

Healthy Aging Month



September is Healthy Aging Month! Watch the calendar for activities promoting healthy aging! On Sept 6, invite a friend to exercise class. On Sept 7, learn about aging & creativity with a documentary about Grandma Moses. Throughout the month, join a book discussion of “Elderhood: Redefining Aging, Transforming Medicine, & Reimagining Life.” For more than 5,000 years, “old” has been defined as beginning between the ages of 60 and 70.

Now that humans are living longer than ever before, many people alive today will be elders for 30 years or more. Yet at the very moment that most of us will spend more years in elderhood than in childhood, we’ve made old age into a disease, a condition to be dreaded, disparaged, neglected, and denied. Noted Harvard-trained geriatrician Louise Aronson uses stories from her quarter century of caring for patients to weave a vision of old age that’s neither nightmare nor utopian fantasy—a vision full of joy, wonder, frustration, outrage, and hope about aging, medicine, and life itself. Copies of book chapters will be provided.

Happy Birthday

5th - Joe Binkley
5th - Bill Williams
6th - Don Chilcutt
14th - Carlene Cowan
15h - Lura Fabian
22nd - Richard Cutter
24th - Carol Andrews
27th - Gerald Skinner

Enjoy your special day!

State Fair Senior Day



It’s the Great State Fair of Ooook-lahoma, and September 21 is Senior Day with FREE admission for seniors. See the exhibits, visit the animals, and enjoy delicious fair food. We’ll depart in the morning (approx 9:30am, exact time TBA), stay through lunch, and return to the community in the early afternoon.



September 2022

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

Celebrate: Tailgate Party!

September is a great month for a lot of reasons - families getting together for the long Labor Day weekend, the first day of fall, and... the kickoff of the college football season! Celebrate this favorite fall pastime with a College Football Season Celebration!

The meal will be a heightened version of a tailgate party. Wear your favorite team’s colors and prepare for games and fun!



Who’s your favorite team?

Celebrate: College Football

4:30pm - Cocktails & Contests

5:00pm - Tailgate Party!

National Assisted Living Week



Water Wars!

September 11-16 is National Assisted Living Week. The AL will be celebrating all week and residents & staff from the IL are invited to play along! On Sept 12, bring your favorite lawn chair and gather by the back porch of the AL for an Outdoor Movie Night. On Sept

14, we’ll have a special visit from the Extreme Animals “Zoo to You” program! Then on Sept 16, get ready for Water Wars with water balloon fights, rubber duck ring tosses, inner tube slip ‘n’ slide fun, and more! If you’re not too sure about joining the fight, watch the fun while you enjoy tropical cocktails. We’re gonna make a splash!

Villagio Team

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Executive Director
Kammi Henry
Dir. Financial Services
Melissa Patterson
Dir. Bus. Development
Caitlin Cairns
Dir. Community Life
Donna Syth
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Mike Parikh
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Shane Humphrey
Maintenance Services
Dee Bailey
Dir. Housekeeping
Skye Wapskineh
Housekeeping
Rhonda Durant
Dining Services
Shefaly Mondal
Dining Services
Tamam Al-Ali
Dining Services
Eric Forcha, Justin Tocco
Security/Transport.



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Everyday Experiences		LOCATION KEY				
7:30 - 8:30 Breakfast 11:30 - 12:30 Lunch Gym Available 24/7 Exercise M,T,Th,F		CC - Community Center AL - Assisted Living L - Library O - Off Campus CW - Commons West TBA - To Be Announced		8:30 Exercise w/ UCO 3:00 Ice Cream Social & Activity-Holiday Brainstorm	8:30 Exercise w/ UCO 12:30 Labor Day Weekend Kickoff Potluck CC Dining Room Bring your favorite dish!	10-11 Brunch CC
1:00 Church Service AL	LABOR DAY 5 Labor Day Staff Offices Closed Dining Room Closed	8:30 Exercise w/ UCO Healthy Aging Month bring a friend to exercise 10:15 Men's Coffee 10:15 Women's Coffee 12:30 Menu Chat 1:00 "The Bible" Series	7:30 First Wednesday First Responders Bfast 8:15 Eric's Coffee Chat 9:00 The Great Courses 12:15 Dominoes 3:00 Healthy Aging Month Grandma Moses Day Documentary	8:30 Exercise w/ UCO 4:00 Men's Poker & Game Night	8:30 Exercise w/ UCO 3:00 Healthy Aging Month "Elderhood" Book Discussion	
GRANDPARENTS DAY 1:00 Church Service National Assisted Living Week Sep 11-16 "Joyful Moments"	11 AL Weekly Brain Busters 8:30 Exercise w/ UCO 12:30 Bingo 7:30 Outdoor Movie Night Film TBA	12 CC CW CW CC L CC CW 8:30 Exercise w/ UCO 10:15 Men's Coffee 10:15 Women's Coffee 10:30 Bradford Book Club 12:30 Menu Chat 1:00 "The Bible" Series	13 CW CW CC L CC CW 8:15 Eric's Coffee Chat 9:00 The Great Courses 12:15 Extreme Animals 'Zoo to You' 1:15 Dominoes 3:00 Healthy Aging Month "Elderhood" Book Discussion	14 CC CW CC L CW L 8:30 Exercise w/ UCO 3:00 Birthday Party	15 CW CW CW AL 8:30 Exercise w/ UCO 2:30 Water Wars 'Play Like a Kid Day'	16 CW AL 17
1:00 Church Service AL	18 AL Weekly Brain Busters 8:30 Exercise w/ UCO 12:30 Bingo	19 CC CW CW CC CC CW 8:30 Exercise w/ UCO 10:15 Men's Coffee 10:15 Women's Coffee 12:30 Menu Chat 1:00 "The Bible" Series	20 CW CW CC CC CC CW 8:15 Eric's Coffee Chat TBA Oklahoma State Fair Senior Day 12:15 Dominoes	21 CC O L 22 CW CC CC 8:30 Exercise w/ UCO 4:30 Celebrate: College Football Season! Wear your Bedlam Best! 4:30 p - Cocktails 5:00 p - Dinner	23 CW CW 8:30 Exercise w/ UCO 3:30 Movie & Pizza I'll See You in My Dreams	24
1:00 Church Service AL	25 AL Weekly Brain Busters 8:30 Exercise w/ UCO 11:30 World Food Tour Week (see menu) 12:30 Bingo 3:00 NEW! 'Act Up!' Drama Club	26 CC CW CC CC CC CW 27 CW CW CC CC CC CW 8:30 Exercise w/ UCO 10:15 Men's Coffee 10:15 Women's Coffee 12:30 Menu Chat 1:00 "The Bible" Series	28 CC CW L O 29 CW CW CW 8:30 Exercise w/ UCO 12:30 National Broadway Musicals Day Song Trivia	30 CW CW CW 8:30 Exercise w/ UCO 3:00 Healthy Aging Month "Elderhood" Book Discussion		