





OCTOBER 2019 • INDEPENDENT LIVING Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h2>October 2019</h2> <div style="border: 1px dashed black; padding: 5px; width: fit-content; margin: 10px auto;"> Events may be rescheduled or cancelled due to low turnout or inclement weather. </div> 		1 9:00 Balance & Flex (AR) 10:00 Medicare Update (EC) By: Trusted Senior Specialists 10:00 Kroger 10:00 Tai Chi 1:30 Mah Jong (5 WT) 1:30 Walgreens Senior Day 2:00 Strength Training (AR)	2 9:00 Devotions (EC) 10:00 Caring Friends (Solarium) 2:00 Walking w/ Nurse Kathy 3:00 A Tribute to Cokie Roberts <i>Book Review of "Founding Mothers"</i> By Anna Louise Bruner Refreshments will be served (EC)	3 9:00 Exercise (AR) 10:00 Miraculous Jewelry with Sandra & Chico's Trunk Show (EC) 10:30 Golden Choir (L) 11:00 Catholic Mass (PR) 2:00 Strength Training (AR) 6:30 Stages Theatre <i>"Sister's Back to School Catechism: The Holy Ghost & Other Terrifying Tales"</i>	4 National Ships in Bottles Day – Today is devoted to the craft of building ships and/or other objects in bottles. 9:00 Exercise (AR) 10:30 Mindfulness (A/L 2R) 11:00 Grillin' Day with Scott (Bistro) 2:00 Strength Training (AR) 4:30 GLOW Girls (Bar) 6:30 Classic Movie (EC) <i>"Thoroughly Modern Millie"</i>	5 1:00 Rummikub (L) 1:00 Popcorn & 1:15 Movie Matinee (A/L 2R) <i>"A Month By The Lake"</i> 1:00 Canasta (L) 7:00 Bingo (EC)
6 11:00-1:30 Sunday Buffet (L) 1:15 Opera in the Heights <i>"Tosca"</i> 2:00 Mexican Train Dominos	7 9:00 Exercise (AR) 10:00 Candlelight Sign-Up (lib. lounge) 10:30 Water Aerobics 12:00 Houston Police Mounted <i>Horses Stables—Visit and Feed the Police Horses</i> 1:00 Needle Group (L) 2:00 Mah Jong (L) 2:00 Chair Yoga (AR)	8 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 "All Aboard for Broadway" <i>David LaDuca & Philip Hall</i> (EC)	9 Yom Kippur 9:00 Devotions (EC) 10:30 Grief Support Group (DR) 2:00 Walking w/ Nurse Kathy 3:00 The Great Courses (EC) <i>Museum Masterpieces: The Louvre</i> 5:00 Candlelight Dinner 6:45 Live Music w/ Bill Parish <i>Country & Western</i>	10 9:00 Exercise (AR) 10:00 Episcopal Worship (PR) 10:30 Golden Choir (L) 11:00 Introduction of Functional Pathways & Wellness Topics by Joan (EC) 2:00 Strength Training (AR) 7:00 Resident Association Meeting (EC)	11 9:00 Exercise (AR) 9:30 Shopping Trip to the Outlet Mall, Cypress, TX 10:30 Mindfulness (A/L 2R) 2:00 Strength Training (AR) 3:30 Shabbat Service (PR) 4:30 GLOW Girls (Bar)	12 1:00 Rummikub (L) 1:00 Popcorn & 1:15 Movie Matinee (EC) <i>"Tea With Mussolini"</i> 1:00 Canasta (L) 7:00 Bingo (EC)
