AUGUST 2021 • INDEPENDENT LIVING Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
I Friendship Day 11:30—1:30 Sunday Brunch (Bistro)	10:00 Exercise w/ Virginia (EC) 1:00 Brazos Needle Group (L) 2:00 The Great Courses (EC &C3) "History's Greatest Voyages of Exploration"	3 Nat'l Watermelon Day 10:00 Exercise w/ Frances (EC) 10:30 Kroger Grocery 1:00 Line Dance (EC) 1:30 Walgreens Senior Discount Day 3:00 Tuesday Treats Watermelon Samples (Bistro)	9:00 Devotions (EC) Rev. Elias Garcia Willow Meadows Baptist 10:00 Exercise w/ Frances (EC) 2:00 Walking w/ Nurse Kathy 3:00 Water Aerobics 6:45 Stages Theatre (Re-scheduled) "Billie Holiday in Lady Day at Emersons"	10:00 Exercise w/ Frances Via Video on Channel 3 & EC 10:45 Sing-a-Long "Fifth Floor Favoites" (L) w/ Ginny Croft 12:45 Marble Slab Creamery	9:00 Coffee Talk (Bistro) 10:00 Exercise w/ Frances (EC) 3:30 Cornhole Tournament (EC) 7:00 Classic Movie (EC) "In Name Only" Starring Carole Lombard, Cary Grant, & Kay Francis	7 Campfire Day 10:00 Card Craft (Craft Rm) 2:00 Needlework (3rd Floor) 7:00 Bingo (EC)
8 11:30—1:30 Sunday Brunch (Bistro) 3:30 University of Houston Musical Talent (EC)	9 Book Lovers Day 10:00 Exercise w/ Frances (EC) 10:45 Meyerland Shopping (JC Penney, Target, Chicos) 1:00 Brazos Needle Group (L) 2:00 The Great Courses (EC &C3) "History's Greatest Voyages of Exploration" 7:00 BTBM Book Club (7W) "Planning Session for 2022 Books"	10 Nat'l S'mores Day 10:00 Exercise w/ Frances (EC) 10:30 Kroger Grocery 1:00 Line Dance (EC) 2:30 UAHT Human Trafficking Presentation (EC)	9:00 Devotions (EC) Rev. Kate Flint St. Paul Methodist w/ Holy Communion 10:00 Exercise w/ Frances (EC) 10:30 Catholic Mass with Father Joseph (AR) 1:00 J's Treat: MFAH Monet to Matisse Impressionism to Modernism from the Bemberg Foundation 2:00 Walking w/ Nurse Kathy 3:00 Water Aerobics	12 10:00 Exercise w/ Frances (EC) Via Video on Channel 3 & EC 10:45 Sing-a-Long "Broadway II" w/ Susan Alexander 11:30 100th Birthday Celebration for Neal Heaps (Bistro) 1:30 Walmart on S. Rice 5:45 Men's Night Out "Ouisie's Table - American Cuisine"	9:00 Coffee Talk (Bistro) 10:00 Exercise w/ Frances (EC) 11:30 Grillin' with Scott & Jim Pick up in the Bistro! 2:30 Fun & Games (Solarium) Let's Play Scrabble 7:00 Friday Night Feature (EC) "Mr. Holmes" Starring Ian McKellen & Laura Linney	 I 4 I 0:00 Card Craft (Craft Rm) I 2:00 Needlework (3rd Floor) 7:00 Bingo (EC)
