## SEPTEMBER 2023 • INDEPENDENT LIVING Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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 Off)	Tune to Channel 103 for daily and upcoming events  Inside/Outside/Religious Activities	Septemb  Events may be rescheduled or conclement.	ancelled due to low turnout or	Happy Fall!	9:00 Coffee Talk (Bistro) 11:00 Exercise w/ Leo (EC) 1:30 Beginning Bridge w/ Patty McGinty West Tower 3:00 Corn Hole Tournament (EC) Refreshments & fun for everyone! 7:00 Friday Feature (C3) "Lincoln" Starring Daniel Day Lewis	10:00 Card Craft (Craft Rm) 1:00 Canasta (Lounge) 2:00 Needlework (3rd Floor) 7:00 Bingo (EC)
3 II:30—I:30 Sunday Brunch (Main Dining Room) 3 PM Art Class w/ Sheryl Woodall (Craft Rm) 6:00 Episcopal Worship w/ Father George (EC)	4 Labor Day  11:00 Exercise w/ Leo (EC) 1:00 Line Dance w/ Gayle (AR) 1:00 Brazos Needle Group (L)  3:00 Labor Day Sing-a-Long (L) Ginny Croft at the piano Song Leaders, Anne & Alan Refreshments will be served	5 Nat'l Cheese Pizza Day 10:00 Exercise w/ Leo (EC) 10:30 Kroger Grocery  2:00 Come & Meet Deidra Kinsey, COO (EC) 3:00 Walgreens Senior Day 7:00 Live Entertainment Happy Hour (Lounge)	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 2:00 Character of Faith Biblical Studies (L)	7 10:00 Exercise w/ Leo (AR)  10:45 Sing-a-Long (L)     "Favorites"     w/ Louise at the piano 7:00 Classic Movie Night (C3)     "The African Queen" Starring Humphrey Bogart & Katharine Hepburn	9:00 Coffee Talk (Bistro) 10:00 Costco Bus Trip 11:00 Exercise w/ Leo (EC) 11:30 Grillin' with Scott (Bistro) 1:30 Beginning Bridge w/ Patty McGinty West Tower	9 10:00 Card Craft (Craft Rm) 1:00 Canasta (Lounge) 2:00 Needlework (3rd Floor) 7:00 Bingo (EC) w/ The Young Men's Service League
Happy Grandparents Day  Day  11:30—1:30 Sunday Brunch (Main Dining Room) 3 PM Art Class w/ Sheryl Woodall (Craft Rm)	Patriot Day  10:00 Ekercise Whee Grayet  1:00 Line Dance we Gayle (AR)  1:00 Brazos Needle Group (L)  2:00 Speaker: Angel Hanzik (EC)  BBB Education Foundation  No RSVP—Prizes to Winl  7:00 BTBM Book Club  "Bronze Horseman"  By Paulling Simons  Led by Elaine Adams	10:00 Exercise w/ Leo (AR) 10:30 Kroger Grocery  2:00 Tuesday Theater (C3) "As Good as it Gets" Starring Jack Nicholson, Helen Hunt & Greg Kinnear  3:30 Party at the Pool Table Open to everyone! Lessons available	9:00 Devotions (EC) The Rev. Laura Mayo, Covenant Church 10:15 Catholic Communion (PR)  11:00 Exercise w/ Leo (EC)  1:00 J's Treat: MFAH  2:00 Water Exercise w/ Leo 2:00 Character of Faith Biblical Studies (L)  5:30 Candlelight Dinner	14 10:00 Exercise w/ Leo (EC) 10:45 Sing-a-Long (L) Ava at the piano "Hymns we Love"  2:00 Hospital Corporation of America (HCA) Presentation (please refer to the Care Now insert) (EC)	15 Rosh Hashanah Begins at Sunset  9:00 Coffee Talk (Bistro) 11:00 Exercise w/ Leo (EC) 1:30 Beginning Bridge w/ Patty McGinty West Tower  2:00 Aroma & Lotion Therapy (PR) 5:45 Shabbat Service (7W)	16  10:00 Card Craft (Craft Rm) 1:00 Canasta (Lounge) 2:00 Needlework (3rd Floor) 7:00 Bingo (EC)