13 2:00 Mexican Train Dominos (Bar) 3:00 Broadway on the Brazos <i>Cantor Vadim Tunitsky Clergy/Singer/Violinist</i> (EC)	14 Columbus Day 9:00 Exercise (AR) 10:00 Walmart on S. Rice Blvd. 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 (7W) 7:00 Book Club (7W) <i>"The Prize Winner of Defiance, Ohio"</i> By: Terry Ryan	15 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 Speaker: Donna Wrabel (EC) "Understanding Dementia: A Parallel Universe"	16 9:00 Devotions (EC) 12:30 Rice Univ Midweek Medley <i>"The Best of Movie Musicals"</i> 2:00 Walking w/ Nurse Kathy 3:00 The Great Courses (EC) <i>Museum Masterpieces: The Louvre</i>	17 9:00 Exercise (AR) 10:30 Golden Choir (L) 2:00 Strength Training (AR) TBA River Oaks Theatre 3:00 Liar's Club (Bar) 5:00 October Birthday Dinner (EC)	18 9:00 Exercise (AR) 9:00 Visit the Kemah Boardwalk /Lunch TBA 10:30 Mindfulness (A/L 2R) 2:00 Strength Training (AR) 4:30 GLOW Girls (Bar)	19 1:00 Rummikub (L) 1:00 Popcorn & 1:15 Movie Matinee (EC) <i>Classic Movie "The Major and the Minor"</i> 1:00 Canasta (L) 7:00 Bingo (EC)
20 2:00 Mexican Train Dominos (Bar) 3:30 Song & Wine (L) <i>Louise at the Piano</i>	21 9:00 Exercise (AR) 10:30 Water Aerobics 1:00 Needle Group (L) 2:00 Mah Jong (L) 2:00 Chair Yoga (AR) 3:00 Bible Study with Rev. Susan Yarbrough (7W) 3:30 The Towers Gift Shop Volunteer Meeting (PVD)	22 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 Speaker: Kathleen Crist, HAPS <i>"Resilience in Aging"</i> (EC)	23 9:00 Devotions (EC) 10:00 Early Voting Bus Trip to Bayland Community Center 12:30 Rice Univ Midweek Medley <i>"The Evolution of the Symphony"</i> 2:00 Walking w/ Nurse Kathy 3:00 The Great Courses (EC) <i>Museum Masterpieces: The Louvre</i>	24 9:00 Exercise (AR) 9:00 Crocodile Encounter Angleton, TX/Lunch TBA 10:30 Golden Choir (L) 2:00 Strength Training (AR)	25 9:00 Exercise (AR) 10:00 Tech Review with Sandra (PVD) 10:30 Mindfulness (A/L 2R) 1:30 Hank's Ice Cream Shop 2:00 Strength Training (AR) 3:30 Wine Social (L)	26 1:00 Rummikub (L) 1:00 Popcorn & 1:15 Movie Matinee (EC) <i>"Two Weeks Notice"</i> 1:00 Canasta (L) 7:00 Bingo (EC)
27 1:15 Houston Symphony Wagner + Beethoven 2:00 Mexican Train Dominos (Bar)	28 9:00 Exercise (AR) 10:30 Water Aerobics 11:00 Monthly Lunch Bunch Vietnamese Cuisine w/ Stacy 1:00 Needle Group (L) 2:00 Mah Jong (L) 2:00 Chair Yoga (AR)	29 9:00 Balance & Flex (AR) 10:00 Kroger 10:00 Tai Chi 1:30 Mah Jong (5 WT) 1:30 HC Resident & Family Forum 2:00 Strength Training (AR) 3:15 Wellness Topic: Veronica Juarez, Unidine "Brain Health" (EC)	30 9:00 Devotions (EC) 12:30 Rice Univ Midweek Medley <i>"The Life & Legacy of Vincent van Gogh"</i> 2:00 Walking w/ Nurse Kathy 2:30 Dining Committee 3:00 The Sunshiner's Band (EC)	31 Halloween  9:00 Exercise (AR) 10:00 Pumpkin Contest (L) 10:30 Golden Choir Performing – Big Band Music (L) 2:00 Strength Training (AR) 3:00 Town Hall Meeting (EC)	<div style="border: 2px dashed green; padding: 10px; text-align: center;"> Tune to Channel 3 for daily and upcoming events </div> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> Note: Answers to the puzzles will be posted on the community bulletin board </div>	Room Legend 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) Inside/Outside Activities