11:30—1:30 Sunday Brunch (Bistro) 3:00 Wine & Music Louise Frowe at the piano (L)	9:15 Docent-led Tour of the Dunham Bible Museum at HBU and Lunch at Salata Salad Kitchen 10:00 Exercise w/ Frances (EC) Via Video on Channel 3 & EC 1:00 Brazos Needle Group (L) 2:00 The Great Courses (EC &C3) "History's Greatest Voyages of Exploration"	17 10:00 Exercise w/ Frances (EC) 10:30 Kroger Grocery 1:00 Line Dance (EC 3:00 Tuesday Theater (EC & C3)	9:00 Devotions (EC)+ Rev. Junfeng Tan Faith Lutheran 10:00 Exercise w/ Frances (EC) 1:00 Water Aerobics 2:00 Walking w/ Nurse Kathy	 19 National Potato Day 10:00 Exercise w/ Frances (EC) Via Video on Channel 3 & EC 10:45 Sing-a-Long "Folk Songs" w/ Susan & Anne (L) 5:00 August Birthday Dinner (EC) 	9:00 Coffee Talk (Bistro) 10:00 Exercise w/ Frances (EC) 2:30 Fun & Games (Solarium) Let's Play Backgammon 3:30 Shabbat Service with Cantor Tunitsky (7VV) 4:00 Men's Gathering Meet us by the Pool Table! 7:00 Classic Musical & Wine Night (EC) "South Pacific"	21 Senior Citizens Day 10:00 Card Craft (Craft Rm) 2:00 Needlework (3rd Floor) 7:00 Bingo (EC)
11:30—1:30 Sunday Brunch (Bistro) 3:30 University of Houston Musical Talent (EC)	23 Ride the Wind Day 10:00 Exercise w/ Frances (EC) 1:00 Brazos Needle Group (L) 2:30 70s Disco Party (EC) Live entertainment w/ Brenda Guy Ice Cream will be served!	24 10:00 Exercise w/ Frances (EC) 10:30 Kroger Grocery 1:00 Line Dance with Gayle (EC) 3:00 Liar's Club (EC)	9:00 Devotions (EC) "Glimpses of Eternity" Leaders, Elaine, Virginia & Susan 10:00 Exercise w/ Frances (EC) 10:30 Meyer Park Shopping (Kohls, Dollar Tree, Burlington, or Randall's) 1:00 Water Aerobics 2:00 Walking w/ Nurse Kathy 5:00 Candlelight Dinner	26 Nat'l Dog Day 10:00 Exercise w/ Frances (EC) Via Video on Channel 3 & EC 10:45 Sing a Long "Favorites" with Louise Frowe (L) 3:00 Town Hall w/ Scott (EC) 7:00 Purple Martin Bus Trip The Fountains Shopping Center	9:00 Coffee Talk (Bistro) 10:00 Exercise w/ Frances (EC) 11:00 Episcopal Worship with The Reverend David Goldberg (AR) 1:30 Senior Sage w/ Facilitator, Margaret Desmond (7W) 2:30 Fun & Games (Solarium) Let's Play Checkers	28 World Daffodil Day 10:00 Card Craft (Craft Rm) 2:00 Needlework (3rd Floor) 7:00 Bingo (EC)
29 Int'l Bat Night 11:30—1:30 Sunday Brunch (Bistro) 3:30 Susan Alexander at the Piano in the Lounge Brought to you by the letter W	10:00 Exercise w/ Frances (EC) 11:15 Monthly Lunch Bunch Fadi's Meyerland Mediterranean Grill 1:00 Brazos Needle Group (L) 2:00 Speaker: Martha Castex- Tatum, City Council Representative (EC)	3 I 10:00 Exercise w/ Frances (EC) 10:30 Kroger Grocery 1:00 Line Dance with Gayle (EC) 3:00 C & W Happy Hour Live music w/ Jon Ingram (EC)	Room Legend EC - Event Center L - Lounge 7W - 7th Floor Conference Rm A/L 2R - Assisted Living/Living Rm PVD - Private Dining Room AR - Aerobics Room PR - Prayer Room SOL- Solarium	Tune to Channel 3 for daily and upcoming events Inside/Outside/Religious Activities	Events may be rescheduled or calinclement w	