1:30—1:30 Sunday Brunch (Main Dining Room) 1:15 Houston Ballet "A Midsummer Night's Dream" 6:00 Episcopal Worship w/ Father George (EC)	9:30 Houston Junior Forum Resale Shopping & Lunch at Harold's in the Heights  11:00 Exercise w/ Leo (EC)  1:00 Line Dance w/ Gayle (AR) 1:00 Brazos Needle Group (L)	19 Nat'l Butterscotch Pudding Day 10:00 Exercise w/ Leo (EC) 10:30 Kroger Grocery  2:00 Brazos Towers Therapy Presentation "Gearing Up: Active Aging Week" (EC)  6:45 Karaoke & Ice Cream (EC) w/ The Young Men's Service League	9:00 Devotions (EC) The Rev. Brandi Horton, St. Paul's UMC 10:15 Catholic Communion (PR) 11:00 Exercise w/ Leo (EC) 2:00 Water Exercise w/ Leo 2:00 Character of Faith Biblical Studies (L) 2:30 Craft Corner (by the bar) Fall Craft—Small Wreaths Please sign up in the Excursion Book to reserve your spot! 7:00 Movie Watch #1 (C3)	21 Int'l Peace Day  10:00 Exercise w/ Leo (EC) 10:45 Sing a Long (L) Ginny at the piano Song Leaders, Anne & Alan Special Tribute for Ellen MacDonald 3:00 Third Thursday w/ Margaret Desmond (7W) 5:00 September Birthday Dinner	9:00 Coffee Talk (Bistro) 10:00 Episcopal Worship with The Reverend David Goldberg (AR) 11:00 Exercise w/ Frances (EC) 11:30 Monthly Lunch Bunch Mandito's Tex Mex 1:30 Beginning Bridge w/ Patty McGinty West Tower	23 First Day of Autumn 10-11 "Turning Hearts" Music Ensemble led by Carolyn Davis (backyard) 10:00 Card Craft (Craft Rm) 1:00 Canasta (Lounge) 2:00 Needlework (3rd Floor) 2:00 Movie Watch #2 (C3) 7:00 Bingo (EC) 8:00 Houston Symphony(C3)
24 Yom Kippur Begins at Sunset  11:30—1:30 Sunday Brunch	25 Nat'l Cooking Day  11:00 Exercise w/ Leo (EC)  3:00 Trivia Hour (EC)  7:00 Movie Group Meet Up (Solarium)	8:30-10 AM Pancakes at the Bar 10:00 Exercise w/ Leo (AR) Aerobics Room Today! 10:30 Kroger Grocery 3:00 Speaker: Pam Gates, MFAH Mary Cassatt: American Impressionist Painter & Advocate for Women's Equality	27 Nat'l Choc Milk Day 9:00 Devotions (EC) The Rev. Dr. Colin Bossen, 1st Unitarian 10:15 Catholic Communion (PR) 11:00 Exercise w/ Leo (EC) 2:00 Water Exercise w/ Leo 2:00 Character of Faith Biblical Studies (L) 3:00 Wednesday Matinee (C3) "Being Julia" Starring Annette Bening & Jeremy Irons	28 Nat'l Good Neighbor Day  10:00 Exercise w/ Leo (EC) 10:45 Sing a Long (L) Glennie Scott at the piano 3:00 Town Hall Meeting w/ Scott (EC) 6:15 BTBM Dinner Night Out Eugene's Gulf Coast Cuisine	9:00 Visit the Willow Water Hole Coffee & Donuts  11:00 Exercise w/ Leo (EC)  1:30 Beginning Bridge w/ Patty McGinty West Tower  3-5 PM Celebrating Ruth Kosieracki's 100th Birthday (EC)  6:45 Rice Shepherd School	10:00 Card Craft (Craft Rm) 1:00 Canasta (Lounge) 2:00 Needlework (3rd Floor) 2:00 Movie Watch #2 (C3) 7:00 Bingo (EC) w/ The Young Men's Service League 8:00 Houston Symphony(C3)

## SEPTEMBER 2023 • ASSISTED LIVING Activities Calendar

F	Sunday	× Monday	Tue's day	Wednesday	Thursday	Friday	Saturday
	S	epte	mbei	r 202	23	9:00- Coffee Talk (Bistro) 11:00- Exercise w/ Leo (EC) 1:00- 1:1 visits w/ activity cart 2:00- Afternoon social circle (DR3) 3:00- Corn Hole Tournament (EC) Refreshments & fun for everyone!	10:00- Daily Chronicle Reading (AR3) 10:30- Open table games (AR3) 2:30- Cookie & Coffee Social (DR3) 3:00- BINGO w/Sharon (DR3)