OCTOBER 2019 • ASSISTED LIVING Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
OCTOBER 2019 Assisted Living Community Events may be rescheduled or cancelled due to low turnout or inclement weather or changes in staffing.		1 9:00 Balance & Flex *AR 11:15 Stretches AR 11:30 Menu/Calendar AR 3:00 Spades AR	2 9:00 Devotions EC 11:15 Exercise AR 2:00 Walking w/Kathy LB 3:00 Spades AR	3 10:00 Chico Trunk Show EC 11:00 Catholic Mass PR 11:15 Strength Training AR 11:30 Menu/Calendar AR 3:00 Spades Tournament	4 9:00 Exercise *AR 11:15 Sit and Move AR 11:30 Grilling w/Scott-Bistro 3:00 Chicken Foot AR 4:00 Tri-Ominoes AR	5 11:15 Exercise AR 1:15 Movie Matinee 2/AL "A Month by the Lake" 3:00 Wii Bowling AR 7:00 Bingo EC
6 2:00 –4:00 Games in the Activity Room 3rd Floor Get your neighbors and play a game or sit and chat	7 11:15 Exercise AR 11:30 Menu/Calendar AR 2:00 Chair Yoga *AR 3:00 Hearts AR	8 Yom Kippur 9:00 Balance & Flex *AR 11:15 Swat the Fly AR 11:30 Menu/Calendar AR 2:00 Strength Training *AR 3:00 Tournament warm up Check Scores remind players	9 9:00 Devotions EC 2:00 Walking w/Kathy LB 3:00 Spades AR 3:00 Museum Masterpieces Event Center 6:45 Live Music/Bill Parrish EC	10 9:00 Exercise *AR 10:00 Tai Chi *AR 10:00 Episcopal Worship PR 11:15 Strength Training AR 11:00 Menu/Calendar AR 3:00 Spades Tournament	11 9:00 Exercise *AR 10:30 Mindfulness AL/2 11:15 Sit and Move AR 11:30 Menu/Calendar AR 3:00 Wii Games LR 4:00 Brain Games LR 3:30 Shabbat Service PR	12 1:00 Popcorn LB 1:15 Movie Matinee EC "Tea with Mussolini" 3:00 Games w/neighbors Activity Room 7:00 Bingo EC
13 2:00-4:00 Games in the Activity Room 3rd Floor with your neighbors 3:30 Caring Critters Come visit with the pooches AL/2nd Floor-TV Room	14 Columbus Day 11:15 Exercise AR 11:30 Menu/Calendar AR 2:00 Chair Yoga *AR 3:00 Word Power LR 4:00 Treats LR	15 9:00 Balance & Flex *AR 11:15 Stretches AR 11:30 Menu/Calendar AR 3:00 Ice Cream Sundaes LR 4:00 Brain Games LR	16 9:00 Devotions EC 11:15 Exercise AR 2:00 Walking w/Kathy LB 3:00 Spades AR 3:00 Museum Masterpieces AR	17 9:00 Exercise *AR 11:00 Catholic Mass PR 11:15 Strength Training AR 3:00 Spades Tournament 4:00 Refreshments 5:00 Birthday Dinner EC	18 9:00 Exercise *AR 10:30 Mindfulness AL/2 11:15 Sit and Move AR 3:00 Day at the Races LR	19 11:15 Exercise AR 1:00 Popcorn LB 1:15 Movie Matinee EC "The Major and the Minor" 3:00 Wheel of Fortune LR 7:00 Bingo EC
