

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Tune to Channel 3 for daily and upcoming events

Note: Answers to the puzzles will be posted on the community bulletin board

1

9:00 **Exercise (AR)**
 10:00 **July 4th Buffet Sign Up** (library lounge)
 10:00 **Meyerland Plaza**
 1:00 **Needle Group (L)**
 2:00 **Mah Jong (L)**
 2:00 **Chair Yoga (AR)**

2

9:00 **Balance & Flex (AR)**
 10:00 **Kroger**
 10:00 **Tai Chi**
 1:30 **Mah Jong (5 WT)**
 1:30 **Walgreens Senior Day**
 2:00 **Strength Training (AR)**
 3:00 **Patriotic Sing-a-Long Concert** with David LaDuca & Philip Hall (EC)

3

9:00 **Devotions (EC)**
 9:30 **Meet & Greet with Scott Perlman, Executive Director (Bistro)**
 10:00 **Caring Friends (Sol)**
 2:00 **Walking w/ Nurse Kathy**
 3:00 **John's Choice (EC)**

4 Independence Day

11-1:30 PM **4th of July Celebration Buffet Lunch**

11:00 **Catholic Mass (PR)**

3:00 **Sing-a-Long at the Piano in the Lounge**

5

9:00 **Exercise (AR)**
 10:15 **Miller Outdoor Theatre Ballet Folklorico**
 10:30 **Mindfulness (A/L 2R)**
 11:00 **Grillin' Day with Scott (Bistro)**
 2:00 **Strength Training (AR)**
 4:30 **GLOW Girls (Bar)**

6

1:00 Rummikub (L)
 1:00 Popcorn &
 1:15 **Movie Matinee (EC) "A Few Good Men"**
 1:00 Canasta L
 7:00 **Bingo** EC

7

11:00-1:30 **Sunday Buffet (L)**

2:00 **Dominos (L)**

8

9:00 **Exercise (AR)**
 10:00 **Candlelight Sign Up** (library lounge)
 1:00 **Needle Group (L)**
 2:00 **Mah Jong (L)**
 2:00 **Chair Yoga (AR)**
 3:00 **Life Matters facilitated by Rev. Susan Yarbrough (7W)**
 7:00 **Book Club (7W)**

9

9:00 **Balance & Flex (AR)**
 10:00 **Kroger**
 10:00 **Tai Chi**
 1:30 **Mah Jong (5 WT)**
 2:00 **Strength Training (AR)**
 TBD **To the Movies AMC Theater**

10

9:00 **Devotions (EC)**
 10:00 **Grief Support Group (PDR)**
 2:00 **Walking w/ Nurse Kathy**
 3:00 **The Great Courses (EC) "Our Night Sky"**
 5:00 **Candlelight Dinner**
 7:00 **Georgette at the Piano**

11

9:00 **Exercise (AR)**
 10:00 **Tai Chi (AR)**
 10:00 **Episcopal Worship (PR)**
 11:00 **Larry Calies, Presenter Black Cowboy Museum (EC)**
 2:00 **Strength Training (AR)**
 7:00 **Resident Association**

12

9:00 **Exercise (AR)**
 10:30 **Mindfulness (A/L 2R)**
 2:00 **Strength Training (AR)**
 3:30 **Shabbat Service (PR)**
 4:30 **GLOW Girls (Bar)**
 6:30 **"In Name Only" Classic Movie (EC)**

13

1:00 Rummikub (L)
 1:00 Popcorn &
 1:15 **Movie Matinee (EC) "Mama Mia"**
 1:00 Canasta L
 7:00 **Bingo** (EC)

14 Soap Box Derby Day – The 82nd All-American Soap Box Derby World Championships begin today. The first official All-American Soap Box Derby was held in Dayton, Ohio, in 1934 with Chevrolet as the sponsor.

