



Golden Oaks Village

Golden Oaks to host St. Patrick's Day Shenanigans on March 17th

St. Patrick's Day is historically a religious holiday and wasn't widely celebrated until Irish-American immigrants made it popular in the 1700's. It is a way to honor their heritage while embracing their new homeland. It often comes with parades, food and a wee bit of partying. Golden Oaks will be hosting a senior social full of shenanigans on March 17th. "The Irish sure know how to have fun and so I want to encourage everyone at Golden Oaks to get involved." stated Elaine Johns, Director of Sales and Marketing. "We want to encourage all staff to wear or dress in green. Costumes are welcome and green hats and other apparel can be purchased inexpensively at dollar



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

Greetings!



We have so much to be thankful for! Each and every day I notice reasons why Golden Oaks is so special. It could be a small gathering of folks simply enjoying a meal with friends or someone in rehab regaining strength enough to return home.

Thankfully, the current COVID variant has been on the sharp decline, and we have not had any residents who have tested positive for a couple weeks. Also, all but one of the 36 employees who contracted COVID has returned to work and even that one employee will be back to work by the time you read this newsletter.

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Upcoming Events at Golden Oaks Village

- No Resident Council Meeting 2t this month
- Golden Oaks Winter Olympic Games Feb. 11th, 18h & 25th
- Valentines Dinner Tuesday Feb 15 at 5pm
- Tia Chi in the Oak-room at 1:30pm
- Bible Study 10:00am Mondays and 2pm Wednesdays in the Oakroom
- All events observe socially distant rules w/Masks

Classic Shepherd's Pie with Beef

A rich, well-seasoned, nicely browned shepherd's pie is one of the world's great comfort food dishes. It's a simple meat stew, spread in a shallow baking dish, covered with mashed potatoes and baked until the whole thing is hot and bubbly, the top golden, crispy around the edges.

Umm...Umm... Good!



- 1 3/4 pounds russet potatoes, peeled
- 8 tablespoons unsalted butter (1 stick)
- 1/4 cup milk
- 1 medium yellow onion, finely chopped
- 2 medium carrots, peeled and diced
- 1/2 cup frozen petite peas **OR**
- 1 small pkg frozen peas/carrots mix
- 2 stalks celery, diced
- Kosher salt
- 1 1/2 pounds ground beef,
- 1/2 cup beef or chicken broth
- 2 tablespoons tomato paste

Directions:

You begin by making a batch of buttery mashed potatoes and setting those aside, Then you make simple ground-beef stew with onion, carrot, celery, and sweet frozen peas. Assemble, send to a medium-hot oven for 30 minutes, and dinner is served.

1. Place the potatoes in a large saucepan of cold salted water, bring to the boil over medium-high heat and boil until tender, about 20 minutes. Drain in a colander, return the potatoes to the saucepan, add 4 tablespoons of the butter and the milk, and mash with a potato masher until smooth and creamy. Season to taste with salt. Cover to keep warm until ready to use.
2. To make the filling, in a large frying pan, melt 2 tablespoons of the butter. Add the onion, carrots, and celery and a big pinch of salt. Cook, stirring occasionally, until tender, about 8 minutes. Add the ground beef and cook, stirring, until browned. Pour off any fat, then add the broth, and Worcestershire sauce. Simmer for 5 minutes. Stir in the peas.
3. Preheat the oven to 375°F. Grease a -quart shallow baking dish. Add the beef mixture in an even layer and then top with the mashed potatoes in an even layer. Use a fork to "ruffle" the top. Dot with the remaining butter. Bake until the filling is bubbling and top is golden. Approx. 30 min.



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Golden Oaks celebrates St. Paddy's Day March 17th at 2:30 pm

stores." It equates the day to the fourth of July for Americans, where people spend time with family, attend religious ceremonies, drink, eat and go to a parade. So we'll put on our party hats, play some Pictionary, a few crazy games, enjoy some food and fun while spending time with our Golden Oaks family. Come join the fun at 2:30 in the Oak Room.



