

June

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Golden Oaks Village

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Golden Oaks to host Father's Day Luncheon & Fishing Derby June 18



When it comes to fishing, you don't have to catch a big huge fish to have fun. But just ask Jim...Getting a bite quickly and landing plenty of fish can be just as rewarding. Golden Oaks will be hosting a Catch & Release Fishing Derby Hamburger Fry on June 18th from 8 am to 1 pm. Golden Oaks Silver Lakes maintains a healthy stock of bass and catfish. Residents are encouraged to invite their families to participate. Gift certificates and prizes will be awarded for most

fish caught, largest and smallest fish, and random door prizes. Golden Oaks offers a remarkable lifestyle for seniors who wish to continue leading active lives filled with travel, fitness, volunteer work, cultural and lifelong learning pursuits. In conjunction with the fishing derby, an Open House will be held for one open unit with lakefront views. For more information on open housing contact Elaine Johns at 580-249-2606.

New Wing Opening at Golden Oaks

The senior living industry and the ways we care for seniors are rapidly evolving. Regardless of whether a senior opts to stay in their current home or chooses to move to a senior living community, there are new and better solutions on the horizon to meet their care needs as the number of senior population grows.

Golden Oaks is opening a new housing wing that provides efficiency apartment living with utilities, cable, weekly housekeeping, life enrichment, daily wellness checks, and other services included.

Golden Oaks offer seniors ownership and control over their care and empowers them to select services that are tailored directly to their needs. For more information contact our professionals at 580-249-2606.

Upcoming Events at Golden Oaks

- Resident Council Meeting
June 6 @ 2 pm
- Fishing Derby & Open House
June 18 8-1 pm
- Baseball Game
June 3 9:30 am
- In the Loop
Current Events
June 9th
w/Wade Burleson
- Art Classes
Every Wed/Sunday
3-5 pm

Zesty Italian Pasta Salad Recipe



- 2 cups rotini pasta, uncooked
- 2 cups small fresh broccoli florets
- 1 cup halved cherry tomatoes
- 1/3 cup Lite Italian Dressing
- 1/4 cup Low Fat Parmesan Cheese
- 1/4 cup sliced black olives



1. Cook pasta in large saucepan as directed on package, omitting salt and adding broccoli to the boiling water for the last two minutes. Drain and place in medium bowl.
2. Add remaining ingredients, mix lightly.
3. Refrigerate several hours or until chilled.

Chaplain's Corner

Hello!! Summer is upon us and with that a new opportunity to study God's Word!

Join us for "Summer in the Psalms", a book whose writers were real people with problems and emotions just like ours and a God (still) big enough to handle them all! If you are in and out this summer, each lesson will stand alone—so join us as often as you can, beginning Monday, June 6th at 10:00 in the Oak Room..

On May 11th, 2022, our brother, Jack Weston went home to be with Our Lord. He served as President of the Chapel Committee for many years. Our new Chapel Committee (with Jack's approval) recently ordered an additional hymnal for use in our Chapel. We have dedicated these Large Print Books, "ALL THE BEST HYMNS", in Loving Memory of Jack Weston, May 19, 2022. We trust these books will be a blessing to our chapel worship for many years to come. Please do not remove them from the chapel.

IMPORTANT NOTE: Please be aware that the chairs in the Golden Oaks Chapel belong to the Chapel (a completely separate entity from Golden Oaks and are not to be removed for any purpose without the approval of the Chaplain/Chapel Committee. Thank you!

Chapel Committee Members: Janis Journey (President) and (hostess), Bill Keck (Secretary), Evelyn Frech (treasurer), A. K. Armstrong, Shirley Armstrong, Vonda Keck, Alvina Kliewer (hostess), Carolyn Rexroat (hostess), Mickey Blakely (assistant treasurer), Gladys Nokes, and Willa Johnston.

New and Exciting News from Golden Oaks Executive Director, Mark Gray

Greetings!

“Today is the day that the Lord has made, we will rejoice and be glad in it.” (Psalm 118:24)

We have much to be thankful for: several new air conditioners, a new boiler for C building, a new tractor (donated anonymously), a new grease trap for the kitchen, and many new residents and employees who have joined our community!

Soon we will host an engineering group with the Schemmer group, who will be evaluating most all our physical plant. We need this study to help guide us with strategic planning for the many renovations we have in mind. In some ways, it feels like rebuilding walls that Nehemiah dealt with. We are all working to answer the call of God to provide excellent services that will honor Him. An important part will be upgrading our physical plant. This will take a few years to fully complete; however, it is time to get started. Hopefully, we will begin this work within the next few months. Some of the things we will replace are roofs and other less visible areas of the campus; however, we will get to some of the showier spaces as soon as possible. This fall, I hope to be sharing definite plans based on our studies that will be conducted this summer. Thank you for allowing me to serve you and for keeping Golden Oaks in your prayers.



Blessings,

Mark A. Gray
Executive Director



Planned road trips can add a little more fun, excitement, history and enjoyment to a vacation. We all have experienced the normal routine of getting to travel to various destinations. Our next road trip is to Branson, Missouri, June 7-9. 11 Golden Oaks residents will be traveling via chartered coach for the three day excursion! Bon Voyage Family!