2:00 **Dominos (L)**

15

9:00 **Exercise (AR)**
 11:00 **Joan Horrocks, Health Presentation ~ Mind Body Connection: Staying Hydrated & Personal Health Check List (EC)**
 1:00 **Needle Group (L)**
 1:30 **Trip to Dairy Queen**
 2:00 **Mah Jong (L)**
 2:00 **Chair Yoga (AR)**

16

9:00 **Balance & Flex (AR)**
 10:00 **Kroger**
 10:00 **Tai Chi**
 1:30 **Mah Jong (5 WT)**
 2:00 **Strength Training (AR)**
 3:00 **Michelle Gessner, Presenter Gessner Strategies (EC)**

17

9:00 **Devotions (EC)**
 9:45 **Galveston Trip**—Ferry Ride and Lunch at Shrimp n Stuff
 2:00 **Walking w/ Nurse Kathy**
 3:00 **John's Choice (EC)**

18

9:00 **Exercise (AR)**
 10:00 **Tai Chi (AR)**
 11:00 **Catholic Mass (PR)**
 2:00 **Strength Training (AR)**
 3:00 **Liar's Club (Bar)**
 5:00 **July Birthday Dinner (EC)**

19

9:00 **Exercise (AR)**
 10:30 **Mindfulness (A/L 2R)**
 2:00 **Strength Training (AR)**
 2:30 **Afternoon Performance by Strings 'n Things (EC)**
 4:30 **GLOW Girls (Bar)**

20

1:00 Rummikub (L)
 1:00 Popcorn &
 1:15 **Movie Matinee (EC) "The Sea of Grass" Classic Movie**
 1:00 Canasta L
 7:00 **Bingo** EC

21

2:00 **Dominos (L)**

3:30 **Song & Wine (L)**
Louise at the Piano

22

9:00 **Exercise (AR)**
 10:00 **Walmart on S. Rice**
 1:00 **Needle Group (L)**
 2:00 **Mah Jong (L)**
 2:00 **Chair Yoga (AR)**
 TBD **To the Movies River Oaks Theater**

23

9:00 **Balance & Flex (AR)**
 10:00 **Kroger**
 10:00 **Tai Chi**
 1:30 **Mah Jong (5 WT)**
 2:00 **Strength Training (AR)**
 3:00 **UT School of Nursing Health Speaker Vaunette Fay, PhD, RN, FNP, GNP-BC Health Aging: Exercise & Social Engagement (EC)**

24

9:00 **Devotions (EC)**
 2:00 **Walking w/ Nurse Kathy**
 3:00 **Ice Cream Social (EC)**
 w/ performer, Brenda Guy
 "Summer Fun"
 Live Music and Dancing

25

9:00 **Exercise (AR)**
 9:15 **Tour Historical Richmond, TX Lunch TBD**
 10:00 **Tai Chi (AR)**
 2:00 **Strength Training (AR)**
 2:00 **Dining Forum (EC)**
 3:30 **Round Table (EC)**

26 Happy Birthday, New York State – In 1788, New York became the 11th state. New York City was the capital until 1797, when it was moved to Albany.

9:00 **Exercise (AR)**
 10:30 **Mindfulness (A/L2R)**
 2:00 **Strength Training (AR)**
 3:30 **Wine Social (Lounge)**

27

1:00 Rummikub (L)
 1:00 Popcorn &
 1:15 **Movie Matinee (EC) "Chinatown" Gilbert & Sullivan "A Topsy Turvy Mikado"**
 1:00 Canasta L
 7:00 **Bingo** EC

28 National Chocolate Milk Day – Celebrate the delicious (and surprisingly nutritious) beverage today.

2:00 **Dominos (L)**

29

11:15 **Monthly Lunch Bunch Arnaldo Richard's Pico's**
 1:00 **Needle Group (L)**
 2:00 **Mah Jong (L)**

30

9:00 **Balance & Flex (AR)**
 10:00 **Kroger**
 10:00 **Tai Chi**
 1:30 **Mah Jong (5 WT)**
 1:30 **Healthcare Resident & Family Forum (EC)**
 2:00 **Strength Training (AR)**

31

9:00 **Devotions (EC)**
 11:00 **Red Hatters**
 2:00 **Walking w/ Nurse Kathy**
 2:30 **Billiards Tournament on our new Pool Table Refreshments will be provided!**
 3:00 **The Great Courses (EC)**

Independent Living Activities...


