MARCH 2022 • INDEPENDENT LIVING Activities Calendar

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			I Fat Tuesday	2 Ash Wednesday	3 Caregiver Appreciation Day	4 World Day of Prayer	5
	March	2022	Mardi Gras 10:00 Exercise w/ Leo (EC)	9:00 Devotions (EC) Rev. Louise Row & Anne Brown	10:00 Exercise w/ Leo (EC)	9:00 Coffee Talk (Bistro)	10:00 Card Craft (Craft Rm)
	IVIAI CI.		10:30 Kroger Grocery	10:00 Exercise w/ Frances (EC & C3) Via Video 10:45 Catholic Communion (PR)	10:45 Sing-a-Long (L) "Favorites" with Louise Frowe	10:00 Exercise w/ Frances (EC)	1:00 Canasta (Lounge) 2:00 Needlework (3rd Floor)
	Events may be rescheduled or cancelled due to low turnout or inclement weather.		II:00 Mardi Gras Celebration w/ Jack Carr performing (EC)	1:00 Water Aerobics w/ Paula 2:00 Rice University Spring Midweek Medley	7:00 Classic Movie Night (EC & C3) "Laura" Starring Gene Tierney & Dana Andrews	2:00 Afternoon Ice Cream Treat Hank's Ice Cream Shop Sign up in the Excursion Book!	4 PM Girl Scout Cookie (EC) Purchase your cookies this year from the
		7 N (: 16 15	2:30 Walgreens Senior Day	Speaker, Korin Brody (EC)	,		Simmons' granddaughter
6		7 National Cereal Day	8	9:00 Devotions (EC)	10	9:00 Coffee Talk (Bistro)	12 Girl Scouts Day
I	:30—1:30 Sunday Brunch (Bistro) 10:00 Exercise w/ Frances	10:00 Exercise w/ Frances (EC)	10:00 Exercise w/ Leo (EC)	Rev. Colin Bossen, 1st Unitarian 10:00 Exercise w/ Frances (EC & C3) Via Video	10:00 Exercise w/ Leo (EC)	10:00 Exercise w/ Frances (EC)	10:00 Card Craft (Craft Rm)
ı	1:00 Houston Ballet	12:30 Beginners Line Dancing (AR) 1:00 Line Dance w/ Gayle (AR)	10:30 Kroger Grocery 10:30 Caring Friends Meeting (Solarium)	10:45 Catholic Communion (PR) 1:00 Water Aerobics w/ Paula	10:45 Sing-a-Long (L) "Fifth Floor Favorites for Everyone" w/ Ginny Croft	11:30 Grillin' with Scott & Jim Pick up in the Bistro!	1:00 Canasta (Lounge) 2:00 Needlework (3rd Floor
	Jewels	1:00 Brazos Needle Group (L)	2:00 "The Great Courses" Sensation, Perception, & the Aging Process" (EC & C3)	1:00 J's Treat: MFAH "Hidden Treasures" Please sign up in the Excursion Book!	2:00 "The Great Courses" Sensation, Perception, & the Aging Process" Showing on Channel 3 only today!	3:00 Friday Feature (EC & C3) "A Most Wanted Man" Starring Philip Seymour Hoffman,	2:00 Needlework (3rd Floor 7:00 Bingo (EC)
13	Daylight Savings	14 National Pi Day	15	I 6 Giant Panda Bear Day	17 Happy St. Patrick's Day	18	19
	Time Begins 30—1:30 Sunday Brunch (Bistro)	Why today? Because today is 3.14, the value of Pi. 10:00 Exercise w/ Frances (EC) 10:30 Meyer Land Shopping Trip 12:30 Beginners Line Dancing (AR) 1:00 Line Dance w/ Gayle (AR 1:00 Brazos Needle Group (L)	10:00 Exercise w/ Leo (EC)	9:00 Devotions (EC) Rev. Mary Currie, BTBM	10:00 Exercise w/ Leo (EC)	9:00 Coffee Talk (Bistro)	10:00 Card Craft (Craft Rm)