June 3rd—Let's Go!! David Allen Memorial Ballpark for a baseball game! Bus leaves at 9:30 am

June 6th—Texas Road House in Stillwater. Bus leaves at 3 pm

June 9th—We're going to Walmart! Bus leaves at 1 pm

June 17th—Let's pick Blackberries at the Redbird Farm. Bus leaves at 9 am

June 20th—Dinner at Bricktown Brewery. Best meatloaf ever! Bus leaves at 4:30 pm

June 28th—Voting Day! Bus leaves at 9 am and 1 pm

Golden Oaks Residents to Head to the Farm!



Golden Oaks is headed to Redbird Farms on Friday, June 17th to pick blackberries and to enjoy the farm life. The bus will leave at 9 am.

Here are some tips for picking blackberries!

Pick only berries that are fully black with a brown leafy “cap”. A ripe blackberry is a deep, dull black with a plump, full feel. It will pull free from the plant with only a slight tug. If the berry is red or purple, it is not ripe and should be left on the cane for another day.

(Berries will not ripen further after being picked.)



Avoid placing picked blackberries in the sunlight for any longer than necessary. For best results, berries should be placed in a cool, shaded area until you can refrigerate.

Don't overfill containers or pack the berries tightly.

Wade Burleson to speak to residents at Golden Oaks Chapel on June 23rd at 9 am

On February 1, Wade Burleson of Enid, Oklahoma, a minister, writer, and the former President of the Baptist General Convention of Oklahoma, announced that he had officially filed as a Republican candidate for Oklahoma's 3rd Congressional District.

Wade attended Business School at Baylor University where he met his wife, Rachelle, and he later graduated with a degree in Business Administration and Finance from East Central University, Ada, Oklahoma.



Wade and Rachelle were married in 1983 and they have four adult children and four grandchildren. Rachelle Burleson, DNP, APRN, CNS, is currently the Chief Nursing Officer of Enid's regional medical center.

Wade served as the Lead Pastor of Emmanuel Enid for thirty years until his retirement in January 2022. He served two terms as President of the Baptist General Convention of Oklahoma. Wade is a successful author with several published books and articles on American history and biblical theology.

Wade will be speaking at Golden Oaks in the Chapel on June 23rd from 9—10 am.

Park Avenue Grant allows SAIL Classes to begin June 7 in the Oak Room at Golden Oaks



The Oklahoma Healthy Aging Initiative, OHAI, has received a \$4,000 grant from Park Avenue Thrift to provide Tai Chi and Staying Active and Independent for Life (SAIL) classes in the Enid area.

Park Avenue Thrift strengthens the Enid community and serves others by collecting donations and giving the proceeds to organizations that invest in Enid's quality of life. Park Avenue has invested more than \$3 million in grants over its fourteen year history. They have also benefited Golden Oaks Quilting Group with a \$2,000 grant last year.

Oaks Quilting Group with a \$2,000 grant last year.

The funds awarded by Park Avenue Thrift will provide evidenced based wellness programming to older adults and caregivers in the Enid area to help increase physical activity and decrease the risk for falls. Both Tai Chi and SAIL classes are designated by the National Council on Aging as Evidenced-based program. These evidenced-based program offer proven ways to promote health and prevent disease among older adults. Both Tai Chi and SAIL have been designed to improve balance, stability and mobility when practiced regularly.

Staying Active and Independent for Life (SAIL) is a fitness program for older adults which can be done either seated or standing. Performing exercise that improves strength, balance and fitness is critical for staying active and reducing the risk of falls. The SAIL program was designed with these principles in mind. Each class includes a warm up. Stretching, cardio, balance and strengthening exercise, as well as a cool down.

Join Gina on June 13th for Wreath Making

No matter the season, adding a wreath to your home is sure to bring a festive mood to your indoor or outdoor decor. While options at your local florist or nursery could certainly serve that purpose, trying your hand at your own DIY version is a much more affordable—and creatively satisfying—option.

Gina will be hosting a wreath making class on June 13th at 2:00 pm in the Oak Room. The cost of the materials is \$10. The wreath will be an easy project which any level of creativity can do!



June Word Search

J D J M V O K U L U X T M E I
 O Z F X H M H I Q M M S V U N
 D W V D C A K U W P T F L F R
 R E A U Z E J E R U Y Z N M L
 K Q M Z N B B A O M U U C A V
 N P G W D E X K I H Q K T S A
 D O P I X A O T O S N L K K R
 L S C H O O L S W V E U B I V
 H S T S C W Y E C N E X C N M
 O U T U S Z D O S R V A C G B
 Q M U X B D L H A J D D O E L
 E M Z Z I T L A S E R Z R F L
 R E J N W H W O Q V O D G Y L
 P R G X S P C D N E F Z P A I
 T S H J I J K D I I X K R V S

LASER
 EXCEL
 SCHOOLS
 OUT
 SUMMER
 WEDDINGS
 COOKOUTS
 BEAM
 MASKING
 LENS
 GAS
 VACUUM

Meet an Ambassador—Patricia Jenkins



Patricia was born in Enid along with her twin sister, Lucretia. There were two other sets of twins born in my dad's family this generation. I started school in a one room school near Garber, Oklahoma. My family moved to Hunter where I graduated from Hunter High School. Upon graduation from Enid Business College, I married Walter Jenkins. My career consisted of Loomis Furniture, Evans Drug Store, and 20 years with the Enid Public School System as an elementary school secretary.

