




FEBRUARY 2023 • INDEPENDENT LIVING Activities Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Black History Month An annual observance originating in the United States, where it is also known as African-American History Month. It has received official recognition from governments in the U.S. and Canada. It began as a way of remembering important people and events in the history of the African diaspora.	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 DR - Discovery Room (Marketing) B - Bistro	1 Nat'l Get Up Day 9:00 Devotions (EC) Chaplain Charles O'Bryant 10:15 Catholic Communion (PR) 11:00 Exercise w/ Leo (EC) 2:00 Water Exercise w/ Leo 1:30 Character of Faith Biblical Studies (L) 2:00 New Series: "The Great Courses: Experiencing America: A Smithsonian Tour through American History" (C3) 3:30 Chinese New Year Celebration at the Bayou Bar 6:30 Alley Theatre "Cambodian Rock Band"	2 Groundhog Day 10:00 Exercise w/ Leo (EC) 10:45 Sing-a-Long (L) "Favorites" with Louise Frowe 7:00 Classic Movie Night (C3) "Operation Crossbow" Starring Sophia Loren, George Peppard, Trevor Howard, John Mills, Richard Johnson	3 National Wear Red Day #GoRedWearRed 9:00 Coffee Talk (Bistro) 10:00 Exercise w/ Frances (EC) 11:15 Monthly Lunch Bunch "Lemongrass Café" 3:00 Celebration of Life Jayne Flynn (EC)	4 10:00 Card Craft (Craft Rm) 1:00 Afternoon Popcorn Just outside the Event Center 1:00 Canasta (Lounge) 2:00 Needlework (3rd Floor) 7:00 Bingo (EC) 6:45 Rice Univ. Shepherd School of Music Beethoven's 3 rd Symphony "Eroica" Make Online Reservations/No Charge
5 11:30—1:30 Sunday Brunch 1:30 U of H Musicians (EC)	6 11:00 Exercise w/ Leo (EC) 1:00 Brazos Needle Group (L) 1:00 Line Dance w/ Gayle (AR) 2:30 Cook's Corner (7W) Making Flour Tortillas w/ Mayra	7 Nat'l Send a Card to a Friend Day 10:00 Exercise w/ Leo (EC) 10:30 Kroger Grocery 2:00 Houston Symphony Musicians String Trio (EC) 3:15 Walgreens Discount Day	8 9:00 Devotions (EC) Resident, Carl Williams 10:15 Catholic Communion (PR) 11:00 Exercise w/ Leo (EC) 1:00 J's Treat: MFAH 2:00 Water Exercise w/ Leo 1:30 Character of Faith Biblical Studies (L) 2:00 New Series: "The Great Courses: Experiencing America: A Smithsonian Tour through American History" (C3)	9 10:00 Exercise w/ Leo (EC) 10:45 Sing-a-Long (L) w/ Ava Laing Valentine's Day Sing a Long 1 PM Visit the Blue Bird Resale Shop	10 9:00 Coffee Talk (Bistro) 10:00 Exercise w/ Frances (EC) 11:30 Grillin' with Scott & Jim (B) 2:00 Aroma & Lotion Therapy (PR) 7:00 Friday Feature (C3) "O Brother Where Art Thou?" Starring George Clooney & John Goodman	11 10:00 Card Craft (Craft Rm) 10:30 100th Birthday Celebration for Ken Caughron (L) 1:00 Afternoon Popcorn 1:00 Canasta (Lounge) 2:00 Needlework (3rd Floor) 7:00 Bingo (EC) 8:00 Houston Symphony Livestream (Channel 3)