			10:30 Kroger Grocery	10:00 Exercise w/ Frances (EC & C3) Via Video 10:45 Catholic Communion (PR) 1:00 Water Aerobics w/ Paula 3:00 Wednesday Matinee "A Rainy Day in New York" (EC&C3) Written & Directed by Woody Allen 1:00 Exercise w/ Frances (EC & C3) Via Video 10:45 Catholic Communion (PR) 1:00 Water Aerobics w/ Paula 3:00 Wednesday Matinee "A Rainy Day in New York" (EC&C3) Written & Directed by Woody Allen 1:00 Water Aerobics w/ Frances (EC & C3) Written & Directed by Woody Allen 1:00 Water Aerobics w/ Paula 1:00 Water Ae	10.45 Sing-a-Long (L)	10:00 Exercise w/ Frances (EC)	I:00 Canasta (Lounge)
			2:00 "The Great Courses" Sensation, Perception, & the Aging Process"		"Happy St. Patrick's Day" w/ Ava Laing 2:00 "The Great Courses" Sensation, Perception, & the Aging Process" (EC & C3) 5:00 March Birthday Dinner (EC)	3:30 Shabbat Service with Cantor Tunitsky (7W)	2:00 Needlework (3rd Floor
11:30		7:00 BTBM Book Club (7W) "Miss Benson's Beetle" Led by Susan Riser	(EC & C3) 4:00 Let's meet at the Pool Table Come on down and show us your moves Open to everyone! Lessons available			7 PM Glennie Scott, Live in Concert (EC)	7:00 Bingo (EC)
20 F	First Day of Spring	21 World Poetry Day	22 As Young as you Feel Day	23 National Puppy Day	24	25 Feast of the Annunciation	26 Live Long &
11:30—	-1:30 Sunday Brunch	11:00 Wild Things Zoofari	10:00 Exercise w/ Leo (EC)	9:00 Devotions (EC) Rev. Minder Varner	10:00 Exercise w/ Leo (EC)	9:00 Coffee Talk (Bistro)	Prosper Day
1:00	(Bistro) Houston Symphony Andres conducts the	Live Animals in our Event Center	10:30 Kroger Grocery	10:00 Exercise w/ Frances (EC & C3) Via Video	10:30 Azalea Trail in River Oaks Bus ride to view the beautiful scenery	10:00 Exercise w/ Frances (EC) 11:00 Episcopal Worship (AR)	10:00 Card Craft (Craft Rm)
	Carnival of Animals Houston Ballet "Sylvia"	12:30 Beginners Line Dancing (AR) 1:00 Line Dance with Gayle (AR)	2:00 Presentation:	10:45 Catholic Communion (PR) 1:00 Water Aerobics w/ Paula	Lunch/Resident's Choice 2:30 Cook's Corner (7W)	The Reverend David Goldberg 3:00 Friday Feature (EC & C3)	1:00 Canasta (Lounge)
3:00 L	Wine & Music Louise Frowe at the piano (L)	1:00 Brazos Needle Group (L) 3:00 Exercise w/ Frances (EC)	"Fire Safety" By Retired HFD Firefighter (EC)	5:30 Candlelight Dinner	We will learn how to make Cocoa Bombs. Please sign up in the Excursion Book!	"Butch Cassidy & the Sundance Kid" Starring Paul Newman & Robert Redford	2:00 Needlework (3rd Floor)
27		28 Something on a Stick Day	29	30 9:00 Devotions (EC)	31 National Crayon Day	Room Legend	
11:30—	-1:30 Sunday Brunch	10:00 Exercise w/ Frances (EC)\ 12:30 Beginners Line Dancing (AR)	10:00 Exercise w/ Leo (EC)	Lent in Scripture & Song Led by Elaine Adams & Virginia Jacoby	10:00 Exercise w/ Leo (EC)	EC - Event Center	for daily and upcoming