July 2019

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

Room Legend

EC - Event Center
 L - Lounge
 7W - 7th Floor Conf Rm
 A/L 2R - Assisted Living/Living Rm
 PVD - Private Dining Room
 AR - Aerobics Room
 PR - Prayer Room
 DR - Discovery Room (Marketing Off)

Inside/Outside Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Birthdays Virginia Lemen 1 Marilyn Martenak 11 Ella Hamm 22 Dr. Michael Modelski 23	1 11:00 Stretches AR 11:30 Menu/Calendar AR 2:00 Chair Yoga *AR 3:00 Word Power LR 4:00 Sweet Dreams LR	2 9:00 Balance & Flex *AR 11:00 Stretches AR 3:00 Patriotic Sing Along EC 3:00 You Name It LR 4:00 Glorious Old Glory LR	3 9:00 Devotions EC 9:30 Meet Scott Pearlman BS 2:00 Walking w/Kathy LB 3:00 Spades AR 3:00 John's Choice EC	4 Independence Day 11:00 Catholic Mass PR 3:00 Sing Along L w/Louise Frowe 	5 9:00 Exercise *AR 11:00 Sit and Move AR 11:30 Grilling w/Scott-Bistro 3:00 Fire Cracker Bingo 4:00 Card Game AR	6 1:00 Popcorn LB 1:15 Movie Matinee EC "A Few Good Men" 7:00 Bingo EC
7 2:00 –4:00 Games in the Activity Room 3rd Floor Get your neighbors and play a card game View Resident List	8 10:00 Resident Council Meeting Assisted Living 2nd Floor TV Room 2:00 Chair Yoga *AR 3:00 Tri-Ominoes AR 4:00 Vacations Spots AR	9 9:00 Balance & Flex *AR 11:00 Stretches AR 11:30 Menu/Calendar AR 2:00 Strength Training *AR 3:00 Ice Cream LR 4:00 Foods on a Stick LR	10 9:00 Devotions EC 11:00 Exercise AR 3:00 Spades AR 3:00 "Our Night Sky" EC 5:00 Candlelight Dinner 7:00 Georgette on Piano	11 9:00 Exercise *AR 10:00 Tai Chi *AR 11:00 Episcopal Worship PR 11:00 Strength Training AR 11:00 Menu/Calendar AR 3:00 Guess a Word LR	12 9:00 Exercise *AR 10:30 Mindfulness AL/2 11:00 Sit and Move AR 11:30 Menu/Calendar AR 3:00 Rummy Cube AR 3:30 Shabbat Service PR 4:00 Common Phrases AR	13 11:00 Exercise AR 1:00 Popcorn LB 1:15 Movie Matinee EC "Mama Mia" 3:00 Sip & Chat LR 7:00 Bingo EC
14 2:00-4:00 Games in the Activity Room 3rd Floor with your neighbors 3:30 Caring Critters Come and Pet the puppies AL/2nd Floor TV Room	15 11:00 Exercise AR 11:30 Menu/Calendar AR 2:00 Chair Yoga *AR 3:00 Name 3 LR 4:00 Words with "GE" LR	16 9:00 Balance & Flex *AR 11:00 Stretches AR 11:30 Menu/Calendar AR 3:00 What would you do ? LR 4:00 Summer Days and Warm Memories LR	17 9:00 Devotions EC 2:00 Walking w/Kathy LB 3:00 John's Choice EC 3:00 Spades AR	18 9:00 Exercise *AR 10:00 Catholic Mass PR 11:00 Strength Training AR 3:00 Liar's Club B 3:00 The Name Game LR 5:00 Birthday Dinner EC	19 9:00 Exercise *AR 11:00 Sit and Move AR 2:30 Musical Program EC Strings & Things 3:00 Leap Scotch AR 4:00 Double Double AR	20 1:00 Popcorn LB 1:15 Movie Matinee EC "The Sea of Grass" 7:00 Bingo EC
21 2:00-4:00 Games in the Activity Room 3rd Floor 3:30 Song & Wine Louise Frowe In the Lounge	22 9:00 Exercise *AR 11:00 Sit and Move AR 11:30 Devotion/Menu AR 2:00 Chair Yoga *AR 3:00 Chicken Foot AR	23 9:00 Balance & Flex *AL 11:00 Stretches AR 11:30 Menu/Calendar AR 3:00 A to Z LR 4:00 2 Word Company Name	24 9:00 Devotions EC 11:00 Exercise AR 2:00 Walking w/Kathy LB 3:00 Spades AR 3:00 Ice Cream & Music EC	25 9:00 Exercise *AR 11:00 Strength Training AR 11:00 Catholic Mass PR 3:00 Wii Bowling LR	26 9:00 Exercise *AR 10:30 Mindfulness AL/2 11:00 Sit and Move AR 2:00 Strength Training *AR 3:00 Dominoes AR 4:00 Say Cheese AR	27 11:00 Exercise AR 1:00 Popcorn LB 1:15 Movie Matinee EC "China Town" 3:00 Tri-Ominoes AR
28 2:00– 4:00 Games in the Activity Room 3rd Floor with your neighbors View Resident List	29 9:00 Exercise *AR 11:00 Sit and Move AR 11:30 Menu/ Calendar AR 3:00 What's in the Bag LR 4:00 Picnic Pairs LR	30 9:00 Balance & Flex *AR 11:00 Stretches AR 11:30 Menu/Calendar AR 3:00 Name the Creature LR 4:00 Card Game	31 9:00 Devotions EC 11:30 Menu/Calendar AR 2:00 Walking w/Kathy LB 3:00 Spades AR 3:00 "Our Night Sky" EC	Room Legend LR—Living Room LB-Lobby AR—Activity Room *AR- Aerobics EC—Event Center Room 1st FL PR—Prayer Room AL/2-Second FL L—Lounge Assisted Living DR—Dining Room B-Bar—Bistro-BS Mindfulness-AL/2nd Floor Blue/ Activities off the AL Floor	<h1>JULY 2019</h1> <h2>Assisted Living Community</h2> <p>Events may be rescheduled or cancelled due to low turnout or inclement weather or changes in staffing.</p>	



