OCTOBER 2021 • INDEPENDENT LIVING Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
,	rescheduled or cancelled due to low turnou inclement weather.		Tune to Channel 103 for daily and upcoming events Inside/Outside/Religious Activities	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	9:00 Coffee Talk (Bistro) 10:00 Exercise w/ Frances (EC) 10:45 Walk down the Bayou with Friends (meet in the main lobby) 2:30 Fun & Games (Solarium) Residents Choice	10:00 Card Craft (Craft Rm) 1:00 Afternoon Popcorn Just outside the Event Center 1:00 Houston Ballet Jubilee of Dance 2:00 Needlework (3rd Floor) 7:00 Bingo (EC)
3 11:00 St. Paul's UMC Livestream Service (C3 only) 11:30—1:30 Sunday Brunch (Bistro) 3:00 Ginny Croft "Great Melodies" at the piano in the lounge	10:00 Exercise w/ Frances (EC) 10:45 Meyer Park Shopping 1:00 Brazos Needle Group (L) 2:00 The Great Courses (EC &C3) New Series: Lost Worlds of So America	5 World Teachers Day 10:00 Exercise w/ Frances (EC) via video & on Channel 3 10:30 Kroger Grocery 1:00 Line Dance w/ Gayle (EC) 1:30 Walgreens Senior Discount Day 3:00 Friday Feature (EC & C3) "Queen Bees"	6 9 AM—5 PM Booster Shots (EC) 9:00 Devotions (Location TBD) Reverend Charles O'Bryant BTBM Chaplain 10:00 Exercise w/ Frances (C3 only) 10:45 Catholic Communion Service St. Vincent De Paul (AR) 1:00 Water Aerobics w/ Paula 2:00 Walking w/ Nurse Kathy	7 10:00 Exercise w/ Leo (EC) 10:45 Sing-a-Long "Broadway I" w/ Susan Alexander in the Lounge 11—2 PM Chico's Trunk Show (Event Center) 5:45 BTBM Dinner Night Out Taste of Texas—Everyone is invited!	9:00 Coffee Talk (Bistro) 10:00 Exercise w/ Frances (EC) 10:45 Walk down the Bayou with Friends (meet in the main lobby) 11:30 Grillin' with Scott & Jim 2:30 Fun & Games (Solarium) Residents Choice 6:30 Hayden Jones, Live Performance Refreshments & Happy Hour Beverages (EC)	9 10:00 Card Craft (Craft Rm) 1:00 Afternoon Popcorn Just outside the Event Center 2:00 Needlework (3rd Floor) 7:00 Bingo (EC)
11:00 St. Paul's UMC Livestream Service (C3 only) 11:30—1:30 Sunday Brunch (Bistro) 1:30 University of Houston Musical Talent (EC)	II Columbus Day 10:00 Exercise w/ Frances (EC) 1:00 Brazos Needle Group (L) 2:00 The Great Courses (EC &C3) Lost Worlds of South America 2:30 Nature Discovery Center Stroll around a beautiful park very close to the community 7:00 BTBM Book Club (7W) "The Splendid and the Vile" Led by Miriam Selig & Hanna Schwarze	 12 Nat'l Gumbo Day 10:00 Exercise w/ Frances (EC) via video & on Channel 3 10:30 Kroger Grocery 1:00 Line Dance w/ Gayle (EC 7:00 Tuesday Theater (EC & C3) Classic "Casablanca" 	9:00 Devotions (EC) Martha Touchstone Braeswood Assembly 10:00 Exercise w/ Frances (EC) 10:45 Catholic Communion Service St. Vincent De Paul (AR) 1:00 Water Aerobics w/ Paula 1:00 J's Treat: MFAH 2:00 Walking w/ Nurse Kathy 6:15 Alley Theatre "Sweat"	14 10:00 Exercise w/ Leo (EC) 10:45 Sing a Long "Favorites" w/ Louise Frowe in the Lounge 2:00 Marble Slab Creamery 7:00 Resident Association Meeting (EC)	9:00 Coffee Talk (Bistro) 10:00 Exercise w/ Frances (EC) 10:45 Walk down the Bayou with Friends (meet in the main lobby) 2:30 Fun & Games (Solarium) Residents Choice 3:30 Shabbat Service with Cantor Tunitsky (7W) 7:00 Musical & Wine Night "The King and I" (EC)	16 10:00 Card Craft (Craft Rm) 1:00 Afternoon Popcorn Just outside the Event Center 2:00 Needlework (3rd Floor) 7:00 Bingo (EC)