AUGUST 2021 • ASSISTED LIVING Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00AM-11:00AM- Morning Devotions Delivered 11:00- Sunday Morning Worship Music DR3 11:30-1:30- Sunday Brunch (Bistro) 2:30- Movie (DR3)	8:00- Morning Visits 9:00- Daily Chronicles Delivered 11:00- Morning Stretch (AR3) 1:00- Hydration Cart Room to Room 2:00- The Great Courses (EC & C3) 3:00- Creative Coloring (AR3)	8:00- Morning Visits 9:30- Daily Chronicles and Coffee Corner (DR3) 10:30- Kroger Grocery 11:00-Resident Council Meeting (AR3) 2:30- Tuesday Treats (Bistro) 3:00- BINGO! (DR3)	8:00- Morning Visits 9:00- Devotions (EC) 10:00- This Day In History (AR3) 1:00- Table Games (AR3) 2:00- Walking w/ Nurse Kathy 2:30- Movie Time! (DR3)	8:00- Morning Visits 5 9:00- Daily Chronicles and Coffee Corner (DR3) 10:00- Exercise W/Frances Via Video C3 10:45- Sing-a-Long (L) 1:00- Cranium Crunches (AR3) 3:00- Thirsty Thursday (DR3)	8:00- Morning Visits 9:00- Daily Chronicles Delivered 11:00- Friday Fitness (DR3) 12:00- Lunch at Russo's New York Pizzeria 2:30- Friday Features	9:00AM-11AM- Coffee & Early Morning Puzzles (AR3) 1:00PM- Brain Teasers (AR3) 3:00PM- BINGO!! (DR3) 7:00PM- Saturday Night Movie & Popcorn
9:00AM-11:00AM- Morning Devotions Delivered 11:00- Sunday Morning Worship Music DR3 11:30-1:30- Sunday Brunch (Bistro) 3:30- UH Musical Talent EC	8:00- Morning Visits 9:00- Daily Chronicles Delivered 11:00- Morning Stretch (AR3) 1:00- Hydration Cart Room to Room 2:00- The Great Courses (EC & C3) 3:00- Fill in the Blank (AR3)	8:00- Morning Visits 9:30- Daily Chronicles and Coffee Corner (DR3) 10:30- Kroger Grocery 11:00- Morning Walk 2:30- Tuesday Treats (Bistro) 3:00- BINGO! (DR3)	8:00- Morning Visits 9:00- Devotions (EC) 10:00- This Day In History (AR3) 10:30- Catholic Mass (AR) 1:00- Table Games (AR3) 2:00- Root Beer Floats w/Friends (DR3) 2:30- Movie Time! (DR3)	8:00- Morning Visits 9:00- Daily Chronicles and Coffee Corner (DR3) 10:00- Exercise W/Frances Via Video C3 11:30- 100th B-Day Celebrations for Neal Heaps (Bistro) 2:00- Cooks Corner (DR3)	8:00- Morning Visits 13 9:00- Daily Chronicles 11:00- Friday Fitness (DR3) 11:30- Grillin' w/Scott (Bistro) 1:30- Clapping Jacks Card Game (AR3) 2:30- Afternoon Movie (DR3) 7:00- Friday Night Features (EC)	9:00AM-11AM- Coffee & Early Morning Puzzles (AR3) 1:00PM- Brain Teasers (AR3) 3:00PM- BINGO!! (DR3) 7:00PM- Saturday Night Movie & Popcorn
9:00AM-11:00AM- Morning Devotions Delivered 11:00- Sunday Morning Worship Music DR3 11:30-1:30- Sunday Brunch (Bistro) 3:00- Wine & Music (L)	8:00- Morning Visits 9:00- Daily Chronicles Delivered 11:00- Morning Stretch (AR3) 1:00- Hydration Cart Room to Room 2:00- The Great Courses (EC & C3) 3:00- Puzzles (AR3)	8:00- Morning Visits 9:30- Daily Chronicles and Coffee Corner (DR3) 10:30- Kroger Grocery 11:00- Morning Walk 2:30- Tuesday Treats 3:00- BINGO! (DR3)	8:00- Morning Visits 9:00- Devotions (EC) 10:00- This Day In History (AR3) 1:00- Table Games (AR3) 2:00- Walking w/ Nurse Kathy 2:30- Movie Time! (DR3)	8:00- Morning Visits 19 9:00- Daily Chronicles and Coffee Corner (DR3) 10:00- Exercise W/Frances Via Video C3 10:45- Sing-a-Long (L) 2:00-Ben & Jerry's Ice Cream 5:00- August Birthday Dinner (EC)	8:00- Morning Visits 9:00- Daily Chronicles 11:00- Friday Fitness (DR3) 1:0-Go Fish Card Game (AR3) 2:30- Afternoon Movie (DR3) 7:00- Classical Music & Wine Night (EC)	9:00AM-11AM- Coffee & Early Morning Puzzles (AR3) 1:00PM- Brain Teasers (AR3) 3:00PM- BINGO!! (DR3) 7:00PM- Saturday Night Movie & Popcorn
9:00AM-11:00AM- Morning Devotions Delivered 11:00- Sunday Morning Worship Music DR3 11:30-1:30- Sunday Brunch (Bistro) 3:30- UH Musical Talent EC	8:00- Morning Visits 9:00- Daily Chronicles Delivered 11:00- Morning Stretch (AR3) 1:00- Hydration Cart Room to Room 2:30- 70's Disco Party!! (EC) 3:00- Word Searches (AR3)	8:00- Morning Visits 9:30- Daily Chronicles and Coffee Corner (DR3) 10:30- Kroger Grocery 11:00- Morning Walk 2:30- Tuesday Treats 3:00- BINGO! (DR3)	8:00- Morning Visits 9:00- Devotions (EC) 10:00- This Day In History (AR3) 1:00- Table Games (AR3) 2:00- Walking w/ Nurse Kathy 2:30- Movie Time! (DR3) 5:00- Candlelight Dinner	8:00- Morning Visits 26 9:00- Daily Chronicles and Coffee Corner (DR3) 10:00- Exercise W/Frances Via Video C3 10:45- Sing-a-Long (L) 1:00- Cranium Crunches (AR3) 3:00-Town Hall w/ Scott (EC)	8:00- Morning Visits 9:00- Daily Chronicles 11:00- Friday Fitness (DR3) 1:30-Sip & Paint (DR3) 2:30- Friday Features (DR3)	9:00AM-11AM- Coffee & Early Morning Puzzles (AR3) 1:00PM- Brain Teasers (AR3) 3:00PM- BINGO!! (DR3) 7:00PM- Saturday Night Movie & Popcorn
9:00AM-11:00AM- Morning Devotions Delivered 11:00- Sunday Morning Worship Music DR3 11:30-1:30- Sunday Brunch (Bistro) 3:30- Susan Alexander Piano	8:00- Morning Visits 9:00- Daily Chronicles Delivered 11:00- Morning Stretch (AR3) 1:00- Hydration Cart Room to Room 2:00- Speaker: City Council Representative (EC) 3:00- Finish The Saying	8:00- Morning Visits 9:30- Daily Chronicles and Coffee Corner (DR3) 10:30- Kroger Grocery 11:00- Morning Walk 2:30- Tuesday Treats (DR3) 3:00- C & W Happy Hour with live music (EC)		Augus	st 2021	