July 2019

Healthcare Center Activities



Sun

Mon

Tue

Wed

Thu

Fri

Sat

2nd Floor
3rd Floor
HC Healthcare
MC Memory Care
EC Event Center
PR Prayer Room
L Lounge
S Solarium

	<p>1</p> <p>9:00 Morning Stretch (2) 9:30 Devotion Reading (2) 10:00 Current Events (2) 3:00 Lotion Therapy (3) 3:30 Fancy Nails (3)</p>	<p>2</p> <p>9:00 Bill Parish Music (2) 10:00 Resident Council (2) 10:30 Devotion Reading (2) 11:00 Current Events (2) 3:00 Reminisce Tuesday (3) 3:00 Sing Along (EC)</p>	<p>3 UT Students 12PM-4</p> <p>9:00 Devotional (EC) 9:00 Chair Swimming (2) 9:30 Devotion Reading (2) 10:00 Caring Friends (S) 3:00 New Game 11'es (3)</p>	<p>Happy 4 of July</p> <p>11:00 Catholic Mass (PR) 3:00 Patriotic Sing Along at the Piano in the Lounge</p>	<p>5 UT Students 9AM-1</p> <p>9:00 Necktie Exercise (2) 9:30 Devotion Reading (2) 10:00 Current Events (2) 11:00 Grillin' Day (B) 3:00 Meet & Greet (3)</p>	<p>6 UT Students 9 AM-1</p> <p>10:00 Sing Along (2) 11:00 Caring Friends 3:00 Ice cream Treats (B)</p>
<p>7</p> <p>10:00 Devotional (2) 11:00 Caring Friends</p>	<p>8 Quanda Off</p> <p>9:00 Morning Stretch (2) 9:30 Devotion Reading (2) 10:00 Current Events (2) 3:00 Lotion Therapy (3) 3:30 Fancy Nails (3)</p>	<p>9</p> <p>9:00 Movement w/ music (2) 9:30 Devotion Reading (2) 10:00 Current Events (2) 10:30 Wii Bowling (2) 3:00 Reminisce Tuesday (3)</p>	<p>10 UT Students 9AM-1</p> <p>9:00 Devotional (EC) 9:30 Chair Swimming(2) 10:00 Current Event (2) 3:00 New Game 11'es (3) 5:30 Candlelight Dinner</p>	<p>11</p> <p>9:00 Chair Yoga (2) 9:30 True or False (2) 10:00 Current Event (2) 10:30 Wii Bowling (2) 3:30 Art w/ Lisa (3)</p>	<p>12 UT Students 9AM-1</p> <p>9:00 Necktie Exercise (2) 9:30 Cooks Corner (2) 10:30 Devotion Reading (2) 11:00 Current Events (2) 3:00 Meet & Greet (3)</p>	<p>13 Quanda Off</p> <p>10:00 Sing Along (2) 10:30 Pawsitives Pals 11:00 Caring Friends</p>