20 2:00-4:00 Games in the Activity Room 3rd Floor Get your neighbors and play a game or sit and chat	21 9:00 Exercise *AR 11:15 Sit and Move AR 11:30 Devotion/Menu AR 2:00 Chair Yoga *AR 3:00 Rummy Cube AR	22 9:00 Balance & Flex *AL 11:15 Swat the Fly AR 11:30 Menu/Calendar AR 3:00 Name 3 LR	23 9:00 Devotions EC 2:00 Walking w/Kathy LB 3:00 Museum Masterpieces EC 3:00 Spades AR	24 9:00 Exercise *AR 10:30 Golden Choir L 11:15 Strength Training AR 3:00 Spades Tournament 4:00 Refreshments	25 9:00 Exercise *AR 10:30 Mindfulness AL/2 11:15 Sit and Move AR 2:00 Strength Training *AR 3:00 Halloween Party LR 4:00 Rummy Cube AR	26 1:00 Popcorn LB 1:15 Movie EC "Two Weeks Notice" 3:00 Games w/neighbors AR 7:00 Bingo EC
27 2:00– 4:00 Games in the Activity Room 3rd Floor Get your neighbors and play a game or sit and chat	28 9:00 Exercise *AR 11:15 Sit and Move AR 11:30 Menu/ Calendar AR 2:00 Chair Yoga *AR 3:00 Tic Tac Toe AR	29 9:00 Balance & Flex *AR 11:15 Stretches AR 2:00 Strength Training *AR 3:00 The Name Game LR	30 9:00 Devotions EC 2:00 Walking with Kathy LB 3:00 The Sun shiner's Band Event Center 3:00 Spades AR	31 Halloween 10:00 Pumpkin Contest L 10:30 Golden Choir Performing Big Band Music L 11:15 Strength Training AR 11:30 Menu/Calendar 3:00 Movie The Birds LR	Room Legend 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 Blue/ Activities off the AL Floor	

OCTOBER 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>OCTOBER 2019</p>	<p>1</p> <p>9:30 Movement w/ Music (2) 9:45 Devotion Reading (2) 10:00 Resident Council (2) 10:30 Current Events (2) 10:45 Wii Bowling (2) 3:00 Reminisce Tuesday (3)</p>	<p>2 UT Students 9-1</p> <p>9:00 Devotional (EC) 9:30 Exercise (2) 9:45 Humor Wed. (2) 10:00 Current Event (2) 10:00 Caring Friends (S) 3:00 New Games 11'es (3) 6:00 PBS Ch. 8</p>	<p>3</p> <p>9:30 Chair Yoga (2) 9:45 Devotion Reading (2) 10:00 Current Events (2) 10:15 True Or false (2) 11:00 Catholic Mass (PR) 3:30 Art w/Lisa (3)</p>	<p>4 UT Students 8-4</p> <p>9:30 Exercise (2) 9:45 Devotion Reading (2) 10:00 Current Events (2) 10:15 Pick a Sense (2) 11:00 Grillin' Day 3:00 Bingo (3)</p>	<p>5 Quanda Off</p> <p>10:00 Sing Along (2) 11:00 Caring Friends 7:00 Bingo (EC)</p>
<p>6</p> <p>10:00 Devotional (2) 11:00 Caring Friends 6:00 PBS Ch. 8</p>	<p>7</p> <p>9:30 Morning Stretch (2) 9:45 Devotion Reading (2) 10:30 Barbershop Quartet (EC) 3:00 Lotion Therapy (3) 3:30 Fancy Nails (3)</p>	<p>8</p> <p>9:30 Movement w/ music (2) 9:45 Devotion Reading (2) 10:00 Current Events (2) 10:15 Wii Bowling (2) 3:00 Reminisce Tuesday (3)</p>	<p>9 UT Student 9-1</p> <p>9:00 Devotional (EC) 9:30 Exercise (2) 9:45 Humor Wed. (2) 10:00 Current Event (2) 10:15 Pick a Sense (2) 5:00 Candlelight Dinner 6:30 Live Music w/ Bill Parish (EC)</p>	<p>10</p> <p>9:30 Chair Yoga (2) 9:45 Devotion Reading (2) 10:00 Current Event (2) 10:15 True Or False (2) 3:00 Theater Thursday (3)</p>	<p>11 UT Students 8-4</p> <p>9:00 Exercise (2) 9:15 Devotion Reading (2) 9:30 Arts & Craft w/ Mrs. Miriam 3:00 Bingo (3) 3:30 Shabbat (PR)</p>	<p>12 UT Students 9-1</p> <p>10:00 Sing Along (2) 11:00 Caring Friends 3:00 Ice Cream Treats (B) 7:00 Bingo (EC)</p>
