

Spanish Cove Spirit

Volume No. 213 / Januaray 2019

2019



HAPPY NEW YEAR



*365 Blank Pages
Write A Great Book!*

Spirit Spotlight



Which came first, Billiards, Snooker or Pool? If you said Billiards, you guessed right! They all originated in the 15th century in Northern Europe and France, played outdoors, being somewhat related to the game of Croquet. Billiards was later moved indoors to wooden tables covered with green cloth which was to simulate grass. Imagine that! It was played by all but claimed by the nobility and royalty as “their game”. Billiards, considered “the Gentleman’s Game” during the 19th century was a game of skill for men to play and wager while enjoying a cigar in a private club.

The game of Pool developed from Billiards was considered the common man’s game and has become more popular over time. Billiards and Pool are both played with cue sticks and balls. The simplest explanation is the sticks are used to strike the cue ball which in turn strikes the other balls. Billiards tables and Pool tables differ in size and construction with the Billiards tables having no pockets and Pool tables having six pockets, one in each corner and one on each side. Pool balls are smaller and their cue sticks shaped differently than those used in billiards. The object of the game in Pool is to sink all your balls in the pockets before your opponent.

Spanish Cove has recently purchased two new pool tables. They are solid wood with 100% rum rubber bumpers, professional high grade felt and have lifetime warranties. This was possible due to the help of residents and employees who raised more than half the funds needed for the purchase.

Playing pool has become increasingly popular here at the Cove and some of the men have made a daily ritual of gathering in the Billiards room, not to play Billiards but the game of Pool. The good news is the number of men is increasing and several women are taking to the game as well, thanks to Carl Sanders who has been holding “Women’s Pool Lessons”. The sound of pool balls cracking up against one another followed by belly laughter echoing through the hallways means the men are smack talking their peers in good natured competition. The women are learning right now so they are a bit more supportive of one another while playing. Ask these contributors what they think of the new equipment: Carl Sanders, Freddie Henley, Dick Hurley, Marvin Compton, Roy Privott, Lois Lawson and Doril Moon.

Anyone for Pool?

Special thanks to Ginny Jacobs (Spanish Cove Resident) for collaborating with everyone to make this article possible.

Executive Administrator's Corner

A WORK IN PROGRESS



Don Blöse

For over three years my family has been restoring a 103 year old farmhouse, a house we thought about bulldozing. The outside was worn but in fair shape. It required replacing a few broken windows, fixing a few hanging boards and slapping a fresh coat of paint on it. The inside of the house was another story. It needed lots of attention if it was to be brought back to its intended habitable glory. It is a work-in-progress although progress feels mighty slow.

Someone in our family works on that old house nearly every day, even if it is for just a few short minutes. In some way, it has become our friend and has helped us bond closer together as we work towards completion. As I work, I catch myself thinking about the original owners and the capacity that home once had for being filled with love and joy. It will be good to see it returned back to old form.

Strangely, I also see my reflection in that old house as if I am the house and still needing lots of work to become better. At 61 years of age, I realize, as Oscar Wilde put it, "I am not young enough to know everything." Perfection was never in my grasp although 'better' has always been attainable. I will settle for that.

January 1, is traditionally a time to set new resolutions to become better, leaner and wiser. For many of us, February 1, is traditionally the time for reflecting what went wrong with those resolutions. Yet, in some mysterious way each year, we become a little keener, smarter and better with the things that really matter in our lives. Like that old house, it is not the outside that matters as much as the inside. We all have to keep working on ourselves.

To realize how imperfect we are is an Ecclesiastical experience. We all have the capability to become better. We understand the better expectation is not what we did, but what we do now. Sometimes we have to repeat discovering real joy and happiness comes from what we do for others rather than what we do for ourselves. To be simple and real is a meaningful way to live under the sun.

We all have an older house to work on. The outside of yours may have a little wear and tear on it but it probably only bothers you, not anyone else. It is the inside where we live and where things really matter. There is only one caveat to home improvement. It is best to have the inside of your house be in great shape before helping someone with the inside of theirs.

We are all a work-in-progress although progress sometimes seems slow. I hope you continue to see progress and that your house is filled with love and joy in this coming year.