17 11:00 St. Paul's UMC Livestream Service (C3 only) 11:30—1:30 Sunday Brunch (Bistro) 3:00 Wine & Music Louise Frowe at the piano (L)	18 BTBM Senior Follies 10:00 Exercise w/ Frances (EC) 1:00 Brazos Needle Group (L) 3:00 Senior Follies Matinee 7:15 Senior Follies Evening (Both performances in the Event Center)	19 Nat'l New Friends Day 9 AM—2 PM Flu Clinic (EC) 10:30 Kroger Grocery 1:30 Line Dance w/ Gayle (AR) 3:00 Autumn Craft—Join us in creating a fun holiday craft just in time for the holidays! (7W)	9:00 Devotions (EC) Rev. Houston Okonoma St. Vincent De Paul 10:00 Exercise w/ Frances (EC) 10:45 Catholic Communion Service St. Vincent De Paul (AR) 1:00 Water Aerobics w/ Paula 2:00 Walking w/ Nurse Kathy 4:00 Men's Gathering	2 I 10:00 Exercise w/ Leo (EC) 10:45 Sing a Long "Broadway II" with Susan Alexander at the piano 5:00 October Birthday Dinner (EC)	9:00 Coffee Talk (Bistro) 10:00 Exercise w/ Frances (EC) 10:45 Walk down the Bayou with Friends (meet in the main lobby) 11::00 Visit the Houston Zoo, enjoy a short train ride, & a casual lunch at the cafe 2:30 Fun & Games (Solarium) Residents Choice	10:00 Card Craft (Craft Rm) 1:00 Afternoon Popcorn Just outside the Event Center 2:00 Needlework (3rd Floor) 7:00 Bingo (EC)
24 II:00 St. Paul's UMC Livestream Service (C3 only) II:30—I:30 Sunday Brunch (Bistro) 3:30 U of H Musical Talent (EC) 3 I Happy Halloween II:00 St. Paul's UMC Livestream Service (C3 only) II:30—I:30 Sunday Brunch (Bistro)	10:00 Exercise w/ Frances (EC) 11:15 Monthly Lunch Bunch Los Tios Mexican Restaurant 1:00 Brazos Needle Group (L) 2:00 The Great Courses (EC &C3) Lost Worlds of South America 3:30 Liar's Club (EC)	26 10:00 Exercise w/ Frances (EC) via video & on Channel 3 10:30 Kroger Grocery 1:00 Line Dance with Gayle (EC) 2:00 Meyerland Shopping	9:00 Devotions (EC) Rev. Dr. Wilson Boots with Holy Communion 10:00 Exercise w/ Frances (EC) 10:45 Catholic Communion Service St. Vincent De Paul (AR) 1:00 Water Aerobics w/ Paula 2:00 Walking w/ Nurse Kathy 5:00 Candlelight Dinner	10:00 Exercise w/ Leo (EC) 10:45 Sing a Long "Fifth Floor Favorites" w/ Ginny Croft in the Lounge 3:00 Town Hall w/ Scott (C3)	9:00 Coffee Talk (Bistro) 10:00 Exercise w/ Frances (EC) 10:45 Walk down the Bayou with Friends (meet in the main lobby) 11:00 Episcopal Worship with The Reverend David Goldberg (AR) 3:00 Halloween Pumpkin Decorating Contest (L) 7:00 David & Philip, Musical Duo "Monster Mash" (EC)	30 10:00 Card Craft (Craft Rm) 1:00 Afternoon Popcorn Just outside the Event Center 2:00 Needlework (3rd Floor) 7:00 Bingo (EC)

OCTOBER 2021 • ASSISTED LIVING Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Octo	ober	2021		8:00- Morning Visits 9:00- Daily Chronicles AR3 11:00- Friday Fitness AR3 1:30- Fancy Nails & Hand Massages AR3 2:30- Friday movie DR3	9AM-11AM- Morning Walk (outside or inside the community) 1:00- Afternoon Popcorn (down by the Event Center) 2:00- Oldies But Goodies playing in AR3 3:00- BINGO! (Resident Led in DR3)