<p>14</p> <p>10:00 Devotional (2) 11:00 Caring Friends 3:30 Caring Critters</p>	<p>15</p> <p>9:00 Morning Stretch (2) 9:30 Devotion Reading (2) 10:00 Current Events (2) 3:00 Lotion Therapy (3) 3:30 Fancy Nails (3)</p>	<p>16</p> <p>9:00 Movement w/ music (2) 9:30 Devotion Reading (2) 10:00 Current Events(2) 10:30 Wii Bowling (2) 3:00 Reminisce Tuesday (3)</p>	<p>17 UT Students 9AM-1</p> <p>9:00 Devotional (EC) 9:00 Plants w/ Pamela (2) 10:00 Current Events (2) 10:30 Humor Wed. (2) 3:00 New Game 11'es (3)</p>	<p>18</p> <p>9:00 Chair Yoga (2) 9:30 True or False (2) 10:00 Current Events (2) 10:30 Wii Bowling (2) 3:00 Thursday Theater(3)</p>	<p>19 UT Students 9AM-1</p> <p>9:00 Necktie Exercise (2) 9:30 Cooks Corner (2) 10:30 Devotion Reading (2) 11:00 Current Events (2) 3:00 Meet & Greet (3)</p>	<p>20 UT Students 9AM-1</p> <p>10:00 Sing Along (2) 11:00 Caring Friends 3:00 Ice Cream Treats (B)</p>
<p>21</p> <p>10:00 Devotional (2) 11:00 Caring Friends</p>	<p>22 Quanda Off</p> <p>9:00 Morning Stretch (2) 9:30 Devotion Reading (2) 10:00 Current Events (2) 3:00 Lotion Therapy (3) 3:30 Fancy Nails(3)</p>	<p>23</p> <p>9:00 Movement w/ music (2) 9:30 Devotion Reading (2) 10:00 Current Events (2) 10:30 Wii Bowling (2) 3:00 Reminisce Tuesday (3)</p>	<p>24 UT Students 9AM-1</p> <p>9:00 Devotional (EC) 9:00 Chair Swimming (2) 9:30 Devotion Reading (2) 10:00 Current Events (2) 3:00 Ice Cream Social (EC)</p>	<p>25</p> <p>9:00 Chair Yoga (2) 9:30 True or False (2) 10:00 Devotion Reading (2) 11:00 Current Events (2) 3:00 Thursday Theater (3)</p>	<p>26 UT Students 9AM-1</p> <p>9:00 Necktie Exercise (2) 9:30 Cooks Corner (2) 10:30 Devotion Reading (2) 11:00 Current Events (2) 3:00 Meet & Greet (3)</p>	<p>27 Quanda Off</p> <p>10:00 Sing Along (2) 11:00 Caring Friends</p>

<p>28</p> <p>10:00 Devotional (2) 11:00 Caring Friends</p>	<p>29</p> <p>9:00 Morning Stretch (2) 9:30 Devotion Reading (2) 10:00 Current Events (2) 3:00 Lotion Therapy (3) 3:30 Fancy Nails (3)</p>	<p>30</p> <p>9:00 Movement w/ music (2) 9:30 Devotion Reading (2) 10:00 Current Events (2) 10:30 Wii Bowling (2) 3:00 Reminisce Tuesday (3)</p>	<p>31</p> <p>9:00 Devotional (EC) 9:00 Chair Swimming (2) 9:30 Devotion Reading (2) 10:00 Current Events 10:30 Humor Wed. (2) 3:00 July Jubilee</p>			<p>Happy Birthday Ms. Deterling July 10 Mr. Rogers July 16</p>
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