Sincerely, Don



Spanish Cove

Retirement Village

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

HAPPY BIRTHDAY

- | | | |
|--------------------|---------------------|---------------------|
| 2 Kay Johnson | 14 Freddie Price | 26 Linda Henley |
| 2 Sue Pike | 18 Forrest Ladd | 26 Buddy Montgomery |
| 5 Wanda Tucker | 20 Gloria Fisher | 29 Lynda Rushing |
| 8 Minnalee Stewart | 20 Freddie Henley | 30 Juanita Pigg |
| 9 Carolyn Merritt | 20 Letha Long | 30 Nancy Tarr |
| 10 Paula Alberts | 21 Mary Sue Sanders | 31 Georgia Bilbrey |
| 14 Betty Brown | 22 Jackie Drum | 31 Jeanette Schoof |
| 14 Betty Gray | 25 Red Callaway | |
| 14 Verla McKissack | 26 Larry Heath | |

Happy New Year 1

Offices are closed and exercise classes are cancelled.
11:00 ~ 2:00
New Year's Day Buffett

- 9:00 Stretch & Strengthen-EXR
- 10:00 Watercolor-Movement-EXR
- 10:30 Music & Movement-EXR
- 10:45 Pavilion Friends-PV
- 1:00 Auxiliary Meeting-EXR
- 1:00 Beginner Tai Chi-EXR
- 2:00 Stretch & Strengthen-EXR
- 2:30 Shopping at PVA
- 6:30 Men's Pool Hall

9:30 Sunday Service-PVA
6:00 "Mamma Mia"-PH

6

- 9:00 Stretch & Strengthen-EXR
- 10:00 Cove Singers Rehearse-Canceled
- 10:30 Music & Movement-EXR
- 10:45 Pavilion Friends-PV
- 1:00 Tai Chi For Balance-EXR
- 1:00 Canasta-CR
- 2:00 Ladies' Pool Hall
- 2:00 Stretch & Strengthen-EXR
- 3:00 Short Film -PH "Painting The Impossible"
- 3:00 Beginner Pool Lessons
- 6:00 Toning & Movement Class-EXR
- 6:30 Bridge-CR
- 6:30 Men's Pool Hall

7

9:00 Chair Yoga-EXR

- 9:00 Beginner/Refresher Bridge-CR
- 10:00 Devotional w/Don-PH
- 10:30 Yoga-EXR
- 11:15 Caregiver Support Group-FR
- 1:00 Line Dancing-EXR
- 2:00 Town Hall-PH
- 3:30 Ted Talk Tuesday-PH
- 4:00 Water Fun-Pool
- 6:30 Rummy/Scrabble-CR

8

- 9:00 Stretch & Strengthen-EXR
- 10:00 Watercolor-Movement-EXR
- 10:30 Music & Movement-EXR
- 10:45 Pavilion Friends-PV
- 1:00 Bible Study-EXR
- 1:00 Beginner Tai Chi-EXR
- 2:00 Stretch & Strengthen-EXR
- 2:00 Depart Parking
- 2:30 Shopping at PVA
- 3:00 Living Longevity
- 6:30 Men's Pool Hall

9:30 Sunday Service-PVA
6:00 "Book Club"-PH

13

- 9:00 Stretch & Strengthen-EXR
- 10:00 Cove Singers Rehearse-Canceled
- 10:30 Music & Movement-EXR
- 10:45 Pavilion Friends-PV
- 1:00 Tai Chi For Balance-EXR
- 1:00 Canasta-CR
- 2:00 Ladies' Pool Hall
- 2:00 Stretch & Strengthen-EXR
- 3:00 Y.N.B. Bingo -PH
- 3:00 Beginner Pool Lessons
- 6:00 Toning & Movement Class-EXR
- 6:30 Bridge-CR
- 6:30 Men's Pool Hall

14

9:00 Chair Yoga-EXR

- 9:00 Beginner/Refresher Bridge-CR
- 10:00 Devotional w/Don-PH
- 10:30 Yoga-EXR
- 1:00 Line Dancing-EXR
- 2:00 OMRP Presents-PH "Is Your Body For You Or Against You?"
- 2:00 Hard Hat Committee-FR
- 4:00 Water Fun-Pool
- 6:30 Rummy/Scrabble-CR

15

- 9:00 Stretch & Strengthen-EXR
- 10:00 Watercolor-Movement-EXR
- 10:30 Music & Movement-EXR
- 10:45 Pavilion Friends-PV
- 1:00 Beginner Tai Chi-EXR
- 2:00 Stretch & Strengthen-EXR
- 2:30 Shopping at PVA
- 3:30 Cove Book Club
- 6:30 Men's Pool Hall

9:30 Sunday Service-PVA
6:00 "Going in Style"-PH

20

- 9:00 Stretch & Strengthen-EXR
- 10:00 Cove Singers Rehearse-Canceled
- 10:30 Music & Movement-EXR
- 10:45 Pavilion Friends-PV
- 1:00 Tai Chi For Balance-EXR
- 1:00 Canasta-CR
- 1:00 Depart-The Containter Store-Swing
- 2:00 Ladies' Pool Hall
- 2:00 Stretch & Strengthen-EXR
- 3:00 Beginner Pool Lessons
- 6:00 Toning & Movement Class-EXR
- 6:30 Bridge-CR
- 6:30 Men's Pool Hall