12 Super Bowl LVII 2023  11:30—1:30 Sunday Brunch 5:30 Super Bowl Festivities at The Bayou Bar	13 11:00 Exercise w/ Frances (EC) 11:30 Meyer Park Shopping Resident's Choice 1:00 Brazos Needle Group (L) 1:00 Line Dance w/ Gayle (AR) 7:00 BTBM Book Club (7W) "A Game of Birds & Wolves" By Simon Parkin Led by Louise Row	14 Valentine's Day 10:00 Exercise w/ Leo (EC) 10:30 Kroger Grocery 2:00 Robert Flatt Photography (EC) 3:00 Caring Friends Meeting (SOL) 5:30 Valentine's Day Dinner 	15 9:00 Devotions (EC) Rev. Dr. Wilson Boots 10:15 Catholic Communion (PR) 11:00 Exercise w/ Leo (EC) 2:00 Water Exercise w/ Leo 1:30 Character of Faith Biblical Studies (L) 2:00 New Series: "The Great Courses: Experiencing America: A Smithsonian Tour through American History" (C3)	16 10:00 Exercise w/ Leo (EC) 10:45 Sing-a-Long (L) w/ Ginny Croft & Anne Brown 2 PM Third Thursday w/ Margaret Desmond (7W) 5:00 February Birthday Dinner (EC) 7:00 Thursday Theatre (C3) "Queen Bees"	17 Random Acts of Kindness Day 9:00 Coffee Talk (Bistro) 10:00 Exercise w/ Frances (EC) 1:30 Fire Safety with retired HFD firefighter, Scott Davenport (EC) 3:00 Shabbat Service (7W)	18 10:00 Card Craft (Craft Rm) 1:00 Afternoon Popcorn Just outside the Event Center 1:00 Canasta (Lounge) 2:00 Needlework (3rd Floor) 7:00 Bingo (EC) 8:00 Houston Symphony Livestream (Channel 3)
19 11:30—1:30 Sunday Brunch 1:30 Houston Symphony "Debussy La Mer"	20 President's Day 9:30 Old Town Spring/Lunch TBD 11:00 Exercise w/ Leo (EC) 1:00 Brazos Needle Group (L) 1:00 Line Dance with Gayle (AR) 7:00 Monday Night Movie (C3) "Flags of our Fathers"	21 Fat Tuesday/ Mardi Gras Lunch & Dinner Specials 10:00 Exercise w/ Leo (EC) 10:30 Kroger Grocery 2:00 Celebrating Mardi Gras (EC) w/ King Cake, & Champagne 3:30 Party at the Pool Table	22 Ash Wednesday 9:00 Devotions (EC) Administration of Ashes Rev. Margaret Desmond & Team 10:15 Catholic Communion (PR) 11:00 Exercise w/ Leo (EC) 2:00 Water Exercise w/ Leo 1:30 Character of Faith Biblical Studies (L) 2:00 The Great Courses: Experiencing America: A Smithsonian Tour thru American History (C3)	23 10:00 Exercise w/ Leo (EC) 10:45 Sing-a-Long (L) w/ Glennie Scott 3:00 Town Hall w/ Scott Perlman (EC) 6:00 BTBM Dinner Night Out "Eugene's Gulf Coast"	24 Go Texan Day 9:00 Coffee Talk (Bistro) 10:00 Exercise, via video today (C3) 11 AM Chili Cook Off Contest Come by the EC & cast your vote for your favorite chili! Live music with country singer Bill Parish	25 10:00 Card Craft (Craft Rm) 1:00 Afternoon Popcorn Just outside the Event Center 1:00 Canasta (Lounge) 2:00 Needlework (3rd Floor) 7:00 Bingo (EC)
26 Letter to an Elder Day 11:30—1:30 Sunday Brunch 1:30 U of H Musicians (EC)	27 11:00 Exercise w/ Frances (EC) 1:00 Brazos Needle Group (L) 1:00 Line Dance with Gayle (AR) 2:00 Speaker: Pam Gates Senior Docent MFAH (EC) "Van Gogh: His Life in Art" 7 PM Opera & Wine Night (EC) "Phantom of the Opera"	28 10:00 Exercise w/ Leo (EC) 10:30 Kroger Grocery 3:00 Trivia Hour (EC)				Tune to Channel 103 for daily and upcoming events Inside/Outside/Religious Activities

Events may be rescheduled or cancelled due to low turnout or inclement weather.