Brazos Towers At Bayou Manor Assisted Living Activities

AUGUST 2021 · MEMORY CARE Activities Calendar

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1	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:30- Breakfast (DR2) 10:00- Morning Stretch (Patio) 11:30- Lunch (DR2) 1:30- Fresh Air on the Patio 3:30- Sunday Devotions (AR2) 5:00- Dinner (DR2)	8:30- Breakfast (DR2) 9:30- Morning Visits 10:00- Morning Stretches (Patio) 11:30- Lunch (DR2) 1:30- Classical Music (AR2) 3:00- Hydration Station (AR2) 5:00- Dinner (DR3)	8:30- Breakfast (DR2) 9:30- Morning Visits 10:00- Morning Walk to the garden 11:30- Lunch (DR2) 2:30- Tuesday Treats (AR2) 3:30- Dominoes (AR2) 5:00- Dinner (DR2)	8:30- Breakfast (DR2) 9:30- Morning Visits 10:00- Morning Exercise (AR2) 11:30- Lunch (DR2) 1:30- Devotions (AR2) 3:30- Movie (AR2) 5:00- Dinner	8:30- Breakfast (DR2) 9:30- Morning Visits 10:00- Morning Meditation (Patio) 11:30- Lunch (DR2) 1:30- Music & Memory (In Rooms) 3:30- Table Top Games (AR2) 5:00- Dinner (AR2)	8:30- Breakfast (DR2) 9:30- Morning Visits 10:00- Morning Exercise (AR2) 11:30- Lunch (DR2) 1:30- Afternoon Room Visits 3:30- Friday Features (AR2) 5:00- Dinner (DR2)	8:30- Breakfast (DR2) 10:00- Morning Meditation (patio) 11:30- Lunch (DR2) 1:30- Reminiscing with the Senses (AR2) 3:30- Movie & Popcorn (AR2) 5:00- Dinner (DR2)
	8:30- Breakfast (DR2) 10:00- Morning Stretch (Patio) 11:30- Lunch (DR2) 1:30- Fresh Air on the Patio 3:30- Sunday Worship (AR2) 5:00- Dinner (DR2)	8:30- Breakfast (DR2) 9:30- Morning Visits 10:00- Morning Stretches (Patio) 11:30- Lunch (DR2) 1:30- Classical Music (AR2) 3:00- Hydration Station (AR2) 5:00- Dinner (DR3)	8:30- Breakfast (DR2) 9:30- Morning Visits 10:00- Morning Walk to the garden 11:30- Lunch (DR2) 2:30- Tuesday Treats (AR2) 3:30- Dominoes (AR2) 5:00- Dinner (DR2)	8:30- Breakfast (DR2) 9:30- Morning Visits 10:00- Morning Exercise (AR2) 11:30- Lunch (DR2) 2:00- Root Beer Floats (DR3) 3:30- Movie (AR2) 5:00- Dinner	8:30- Breakfast (DR2) 12 9:30- Morning Visits 10:00- Morning Meditation (Patio) 11:30- Lunch (DR2) 1:30- Music & Memory (In Rooms) 3:30- Table Top Games (AR2) 5:00- Dinner (AR2)	8:30- Breakfast (DR2) 9:30- Morning Visits 10:00- Morning Exercise (AR2) 11:30- Lunch (DR2) 1:30- Afternoon Room Visits 3:30- Friday Features (AR2) 5:00- Dinner (DR2)	8:30- Breakfast (DR2) 10:00- Morning Meditation (patio) 11:30- Lunch (DR2) 1:30- Reminiscing with the Senses (AR2) 3:30- Movie & Popcorn (AR2) 5:00- Dinner (DR2)