21

9:00 Chair Yoga-EXR

- 9:00 Beginner/Refresher Bridge-CR
- 10:00 Devotional w/Don-PH
- 10:30 Yoga-EXR
- 1:00 Line Dancing-EXR
- 2:00 Residents' Meeting-PH
- 3:00 Town Hall Council-CR
- 3:30 Poetry & Tea-PH
- 4:00 Water Fun-Pool
- 6:00 Spanish Cove Board Meeting-PH
- 6:30 Rummy/Scrabble-CR

22

- 9:00 Stretch & Strengthen-EXR
- 10:00 Watercolor-Movement-EXR
- 10:30 Music & Movement-EXR
- 10:45 Pavilion Friends-PV
- 1:00 Beginner Tai Chi-EXR
- 2:00 Stretch & Strengthen-EXR
- 2:30 Shopping at PVA
- 3:00 Kindness Society
- 6:30 Men's Pool Hall

9:30 Sunday Service-PVA
6:00 "The Vow"-PH

27

- 8:00 Depart Grand Casino-Swing
- 9:00 Stretch & Strengthen-EXR
- 10:00 Cove Singers Rehearse-Canceled
- 10:30 Music & Movement-EXR
- 10:45 Pavilion Friends-PV
- 1:00 Tai Chi For Balance-EXR
- 1:00 Canasta-CR
- 2:00 Ladies' Pool Hall
- 2:00 Stretch & Strengthen-EXR
- 3:00 BINGO MANIA-PH
- 3:00 Beginner Pool Lessons
- 6:00 Toning & Movement Class-EXR
- 6:30 Bridge-CR
- 6:30 Men's Pool Hall

28

9:00 Chair Yoga-EXR

- 9:00 Beginner/Refresher Bridge-CR
- 10:00 Devotional w/Don-PH
- 10:30 Yoga-EXR
- 1:00 Line Dancing-EXR
- 4:00 Water Fun-Pool
- 5:00 Birthday Potluck Dinner-PH
- 6:30 Rummy/Scrabble-CR

29

- 9:00 Stretch & Strengthen-EXR
- 10:00 Watercolor-Movement-EXR
- 10:30 Music & Movement-EXR
- 10:45 Pavilion Friends-PV
- 1:00 Beginner Tai Chi-EXR
- 2:00 Stretch & Strengthen-EXR
- 2-4 PVA - Edgar Makes a Big Difference
- 2:30 Shopping at PVA
- 6:30 Men's Pool Hall