FEBRUARY 2023 • ASSISTED LIVING Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>AR2- Activity Room 2nd Floor AR3- Activity Room 3rd Floor DR3- Dining Room 3rd Floor H3- Hallway on 3rd Floor EC- Event Center 1st Floor L-Lounge 1st Floor CH3- Channel 3</p>			<p>9:00- Devotionals (Delivered) 10:15- Catholic Communion (PR) 11:00- Resident Council AR3 1:30- Music of your choice DR3 2:00- The Great Courses (C3) 3:30- Chinese New Year Celebration at the Bar. (1st floor)</p>	<p>9:00- Morning Greeting & Mail Call 10:45- Sing a Long (L) 11:15- Walk & Talk around BTBM 2:00- Lotion Therapy (In Room) 3:00- Snack Cart and 1:1 Visits 7:00- Classic Movie Night (C3)</p> <p>Groundhog Day</p>	<p>9:00- Morning Greetings & Mail Call 11:00- Fitness Friday DR3 11:30- Cooks Corner DR3 2:00- Music & Memory (In Rooms) 3:00- Puzzles & Crosswords (Residents Choice) AR3 3:00- Friday Feature AR3</p>	<p>10:00- Daily Chronicles Delivered 1:00- Afternoon Popcorn Just outside the EC 2:00- Residents Choice AR3 3:00- BINGO DR3</p>
<p>10:00- Sunday Devotions Pickup AR3 1:30- U of H Musicians EC 2:00- Susie Q Sing-a-Long AR2 3:00- Movie AR2 5:00- 1:1 Visits by Sharon</p>	<p>Lily is Off 9:00- Morning Greetings & Mail Call 11:00- Monday Manicures (in rooms) 1:00- Crafts Corner (Flower arrangements) AR3 2:00- Mid-Day Matinee AR2 5:00- 1:1 Cupids Visits</p>	<p>Lily is Off 9:00- Morning Greetings & Mail Call 1:00- Table Games (Residents Choice) AR3 2:00- Houston Symphony Musicians (EC) 3:00- BINGO DR3</p>	<p>Lily is Off 9:00- Devotionals (Delivered) 10:15- Catholic Communion (PR) 1:30- Music of your choice DR3 2:00- The Great Courses (C3) 3:00- Movie- AR2</p>	<p>9:00- Morning Greeting & Mail Call 10:45- Sing a Long (L) 11:15- Walk & Talk around BTBM 2:00- Lotion Therapy (In Room) 3:00- Snack Cart and 1:1 Visits</p>	<p>9:00- Morning Greetings & Mail Call 11:00- Fitness Friday DR3 11:30- Grillin/w/ Scott Bistro 2:00- Music & Memory (In Rooms) 3:00- Puzzles & Crosswords (Residents Choice) AR3 3:00- Friday Feature AR3</p>	<p>10:00- Daily Chronicles Delivered 10:30- 100th Birthday Celebration for Ken Caughron (L) 1:00- Afternoon Popcorn Just outside the EC 2:00- Residents Choice AR3 3:00- BINGO DR3 8:00- Houston Symphony Livestream (Channel 3)</p>
<p>10:00- Sunday Devotions Pickup AR3 2:00- Susie Q Sing-a-Long AR2 3:00- Movie AR2 5:00- 1:1 Visits by Sharon 5:30- Super Bowl Festivities at the Bayou Bar.</p>	<p>9:00- Morning Greetings & Mail Call 11:00- Monday Manicures (in rooms) 1:30- Valentines Cake Pop w/ Frances Davenport. DR3 3:00- Mid-Day Matinee AR2 5:00- 1:1 Cupids Visit</p>	<p>"Will you accept this Rose?" Valentines Day Luncheon 12PM-DR3</p> <p>Valentine's Day </p>	<p>9:00- Devotionals (Delivered) 10:15- Catholic Communion (PR) 1:30- Music of your choice DR3 2:00- Bowling H3 2:00- The Great Courses (C3) 3:00- Movie w/ Popcorn-AR2</p>	<p>9:00- Morning Greeting & Mail Call 10:45- Sing a Long (L) 11:15- Walk & Talk around BTBM 2:00- Lotion Therapy (In Room) 3:00- Snack Cart and 1:1 Visits</p>	<p>9:00- Morning Greetings & Mail Call 11:00- Fitness Friday DR3 11:30- Cooks Corner DR3 2:00- Fire Safety with retired HFD firefighter, <i>Scott Davenport EC</i> 3:00- Puzzles & Crosswords (Residents Choice) 3:00- Friday Feature AR3</p>	<p>10:00- Daily Chronicles Delivered 1:00- Afternoon Popcorn Just outside the EC 2:00- Residents Choice AR3 3:00- BINGO DR3 8:00- Houston Symphony Livestream (Channel 3)</p>