	reading (AR3) 10:30- Sing-a-Long Sunday (DR3) 2:30- Afternoon Movie (DR3) 4:00- Residents Choice	10:30- Brain Games (AR3) 11:00- Exercise w/Leo (EC) 2:00- Residents Choice (activities available in AR3)	9:00- AM visits & Deliveries 5 10:00- Exercise w/Leo (EC) 11:00- Resident Council Meeting (AR3) 1:00- Bridge Group (AR3) 3:00- BINGO (DR3)	9:00- Devotions (EC) 6 10:15- Catholic Communion (PR) 11:00- Exercise w/Leo (EC) 1:00- Hand Massages (by request) 2:00- Dominoes (AR2) 3:00- Movie Matinee (DR3)	9:00- AM visits & Deliveries 7 10:00- Exercise w/Leo (EC) 10:45- Sing-a-Long (Lounge) 1:00- Bridge Group AR3) 2:00- Back to Basics Bible group (AR2) 3:00- 1:1 Visits (in rooms) 7:00- Classic Movie Night (C3)	9:00- Coffee Talk (Bistro) 10:00- Aroma Therapy and Hand Massages (by request) 11:00- Exercise w/ Leo (EC) 1:00- 1:1 visits w/ activity cart 2:00- Afternoon social circle (DR3) 3:00- BINGO (DR3)	10:00- Daily Chronicle Reading (AR3) 10:30- Open table games (AR3) 2:30- Snack Social (DR3) 3:00- Movie (DR3)
	reading (AR3) 10:30- Sing-a-Long Sunday (DR3) 2:30- Afternoon Movie (DR3) 4:00- Residents Choice (Assorted Puzzles, Word games, and cooloing advallable in	10:00- Coffee Talk (AR3) 11 10:30- Parachute fun (DR3) 11:00- Exercise w/Leo (EC) 2:00- Cupcake decorating contest (DR3) 2:00- Speaker: Presentation on Top Scams & Medicare Fraud. (EC) 3:00- Musical Movie Monday (DR3)	9:00- AM visits & Deliveries 12 10:00- Exercise w/Leo (EC) 11:00- Daily Chronicles & brain games (AR3) 1:30- Tie blankets for Texas Children's Hospital (AR2) 3:00- BINGO (DR3)	9:00- Devotions (EC) 13 10:15- Catholic Communion (PR) 11:00- Exercise w/Leo (EC) 1:00- Gardening Group (DR3) 2:00- Dominoes (AR2) 3:00- Movie Matinee (DR3)	9:00- AM visits & Deliveries 14 10:00- Exercise w/Leo (EC) 10:45- Sing-a-Long (Lounge) 1:00- Bridge Group AR3) 2:00- Back to Basics Bible group (AR2) 3:00- 1:1 Visits (in rooms)	9:00- Coffee Talk (Bistro) 15 11:00- Exercise w/ Leo (EC) 11:30- Grillin' w/Scott (bistro) 1:00- 1:1 visits w/ activity cart 2:00- Afternoon social circle (DR3) 3:00- Friday Feature (DR3) Rosh Hashanah Begins	10:00- Daily Chronicle Reading (AR3) 10:30- Open table games (AR3) 2:30- Cookie & Coffee Social (DR3) 3:00- BINGO w/Sharon (DR3) Oktoberfest Begins
	reading (AR3) 10:30- Sing-a-Long Sunday (DR3) 2:30- Afternoon Movie (DR3) 4:00- Residents Choice (Assorted Puzzles, Word	10:30- Craft Corner: "Thank You" cards for our local firefighters. (AR3) 11:00- Exercise w/Leo (EC)	9:00- AM visits & Deliveries 19 10:00- Exercise w/Leo (EC) 11:00- Daily Chronicles & games (AR3) 3:00- BINGO (DR3) 6:45- Karaoke & Ice Cream (EC)	9:00- Devotions (EC) 20 10:15- Catholic Communion (PR) 11:00- Exercise w/Leo (EC) 2:30- Craft Corner- fall craft-(by the bar 1st floor) (please let Lily know if you would like to sign up) 3:00- Movie Matinee (DR3)	9:00- AM visits & Deliveries 21 10:00- Exercise w/Leo (EC) 10:45- Sing-a-Long (Lounge) 1:00- Bridge Group AR3) 1:30- Celebrating September Birthday's. (DR3) 3:00- Third Thursday w/ Margaret Desmond. (7W)	9:00- Coffee Talk (Bistro) 22 10:00- Aroma Therapy and Hand Massages (by request) 11:00- Exercise w/ Leo (EC) 2:00- Cooks Corner (DR3) 3:00- BINGO (DR3)	10:00- Daily Chronicle Reading (AR3) 10:30- Open table games (AR3) 2:30- Snack Social (DR3) 3:00- Movie (DR3)
