


AUGUST 2019 • INDEPENDENT LIVING Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Tune to Channel 3 for daily and upcoming events</p> <p><i>Note: Answers to the puzzles will be posted on the community bulletin board</i></p>	<h2>August 2019</h2> <p><i>Events may be rescheduled or cancelled due to low turnout or inclement weather.</i></p>		<p>Room Legend</p> <p>EC - Event Center L - Lounge 7W - 7th Floor Conf Rm A/L 2R - Assisted Living/Living Rm PVD - Private Dining Room AR - Aerobics Room PR - Prayer Room DR - Discovery Room (Marketing Off)</p> <p>Inside/Outside Activities</p>	<p>1</p> <p>9:00 Exercise (AR) 10:00 Tai Chi (AR) 11:00 Catholic Mass (PR) 2:00 Strength Training (AR)</p>	<p>2</p> <p>9:00 Exercise (AR) 10:30 Mindfulness (A/L 2R) 11:00 Grillin' Day with Scott (Bistro) 2:00 Strength Training (AR) 3:00 The Great Courses "Our Night Sky" (EC) 4:30 GLOW Girls (Bar)</p>	<p>3</p> <p>1:00 Rummikub (L) 1:00 Popcorn & 1:15 Movie Matinee (EC) "Driving Miss Daisy" 1:00 Canasta L 7:00 Bingo EC</p>
<p>4 Nat'l Chocolate Chip Cookie Day—The chocolate chip cookie was invented by Ruth Graves Wakefield from Massachusetts, in 1938. Her husband ran the Toll House Inn, resulting in her cookies being called "Toll House" cookies. Nestle's bought the rights to the name, and the rest is history!</p> <p>11:00-1:30 Sunday Buffet (L) 2:00 Dominos (Bar)</p>	<p>5</p> <p>9:00 Exercise (AR) 10:00 Meyerland Plaza 10:30 Water Aerobics 1:00 Needle Group (L) 2:00 Mah Jong (L) 2:00 Chair Yoga (AR) 2:30 Hank's Ice Cream</p>	<p>6</p> <p>9:00 Balance & Flex (AR) 10:00 Speaker: Dr. Michelle Beck, Alzheimer's Disease (EC) 10:00 Kroger 10:00 Tai Chi 1:30 Mah Jong (5 WT) 1:30 Walgreens Senior Day 2:00 Strength Training (AR)</p>	<p>7</p> <p>9:00 Devotions (EC) 10:00 Caring Friends (Solarium) 2:00 Walking w/ Nurse Kathy 3:00 John's Choice (EC) TBA To the Movies AMC Theater at The Fountains "The Lion King"</p>	<p>8</p> <p>9:00 Exercise (AR) 10:00 Tai Chi (AR) 10:00 Episcopal Worship (PR) 10:00 ZOOafari (EC) Live Animal Show 2:00 Strength Training (AR) 6:15 Stages Theatre The Doyle & Debbie Show</p>	<p>9</p> <p>9:00 Exercise (AR) 10:30 Mindfulness (A/L 2R) 2:00 Strength Training (AR) 3:30 Shabbat Service (PR) 4:30 GLOW Girls (Bar) 6:30 Classic Movie (EC) "Operation Petticoat"</p>	<p>10</p> <p>1:00 Rummikub (L) 1:00 Popcorn & 1:15 Movie Matinee (EC) "Amelia" 1:00 Canasta L 7:00 Bingo (EC)</p>
<p>11</p> <p>2:00 Dominos (Bar) <i>By popular demand, 2 tables</i></p>	<p>12</p> <p>8:30 Senior Adult VBS at West U Baptist Church 9:00 Exercise (AR) 10:00 Candlelight Sign-Up (lib. lounge) 10:30 Water Aerobics 1:00 Needle Group (L) 2:00 Mah Jong (L) 2:00 Chair Yoga (AR) 3:00 Life Matters w/ Rev. Susan Yarbrough "Home" (7W) 7:00 Book Club (7W) Painted House by: John Grisham</p>	<p>13</p> <p>8:30 Senior Adult VBS at West U Baptist Church 9:00 Balance & Flex (AR) 10:00 Kroger 10:00 Tai Chi 1:30 Mah Jong (5 WT) 2:00 Strength Training (AR) 3:00 Technology Class with Sandra (Solarium)</p>	<p>14</p> <p>8:30 Senior Adult VBS at West U Baptist Church 9:00 Devotions (EC) 10:30 Grief Support Group (DR) 2:00 Walking w/ Nurse Kathy 3:00 The Great Courses "Our Night Sky" (EC) 5:00 Candlelight Dinner 6:45 Ginelle at the Piano (EC) (EC)</p>	<p>15</p> <p>8:30 Senior Adult VBS at West U Baptist Church 9:00 Exercise (AR) 10:00 Tai Chi (AR) 11:00 Catholic Mass (PR) 2:00 Strength Training (AR) 2:30 The Menil Collection Admission is Always Free</p>	<p>16</p> <p>9:00 Exercise (AR) 10:30 Mindfulness (A/L 2R) 2:00 Strength Training (AR) 3:00 Speaker, Sidney Burrus "Continuing Educational Opportunities" (EC) 4:30 GLOW Girls (Bar)</p>	<p>17</p> <p>1:00 Rummikub (L) 1:00 Popcorn & 1:15 Movie Matinee (EC) "Seven Brides for Seven Brothers" Classic Movie 1:15 Alley Theatre Murder on the Orient Express 1:00 Canasta L 7:00 Bingo EC</p>
<p>18</p> <p>2:00 Dominos (Bar) <i>By popular demand, 2 tables</i></p> <p>3:30 Song & Wine (L) <i>Louise at the Piano</i></p>	<p>19</p> <p>9:00 Exercise (AR) 10:00 Walmart on S. Rice 10:30 Speaker, Ken Barnett Union Pacific Railroad (EC) 10:30 Water Aerobics 1:00 Needle Group (L) 2:00 Mah Jong (L) 2:00 Chair Yoga (AR)</p>	<p>20</p> <p>9:00 Balance & Flex (AR) 10:00 Kroger 10:00 Tai Chi 1:30 Mah Jong (5 WT) 2:00 Strength Training (AR) TBA River Oaks Theater "Farewell"</p>	<p>21 Senior Citizens Day</p> <p>9:00 Devotions (EC) 2:00 Walking w/ Nurse Kathy 2:30 Ice Cream Social (EC) Entertainer, Mark Shepherd Music from the 40s</p>	<p>22</p> <p>9:00 Exercise (AR) 10:00 Tai Chi (AR) 2:00 Strength Training (AR) 5:00 August Birthday Dinner (EC)</p>	<p>23</p> <p>9:00 Exercise (AR) 9:30 Docent-led Tour Houston Public Library/Lunch TBA 10:30 Mindfulness (A/L 2R) 2:00 Strength Training (AR) 4:30 GLOW Girls (Bar) 6:15 Music Box Theatre Feelin' Groovy 5</p>	<p>24</p> <p>1:00 Rummikub (L) 1:00 Popcorn & 1:15 Movie Matinee (EC) "Ghost" 1:00 Canasta L 7:00 Bingo EC 7:00 Purple Martin Migration Watch Event - Stafford, TX</p>
<p>25</p> <p>2:00 Dominos (Bar) <i>By popular demand, 2 tables</i></p>	<p>26</p> <p>10:30 Water Aerobics 10:45 Monthly Lunch Bunch The Monument Inn 1:00 Needle Group (L) 2:00 Mah Jong (L)</p>	<p>27</p> <p>9:00 Balance & Flex (AR) 10:00 Kroger 10:00 Tai Chi 1:30 Mah Jong (5 WT) 1:30 Healthcare Resident & Family Forum (EC) 2:00 Strength Training (AR)</p>	<p>28</p> <p>9:00 Devotions (EC) 8:45 KPRC Channel 2 Tour/ Lunch TBD 2:00 Walking w/ Nurse Kathy 3:00 John's Choice (EC)</p>	<p>29</p> <p>9:00 Exercise (AR) 10:00 Speaker, Ruth-Ann Toups "Legal Strategies to Protect & Preserve your Assets" 10:00 Tai Chi (AR) 2:00 Strength Training (AR) 3:00 Town Hall Meeting (EC)</p>	<p>30 Frankenstein Day - This day is in honor of author Mary Wollstone Shelley who was born on August 30, 1797. She wrote the book "Frankenstein" in 1818. This day is in honor of her birth.</p> <p>9:00 Exercise (AR) 10:30 Mindfulness (A/L2R) 2:00 Strength Training (AR) 3:30 Wine Social (Lounge)</p>	<p>31</p> <p>1:00 Rummikub (L) 1:00 Popcorn & 1:15 Movie Matinee (A/L 2R) "The DaVinci Code" 1:00 Canasta L 1:30 Ed Gehan's Birthday Celebration (EC) 7:00 Bingo (EC)</p>

