




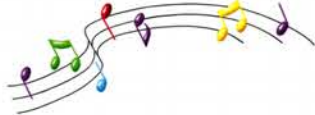







JANUARY 2020 • INDEPENDENT LIVING Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h2>January 2020</h2> <p>Events may be rescheduled or cancelled due to low turnout or inclement weather.</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/Religious Activities</p>	<p>I New Year's Day</p>  <p>11 AM—1:30 PM New Year's Day Buffet</p>	<p>2</p> <p>9:00 Exercise (AR) 11:00 Catholic Mass (PR) 2:00 Strength Training (AR)</p>	<p>3</p> <p>9:00 Exercise (AR) 10:30 Mindfulness (A/L 2R) 11:00 Grillin' Day with Scott (Bistro) 2:00 Strength Training (AR) 2:45 Shabbat Service (Sol) 4:30 GLOW Girls (Bar) 6:30 Classic Movie Night "Bringing up Baby" Katharine Hepburn & Cary Grant</p>	<p>4</p> <p>1:00 Rummikub (L) 1:00 Canasta (L) 1:00 Popcorn & 1:15 Movie Matinee (EC) "Cold Comfort Farm" 7:00 Bingo (EC)</p>
<p>5</p> <p>2:00 Mexican Train Dominos (Bar)</p>	<p>6</p> <p>9:00 Exercise (AR) 10:00 Candlelight Sign-Up (Lounge) 10:30 Water Aerobics 1:00 Needle Group (L) 2:00 Mah Jong (L) 2:00 Chair Yoga (AR)</p>	<p>7</p> <p>9:00 Balance & Flex (AR) 10:00 Kroger 10:00 Tai Chi 1:30 Walgreens Senior Day 2:00 Strength Training (AR) 3:00 Magvet Concert (EC) <i>A collegiate Jewish a cappella singing group from Yale University</i></p>	<p>8 Happy Birthday Elvis "The King"</p> <p>9:00 Devotions (EC) 10:30 Grief Support Group (DR) 2:00 Walking w/ Nurse Kathy 5:00 Candlelight Dinner 6:45 Friends, Brad & Ariella (EC)</p>	<p>9</p> <p>9:00 Exercise (AR) 10:00 Episcopal Worship (PR) 9:45 Docent-Led Tour of the Houston Police Horse Stables w/ Officer Ordon/Lunch TBD 7:00 Resident Association Quarterly Meeting (EC)</p>	<p>10</p> <p>9:00 Exercise (AR) 10:30 Mindfulness (A/L 2R) 2:00 Strength Training (AR) 4:30 GLOW Girls (Bar) 6:15 HAM Scholarship Concert Texas A & M Singing Cadets St. Andrew's Presbyterian Church</p>	<p>11</p> <p>1:00 Rummikub (L) 1:00 Canasta (L) 1:00 Popcorn & 1:15 Movie Matinee (EC) "The Man Who Would Be King" 7:00 Bingo (EC)</p>
<p>12</p> <p>11:00-1:30 Sunday Buffet (L) 1:15 Houston Symphony "Paganini + Pines of Rome" 2:00 Mexican Train Dominos (Bar)</p>	<p>13</p> <p>7:30 KHOU Great Day Houston Debra Duncan's Live Medical Monday Show 9:00 Exercise (AR) 10:30 Water Aerobics 1:00 Needle Group (L) 2:00 Mah Jong (L) 2:00 Chair Yoga (AR) 7:00 Book Club (7W) "The Library Book" by Susan Orlean</p>	<p>14</p> <p>9:00 Balance & Flex (AR) 10:00 Kroger 10:00 Tai Chi 2:00 Strength Training (AR) TBA To the Movies</p>	<p>15</p> <p>9:00 Devotions (EC) 10:00 Museum of Fine Arts, Houston "Norman Rockwell: American Freedom" Docent-led tour/Lunch at the Museum Cafe 2:00 Walking with Nurse Kathy 3:00 "Writing Your Life: Legacy Letters" 8 week series led by Resident, Thelma Zirkelbach (7W)</p>	<p>16</p> <p>9:00 Exercise (AR) 11:00 Catholic Mass (PR) 2:00 Strength Training (AR) 3:00 Liar's Club (Bar) 5:00 January Birthday Dinner</p>	<p>17</p> <p>9:00 Exercise (AR) 10:30 Mindfulness (A/L 2R) 2:00 Strength Training (AR) 4:30 GLOW Girls (Bar) 7:00 Glennie Scott in Concert (EC)</p>	<p>18</p> <p>1:00 Rummikub (L) 1:00 Canasta (L) 1:00 Popcorn & 1:15 Movie Matinee (A/L 2R) "John Q" 2:00 Celebration of Life Stan Smith (EC) 7:00 Bingo (EC)</p>