Growing up, I carried on the heritage of sewing. I sewed all my children's clothes which led into the joy of making quilts. Being a member of the Compassionate Quilt group has provided me the opportunity to make patriotic quilts for Golden

Oaks veterans. We donate quilts to cancer patients, foster children, youth and family services and the Woodring Wall of Honor and Veterans Park.

Walter and I have lived at Golden Oaks for 12 years this past May. We enjoy the community and the freedom of our lifestyle.

Golden Oaks New Fishing Guidelines

EVERYONE must check in at front desk

Residents may just call the front desk and inform them how many people they have fishing in their party.

Employees and/or their guest must check in at the front desk and receive a day pass

Catch and release only

Fishing license required for anyone 16 years or older

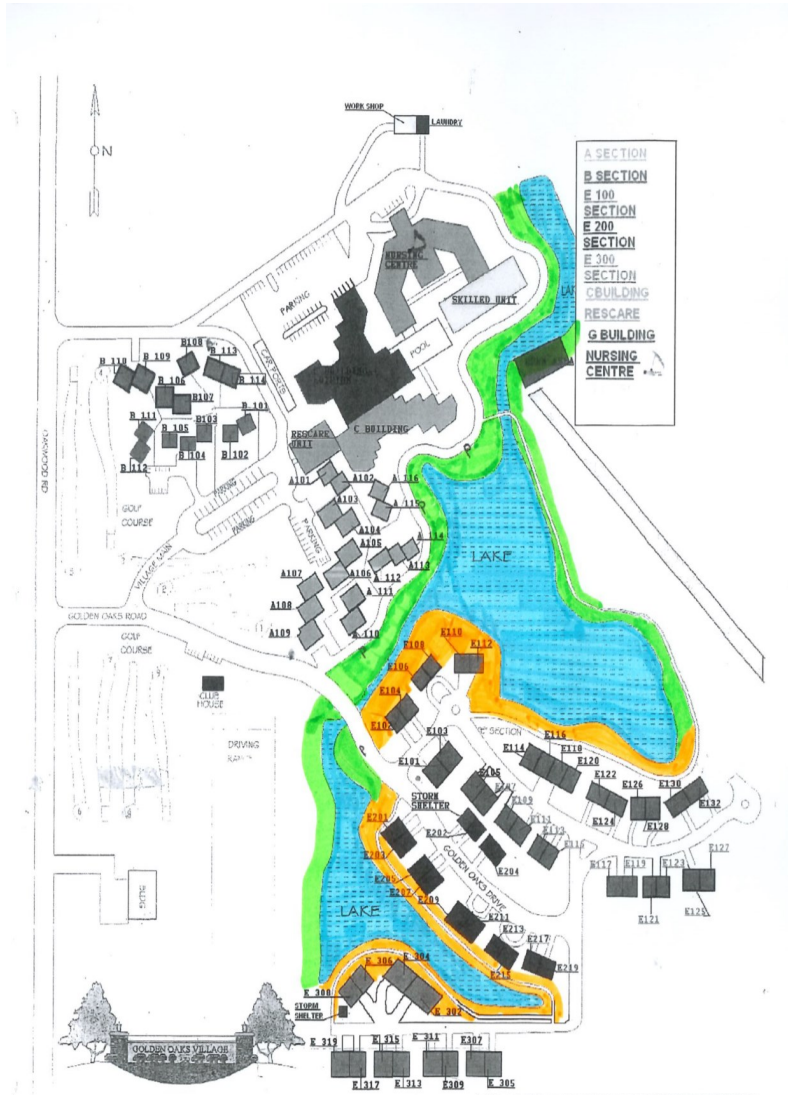
Please pick up all trash including used fishing gear.

Employees may have two guests with them fishing or two guests can use their name to obtain a day pass as long as one is an immediate relative.

12 and under must be accompanied by an adult.

Employees and guest must stay in the public zones highlighted in Green.
The orange areas are for residents only.

For more information on the new rules contact Lindsey Houston Phone: 580-249-2600



Golden Oaks Village



The Studios of Golden Oaks offers personalized services in a unique setting that caters to the needs of our residents.

Nearly half of people age 65 and older need help with routine daily activities and the Studios of Golden Oaks offers personalized services for seniors looking to age in place. We provide care tailored for your convenience, security and support.

Golden Oaks Amenities and Services

- Studio Apartments
- Utilities included
- Free Cable TV & Wifi
- Housekeeping/Laundry Services
- Life Enrichment Program
- Community Multi-Purpose Rooms
- Meals
- Additional Services can be Added to Studio Living
 - Home Assistance Plan with Health Monitor/Fall Detection
 - Daily Wellness Checks
 - Studio Services Coordinator



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