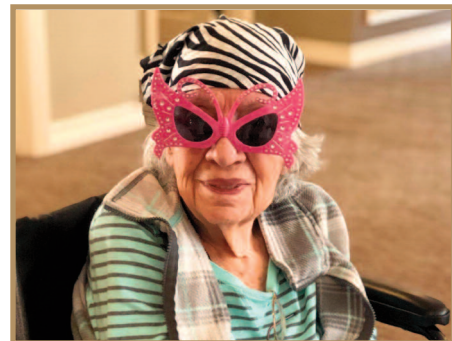


## National Grandparents Day



On September 8, we recognize an important group of people! Grandparents Day was conceptualized in the '70s by Marian McQuade, who had 15 children and 43 grandchildren! Research studies have shown the importance of grandparents in our lives. They teach us traditions, support families, and share life experiences. Thank you to all our grandparents!

## National Assisted Living Week Sparks Creativity!



*Madelyn in disguise*



*Get creative!*



*Ellen's "Wish Upon a Star"*

"A Spark of Creativity" is this year's theme for National Assisted Living Week, which hopes to inspire residents to tap into their creative side, whether through the arts or beyond. Creative arts offer many benefits to people of all ages, such as improving cognitive and sensory-motor functions, fostering self-esteem, and enhancing social skills. We hope this week brings you sparks of inspiration!

Established by the National Center for Assisted Living (NCAL) in 1995, National Assisted Living Week® provides a unique opportunity for residents in assisted living and memory care communities, their loved ones, staff, volunteers, and the surrounding communities to recognize the role of assisted living in caring for America's seniors.

## Celebrate: Flamenco



Join us for

**The Cottages at Bradford Village**  
**Celebrate: Flamenco**

**Tuesday, September 17th**  
**5:00 PM**

Cocktails served at 4:30 PM  
in the Lobby



SEPTEMBER 2019

THE COTTAGES AT BRADFORD VILLAGE  
300 Enz Drive • Edmond, OK 73034

## UCO Classes Are Back

Join the UCO students in the Aging and Development class in a book club. The book that will be discussed will be "This Chair Rocks: A Manifesto Against Ageism" by Ashton Applewhite. The book club will meet on Thursday September 12, September 26, and October 10 at 10:00 am.



*UCO Book Club*

The Generations Learning Together class has resumed at First Christian Church. This is an opportunity for mature adults, college students and children to learn and play together. Dates are September 10 and 24, October 8 and 22, November 5 and 19, and December 3 from 9:40 a.m -11:15 a.m.

## Coming in September!



*The Elderly Brothers (Sept 9th)*



*Extreme Animals (Sept 11th)*



*State Fair (Sept 18th)*




*Grease (Sept 25th)*

## Villagio Team

Eric Legleiter  
*Executive Director*  
Caitlin Cairns  
*Assistant Campus Director*  
Kammi Henry  
*Director of Financial Services*  
Kelsey Clark  
*Life Enrichment Coord.*  
Deb Middleton  
*Manager of Dietary Services*  
Tim Ray  
*Maintenance Director*  
Edward Tellone  
*Maintenance Services*  
Eric Forcha  
*After Hours Security*  
Donna Syth  
*Concierge*  
Colene, Ivy, Simone  
*Dining Services*  
Jessica & Laurie  
*Housekeeping*



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 [www.instagram.com/villagioseniorliving](https://www.instagram.com/villagioseniorliving)





## Everyday Villagio Experience

7:30-9:00 a.m.  
Breakfast M-F

11:30 a.m. - 1:00 p.m.  
Lunch M-F

8:00 a.m. - 4:00 p.m.  
Coffee Bar in CC Lobby

8:00 a.m. - 4:00 p.m.  
Library open M-F

8:00 a.m. - 4:00 p.m.  
Puzzle Table

8:00 a.m. - 4:00 p.m.  
Fitness Center Open in AC

Room Reservations  
Call to Reserve 531-3444

Birthdays Cont'd

Lee Reeder 9/24  
John Osburn 9/27

Happy  
Birthday

Joe Binkley 9/5  
Bill Williams 9/5  
Don Chilcutt 9/6  
Gerald Skinner 9/7  
J.W. Michael 9/15  
Richard Cutter 9/22  
Mary Lou Pendleton 9/22