<p>19</p> <p>2:00 Mexican Train Dominos (Bar) 3:30 Song & Wine (L) <i>Louise at the Piano</i></p>	<p>20 Martin Luther King Jr. Day</p> <p>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) 3:30 The Towers Gift Shop Volunteer Meeting (PVD)</p>	<p>21</p> <p>9:00 Balance & Flex (AR) 10:00 Kroger 10:00 Tai Chi 2:00 Strength Training (AR) 3:00 Speaker: Dr. Bertie Simmons "Whispers of Hope: The Story of My Life" (EC)</p>	<p>22</p> <p>9:00 Devotions (EC) 2:00 Walking with Nurse Kathy 3:00 "Writing Your Life: Legacy Letters" 8 week series led by Resident, Thelma Zirkelbach (7W) 6:30 Casino Night (EC)</p>	<p>23</p> <p>9:00 Exercise (AR) 11:00 Health & Wellness Presentation with Joan Horrocks and Functional Pathways (EC) 2:00 Strength Training (AR)</p>	<p>24</p> <p>9:00 Exercise (AR) 9:30 Tour Gallery Furniture & Brookwood Community Shop/Lunch at Lopez in Richmond, TX 10:30 Mindfulness (A/L 2R) 2:00 Strength Training (AR) 4:30 GLOW Girls (Bar)</p>	<p>25 Chinese New Year</p> <p>1:00 Rummikub (L) 1:00 Canasta (L) 1:00 Popcorn & 1:15 Movie Matinee (A/L 2R) "Amazing Grace" 2:00 Celebration of Life John Alexander (EC) 7:00 Bingo (EC)</p>
<p>26</p> <p>2:00 Mexican Train Dominos (Bar)</p>	<p>27</p> <p>9:00 Exercise (AR) 10:30 Water Aerobics 11:00 Monthly Lunch Bunch Samurai ~ Japanese Cuisine 1:00 Needle Group (L) 2:00 Mah Jong (L) 2:00 Chair Yoga (AR)</p>	<p>28</p> <p>9:00 Balance & Flex (AR) 10:00 Kroger 10:00 Tai Chi 1:30 HC Resident & Family Forum 2:00 Strength Training (AR) TBD River Oaks Theatre</p>	<p>29</p> <p>9:00 Devotions (EC) 10:30 Book Review with Resident, Anna Louise Bruner (EC) 2:00 Walking with Nurse Kathy 3:00 "Writing Your Life: Legacy Letters" 8 week series led by Resident, Thelma Zirkelbach (7W) 6:15 Alley Theatre "Quixote Nuevo"</p>	<p>30</p> <p>9:00 Exercise (AR) 2:00 Strength Training (AR) 3:00 Town Hall Meeting (EC)</p>	<p>31</p> <p>9:00 Exercise (AR) 10:30 Mindfulness (A/L 2R) 2:00 Strength Training (AR) 3:30 Wine Social (L) <i>Louise at the Piano</i></p>	<p style="text-align: center;">Tune to Channel 3 for daily and upcoming events</p> <p style="text-align: center;">Note: Answers to the puzzles will be posted on the community</p>

JANUARY 2020 • HEALTH CARE CENTER Activities Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
January 	2nd Floor 3rd Floor HC Healthcare MC Memory Care EC Event Center PR Prayer Room L Lounge S Solarium P Patio	Introducing Walkabouts with Brazos Angels Beginning Jan. 8th, 2020	1 Happy New Year! 8 Rose Parade Ch. 7 9:30 Exercise 9:45 Humor Wed. 3:00 Table Games 6:00 PBS Ch. 8	 2 9:30 Chair Yoga (2) 9:45 Devotion Reading (2) 10:00 Art w/ Lisa (3) 11:00 Catholic Mass (PR) 3:00 Thursday Theater (3)	3 9:30 Exercise (2) 9:45 Devotion Reading (2) 10:00 Current Events (2) 11:00 Grilln' Day 2:45 Shabbat (S) 3:00 Patio Talk (P)	4 9:30 Exercise (2) 10:00 Sing Along (2) 11:00 Caring Friends 7:00 Bingo (EC)