	reading (AR3) 10:30- Sing-a-Long Sunday (DR3) 2:30- Afternoon Movie (DR3) 4:00- Residents Choice (Assorted Puzzles, Word games, and coloring all available in Activity Room 3rd floor)	10:30- Passport Travels (AR3) 11:00- Exercise w/Leo (EC) 1:30- Scenic Bus Tour 3:00- Musical Movie Monday (DR3)	8:30-10AM- Pancakes at the Bar. (1st floor) 9:00- AM visits & Deliveries 10:00- Exercise w/Leo (EC) 11:00- Daily Chronicles & games (AR3) 3:00- BINGO (DR3)	9:00- Devotions (EC) 27 10:15- Catholic Communion (PR) 11:00- Exercise w/Leo (EC) 5PM- Candlelight Dinner (DR3)  A special dinner for Assisted Living residents only.	9:00- AM visits & Deliveries 28 10:00- Exercise w/Leo (EC) 10:45- Sing-a-Long (Lounge) 2:00- Back to Basics Bible group (AR2) 3:00- 1:1 Visits (in rooms) 3:00- Town Hall Meeting (EC)	10:00- Aroma Therapy and Hand Massages (by request) 2PM-3PM- Ice Cream Sunday Social and Trivia with Right at Home (DR3) 3:00- Friday Feature (DR3)	10:00- Daily Chronicle Reading (AR3) 10:30- Open table games (AR3) 2:30- Cookie & Coffee Social (DR3) 3:00- BINGO w/Sharon (DR3)
	Yom Kippur Brazos Tower At Bayou Mar	nor Assisted Living Activiti	es (Lily & Sharon EXT. 3802	2)		Sukkot Begins	

## SEPTEMBER 2023 • MEMORY CARE Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Channel 97 Guide Channel Channel 91 Encore Westerns Channel 3 IN AR Activity Room Channel 8 ME tv	Septe Pouse Movies)	mbei	r 202	3	10:00 Activity room w/Morning 10:15 Hand  10:15 Balloon Ball 10:30 Mind Joggers 1:30 Table games (AR) 3:00 Refreshment 3:15 (AR) Horse races 4:15 One on one visits -wind down until dinner (LR)	9:00 Relaxation on the patio 10:00 ME TV, retro TV shows 10:00 Activities available with staff, Puzzles, Coloring 1:00 One on one visits with walks 1:30 Table games 3:00 Refreshment 3:00 Movie available for VCR viewing 4:30-5:45 One on one visits and dinne conversation
9:00 Relaxation on the patio 10:00 Activities provided by staff in the dining room, Coloring/Puzzles 10:00 Channel 91 Encore "Western movie" 3:00 Afternoon hydration 3:30 Devotion and music with Margaret Desmond and/or Dr. Buford Nichols plus Sunday visits with Caring Friends Sharon Off	9:00 Relaxation on the patio 10:00 Activities provided by staff in the dining room Coloring & Puzzles Residents Choice 10:00 TV set for ME channel, retro tv 3:00 Refreshment 3:15 Movies available for VCR  Sharon Off  Labor Day	10:00 Morning stretch living room 10:15 Ball Toss 10:30 Activity Room Jigsaw Puzzles 1:00 Table games 2:45 Movie and afternoon refreshment 4:15 One on one visit and wind down till dinner with conversation	10:00 Music appreciation and water color 11:00 1/1 visits 1:45 Dominoes 3rd floor 3:00 Lively