin'</p>
<p>ST. PATRICK'S DAY 17</p> <p>8:00 ● Breakfast & Clean Up DR</p> <p>10:00 ● Move and Stretch LA</p> <p>12:00 ● Lunch and Clean Up DR</p> <p>2:00 ● First United Methodist AL/AR</p> <p>3:00 ● Sorting Objects LA</p> <p>4:00 ● Dance and Move LA</p> <p>5:00 ● Dinner and Clean Up DR</p> <p>6:30 ● Game Time LA</p>	<p>8:00 ● Breakfast & Clean Up DR 18</p> <p>10:00 ● Move and Stretch LA</p> <p>11:00 ● Joke Box LA</p> <p>12:00 ● Lunch and Clean Up DR</p> <p>3:00 ● Reading/Book Club LA</p> <p>4:00 ● Dance and Move LA</p> <p>5:00 ● Dinner and Clean Up DR</p> <p>6:00 ● Scrollin' & Rollin' LA</p>	<p>● TRANSPORTATION THIS WEEK 19</p> <p>8:00 ● Breakfast & Clean Up DR</p> <p>10:00 ● Bill Barrick AL/AR</p> <p>12:00 ● Lunch and Clean Up DR</p> <p>3:00 ● Painting Class with Jennifer LA</p> <p>4:00 ● Dance and Move LA</p> <p>5:00 ● Dinner and Clean Up DR</p>	<p>SPRING BEGINS 20</p> <p>8:00 ● Breakfast & Clean Up DR</p> <p>10:00 ● Move and Stretch LA</p> <p>11:00 ● Rhythm Band LA</p> <p>12:00 ● Lunch and Clean Up DR</p> <p>3:00 ● Reading/Book Club LA</p> <p>4:00 ● Dance and Move LA</p> <p>5:00 ● Dinner and Clean Up DR</p> <p>6:30 ● Bible Study with Bob AL/AR</p>	<p>8:00 ● Breakfast & Clean Up DR 21</p> <p>9:00 ● SWOSU Music Therapy LA</p> <p>10:00 ● Move and Stretch LA</p> <p>12:00 ● Lunch and Clean Up DR</p> <p>3:30 ● Painting Craft LA</p> <p>4:00 ● Dance and Move LA</p> <p>5:00 ● Dinner and Clean Up DR</p>	<p>8:00 ● Breakfast & Clean Up DR 22</p> <p>10:00 ● Move and Stretch LA</p> <p>11:00 ● Joke Box LA</p> <p>12:00 ● Lunch and Clean Up DR</p> <p>2:00 ● Sensory Smell LA</p> <p>3:00 ● Reading/Book Club LA</p> <p>4:00 ● Dance and Move LA</p> <p>5:00 ● Dinner and Clean Up DR</p> <p>6:30 ● Mennonite Singers AL/AR</p>	<p>8:00 ● Breakfast & Clean Up DR 23</p> <p>10:00 ● Move and Stretch LA</p> <p>11:00 ● Rhythm Band LA</p> <p>12:00 ● Lunch and Clean Up DR</p> <p>2:00 ● Community Bingo AL/AR</p> <p>3:00 ● Social Hour LA</p> <p>4:00 ● Dance and Move LA</p> <p>5:00 ● Dinner and Clean Up DR</p> <p>6:00 ● Scrollin' & Rollin' LA</p>
<p>8:00 ● Breakfast & Clean Up DR 24</p> <p>10:00 ● Puzzle Fun LA</p> <p>10:00 ● Move and Stretch LA</p> <p>12:00 ● Lunch and Clean Up DR</p> <p>2:00 ● Church of the Nazarene AL/AR</p> <p>4:00 ● Dance and Move LA</p> <p>5:00 ● Dinner and Clean Up DR</p> <p>6:30 ● Game Time LA</p>	<p>8:00 ● Breakfast & Clean Up DR 25</p> <p>10:00 ● Move and Stretch LA</p> <p>11:00 ● Joke Box LA</p> <p>12:00 ● Lunch and Clean Up DR</p> <p>1:00 ● Jim Hull Music AL/AR</p> <p>3:00 ● Reading/Book Club LA</p> <p>4:00 ● Dance and Move LA</p> <p>5:00 ● Dinner and Clean Up DR</p>	<p>● TRANSPORTATION THIS WEEK 26</p> <p>8:00 ● Breakfast & Clean Up DR</p> <p>10:00 ● Move and Stretch LA</p> <p>12:00 ● Lunch and Clean Up DR</p> <p>3:30 ● Painting Craft LA</p> <p>4:00 ● Dance and Move LA</p> <p>5:00 ● Dinner and Clean Up DR</p>	<p>8:00 ● Breakfast & Clean Up DR 27</p> <p>10:00 ● Barbara Messmer Hymns AL/AR</p> <p>10:00 ● Move and Stretch LA</p> <p>11:00 ● Rhythm Band LA</p> <p>12:00 ● Lunch and Clean Up DR</p> <p>1:00 ● Orval Peters AL/AR</p> <p>3:00 ● Reading/Book Club LA</p> <p>5:00 ● Dinner and Clean Up DR</p> <p>6:30 ● Bible Study with Bob AL/AR</p>	<p>8:00 ● Breakfast & Clean Up DR 28</p> <p>9:00 ● SWOSU Music Therapy LA</p> <p>10:00 ● Move and Stretch LA</p> <p>12:00 ● Lunch and Clean Up DR</p> <p>3:30 ● Painting Craft LA</p> <p>4:00 ● Dance and Move LA</p> <p>5:00 ● Dinner and Clean Up DR</p> <p>6:30 ● Mennonite Singers LA</p>	<p>8:00 ● Breakfast & Clean Up DR 29</p> <p>10:00 ● Move and Stretch LA</p> <p>11:00 ● Joke Box LA</p> <p>12:00 ● Lunch and Clean Up DR</p> <p>3:00 ● Reading/Book Club LA</p> <p>4:00 ● Dance and Move LA</p> <p>5:00 ● Dinner and Clean Up DR</p>	<p>8:00 ● Breakfast & Clean Up DR 30</p> <p>10:00 ● Move and Stretch LA</p> <p>11:00 ● Rhythm Band LA</p> <p>12:00 ● Lunch and Clean Up DR</p> <p>2:00 ● Community Bingo AL/AR</p> <p>3:00 ● Social Hour LA</p> <p>4:00 ● Dance and Move LA</p> <p>5:00 ● Dinner and Clean Up DR</p>
<p>8:00 ● Breakfast & Clean Up DR 31</p> <p>10:00 ● Move and Stretch LA</p> <p>12:00 ● Lunch and Clean Up DR</p> <p>2:00 ● Liberty AL/AR</p> <p>4:00 ● Dance and Move LA</p> <p>5:00 ● Dinner and Clean Up DR</p> <p>6:30 ● Game Time LA</p>						<p>8:00 ● Breakfast & Clean Up DR 2</p> <p>10:00 ● Move and Stretch LA</p> <p>11:00 ● Rhythm Band LA</p> <p>12:00 ● Lunch and Clean Up DR</p> <p>2:00 ● Community Bingo AL/AR</p> <p>3:00 ● Social Hour LA</p> <p>4:00 ● Dance and Move LA</p> <p>5:00 ● Dinner and Clean Up DR</p>