<p>10:00- Sunday Devotions Pickup AR3 2:00- Susie Q Sing-a-Long AR2 3:00- Movie AR2 5:00- 1:1 Visits by Sharon</p>	<p>9:00- Morning Greetings & Mail Call 11:00- Monday Manicures (in rooms) 1:00- Crafts Corner (Mardi Gras Masks) AR3 2:00- Mid-Day Matinee AR2 5:00- 1:1 Cupids Visit</p> <p>Presidents' Day</p>	<p>9:00- Morning Greetings & Mail Call 11:00- Sunshine Club & Daily Chronicles AR3 2:00- Celebrating Mardi Gras (EC) w/ King Cake & Champagne</p> <p>Mardi Gras</p>	<p>9:00- Devotionals (Delivered) 10:15- Catholic Communion (PR) 1:30- Jazz Music DR3 2:00- Bowling H3 2:00- The Great Courses (C3) 3:00- Movie w/ Popcorn-AR2</p> <p>Ash Wednesday</p>	<p>9:00- Morning Greeting & Mail Call 10:30- Coffee with a Cop DR3 11:15- Walk & Talk around BTBM 2:00- Lotion Therapy (In Room) 3:00- Town Hall w/ Scott Perlman (EC)</p>	<p>9:00- Morning Greetings & Mail Call 10:00- Exercise via Video (C3) 11AM- Chili Cook Off Contest. <i>Come by the EC, & cast your vote for your favorite chili! Live music w/ country singer Bill Parish.</i> 3:00- Friday Feature AR3</p>	<p>10:00- Daily Chronicles Delivered 1:00- Afternoon Popcorn Just outside the EC 2:00- Residents Choice AR3 3:00- BINGO DR3</p>
<p>10:00- Sunday Devotions Pickup AR3 1:30- U of H Musicians EC 2:00- Susie Q Sing-a-Long AR2 3:00- Movie AR2 5:00- 1:1 Visits by Sharon</p>	<p>9:00- Morning Greetings & Mail Call 11:00- Monday Manicures (in rooms) 1:00- Crafts Corner (Coloring Corner) AR3 3:00- Trivia Hour (EC) 5:00- 1:1 Cupids Visit 7:00- Opera & Wine Night (EC)</p>	<p>9:00- Morning Greetings & Mail Call 11:00- Sunshine Club & Daily Chronicles 1:00- Afternoon Stretch DR3 2:00- Table Games (Residents Choice) AR3 3:00- BINGO DR3</p>	 <p>FEBRUARY 2023</p>			

FEBRUARY 2023 • MEMORY CARE Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			9:30 Relaxation on the patio weather permitting 1 10:00 One on one visits 10:30 Table games and conversation 2:00 Puzzles and Creative coloring 3:00 Afternoon coffee Hydration - Refreshment 3:30 Movie matinee	9:45 Morning Greetings 2 10:30 Brain Stimulation packet 11:00 ME TV, retro old TV shows 1:00 One on one visits 3:00 Afternoon refreshment offered 4:00 TV movie and unwind before dinner Groundhog Day	9:45 Morning Greetings with delivery of daily stimulation packet 3 10:00 Music appreciation 11:00 TV - The wild west Channel 91 1:00 One on one visits 3:00 Activity room Coloring & Puzzles 4:00 Afternoon movie a Hallmark selection	9:30 ME TV retro Saturday morning entertainment 4 1:00 One/one visits with walks within the unit 1:30 Games Galore 3:00 Bingo 4:00 Movie
			10:00 St. Luke's Methodist Church Channel 61 (LR) 5 10:30 Sunday Chronicle 1:30 Daily Devotion w/ Sharon 2:00 Outside patio, weather permitting 1/1 visits A time to relax 3:30 Table games Coloring or puzzles	9:45 Morning Greetings 6 10:00 Daily Chronicle 10:30 Relaxation Patio weather permitting 11:00 ME TV, retro old TV show 1:30 Easy does it Stretch 2:30 Match & sort, sensory corner 3:00 Table games and coffee	9:45 1/1 visits with walks 7 10:00 Daily Chronicle reading 10:30 Table Games 1:00 A short story with Sharon 2:00 Houston String Trio (EC) 3:30 Movie Matinee	9:30 Relaxation on the patio weather permitting 8 10:00 One on one visits 10:30 Table games and conversation 2:00 Puzzles and Creative coloring 3:00 Afternoon coffee Hydration - Refreshment 3:30 Movie matinee