	(Bistro)	1:00 Line Dance w/ Gayle (AR) 1:00 Brazos Needle Group (L)	10:30 Kroger Grocery	9:45 Sea Center/Lake Jackson Lunch at Lake Jackson Seafood	11:30 Monthly Lunch Bunch	L - Lounge 7W - 7th Floor Conference Rm A/L 2R - Assisted Living/Living Rm	events
1:30 H	Houston Symphony Symphony Soloists	2:00 Ice Cream on a Stick (EC) 3:00 Liar's Club (EC)	2:00 Presentation: "Practical	10:00 Exercise w/ Frances (EC & C3) Via Video	Saltgrass Steak House—Meyerland	PVD - Private Dining Room	
	, , ,	7:00 Opera & Wine Night (EC) "Cabaret" w/ Joel Grey	Tips for a Healthier You" By Amazing Place (EC)	10:45 Catholic Communion (PR) 1:00 Water Aerobics w/ Paula	3:00 Town Hall w/ Scott Perlman (C3 & EC)	AR - Aerobics Room PR - Prayer Room SOL- Solarium	Inside/Outside/Religious Activities

MARCH 2022 • ASSISTED LIVING Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Ma 20		9:00- Morning Visits 10:45- Daily Chronicles AR3 11:00- Resident Council AR3 2:00- Adult Coloring AR3 3:00- BINGO! DR3 Mardi Gras	9:00- Morning Visits 9:00- Devotions (EC) 10:00- Daily Chronicles AR3 10:45- Catholic Communion (PR) 2:00- Puzzles AR3 3:00- Afternoon Cinema & Refreshments DR3 Ash Wednesday	9:00- Morning Visits 10:45- Daily Chronicles AR3 11:00- Chair Exercise AR3 1:30- Relaxing Music & Hand Massage L3 3:00- Traveling Treat Cart	9:00- Morning Visits 10:45- Daily Chronicles AR3 11:00- Stretch & Hydrate AR3 2:00- Crafts Corner AR3 3:00- Friday Movie DR3	10:00- Daily Chronicles Delivered to Room 10:45- Chair Exercise AR3 1:00- Room Visits w/ Activity Cart 2:30- BINGO! DR3
9:00- Sunday Devotions Delivered to Room 10:00- Puzzles AR3 2:00- Activities on the Go & Friendly Visits	9:00- Morning Visits 10:45- Daily Chronicles AR3 11:00- Brain Exercise AR3 2:00- Room Visits 3:00- Monday Matinee	9:00- Morning Visits 10:45- Daily Chronicles AR3 11:00- Stretch & Hydrate AR3 2:00- Adult Coloring AR3 3:00- March Social: Live Entertainment With Curtis Nickelson DR3	9:00- Morning Visits 9:00- Devotions (EC) 10:00- Daily Chronicles AR3 10:45- Catholic Communion (PR) 2:00- Puzzles AR3 3:00- Afternoon Cinema & Refreshments DR3	9:00- Morning Visits 10:45- Daily Chronicles AR3 11:00- Chair Exercise AR3 1:30- Relaxing Music & Hand Massage L3 3:00- Traveling Treat Cart	9:00- Morning Visits 10:45- Daily Chronicles AR3 11:00- Stretch & Hydrate AR3 11:30- Grillin' W/ Scott in the Bistro 2:00- Cooks Corner DR3 3:00- Friday Movie DR3	10:00- Daily Chronicles Delivered to Room 10:45- Chair Exercise AR3 1:00- Room Visits w/ Activity Cart 2:30- BINGO! DR3