9AM-11AM- Sunday Devotions Delivered 11AM- St. Paul's UMC Livestream Service (C3 only) 2:30- Afternoon Movie DR3 3:00- Ginny Croft "Great Melodies" at the piano in the lounge. 4:00- Hymn Sing a longs in the AR3	9:00- Daily Chronicles AR3 11:00- Brain Exercise AR3 1:00- Puzzles & Word Searches AR3	8:00-Morning Visits 9:00- Daily Chronicles AR3 11:00- Resident Council AR3 1:00- Adult Coloring AR3 3:00- Tuesday Treats DR3 3:00- BINGO DR3	8:00- Morning Visits 10:00- Daily Chronicles AR3 10:30- Catholic Communion Service (AR) 1:00- Table Games (Residents Choice)AR3 2:00- Afternoon Walk 2:30- Movie DR3	8:00- Morning Visits 9:00- Daily Chronicles AR3 10:00- Exercise w/ Leo EC 10:45- Sing-a-Long in the Lounge 1:00- Cranium Crunches 2:30- Decorating Doors- Craft Corner AR3	8:00- Morning Visits 9:00- Daily Chronicles AR3 11:00- Friday Fitness AR3 11:30- Grillin' w/Scott (Bistro) 1:30- Cranium Crunches 2:30- Friday movie DR3 6:30- Hayden Jones, Happy Hour (EC)	9AM-11AM- Morning Walk (outside or inside the community) 1:00- Afternoon Popcorn (down by the Event Center) 2:00- Brain games in the AR3 3:00- BINGO! (Resident Led in DR3)
9AM-11AM- Sunday Devotions Delivered 11AM- St. Paul's UMC Livestream Service (C3 only) 1:30- UofH Musical Talent (EC) 2:30- Afternoon Movie DR3 4:00- Hymn Sing a longs in the AR3	8:00- Morning Visits 9:00- Daily Chronicles AR3 11:00- Brain Exercise AR3 1:00- Puzzles & Word Searches AR3 2:30- Monday Matinee DR3	8:00-Morning Visits 9:00- Daily Chronicles AR3 10:00- Exercise w/ Frances via video CH3 & EC 12:30- Taco Tuesday at Molinas 2:30- Tuesday Theatre (EC & C3) Classic "Casablanca"	8:00- Morning Visits 10:00- Daily Chronicles AR3 10:30- Catholic Communion Service (AR) 1:00- Table Games (Residents Choice)AR3 2:00- Afternoon Walk 2:30- Movie DR3	8:00- Morning Visits 9:00- Daily Chronicles AR3 10:00- Exercise w/ Leo EC 10:45- Sing-a-Long in the Lounge 1:00- Cranium Crunches 2:30- Cooks Corner AR3	8:00- Morning Visits 9:00- Daily Chronicles AR3 11:00- Friday Fitness AR3 1:30- Word Search AR3 2:30- Friday movie DR3	9AM-11AM- Morning Walk (outside or inside the community) 1:00- Afternoon Popcorn (down by the Event Center) 2:00- Adult Coloring in the AR3 3:00- BINGO! (Resident Led in DR3)
9AM-11AM- Sunday Devotions Delivered 11AM- St. Paul's UMC Livestream Service (C3 only) 2:30- Afternoon Movie DR3 4:00- Hymn Sing a longs in the AR3	9:00- Daily Chronicles AR3 11:00- Brain Exercise AR3 1:00- Puzzles & Word Searches	8:00-Morning Visits 9:00- Daily Chronicles AR3 10:00- Exercise w/ Frances via video CH3 & EC 1:00- Adult Coloring AR3 3:00- Tuesday Treats DR3 3:00- BINGO DR3	8:00- Morning Visits 10:00- Daily Chronicles AR3 10:30- Catholic Communion Service (AR) 1:00- Table Games (Residents Choice)AR3 2:00- Afternoon Walk 2:30- Movie DR3	8:00- Morning Visits 9:00- Daily Chronicles AR3 10:00- Exercise w/ Leo EC 10:45- Sing-a-Long in the Lounge 1:00- Cranium Crunches 2:30- Pumpkin Decorating DR3	8:00- Morning Visits 9:00- Daily Chronicles AR3 11:00- Friday Fitness AR3 1:30- Fancy Nails & Hand Massages AR3 2:30- Friday movie DR3	9AM-11AM- Morning Walk (outside or inside the community) 1:00- Afternoon Popcorn (down by the Event Center) 2:00- Puzzles in the AR3 3:00- BINGO! (Resident Led in DR3)