Cove EVENTS for January 2019

Please refer to the weekly publication of Bits and Pieces for possible revisions

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Strengthen-EXR MPR ment-EXR nds-PV eting-CR Chi For Balance-EXR ngthen-EXR Wal-Mart/Target all</p> <p>2</p>	<p>8:00 Men's Coffee w/Don 9:00 Chair Yoga-EXR 9:15 Depart Benson Park Pecans Lunch: The Farmers Daughter's Market 10:30 Yoga-EXR 1:00 Bridge-CR 1:00 Line Dancing-EXR 1:00 Canasta-MPR 2:00 Ladies Pool Hall 2:30 Drama Club-FR 4:00 Water Fun-Pool 5:30 Mexican Train Dominoes-FR 6:30 Mexican Train Dominoes-CR 6:30 Toning & Movement-EXR</p> <p>3</p>	<p>9:00 Stretch & Strengthen-EXR 10:00 Koffee Klatch- FR 10:45 Pavilion Friends-PV 1:00 Cove Electronics Academy-FR 2:00 Stretch & Strengthen-EXR 2:00 Yukon Shopping 4:00 Happy Hour - PVA 6:30 Men's Pool Hall</p> <p>4</p>	<p>10:00 Toning & Movement Class-EXR 2:00 Life Coach Nikki Wright Presents "Prioritize and Execute Goals"</p> <p>5</p>
<p>Strengthen-EXR MPR ment-EXR nds-PV w/ Melota-FR Chi For Balance-EXR ngthen-EXR son's Support Group Wal-Mart/Target er Better-PH all</p> <p>9</p>	<p>8:00 Men's Coffee w/Don 9:00 Chair Yoga-EXR 10:00 Cove Touring Club-PH 10:30 Yoga-EXR 1:00 Bridge-CR 1:00 Line Dancing-EXR 1:00 Canasta-MPR 2:00 Ladies Pool Hall 2:30 Drama Club-FR 4:00 Water Fun-Pool 5:30 Mexican Train Dominoes-FR 6:30 Mexican Train Dominoes-CR 6:30 Toning & Movement-EXR</p> <p>10</p>	<p>9:00 Stretch & Strengthen-EXR 10:00 Koffee Klatch- FR 10:45 Pavilion Friends-PV 1:00 Cove Electronics Academy-FR 2:00 Stretch & Strengthen-EXR 2:00 Yukon Shopping 4:00 Happy Hour - PVA 6:30 Men's Pool Hall</p> <p>11</p>	<p>10:00 Toning & Movement Class-EXR</p> <p>12</p>
<p>Strengthen-EXR MPR ment-EXR nds-PV Chi For Balance-EXR ngthen-EXR Wal-Mart/Target Club-CR all</p> <p>16</p>	<p>8:00 Men's Coffee w/Don 9:00 Chair Yoga-EXR 10:30 Yoga-EXR 1:00 Bridge-CR 1:00 Line Dancing-EXR 1:00 Canasta-MPR 2:00 Ladies Pool Hall 2:00 Laugh Out Loud Presentation-PH The Benefits of Laughter 4:00 Water Fun-Pool 5:30 Mexican Train Dominoes-FR 6:30 Mexican Train Dominoes-CR 6:30 Toning & Movement-EXR</p> <p>17</p>	<p>9:00 Stretch & Strengthen-EXR 10:00 Koffee Klatch-Boldt PH 10:45 Pavilion Friends-PV 1:00 Cove Electronics Academy-FR 2:00 Stretch & Strengthen-EXR 2:00 Yukon Shopping 4:00 Happy Hour - PVA 6:30 Men's Pool Hall</p> <p>18</p>	<p>10:00 Toning & Movement Class-EXR</p> <p>19</p>
<p>Strengthen-EXR MPR ment-EXR nds-PV Chi For Balance- ngthen-EXR Wal-Mart/Target quad 2019 Goals-PH all</p> <p>23</p>	<p>8:00 Men's Coffee w/Don 9:00 Chair Yoga-EXR 10:00 Depart - Day in OKC OKC Streetcar Ride & Lunch at the Vast 10:30 Yoga-EXR 1:00 Bridge-CR 1:00 Line Dancing-EXR 1:00 Canasta-MPR 2:00 Ladies Pool Hall 2:30 Drama Club-FR 4:00 Water Fun-Pool 5:30 Mexican Train Dominoes-FR 6:30 Mexican Train Dominoes-CR 6:30 Toning & Movement-EXR</p> <p>24</p>	<p>9:00 Stretch & Strengthen-EXR 10:00 Koffee Klatch- FR 10:45 Pavilion Friends-PV 1:00 Cove Electronics Academy-FR 2:00 Stretch & Strengthen-EXR 2:00 Yukon Shopping 4:00 Happy Hour - PVA 6:30 Men's Pool Hall</p> <p>25</p>	<p>10:00 Toning & Movement Class-EXR</p> <p>26</p>
<p>Strengthen-EXR MPR ment-EXR nds-PV Chi For Balance- ngthen-EXR Cruz Announcement Wal-Mart/Target all</p> <p>30</p>	<p>8:00 Men's Coffee w/Don 9:00 Chair Yoga-EXR 10:30 Yoga-EXR 1:00 Bridge-CR 1:00 Line Dancing-EXR 1:00 Canasta-MPR 2:00 Ladies Pool Hall 2:30 Drama Club-FR 4:00 Water Fun-Pool 5:30 Mexican Train Dominoes-FR 6:30 Mexican Train Dominoes-CR 6:30 Toning & Movement-EXR</p> <p>31</p>	<p>WATER EXERCISES Water Exercise w/ audio CD: M-Sa 7 a.m.</p> <p>COURTESY CAR Mon, Tues, Thurs.....8:30-4:30 Wed, Fri.....8:30-12:00</p>	<p>LOCATION ABBREVIATIONS Card Room CR Exercise Room EXR Fiesta Room FR Multi-Purpose Room..... MPR Pavilion Atrium..... PVA Plaza Concourse PC Plaza Hall PH Private Dining Room.....PDR</p>

Welcome New Residents



BEVERLY HALE

Beverly Hale was born in Riverside, California but moved to Lookeba, Oklahoma when she was just a baby. Her family ended up in Hinton, Oklahoma by the time Beverly was ten and she graduated from Hinton High School. She married Harold Hale at the age of twenty and had three children. Beverly now has seven grandchildren and two great grandchildren.