AUGUST 2019 • ASSISTED LIVING Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Birthdays</p> <p>Lisa Dyer 15 Evylene Ince 29 Beatrice King 27</p>	<p>Room Legend</p> <p>LR—Living Room LB-Lobby AR—Activity Room *AR- Aerobics EC—Event Center Room 1st FL PR—Prayer Room AL/2-Second FL L—Lounge Assisted Living DR—Dining Room B-Bar—Bistro-BS Mindfulness-AL/2nd Floor</p>	<p>AUGUST 2019</p> <p>Assisted Living Community</p> <p>Events may be rescheduled or cancelled due to low turnout or inclement weather or changes in staffing.</p>		<p>1</p> <p>9:00 Exercise *AR 11:00 Catholic Mass PR 11:00 Strength Training AR 11:30 Menu/Calendar AR 2:30 BaBoo Card Game AR</p>	<p>2</p> <p>9:00 Exercise *AR 11:00 Sit and Move AR 11:30 Grilling w/Scott-Bistro 3:00 Rummy Cube 4:00 Card Game AR</p>	<p>3</p> <p>1:00 Popcorn LB 1:15 Movie Matinee EC " Driving Miss Daisy" 7:00 Bingo EC</p>
<p>4</p> <p>2:00 –4:00 Games in the Activity Room 3rd Floor Get your neighbors and play a card game View Resident List</p>	<p>5</p> <p>11:00 Exercise AR 11:30 Menu/Calendar AR 2:00 Chair Yoga *AR 3:00 Word Power AR 4:00 Vacations Spots AR</p>	<p>6</p> <p>9:00 Balance & Flex *AR 11:00 Swat the Fly AR 11:30 Menu/Calendar AR 2:00 Strength Training *AR 3:00 Oo! LR 4:00 Foods on a Stick LR</p>	<p>7</p> <p>9:00 Devotions EC 11:00 Exercise AR 3:00 Spades AR 3:00 "Our Night Sky" EC</p>	<p>8</p> <p>9:00 Exercise *AR 10:00 Tai Chi *AR 11:00 Episcopal Worship PR 11:00 Strength Training AR 11:00 Menu/Calendar AR 3:00 3 Of The Same LR</p>	<p>9</p> <p>9:00 Exercise *AR 10:30 Mindfulness AL/2 11:00 Sit and Move AR 11:30 Menu/Calendar AR 3:00 Pokeno AR 3:30 Shabbat Service PR 4:00 Common Phrases AR</p>	<p>10</p> <p>11:00 Exercise AR 1:00 Popcorn LB 1:15 Movie Matinee EC "Amelia" 3:00 Chicken Foot LR 7:00 Bingo EC</p>
<p>11</p> <p>2:00-4:00 Games in the Activity Room 3rd Floor with your neighbors 3:30 Caring Critters Come and Pet the puppies AL/2nd Floor TV Room</p>	<p>12</p> <p>11:00 Exercise AR 11:30 Menu/Calendar AR 2:00 Chair Yoga *AR 3:00 Chicken Foot LR 4:00 Words with "GE" LR</p>	<p>13</p> <p>9:00 Balance & Flex *AR 11:00 Stretches AR 11:30 Menu/Calendar AR 3:00 Ice Cream Sundaes LR 4:00 Summer Days and Warm Memories LR</p>	<p>14</p> <p>9:00 Devotions EC 2:00 Walking w/Kathy LB 3:00 John's Choice EC 3:00 Spades AR 5:00 Candlelight Dinner 6:45 Ginelle at the Piano EC</p>	<p>15</p> <p>9:00 Exercise *AR 10:00 Catholic Mass PR 11:00 Strength Training AR 3:00 A to Z LR 5:00 BirthDay Dinner EC</p>	<p>16</p> <p>9:00 Exercise *AR 11:00 Sit and Move AR 2:30 Musical Program EC Strings & Things 3:00 Dominoes AR 4:00 Double Double AR</p>	<p>17</p> <p>1:00 Popcorn LB 1:15 Movie Matinee EC " 7 Brides for 7 Brothers" 7:00 Bingo EC</p>