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> 3:30 Communion - Southern Hills AL 4:00 Church Service - Var. Ministries AL	<b>2</b> <b>Labor Day</b> ***No Activities*** <i>in observance of Labor Day</i>	<b>3</b> 9:00 LIFT Exercise Class AC 10:00 Executive Committee Meeting AC 10:15 Men's Coffee Philosophy CC 12:30 Menu Chat CC	<b>4</b> 10:15 The Classics: Women's Chat CC 12:00 Clear Captions CC 12:30 Flex Your Brain Handout CC 12:30 Dominoes & Mexican TrainL 3:00 Birthday Party AC	<b>5</b> 9:00 LIFT Exercise Class AC 10:15 Men's Coffee Philosophy AC 1:00 Walmart O 3:30 Aromatherapy CC	<b>6</b> 8:00 Coffee with Eric CC 9:00 SAIL Exercise Class AC 12:30 Flex Your Brain Handout CC 1:00 OKC Museum of Art O *until 3:00*	
<b>8</b> <b>Grandparents Day</b> 3:30 Communion - Southern Hills AL 4:00 Church Service - Var. Ministries AL	<b>9</b> <b>Assisted Living Week</b> 9:00 SAIL Exercise Class AC 10:30 The Great Courses CC 11:15 Monday Memo CC 12:30 Bingo AC <b>3:00 Block Party!</b> <b>w/ The Elderly Brothers</b>	<b>10</b> 9:00 LIFT Exercise Class AC 9:30 Generations Learning Together O 10:15 Men's Coffee Philosophy AC 10:30 Bradford Book Club L 12:30 Menu Chat CC	<b>11</b> 10:15 The Classics: Women's Chat CC 12:30 Flex Your Brain Handout CC 12:30 Dominoes & Mexican TrainL <b>12:30 Extreme Animals</b> AC 1:45 Extreme Animals AL	<b>12</b> 9:00 LIFT Exercise Class AC <b>10:00 UCO Book Club</b> AC 10:15 Men's Coffee Philosophy CC 10:30 Pet Therapy w/ Gracie AL 1:00 Walmart O	<b>13</b> 8:00 Coffee with Eric CC 9:00 SAIL Exercise Class AC 12:30 Flex Your Brain Handout CC <b>7:15 Outdoor Movie: The Greatest Showman</b> AL	<b>14</b> 10:00 Brunch CC 11:30 Bingo AC
<b>15</b> 3:30 Communion - Southern Hills AL 4:00 Church Service - Var. Ministries AL	<b>16</b> 9:00 SAIL Exercise Class AC 10:30 The Great Courses CC 11:15 Monday Memo CC 12:30 Bingo AC 3:00 Cafe Fresco: Infused Water CC	<b>17</b> 9:00 LIFT Exercise Class AC 10:15 Men's Coffee Philosophy AC 12:30 Menu Chat CC 4:30 Cocktails CC <b>5:00 Celebrate: Flamenco</b> CC	<b>18</b> <b>9:00 State Fair</b> O *until 2pm* 10:15 The Classics: Women's Chat CC 12:30 Flex Your Brain Handout CC 12:30 Dominoes & Mexican TrainL	<b>19</b> 7:30 Morning Mimosas CC 9:00 LIFT Exercise Class AC 10:15 Men's Coffee Philosophy AC 10:30 Pet Therapy AL 1:00 Walmart O	<b>20</b> 8:00 Coffee with Eric CC 9:00 SAIL Exercise Class AC 12:30 Flex Your Brain Handout CC Bradford Village Garage Sale	<b>21</b> Bradford Village Garage Sale
<b>22</b> 3:30 Communion - Southern Hills AL 4:00 Church Service - Var. Ministries AL	<b>23</b> 9:00 SAIL Exercise Class AC 10:00 Edmond Quilt Guild AC 10:30 The Great Courses CC 11:15 Monday Memo CC 12:30 Bingo AC 3:00 Cafe Fresco: Infused Water CC	<b>24</b> 9:00 LIFT Exercise Class AC 9:30 Generations Learning Together O 10:15 Men's Coffee Philosophy AC 12:30 Menu Chat CC	<b>25</b> 10:15 The Classics: Women's Chat CC 12:30 Flex Your Brain Handout CC 12:30 Dominoes & Mexican TrainL <b>7:10 UCO Theater: Grease</b>	<b>26</b> 9:00 LIFT Exercise Class AC <b>9:40 UCO Book Club</b> O 10:15 Men's Coffee Philosophy AC 10:30 Pet Therapy AL 1:00 Walmart O	<b>27</b> 8:00 Coffee with Eric CC 9:00 SAIL Exercise Class AC 12:30 Flex Your Brain Handout CC	<b>28</b>
<b>29</b> 3:30 Communion - Southern Hills AL 4:00 Church Service - Var. Ministries AL	<b>30</b> 9:00 SAIL Exercise Class AC 10:30 The Great Courses CC 11:15 Monday Memo CC 12:30 Bingo AC 3:00 Cafe Fresco: Infused Water CC	<b>LOCATION KEY</b> CC - Community Center AC - Activity Center AL - Assisted Living L - Library O - Off Campus -				