9:00- Sunday Devotions Delivered to Room 10:00- Puzzles AR3 2:00- Activities on the Go & Friendly Visits Daylight Saving Time Begins	9:00- Morning Visits 10:45- Daily Chronicles AR3 11:00- Brain Exercise AR3 2:00- Room Visits 3:00- Monday Matinee	9:00- Morning Visits 10:45- Daily Chronicles AR3 11:00- Stretch & Hydrate AR3 2:00- Adult Coloring AR3 3:00- BINGO! DR3	9:00- Morning Visits 9:00- Devotions (EC) 10:00- Daily Chronicles AR3 10:45- Catholic Communion (PR) 2:00- Puzzles AR3 3:00- Afternoon Cinema & Refreshments DR3 Purim Begins	9:00- Morning Visits 10:45- Daily Chronicles AR3 11:00- Chair Exercise AR3 1:30- Relaxing Music & Hand Massage L3 3:00- St Patrick's Day treat! (Pick up in the Dining Room 3rd Floor) St. Patrick's Day	9:00- Morning Visits 10:45- Daily Chronicles AR3 11:00- Stretch & Hydrate AR3 2:00- Crosswords & Puzzles AR3 3:00- Friday Movie DR3	10:00- Daily Chronicles Delivered to Room 10:45- Chair Exercise AR3 1:00- Room Visits w/ Activity Cart 2:30- BINGO! DR3
9:00- Sunday Devotions Delivered to Room 10:00- Puzzles AR3 2:00- Activities on the Go & Friendly Visits	9:00- Morning Visits 10:45- Daily Chronicles AR3 11:00- Brain Exercise AR3 2:00- Room Visits 3:00- Monday Matinee	9:00- Morning Visits 10:45- Daily Chronicles AR3 11:00- Stretch & Hydrate AR3 2:00- Adult Coloring AR3 3:00- BINGO! DR3	9:00- Morning Visits 9:00- Devotions (EC) 10:00- Daily Chronicles AR3 10:45- Catholic Communion (PR) 2:00- Puzzles AR3 3:00- Afternoon Cinema & Refreshments DR3	Massage L3 3:00- Traveling Treat Cart	11:00- Stretch & Hydrate AR3 2:00- Crosswords & Puzzles AR3 3:00- Friday Movie DR3	1:00- Room Visits w/ Activity Cart 2:30- BINGO! DR3
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MARCH 2022 • MEMORY CARE Activities Calendar

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Sunday	Monday	esday	Wednesday	Thursday O	Friday	Saturday
N.	Sarch 2022		8:30- Breakfast DR2 9:30- Wednesday Devotions AR2 10:30- Table Top Games AR2 11:30- Lunch DR2 2:00- Chair Exercise AR2 3:30- Movie LR2 5:00- Dinner DR2 Ash Wednesday	8:30- Breakfast DR2 9:30- Morning Visits 10:00- Morning Exercise AR2 11:30- Lunch DR2 12:45- Lotion Therapy/Hand Massage AR2 3:00- Traveling Treat Cart 5:00- Dinner DR	8:30- Breakfast DR2 9:30- Morning Visits/ Wellness Check 10:00- Daily Chronicles AR2 11:30- Lunch DR2 2:00- Movie DR2 3:30- Music & Memory & MyndVR AR2 5:00- Dinner DR2	9:00- Daily Chronicles to Rooms 11:00- Chair Exercise AR2 1:00- Room Visits W/ Activity Cart 2:30- BINGO! DR3
10:00- Puzzles AR2 2:00- Activities on the Go & Friendly Visits	8:30- Breakfast DR2 9:30- Morning Visits/Wellness Check 10:00- Fresh Air (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- Sing-a-long AR2 11:30- Lunch DR2 2:00- Adult Coloring AR2 3:00- March Social: Live Entertainment With Curtis Nickelson DR3 5:00- Dinner DR2	10:30- Table Top Games AR2 11:30- Lunch DR2 2:00- Chair Exercise AR2 3:30- Movie LR2 5:00- Dinner DR2	8:30- Breakfast DR2 9:30- Morning Visits 10:00- Morning Exercise AR2 11:30- Lunch DR2 12:45- Lotion Therapy/Hand Massage AR2 3:00- Traveling Treat Cart 5:00- Dinner DR	8:30- Breakfast DR2 9:30- Morning Visits/ Wellness Check 10:00- Daily Chronicles AR2 11:30- Grillin' w/ Scott (Bistro) 2:00- Cooks Corner DR3 3:30- Music & Memory & MyndVR AR2 5:00- Dinner DR2	9:00- Daily Chronicles Delivered to Rooms 11:00- Chair Exercise AR2 1:00- Room Visits W/ Activity Cart 2:30- BINGO! DR3