conversation (AR) Mind Joggers and other trivia 3:30 Jigsaw puzzles 4:00 Me TV, retro television Wind down till dinner with conversation	9:45 Morning stretch - Living Room 10:30 Sing a long w/ Louise at the piano (EC) "Favorites" 1:00 Bingo 3:00 Refreshment 3:00 Name that tune Fall coloring 4:00 Afternoon movie The Long Long Trailer	10:00 Activity room w/Morning warmup stretch 10:15 Hand massages/aroma therapy 10:15 Balloon Ball 10:30 Mind Joggers 1:30 Table games (AR) 3:00 Refreshment 3:15 Afternoon movie -John Wayne 4:30 1/1 visits	8 9:00 Relaxation on the patio 10:00 ME TV, retro TV shows 10:00 Activities available with staff, Puzzles, Coloring 1:00 Channel 91 Encore "Wild Wild West" 3:00 Movie available for VCR viewing 4:00 Activities available Coloring/Puzzles  Sharon Off
9:00 Relaxation on the patio 10:00 Activities provided by staff in the dining room, Coloring/Puzzles 10:00 Channel 91 Encore "Western movie" 3:00 Afternoon hydration 3:30 Devotion and music with Margaret Desmond and Dr. Buford Nichols plus Sunday visits with Caring Friends Sharon Off	9:30 Morning Greeting and stretch Morning Chronicles delivered 11:30 Mealtime visit with Sharon 1:00 One/one visits with walk 2:00 Dominoes 3:00 Afternoon hydration (AR) Horse race (board game) 4:15 Wind down until dinner w/ music and conversation	9:00 Relaxation on the patio 10:00 Activity room "Lucky Day" video version "Story Time" 10:30 Visit from Zoe Therapy Dog 1:00 Table games 2:30 Tuesday Movie (Ch 3) "As Good as it Gets" starring Jack Nicholson, Helen Hunt and Greg Kinnear 4:15 One on one visits	9:00 Relaxation on the patio 10:00 Daily chronicle, music appreciation with coloring 11:00 1/1 visits 1:45 Dominoes 3rd floor 3:00 Lively conversation (AR) Mind Joggers and other trivia 3:30 Jigsaw puzzles 4:00 Me TV, retro television Wind down till dinner with conversation	9:45 Exercise with music 10:20 Sing a long w/Ava at the Piano (EC) "Hymns we Love" 1:00 Table games 3:00 Refreshment 3:15 Decorate pine cones for autumn 4:00 Pick the correct spelling and Scrabble fun	9:00 Relaxation on the patio 10:00 Sittercize and ball toss 10:15 Hand massages/aroma therapy 10:30 1/1 visits with walks 1:45 Dominoes 3:00 Lively conversation (AR) Mind Joggers and other trivia 3:30 Jigsaw puzzles 4:00 Me TV, retro television Wind down till dinner Rosh Hashanah Begins	9:00 Relaxation on the patio 10:00 ME TV, retro TV shows 10:00 Activities available with staff, Puzzles, Coloring, 1:00 One on one visits with walks 1:30 Table games 3:00 Refreshment 3:00 Movie available for VCR viewing 4:30-5:30 One on one visits and dinne conversation  Oktoberfest Begins