10:00 St. Luke's Methodist Church Channel 61 (LR) 12 10:30 Sunday Chronicle 1:30 Daily Devotion w/ Sharon 2:00 Outside patio, weather permitting 1/1 visits A time to relax 3:30 Table games Coloring or puzzles	9:45 Morning Greetings 13 10:00 Daily Chronicle 10:30 Relaxation Patio weather permitting 11:00 ME TV, retro old TV show 1:30 Valentine's Cake Pops (DR3) 2:30 Match & sort, sensory corner 3:00 Table games and coffee	14 "Will you accept this rose?" Valentine's Day Luncheon 12PM- DR3 Valentine's Day 	9:30 Relaxation on the patio weather permitting 15 10:00 ME TV, retro old shows 2:00 Puzzles and Creative coloring 3:00 Afternoon coffee Hydration - Refreshment 3:30 Movie matinee	9:45 Morning Greetings 16 10:30 Brain Stimulation packet 11:00 ME TV, retro old TV shows 1:00 One on one visits 3:00 Afternoon refreshment offered 4:00 TV movie and unwind before dinner	9:45 Morning Greetings with delivery of daily stimulation packet 17 10:00 Music appreciation 11:00 TV - The wild west Channel 91 1:00 One on one visits 3:00 Activity room Coloring & Puzzles 4:00 Afternoon movie a Hallmark selection	9:30 ME TV retro Saturday morning entertainment 18 1:00 One/one visits with walks within the unit 1:30 Games Galore 3:00 Bingo 4:00 Movie
10:00 St. Luke's Methodist Church Channel 61 (LR) 19 10:30 Sunday Chronicle 1:30 Daily Devotion w/ Sharon 2:00 Outside patio, weather permitting 1/1 visits A time to relax 3:30 Table games Coloring or puzzles	9:45 Morning Greetings 20 10:00 Daily Chronicle 10:30 Relaxation Patio weather permitting 11:00 ME TV, retro old TV show 1:30 Mardi Gras Masks (craft) 2:30 Match & sort, sensory corner 3:00 Table games and coffee Presidents' Day	9:30 Relaxation on the patio, weather permitting 21 10:00 1/1 visits with walks 10:30 Table games 1:30 A short story with Sharon 2:00 Celebrating Mardi Gras (EC) 3:15 Cards and other table activities for the group Mardi Gras	9:30 Relaxation on the patio weather permitting 22 10:00 One on one visits 10:30 Table games and conversation 2:00 Puzzles and Creative coloring 3:00 Afternoon coffee Hydration - Refreshment 3:30 Movie matinee Ash Wednesday	9:45 Morning Greetings 23 10:30 Brain Stimulation packet 11:00 ME TV, retro old TV shows 1:00 One on one visits 3:00 Afternoon refreshment offered 4:00 TV movie and unwind before dinner	9:45 Morning Greetings with delivery of daily stimulation packet 24 10:00 Music appreciation 11:00 TV - The wild west Channel 91 1:00 One on one visits 3:00 Activity room Coloring & Puzzles 4:00 Afternoon movie a Hallmark selection	9:30 ME TV retro Saturday morning entertainment 25 1:00 One/one visits with walks within the unit 1:30 Games Galore 3:00 Bingo 4:00 Movie
10:00 St. Luke's Methodist Church Channel 61 (LR) 26 10:30 Sunday Chronicle 1:30 Daily Devotion w/ Sharon 2:00 Outside patio, weather permitting 1/1 visits A time to relax 3:30 Table games Coloring or puzzles	9:45 Morning Greetings 27 10:00 Daily Chronicle 10:30 Relaxation Patio weather permitting 11:00 ME TV, retro old TV show 1:30 Easy does it Stretch 2:30 Match & sort, sensory corner 3:00 Table games and coffee	9:30 Relaxation on the patio, weather permitting 28 10:00 1/1 visits with walks 10:30 Table games 1:30 Music appreciation and water color 2:30 Afternoon coffee/hydration refreshment 3:00 Activity corner (AR/MC)	 <h2 style="text-align: center;">FEBRUARY 2023</h2>			