<p>18</p> <p>2:00-4:00 Games in the Activity Room 3rd Floor 3:30 Song & Wine Louise Frowe In the Lounge</p>	<p>19</p> <p>9:00 Exercise *AR 11:00 Sit and Move AR 11:30 Devotion/Menu AR 2:00 Chair Yoga *AR 3:00 Words That Go To AR</p>	<p>20</p> <p>9:00 Balance & Flex *AL 11:00 Swat the Fly AR 11:30 Menu/Calendar AR 3:00 The Name Game LR 4:00 2 Word Company Name</p>	<p>21</p> <p>9:00 Devotions EC 11:00 Exercise AR 2:00 Walking w/Kathy LB 3:00 Spades AR 3:00 Ice Cream & Music EC</p>	<p>22</p> <p>9:00 Exercise *AR 11:00 Strength Training AR 11:00 Catholic Mass PR 3:00 Wii Games LR 4:00 Uno AR</p>	<p>23</p> <p>9:00 Exercise *AR 10:30 Mindfulness AL/2 11:00 Sit and Move AR 2:00 Strength Training *AR 3:00 Hearts AR 4:00 Say Cheese AR</p>	<p>24</p> <p>11:00 Exercise AR 1:00 Popcorn LB 1:15 Movie Matinee EC "Ghost" 3:00 Tri-Ominoes AR</p>
<p>25</p> <p>2:00- 4:00 Games in the Activity Room 3rd Floor with your neighbors View Resident List</p>	<p>26</p> <p>9:00 Exercise *AR 11:00 Sit and Move AR 11:30 Menu/ Calendar AR 2:00 Chair Yoga *AR 3:00 The Eyes Have It LR 4:00 Picnic Pairs LR</p>	<p>27</p> <p>9:00 Balance & Flex *AR 11:00 Stretches AR 11:30 Menu/Calendar AR 3:00 Guess the Word LR 4:00 Card Game</p>	<p>28</p> <p>9:00 Devotions EC 11:30 Menu/Calendar AR 2:00 Walking w/Kathy LB 3:00 Spades AR 3:00 "Our Night Sky" EC</p>	<p>29</p> <p>9:00 Exercise *AR 11:00 Strength Training AR 2:30 Baboo Card Game AR 4:00 Dominoes AR</p>	<p>30</p> <p>9:00 Exercise *AR 10:30 Mindfulness AL/2 11:00 Sit and Move AR 11:30 Menu/Calendar AR 3:00 Kiss Bingo AR 4:00 Uno AR</p>	<p>31</p> <p>1:00 Popcorn LB 1:15 Movie Matinee AL/2 " The DaVinci Code" 3:00 Leap Scotch AR 4:00 Trivia AR 7:00 Bingo EC</p>

AUGUST 2019 • HEALTH CARE CENTER Activities Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>2nd Floor 3rd Floor HC Healthcare MC Memory Care EC Event Center PR Prayer Room L Lounge S Solarium</p>	<p>Happy Birthday Ms. Powell August 10 Mr. Lindsay August 17</p> 			<p>1 9:00 Chair Yoga (2) 9:30 True or False (2) 10:00 Current Events (2) 11:00 Catholic Mass (PR) 3:30 Art w/Lisa (3)</p>	<p>2 9:00 Exercise (2) 9:30 Devotion Reading (2) 10:00 Current Events (2) 11:00 Grillin' Day (B) 3:00 Meet & Greet (3)</p>	<p>3 10:00 Sing Along (2) 11:00 Caring Friends 3:00 Ice cream Treats (B)</p>