2:00- Activities on the Go &	8:30- Breakfast DR2 9:30- Morning Visits/Wellness Check 10:00- Fresh Air (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- Sing-a-long AR2 11:30- Lunch DR2 2:00- Adult Coloring AR2 3:00- BINGO! DR3 5:00- Dinner DR2	8:30- Breakfast DR2 9:30- Wednesday Devotions AR2 10:30- Table Top Games AR2 11:30- Lunch DR2 2:00- Chair Exercise AR2 3:30- Movie LR2 5:00- Dinner DR2 Purim Begins	8:30- Breakfast DR2 17 9:30- Morning Visits 10:00- Morning Exercise AR2 11:30- Lunch DR2 12:45- Lotion Therapy/Hand Massage AR2 3:00- St Patrick's Day treat! (Pick up in the Dining Room 3rd Floor) St. Patrick's Day	8:30- Breakfast DR2 9:30- Morning Visits/ Wellness Check 10:00- Daily Chronicles AR2 11:30- Lunch DR2 2:00- Movie DR2 3:30- Music & Memory & MyndVR AR2 5:00- Dinner DR2	9:00- Daily Chronicles Delivered to Rooms 11:00- Chair Exercise AR2 1:00- Room Visits W/ Activity Cart 2:30- BINGO! DR3
Delivered to Rooms 10:00- Puzzles AR2 2:00- Activities on the Go &	8:30- Breakfast DR2 9:30- Morning Visits/Wellness Check 10:00- Fresh Air (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- Sing-a-long AR2 11:30- Lunch DR2 2:00- Adult Coloring AR2 3:00- BINGO! DR3 5:00- Dinner DR2	8:30- Breakfast DR2 9:30- Wednesday Devotions AR2 10:30- Table Top Games AR2 11:30- Lunch DR2 2:00- Chair Exercise AR2 3:30- Movie LR2 5:00- Dinner DR2	8:30- Breakfast DR2 9:30- Morning Visits 10:00- Morning Exercise AR2 11:30- Lunch DR2 12:45- Lotion Therapy/Hand Massage AR2 3:00- Traveling Treat Cart 5:00- Dinner DR	8:30- Breakfast DR2 9:30- Morning Visits/ Wellness Check 10:00- Daily Chronicles AR2 11:30- Lunch DR2 2:00- Movie DR2 3:30- Music & Memory & MyndVR AR2 5:00- Dinner DR2	9:00- Daily Chronicles Delivered to Rooms 11:00- Chair Exercise AR2 1:00- Room Visits W/ Activity Cart 2:30- BINGO! DR3
2:00- Activities on the Go &	8:30- Breakfast DR2 9:30- Morning Visits/Wellness Check 10:00- Fresh Air (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- Sing-a-long AR2 11:30- Lunch DR2 2:00- Adult Coloring AR2 3:00- BINGO! DR3 5:00- Dinner DR2	8:30- Breakfast DR2 9:30- Wednesday Devotions AR2 10:30- Table Top Games AR2 11:30- Lunch DR2 2:00- Chair Exercise AR2 3:30- Movie LR2 5:00- Dinner DR2	8:30- Breakfast DR2 9:30- Morning Visits 10:00- Morning Exercise AR2 11:30- Lunch DR2 12:45- Lotion Therapy/Hand Massage AR2 3:00- Traveling Treat Cart 5:00- Dinner DR	***Activities may be sub AR2- Activity Room 2nd DR2- Dining Room 2nd F DR3- Dining Room 3rd F Questions? Dial EXT 380	Floor Floor Ioor