March Word Search

M H C C Z Z Q U A I S N A O R D A Z E Q B Y U Q H P A Z O L I U O Y M
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P O N G K V L W I I M F B V J U C V B D A N X Y Z L Z N X W F D G S M
K Y O P R Q C Q N W H M B A E F I Y M Y B B A T B G V P E Z Z Z N Z X
C A Z D O I R K G F J P Z P T B S W U S K N C C T E G Y M P C H T Y K
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- BECK
- BESS
- BOBBIN
- BOBBLE
- BUCK
- CHLOE
- CLANK
- CLARION
- DEWEY
- DULCIE
- ELIXA
- FAWN
- FERN
- FIRA
- GARY
- GINGER
- GLIMMER
- GLISS
- IRIDESSA
- IVY
- KIT
- LILAC
- LILY
- LUMINA
- LYRIA
- MARINA
- MARY
- MENDY
- MILORI
- NYX
- PERIWINKLE
- PRILLA
- RANI
- ROSETTA
- RUMBLE
- SCARLETT
- SILVERMIST
- SLATE
- SLED
- SLUSH
- SPIKE
- SWEETPEA
- TABBY
- TERENCE
- TINKERBELL
- VIDIA
- VIOLA
- WISP
- ZARINA
- ZEPHYR

New and Exciting News from Mark Gray cont'

I have recently submitted a request for some funds as part of the provider relief funds. We intend to use some of those funds to address the many cosmetic improvements we need to make. Currently, we have concentrated on individual units, making them ready for rent.

Over the past month we have welcomed several new employees and residents to our Golden Oaks family, be sure to show yourself friendly to all the new folks.

We have been blessed so far with weather that has not proven to be overly difficult, though nobody likes ice, the quick changing weather patterns of Oklahoma has not left us with lingering issues.

Every day I give thanks for the opportunity to serve here at Golden Oaks, thank you for always keeping our community in your prayers.

Blessings!

Mark

Meet a Golden Oaks Ambassador

Meet Jim Reed. Jim hails from Kiowa, Kansas and his married to the love of his life, Vivian. Born and raised in Kiowa, he managed the Coop Grain elevator for more than 40 years. Jim graduated from high school and began playing football for Northwestern State. Following his long career, Jim retired and moved to Enid in 2005 and has lived at Golden Oaks for the last two and one half years. Jim and Vivian are very active in our community and attend First Methodist Church. Jim enjoys playing golf and having morning coffee with the "guys" each Wednesday morning. Jim and Vivian are very involved in community events and enjoy welcoming new residents to Golden Oaks.

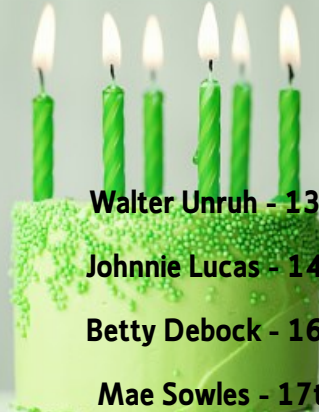


WELCOME OUR NEWEST RESIDENTS

Ron & Verna Mueller	C-114
Edna Carroll	G-113
Ken Joanne Dahl	E-124
John & Dorothy Rainey	E-308



Happy Birthday



Anita Barrett — 1st
 Gerald Cooper - 7th
 James Wagner - 13th
 Nellie Davis - 13th

Walter Unruh - 13th
 Johnnie Lucas - 14th
 Betty Debock - 16th
 Mae Sowles - 17th