10:00 Activities provided by staff in the dining room, Coloring/Puzzles 10:00 Channel 91 Encore "Western movie" 3:30 Devotion and music with Margaret Desmond and/or Dr. Buford Nichols plus Sunday visits with Caring Friends Sharon Off	9:30 Morning Greeting & delivery of daily chronicle 9:45 Channel 91 Encore "Western Movie" 1:00 Activities available at the bar in dining area Residents Choice 3:00 Afternoon hydration 3:00 Movies available for VCR  Sharon Off	10:15 Therapy Dog visit "Zoey" 10:30 One on one with walks 1:00 Table games 2:00 Brazos Towers Therapy Presentation (EC) 2:45 Movie and afternoon refreshment 4:15 One on one visits continued and wind down till dinner	10:00 Sittercize and ball toss 10:20 Corn Hole 1:45 Dominoes 3rd floor 3:00 Lively conversation (AR) Let's play pick the correct spelling and have some scrabble fun 4:00 Me TV, retro television Wind down till dinner with conversation	10:20 Sing a long w/Ginny at the piano Led by Annie & Alan a special tribute to Ellen Mc Donald 1:00 Table games 3:00 Refreshment 3:15 Lively conversation (AR) Mind Joggers and other trivia 3:30 Rest & Relaxation - Spa time 4:00 Group visit with music before dinner	10:00 Activity room w/Morning warmup stretch 10:15 Balloon Ball 10:15 Hand massages/aroma  therapy 10:30 Mind Joggers 1:30 Table games (AR) 3:00 Refreshment 3:15 Afternoon movie "Tulsa" 4:30 1/1 visits	"9:00 Relaxation on the patio 10:00 ME TV, retro TV shows 10:00 Activities available with staff, Puzzles, Coloring 1:00 Channel 91 Encore "Wild Wild West" 3:00 Movie available for VCR viewing  Sharon Off Autumn Begins
9:00 Relaxation on the patio 10:00 Activities provided by staff in the dining room, Coloring/Puzzles 10:00 Channel 91 Encore "Western movie" 3:00 Afternoon hydration 3:30 Devotion and music with Margaret Desmond and/or Dr. Buford Nichols plus Sunday visits with Caring Friends Sharon Off  Brazos Towers at Bayou Mano	11:30 Mealtime visit with Sharon 1:00 One/one visits with walk 1:30 Scenic bus tour 3:00 Afternoon hydration (AR) 3:00 Our Gang gets together in the activity room Let's play YOU BE THE JUDGE & NUMERUS NUMBERS 4:15 Wind down until dinner w/ conversation	9:30 Morning Greeting and stretch 9:45 Category ball 10:00 Activity Room Bingo 11:30 Mealtime visit with Sharon 1:00 One/one visits with walk 2:00 Dominoes 3:00 Afternoon hydration (AR) 3:00 Our Gang gets together in the activity room Let's play "You can Puzzle Too" 4:15 Wind down until dinner with conversation	9:30 Morning Greeting and stretch 10:00 Daily chronicle and music appreciation 1:00 One/one visits with walk 1:45 Dominoes 3rd floor 3:00 Afternoon hydration (AR) 3:00 Our Gang gets together in the activity room Let's play Junk drawer detective and find the difference in the photo. Balloon ball toss too!! 5:00 Candlelight dinner (DR3)	10:20 Sing a long w/Glennie Scott at the piano 1:00 Corn Hole 3:00 Refreshment 3:15 Lively conversation (AR) Mind Joggers and other trivia	9:30 Morning Greeting and stretch 9:45 Category ball 10:15 Hand massages/aroma therapy 1:00 One/one visits with walk 2:00 Dominoes 3:00 Afternoon hydration (AR) 3:00 Our Gang gets together in the activity room Let's play Get Creative and have some fun 4:15 Wind down until dinner Sukkot Begins	9:00 Relaxation on the patio 10:00 ME TV, retro TV shows 10:00 Activities available with staff, Puzzles, Coloring, 1:00 One on one visits with walks 1:30 Table games 3:00 Refreshment 3:00 Movie available for VCR viewing 4:30-5:30 One on one visits and dinne conversation