Beverly and Harold were married sixty-one years before he passed away in February of this year. Beverly decided it was time to make a move to Spanish Cove and she left El Reno where she and Harold had lived thirty-two years. We are very happy Beverly has chosen to join the Cove family. **Welcome to Spanish Cove, Beverly!**



SUE PIKE

Sue Pike is a native Oklahoma who was born in Henrietta and raised in Bartlesville. She attended OSU, graduating with a BS degree. After college she lived in Dallas, Texas and worked as a home economist for the Lone Star Gas Company.



She married Dr. Fred Pike and has two sons. One son lives in Dallas and the other in Oklahoma City. While Dr. Pike was stationed at Ft. Hood, Texas, Sue taught first grade for two years. She taught another two years in Oklahoma after they moved back.



Sue has been an active member of the Church of the Redeemer in Oklahoma City where she currently serves as an elder. She has been enjoying meeting new people since moving to Spanish Cove and looks forward to sharing a variety of experiences as her friendships increase. **Welcome to Spanish Cove, Sue!**

Life The Way You Want It

LIVING WELL – BENEFITS OF YOGA

By Debbie Miller, CPT, Director of Wellness

Yoga can be the perfect remedy for whatever ails you. It's one form of exercise that helps relieve stress while improving strength, balance, flexibility and overall health. Many yoga poses focus on balance and stability, both of which are important as you age. Strengthening your muscles and improving your balance can help prevent a fall, and can help you bounce back should you fall. Yoga can also improve your flexibility and joint health. Yoga is known for its low-impact moves which can loosen tight muscles and can tone your supporting muscles which helps prevent injury. Many yoga classes focus on helping participants calm the mind, relax the body and focus on restorative poses. When practiced regularly, yoga can improve respiration and reduce high blood pressure. Yoga has also been credited with helping ease lower back pain, alleviate arthritis pain, lower the need for diabetes medications, switch on genes that promote health, and reduce depression.

If that isn't enough to help convince you to try yoga, maybe this will; Harvard Medical School recently published an article titled, "The Amazing Healing Power of Yoga". According to that article, you may be able to delay the onset of Alzheimer's disease and fight age related declines in memory through the meditation components of yoga. Yoga does so much for your health that studies show people who do yoga use 43% fewer medical services. Yoga can improve your health and even bring happiness. If you are looking for a significant way to improve your health and concentrate on inner peace, strength, joy and love try one of our two yoga classes at Spanish Cove.

QUESTION: Do you prioritize and execute your goals?

PONDER THIS: What if at the first of the year you took the time to set goals for yourself, instead of resolutions. Webster's definition of a goal is stated as, "the object of a person's ambition or effort, an aim or desired result."

Resolutions are notorious for falling by the wayside six months into the year, whereas goals are short term successes that you set your sights on to achieve. Prioritize your time, your health and your happiness to prepare the goals you will attain in this coming year.

CHALLENGE: Get a new calendar for 2019. In the calendar, create goals that are achievable in a short amount of time. Start small! For instance, set a goal to walk 15 minutes a day, twice a day. Get your brain out of its' sleepy fog by setting aside 5 minutes of your morning routine, twice a week, by doing brainteasers. For health, eat a dark green vegetable during at least one meal of the day throughout the week, for 30 days.

CALENDAR: The first Saturday of the month, January 5th at 2:00 p.m. in Plaza Hall join us as we have professional Life Coach Nikki Wright here to give a presentation to teach you how to prioritize and execute your goals.

We all have limitations including myself, join me as I also will be setting small goals for my life to lead me down the path to success.

Many Blessings, Kathleen



New Year's Day Buffet

11:00 a.m. - 2:00 p.m.

ENTREES

**Filet Mignon with Shallot Butter
Baked Salmon with Lemon Cream Sauce**

SIDES

**Braised Fingerling Potatoes
Mushroom & White Truffle Mac and Cheese
Roasted Beef Gravy
Southern Fried Cabbage
Black-eyed Peas with Ham
Cheddar Biscuits**

DESSERTS

**Mini Brown Sugar Cheesecakes
Cranberry Cherry Cobbler Pie
Sugar Free Macadamia Almond Cake**

COCKTAIL

Tiffany Mimosa

**Residents call 350-5150 or see hostess to make
guest reservations by December 26th.
Marketing guests call 405-354-5906 to rsvp**

ADMINISTRATIVE STAFF

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M. Kay Hunter Director of Donor Development
Julia Jenkins Director of Nursing Pavilion I
Debbie Miller Director of Wellness & Resident Relations
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Debbie Wesley Director of Assisted Living & Home Health
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Jimmie Wall Director of Accounting

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