9AM-11AM- Sunday Devotions Delivered 11AM- St. Paul's UMC Livestream Service (C3 only) 2:30- Afternoon Movie DR3 3:30- UofH Musical Talent (EC) 4:00- Hymn Sing a longs in the AR3	8:00- Morning Visits 9:00- Daily Chronicles AR3 11:00- Brain Exercise AR3 1:00- Puzzles & Word Searches AR3 2:30- Movie DR3	Masquerade Party!! 26 10:30- Mask-Making AR3 2:30- Masquerade party- A Happy Hour with Mocktails and Halloween treats in the Dining Room 3rd Floor	8:00- Morning Visits 10:00- Daily Chronicles AR3 10:30- Catholic Communion Service (AR) 1:00- Table Games (Residents Choice)AR3 2:00- Afternoon Walk 2:30- Movie DR3	8:00- Morning Visits 9:00- Daily Chronicles AR3 10:00- Exercise w/ Leo EC 10:45- Sing-a-Long in the Lounge 1:00- Cranium Crunches 3:00- Town Hall w/Scott (C3)	8:00- Morning Visits 9:00- Daily Chronicles AR3 11:00- Friday Fitness AR3 3:00- Halloween Pumpkin Decorating Contest- Residents Vote! (L)	9AM-11AM- Morning Walk (outside or inside the community) 1:00- Afternoon Popcorn (down by the Event Center) 2:00- Word Games in the AR3 3:00- BINGO! (Resident Led in DR3)
Delivered 11AM- St. Paul's UMC Livestream Service (C3 only) 2:30- Afternoon Movie DR3	AR3- Activity Room 3rd Flood DR3- Dining Room 3rd Flood EC- Event Center (1st Flood L- Lounge (1st Floor) AR- Aerobics Room (1st Flood) C3- Channel 3 (TV)	or r) oor)				

Brazos Towers At Bayou Manor: Assisted Living Activities- Lily Soriano 832.901.9342

OCTOBER 2021 • MEMORY CARE Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Octo	ober 2	2021		8:30- Breakfast DR2] 9:30- Morning Visits/ Wellness Check 10:00- Balloon Toss LR2 11:30- Lunch DR2 2:00- Table Top Games AR2 3:30- Music & Memory 5:00- Dinner DR2	8:30- Breakfast DR2 10:00- Morning Stretch on the Patio 11:30- Lunch DR2 1:30- Classical Music AR2 3:30- Sensory Stimulation AR2 4:30- Table Games AR2 5:00- Dinner DR2
8:30- Breakfast DR2 3 10:00- Morning Meditation on the patio 11:30 Lunch DR2 1:30- Sunday Praises AR2 2:00- Devotional Reading AR2 3:30- Movie & popcorn AR2 5:00- Dinner DR2	8:30- Breakfast DR2 9:30- Morning Visits/Wellness Check 10:00- Morning Stretch (Patio) 11:30- Lunch DR2 2:00- Sensory Work AR2 3:00- Classical Music AR2 5:00- Dinner DR2	8:30- Breakfast DR2 9:30- Morning Visits/Wellness Check 10:00- Morning Walk 11:30- Lunch DR2 2:00- Adult Coloring AR2 3:30- Dominoes AR2 5:00- Dinner DR2	8:30- Breakfast DR2 9:30- Devotions Delivered 10:00- Wellness check/Room Visits 11:30- Lunch DR2 2:00- Hymn Sing A Longs AR2 3:30- Movie LR2 5:00- Dinner DR2	8:30- Breakfast DR2 7 9:30- Morning Visits/ Wellness Check 10:00- Morning Exercise AR2 11:30- Lunch DR2 2:00- Meditation on the Patio 3:00- Lotion Therapy AR2 5:00- Dinner DR2	8:30- Breakfast DR2 8 9:30- Morning Visits/ Wellness Check 10:00- Balloon Toss LR2 11:30- Lunch DR2 2:00- Table Top Games AR2 3:30- Music & Memory 5:00- Dinner DR2	8:30- Breakfast DR2 10:00- Morning Stretch on the Patio 11:30- Lunch DR2 1:30- Classical Music AR2 3:30- Sensory Stimulation AR2 4:30- Table Games AR2 5:00- Dinner DR2
8:30- Breakfast DR2 10 10:00- Morning Meditation on the patio 11:30 Lunch DR2 1:30- Sunday Praises AR2 2:00- Devotional Reading AR2 3:30- Movie & popcorn AR2 5:00- Dinner DR2	8:30- Breakfast DR2 17 9:30- Morning Visits/Wellness Check 10:00- Morning Stretch (Patio) 11:30- Lunch DR2 2:00- Sensory Work AR2 3:00- Classical Music AR2 5:00- Dinner DR2	8:30- Breakfast DR2 12 9:30- Morning Visits/Wellness Check 10:00- Morning Walk 11:30- Lunch DR2 2:00- Adult Coloring AR2 3:30- Dominoes AR2 