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Audio Book Club 1:00pm	2 Men's Coffee 7:30-9 am Clubhouse	3 Bingo Night 6:30 Pm	4 Wii Games Veranda 1pm	5
6 Chapel 1:30 Tom LeGrand Art Class 3-5 pm	7 Bible Study 10 am Resident Council Meeting 2 pm	8 Ambassador Mtg 10 Am Audio Book Club 1:00pm African Queen Movie 2 pm Cowboy Up w/ Kyle Dillingham 5:30 pm	9 Men's Coffee 7:30-9 am Clubhouse Feb Birthday Lunch 11:30 Mani/Pedi Bus leaves 1:30pm	10 "In the Loop" Current Events 9 am Oak Room New Resident Orientation 10 Am Game Day Atrium 2 pm Bingo 6:30 pm	11 Drum Fit 10:00 am Get "Jiggy with Johnette" 2 pm Oak Room	12 National Girl Scout Day Buy Cookies!
13 Chapel 1:30 Tom Pullin Art Class 3-5 pm	14 Bible Study 10 am Tai Chi 1:30 pm March Madness Basketball Bracket Competition	15 Audio Book Club 1:00pm Bean Bag Baseball 2 Pm Mark Gray Art 6:30 pm	16 Men's Coffee 7:30-9 am Clubhouse Giant Yahtzee Game 2 pm Atrium	17 E Section Pot. Luck 11:30 am St Patrick Day Shenanigans 2:30 pm Oak Room Bingo 6:30 pm	18 Drum Fit 10:00 am Red Nose Day Games 2 pm Atrium RED NOSE DAY	19 National Quilting Day
20 Chapel 1:30 Steve Williams Art Class 3-5 pm	21 Bible Study 10 am Tai Chi 1:30 pm	22 Audio Book Club 1:00pm Quilting Presentation 2 pm Chapel Elaine Johns Scotland 6:30 pm	23 Men's Coffee 7:30-9 am Clubhouse 1:30 Hive Appeal Art Tour	24 "In the Loop" Current Events 9 am Oak Room National Puppy Day Pet Therapy 2 Pm Bingo 6:30 pm	25 Drum Fit 10:00 am Get "Jiggy with Johnette" 2 pm Oak Room	26 National Wear a Hat Day
27 Chapel 1:30 Tom Stanley Art Class 3-5 pm	28 Bible Study 10 am Tai Chi 1:30 Steering Committee 2 pm	29 Audio Book Club 1:00pm Corn Hole 2:00 pm Aaron Betts Mission Trip Africa 6:30 pm	30 Men's Coffee 7:30-9am Clubhouse Birthday Lunch 11:30 am Wii Bowling Tourney 2 pm	31 Easter Wreath Making Class 1:00 pm Bingo 6:30 pm		

Golden Oaks Upcoming Events and Activities



Card Games in the Oak Room 1-4 Monday – Friday

Drum Fit in the Oak Room 10 am every Friday

Board Games in the Oak Room 1-4 pm every Saturday

WII Games on the Veranda 1-3 Monday—Friday

Movies in the Chapel - See your calendar for dates

Bingo 6:30 pm every Thursday

Quilting 1st & 3rd Wednesday at 9:30 am. Contact Patricia Jenkins

Resident led water aerobics @ pool Monday-Friday at 8:45 AM

Conversation from the Chaplain's Corner



Are you ready for Spring? Let's make a Spring or Easter Wreath on March 31st

The last wreath making event was very successful and the residents asked for another opportunity to make another craft. This one will be a full size wreath and can be made with an Easter or a Spring announcement in the center. The colorful pastel wreath can be used for multiple seasons and will be filled with ribbons of many sizes, shapes and colors. A wreath is on display on the activity table as an example and we'll have a class on March 31st at 1:00 pm in the Atrium. Supplies will be furnished and Jenni Pharo McConnell will be assisting with the project. So make plans to get your wreath done in time for the upcoming season.



"In the Loop" Current Events starts March 10th in the Oak Room

Nothing gets the "noggin" jumping like a group discussion!

Current events is an innovative and dynamic way to incorporate life long learning into our activities and life enrichment programs at Golden Oaks. We plan to begin a new group during coffee time on the 2nd and 4th Thursdays of the month. We will invite community leaders to speak on topics which affect our community and our daily lives. We will cover top news and feature stories covering events and world happenings. This interactive group discussion and any type of one-to-one conversation is so much more than just a form of causal conversation for seniors, these interactions will give you a whole brain workout! It is proven that the task of conversation is highly cognitively stimulating.



When people talk to one another, narrate life stories, exchange conversation, share information and interact in a group, they essentially use multiple cognitive resources including working our memories, attention spans increase, and we'll probably learn a lot of new things! We'll have numerous topics to discuss, great speakers to listen to and to ask questions, and armed with all that new information, we should have a grand time and we expect it to be a colossal success! See you March 10th

Golden Oaks adds new Wing called “The Studios of Golden Oaks”



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
- Weekly 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



For more information on the Studios contact Elaine Johns

Phone: 580-249-2606

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E-mail: ejohns@goldenoaks.com