<p>4 10:00 Devotional (2) 11:00 Caring Friends</p>	<p>5 Quanda Off 9:00 Morning Stretch (2) 9:30 Devotion Reading (2) 10:00 Current Events (2) 3:00 Lotion Therapy (3) 3:30 Fancy Nails (3)</p>	<p>6 9:00 Movement w/ music (2) 9:30 Devotion Reading (2) 10:00 Resident Council (2) 10:30 Wii Bowling (2) 3:00 Reminisce Tuesday (3)</p>	<p>7 9:00 Devotional (EC) 9:00 Exercise (2) 9:30 Current Event (2) 10:00 Humor Wed. (2) 10:00 Caring Friends (S)</p>	<p>8 9:00 Chair Yoga (2) 9:30 True or False (2) 10:00 Current Event (2) 10:30 Wii Bowling (2) 3:00 Theater Thursday (3)</p>	<p>9 9:00 Exercise (2) 9:30 Cooks Corner (2) 10:30 Devotion Reading (2) 11:00 Current Events (2) 3:00 Mystery Road Trip Outing</p>	<p>10 Quanda Off 10:00 Sing Along (2) 11:00 Caring Friends 7:00 Bingo (EC)</p>
<p>11 10:00 Devotional (2) 11:00 Caring Friends 3:30 Caring Critters</p>	<p>12 9:00 Morning Stretch (2) 9:30 Devotion Reading (2) 10:00 Current Events (2) 3:00 Lotion Therapy (3) 3:30 Fancy Nails (3)</p>	<p>13 9:00 Movement w/ music (2) 9:30 Devotion Reading (2) 10:00 Current Events (2) 10:30 Wii Bowling (2) 3:00 Reminisce Tuesday (3)</p>	<p>14 9:00 Devotional (EC) 9:00 Bill Parish Music (2) 10:00 Humor Wed. (2) 3:00 New Game 11'es (3) 5:00 Candlelight Dinner</p>	<p>15 9:00 Chair Yoga (2) 9:30 True or False (2) 10:00 Current Events (2) 10:30 Wii Bowling (2) 11:00 Catholic Mass (EC) 3:00 Thursday Theater(3)</p>	<p>16 9:00 Exercise (2) 9:30 Cooks Corner (2) 10:30 Devotion Reading (2) 11:00 Current Events (2) 3:00 Meet & Greet (3)</p>	<p>17 10:00 Sing Along (2) 11:00 Caring Friends 3:00 Ice Cream Treats (B) 7:00 Bingo (EC)</p>
<p>18 10:00 Devotional (2) 11:00 Caring Friends</p>	<p>19 Quanda Off 9:00 Morning Stretch (2) 9:30 Devotion Reading (2) 10:00 Current Events (2) 3:00 Lotion Therapy (3) 3:30 Fancy Nails(3)</p>	<p>20 9:00 Movement w/ music (2) 9:30 Devotion Reading (2) 10:00 Current Events (2) 10:30 Wii Bowling (2) 3:00 Reminisce Tuesday (3)</p>	<p>21 Senior Citizen Day 9:00 Devotional (EC) 9:00 Exercise (2) 9:30 Current Events (2) 10:00 Humor Wed. (2) 2:30 Ice Cream Social (EC)</p>	<p>22 9:00 Chair Yoga (2) 9:30 True or False (2) 10:00 Devotion Reading (2) 11:00 Current Events (2) 3:00 Thursday Theater (3)</p>	<p>23 9:00 Exercise (2) 9:30 Cooks Corner (2) 10:30 Devotion Reading (2) 11:00 Current Events (2) 3:00 Meet & Greet (3)</p>	<p>24 Quanda Off 10:00 Sing Along (2) 11:00 Caring Friends 7:00 Bingo (EC)</p>
<p>25 10:00 Devotional (2) 11:00 Caring Friends</p>	<p>26 9:00 Morning Stretch (2) 9:30 Devotion Reading (2) 10:00 Current Events (2) 3:00 Lotion Therapy (3) 3:30 Fancy Nails (3)</p>	<p>27 9:00 Movement w/ music (2) 9:30 Devotion Reading (2) 10:00 Current Events (2) 10:30 Wii Bowling (2) 3:00 Reminisce Tuesday (3)</p>	<p>28 9:00 Devotional (EC) 9:00 Acrylic Painting (2) 10:00 Humor Wed. (2) 3:00 New Game 11'es (3)</p>	<p>29 9:00 Chair Yoga (2) 9:30 True or False (2) 10:00 Devotion Reading (2) 11:00 Current Events (2) 3:00 Thursday Theater (3)</p>	<p>30 9:00 Exercise (2) 9:30 Cooks Corner (2) 10:30 Devotional Reading (2) 11:00 Current Events (2) 3:00 Celebrating Sweet August Babies (3)</p>	<p>31 10:00 Sing Along (2) 11:00 Caring Friends 7:00 Bingo (EC)</p>