5:00- Dinner DR2	8:30- Breakfast DR2 13 9:30- Devotions Delivered 10:00- Wellness check/Room Visits 11:30- Lunch DR2 2:00- Hymn Sing A Longs AR2 3:30- Movie LR2 5:00- Dinner DR2	8:30- Breakfast DR2 9:30- Morning Visits/ Wellness Check 10:00- Morning Exercise AR2 11:30- Lunch DR2 2:00- Meditation on the Patio 3:00- Lotion Therapy AR2 5:00- Dinner DR2	8:30- Breakfast DR2 15 9:30- Morning Visits/ Wellness Check 10:00- Balloon Toss LR2 11:30- Lunch DR2 2:00- Table Top Games AR2 3:30- Music & Memory 5:00- Dinner DR2	8:30- Breakfast DR2 10:00- Morning Stretch on the Patio 11:30- Lunch DR2 1:30- Classical Music AR2 3:30- Sensory Stimulation AR2 4:30- Table Games AR2 5:00- Dinner DR2
8:30- Breakfast DR2 17 10:00- Morning Meditation on the patio 11:30 Lunch DR2 1:30- Sunday Praises AR2 2:00- Devotional Reading AR2 3:30- Movie & popcorn AR2 5:00- Dinner DR2	8:30- Breakfast DR2 18 9:30- Morning Visits/Wellness Check 10:00- Morning Stretch (Patio) 11:30- Lunch DR2 2:00- Sensory Work AR2 3:00- Classical Music AR2 5:00- Dinner DR2	8:30- Breakfast DR2 19 9:30- Morning Visits/Wellness Check 10:00- Morning Walk 11:30- Lunch DR2 2:00- Adult Coloring AR2 3:30- Dominoes AR2 5:00- Dinner DR2	8:30- Breakfast DR2 20 9:30- Devotions Delivered 10:00- Wellness check/Room Visits 11:30- Lunch DR2 2:00- Hymn Sing A Longs AR2 3:30- Movie LR2 5:00- Dinner DR2	8:30- Breakfast DR2 2] 9:30- Morning Visits/ Wellness Check 10:00- Morning Exercise AR2 11:30- Lunch DR2 2:00- Meditation on the Patio 3:00- Lotion Therapy AR2 5:00- Dinner DR2	8:30- Breakfast DR2 22 9:30- Morning Visits/ Wellness Check 10:00- Balloon Toss LR2 11:30- Lunch DR2 2:00- Table Top Games AR2 3:30- Music & Memory 5:00- Dinner DR2	8:30- Breakfast DR2 10:00- Morning Stretch on the Patio 11:30- Lunch DR2 1:30- Classical Music AR2 3:30- Sensory Stimulation AR2 4:30- Table Games AR2 5:00- Dinner DR2
8:30- Breakfast DR2 10:00- Morning Meditation on the patio 11:30 Lunch DR2 1:30- Sunday Praises AR2 2:00- Devotional Reading AR2 3:30- Movie & popcorn AR2 5:00- Dinner DR2	8:30- Breakfast DR2 25 9:30- Morning Visits/Wellness Checks 10:00- Morning Stretch (Patio) 11:30- Lunch DR2 2:00- Sensory Work AR2 3:00- Classical Music AR2 5:00- Dinner DR2	Masquerade Party!! 26 10:30- Mask-Making AR3 2:30- Masquerade party- A Happy Hour with Mocktails and Halloween treats in the Dining Room 3rd floor.	8:30- Breakfast DR2 27 9:30- Devotions Delivered 10:00- Wellness check/Room Visits 11:30- Lunch DR2 2:00- Hymn Sing A Longs AR2 3:30- Movie LR2 5:00- Dinner DR2	8:30- Breakfast DR2 28 9:30- Morning Visits/ Wellness Check 10:00- Morning Exercise AR2 11:30- Lunch DR2 2:00- Meditation on the Patio 3:00- Lotion Therapy AR2 5:00- Dinner DR2	8:30- Breakfast DR2 29 9:30- Morning Visits/ Wellness Check 10:00- Balloon Toss LR2 11:30- Lunch DR2 3:00- Halloween Pumpkin Decorating Contest (L)	8:30- Breakfast DR2 3 10:00- Morning Stretch on the Patio 11:30- Lunch DR2 1:30- Classical Music AR2 3:30- Sensory Stimulation AR2 4:30- Table Games AR2 5:00- Dinner DR2
8:30- Breakfast DR2 31 10:00- Morning Meditation on the patio 11:30 Lunch DR2 1:30- Sunday Praises AR2 2:00- Devotional Reading AR2 3:30- Movie & popcorn AR2 5:00- Dinner DR2 Halloween						

Brazos Towers At Bayou Manor Memory Care Activities. Coordinator: Lily Soriano- 832-901-9342