<p>13</p> <p>10:00 Devotional (2) 11:00 Caring Friends 3:30 Caring Critters 6:00 PBS Ch. 8</p>	<p>14 Quanda Off</p> <p>Columbus Day</p> <p>9:30 Morning Stretch (2) 9:45 Devotion Reading (2) 10:00 Current Events (2) 10:15 Pick a Sense (2) 3:00 Lotion Therapy (3) 3:30 Fancy Nails (3)</p>	<p>15</p> <p>9:30 Movement w/ music (2) 9:45 Devotion Reading (2) 10:00 Current Events (2) 10:15 Wii Bowling (2) 3:00 Reminisce Tuesday (3)</p>	<p>16</p> <p>9:00 Devotional (EC) 9:30 Exercise (2) 9:45 Humor Wed. (2) 10:00 Current Event (2) 10:15 Pick a Sense (2) 3:00 New Game 11'es (3) 6:00 PBS Ch. 8</p>	<p>17</p> <p>9:30 Chair Yoga (2) 9:45 Devotion Reading (2) 10:00 Current Events (2) 10:15 True Or False (2) 3:00 Thursday Theater(3)</p>	<p>18 UT Students 8-4</p> <p>9:30 Exercise (2) 9:45 Devotion Reading (2) 10:00 Current Events (2) 10:15 Pick a Sense (2) 3:00 Bingo (3)</p>	<p>19 Quanda Off</p> <p>10:00 Sing Along (2) 11:00 Caring Friends 7:00 Bingo (EC)</p>
<p>20 Welcome</p> <p>Our new Devotional Speaker Rev. Susan Yarbrough 10:00 Devotional (2) 11:00 Caring Friends 6:00 PBS Ch. 8</p>	<p>21</p> <p>9:30 Morning Stretch (2) 9:45 Devotion Reading (2) 10:00 Current Events (2) 10:15 Pick a Sense (2) 3:00 Lotion Therapy (3) 3:30 Fancy Nails(3)</p>	<p>22</p> <p>9:30 Movement w/ music (2) 9:45 Devotion Reading (2) 10:00 Current Events (2) 10:15 Wii Bowling (2) 3:00 Reminisce Tuesday (3)</p>	<p>23 UT Students 9-1</p> <p>9:00 Devotional (EC) 9:30 Exercise (2) 9:45 Humor Wed. (2) 10:00 Current Event (2) 10:15 Pick a Sense (2) 3:00 New Game 11'es 6:00 PBS Ch. 8</p>	<p>24</p> <p>9:30 Chair Yoga (2) 9:45 Devotion Reading (2) 10:00 Current Events (2) 10:15 True Or False (2) 3:00 Thursday Theater (3)</p>	<p>25 UT Students 8-4</p> <p>10:00 Mystery Trip OOOOuttting 3:00 Bingo (3)</p>	<p>26 UT Students 9-1</p> <p>10 Sing Along (2) 11 Caring Friends 3:00 Ice Cream Treats (B) 7:00 Bingo (EC)</p>
<p>27 Welcome</p> <p>10:00 Devotional (2) w/Nancy Sauer 11:00 Caring Friends 6:00 PBS Ch. 8</p>	<p>28 Quanda Off</p> <p>9:30 Morning Stretch (2) 9:45 Devotion Reading (2) 10:00 Current Events (2) 10:15 Pick a Sense (2) 3:00 Lotion Therapy (3) 3:30 Fancy Nails (3)</p>	<p>29</p> <p>9:30 Movement w/ music (2) 9:45 Devotion Reading (2) 10:00 Current Events (2) 10:15 Wii Bowling (2) 3:00 Reminisce Tuesday (3)</p>	<p>30</p> <p>9:00 Devotional (EC) 9:30 Exercise (2) 9:45 Humor Wed.(2) 10:00 Current Event (2) 10:15 Pick a Sense (2) 3:00 The Sunshiner,s Band (EC) 6:00 PBS Ch. 8</p>	<p>31 Halloween</p> <p>9:30 Chair Yoga (2) 9:45 Devotion Reading (2) 10:00 Current Events (2) 10:15 True Or False (2) 3:00 Thursday Theater (3)</p>		<p>Ms. Hollis Oct. 15</p> 