5  10:00 Devotional w/ Marjorie Ishee 11:00 Caring Friends 6:00 PBS Ch. 8	6 Quanda Off 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)	7 9:30 Movement w/ music (2) 9:45 Devotion Reading (2) 10:00 Resident Council (2) 10:15 You Name It (2) 3:00 Magevet Concert (EC)	8 9:00 Devotional (EC) 9:30 Exercise (2) 9:45 Humor Wed. (2) 10:00 Current Events (2) 10:15 Walk About w/ Brazos Angels 3:00 Mushroom Hunter Detective (3) 5:00 Candlelight Dinner	9 USA 9:30 Chair Yoga (2) 9:45 Devotion Reading (2) 10:00 States & Capitals (2) 3:00 Thursday Theater (3)	10 9:30 Exercise (2) 9:45 Devotion Reading (2) 10:00 Current Events (2) 10:15 Sing a Favorite Song (2) 3:00 Patio Talk Remembering Famous People (P)	11 Quanda Off 9:30 Exercise (2) 10:00 Sing Along (2) 11:00 Caring Friends 3:00 Table Games 7:00 Bingo (EC)
12  10:00 Devotional w/ Louise Row 11:00 Caring Friends 3:30 Caring Critters 6:00 PBS Ch. 8	13 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)	14 9:30 Movement w/ music (2) 9:45 Devotion Reading (2) 10:00 Current Events (2) 10:15 You Name It (2) 3:00 Reminisce Tuesday (3)	15 9:00 Devotional (EC) 9:30 Exercise (2) 9:45 Humor Wed. (2) 10:00 Current Event (2) 10:15 Walk About w/ Brazos Angels 3:00 Amateur Magician Detective (3) 6:00 PBS Ch. 8	 16 9:30 Chair Yoga (2) 9:45 Devotion Reading (2) 10:00 Music from your past 11:00 Catholic Mass (PR) 3:00 Thursday Theater(3)	17 9:30 Exercise (2) 9:45 Devotion Reading (2) 10:00 Current Events (2) 10:15 Sing a Favorite Song(2) 3:00 Patio Talk (P)	18 9:30 Exercise (2) 10:00 Sing Along (2) 11:00 Caring Friends 7:00 Bingo (EC)
19  10:00 Devotional (2) w/ Louise Row 11:00 Caring Friends 6:00 PBS Ch. 8	20 Quanda Off 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)	21 9:30 Movement w/ music (2) 9:45 Devotion Reading (2) 10:00 Current Events (2) 10:15 You Name It (2) 3:00 Reminisce Tuesday (3)	22 9:00 Devotional (EC) 9:30 Exercise (2) 9:45 Humor Wed. (2) 10:00 Current Event (2) 10:15 Walk About w/ Brazos Angels 3:00 Under the Bed Detective (3) 6:30 Casino Night (EC)	 23 9:30 Chair Yoga (2) 9:45 Devotion Reading (2) 10:00 Name the Presidents 3:00 Thursday Theater (3)	24 9:30 Exercise (2) 9:45 Devotion Reading (2) 10:00 Current Events (2) 10:15 Sing a Favorite Song(2) 3:00 Patio Talk (P)	25 Quanda Off 9:30 Exercise (2) 10:00 Sing Along (2) 10:30 Allison playing piano 11:00 Caring Friends 3:00 Table Games 7:00 Bingo (EC)
26  10:00 Devotional (2) w/Nancy Sauer 11:00 Caring Friends 6:00 PBS Ch. 8	27 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)	28 9:30 Movement w/ music (2) 9:45 Devotion Reading (2) 10:00 Current Events (2) 10:15 You Name It (2) 3:00 Reminisce Tuesday (3)	29 9:00 Devotional (EC) 9:30 Exercise (2) 9:45 Humor Wed.(2) 10:00 Current Event (2) 10:15 Walk About w/ Brazos Angels 3:00 Insomnia Detective (3) 6:00 PBS Ch. 8	 30 9:30 Chair Yoga (2) 9:45 Devotion Reading (2) 10:00 Create a picture day 3:00 Thursday Theater (3)	31 9:30 Exercise (2) 9:45 Devotion Reading (2) 10:00 Current Events (2) 10:15 Sing a Favorite Song(2) 3:00 End of the month Bornday Celebration (P)	 Ms. Bellah Jan. 7 Ms. Henley Jan. 8 Ms. Schindler Jan.14 Ms. Kippen Jan. 22