	8:30- Breakfast (DR2) 10:00- Morning Stretch (Patio) 11:30- Lunch (DR2) 1:30- Fresh Air on the Patio 3:30- Sunday Devotions (AR2) 5:00- Dinner (DR2)	8:30- Breakfast (DR2) 9:30- Morning Visits 10:00- Morning Stretches (Patio) 11:30- Lunch (DR2) 1:30- Classical Music (AR2) 3:00- Hydration Station (AR2) 5:00- Dinner (DR3)	8:30- Breakfast (DR2) 9:30- Morning Visits 10:00- Morning Walk to the garden 11:30- Lunch (DR2) 2:30- Tuesday Treats (AR2) 3:30- Dominoes (AR2) 5:00- Dinner (DR2)	8:30- Breakfast (DR2) 9:30- Morning Visits 10:00- Morning Exercise (AR2) 11:30- Lunch (DR2) 1:30- Devotions (AR2) 3:30- Movie (AR2) 5:00- Dinner	8:30- Breakfast (DR2) 19 9:30- Morning Visits 10:00- Morning Meditation (Patio) 11:30- Lunch (DR2) 1:30- Music & Memory (In Rooms) 3:30- Table Top Games (AR2) 5:00- Dinner (AR2)	8:30- Breakfast (DR2) 9:30- Morning Visits 10:00- Morning Exercise (AR2) 11:30- Lunch (DR2) 1:30- Afternoon Room Visits 3:30- Friday Features (AR2) 5:00- Dinner (DR2)	8:30- Breakfast (DR2) 10:00- Morning Meditation (patio) 11:30- Lunch (DR2) 1:30- Reminiscing with the Senses (AR2) 3:30- Movie & Popcorn (AR2) 5:00- Dinner (DR2)
	8:30- Breakfast (DR2) 10:00- Morning Stretch (Patio) 11:30- Lunch (DR2) 1:30- Fresh Air on the Patio 3:30- Sunday Worship (AR2) 5:00- Dinner (DR2)	5:00- Dinner (DR3)	5:00- Dinner (DR2)	8:30- Breakfast (DR2) 9:30- Morning Visits 10:00- Morning Exercise (AR2) 11:30- Lunch (DR2) 1:30- Devotions (AR2) 3:30- Movie (AR2) 5:00- Dinner	8:30- Breakfast (DR2) 26 9:30- Morning Visits 10:00- Morning Meditation (Patio) 11:30- Lunch (DR2) 1:30- Music & Memory (In Rooms) 3:30- Table Top Games (AR2) 5:00- Dinner (AR2)	8:30- Breakfast (DR2) 9:30- Morning Visits 10:00- Morning Exercise (AR2) 11:30- Lunch (DR2) 1:30- Afternoon Room Visits 3:30- Friday Features (AR2) 5:00- Dinner (DR2)	8:30- Breakfast (DR2) 10:00- Morning Meditation (patio) 11:30- Lunch (DR2) 1:30- Reminiscing with the Senses (AR2) 3:30- Movie & Popcorn (AR2) 5:00- Dinner (DR2)
	8:30- Breakfast (DR2) 10:00- Morning Stretch	8:30- Breakfast (DR2) 9:30- Morning Visits	8:30- Breakfast (DR2) 9:30- Morning Visits		A 11 0 11 0	+ 2024	

August 2021

(Patio)

(Patio)

(AR2)

11:30- Lunch (DR2)

5:00- Dinner (DR2)

1:30- Fresh Air on the Patio

3:30- Sunday Devotions

11:30- Lunch (DR2)

5:00 Dinner (DR3)

10:00- Morning Stretches

1:30- Classical Music (AR2)

10:00- Morning Walk to the

2:30- Tuesday Treats (AR2)

11:30- Lunch (DR2)

5:00- Dinner (DR2)

garden

3:00- Hydration Station (AR2) 3:30- Dominoes (AR2)