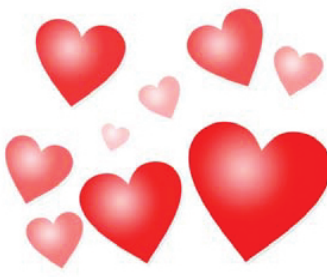








FEBRUARY 2020 • INDEPENDENT LIVING Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h2>February 2020</h2> <p><i>Events may be rescheduled or cancelled due to low turnout or inclement weather.</i></p>				<p>Tune to Channel 3 for daily and upcoming events</p> <p>Note: Answers to the puzzles will be posted on the community bulletin board</p> <p>Inside/Outside/Religious Activities</p>	<p>Room Legend</p> <p>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 SOL - Solarium DR - Discovery Room (Marketing Off)</p>	<p>I</p> <p>10:00 Celebration of Life Virginia Lemen St. Philip Presbyterian Church 1:00 Rummikub & Canasta (L) 1:00 Popcorn & 1:15 Movie Matinee (EC) "The Book Thief" 7:00 Bingo EC</p>
<p>2 Super Bowl Sunday</p> <p>11:00-1:30 Sunday Buffet (L) 2:00 Mexican Train Dominos (Bar) 5:30 Super Bowl Kick-Off Party (EC) </p>	<p>3</p> <p>9:00 Exercise (AR) 10:00 Walmart on S. Rice Blvd. 10:30 Water Aerobics 1:00 Needle Group (L) 2:00 Mah Jong (L) 2:00 Chair Yoga (AR)</p>	<p>4</p> <p>9:00 Balance & Flex (AR) 10:00 Kroger 10:00 Tai Chi 1:30 Walgreens Senior Day 2:00 Strength Training (AR)</p>	<p>5</p> <p>9:00 Devotions (EC) 10:00 Caring Friends (Sol) 11:15 Monthly Lunch Bunch "Green: Vegetarian Cuisine" 2:00 Walking w/ Nurse Kathy 3:00 Writing Your Life Series w/ Dr. Thelma Zirkelbach (EC)</p>	<p>6 Home Run Day—Former home run king "Babe" Ruth was born on this date in 1895.</p> <p>9:00 Exercise (AR) 10:30 Golden Choir (L) 2:00 Strength Training (AR)</p>	<p>7</p> <p>9:00 Exercise (AR) 10:30 No Mindfulness Class today! 11:00 Catholic Mass (PR) 11:00 Grillin' with Scott (Bistro) 2:00 Strength Training (AR) 4:30 GLOW Girls (Bar)</p>	<p>8</p> <p>1:00 Rummikub & Canasta (L) 1:00 Popcorn & 1:15 Movie Matinee (EC) "Darling Companion" 7:00 Bingo (EC)</p>
<p>9</p> <p>1:15 Houston Symphony "Schumann Festival I" 2:00 Mexican Train Dominos (Bar)</p>	<p>10</p> <p>10:00 Candlelight Sign-Up (lib. lounge) 1:00 Needle Group (L) 1:15 Houston Symphony Trio (EC) 2:00 Mah Jong (L) 7:00 Book Club (7W) "The Woman who Smashed Codes" By Jason Fagone</p>	<p>11</p> <p>9:00 Balance & Flex (AR) 10:00 Kroger 10:00 Tai Chi 2:00 Strength Training (AR) TBD To the Movies 3:00 Brazos Players Meeting Senior Follies Kick Off (7W)</p>	<p>12</p> <p>9:00 Devotions (EC) 9:00 Exercise (AR) 10:30 Grief Support Group (DR) 10:30 Water Aerobics 11:00 St. John's School Children's Program <i>Silver's Project</i> (EC) 2:00 Walking w/ Nurse Kathy 2:00 Chair Yoga (AR) 5:00 Candlelight Dinner</p>	<p>13</p> <p>9:00 Exercise (AR) 9:45 Hemi Hideout "Man Cave: old time cars & neon signs" Lunch Mame's Café Brookshire, TX 10:00 Episcopal Worship (PR) 10:30 Golden Choir (L) 2:00 Strength Training (AR)</p>	<p>14 Valentine's Day</p> <p>9:00 Exercise (AR) 10:00 Balance & Flex (AR) 10:30 Mindfulness (A/L 2R) 2:00 Strength Training (AR) 3:00 David & Philip in Concert "My Funny Valentine" 3:30 Shabbat Service (Sol) 4:00—5:00 PM Valentine Social Provided by Unidine at the Bar 4:30 GLOW Girls (Bar)</p>	<p>15</p> <p>1:00 Rummikub & Canasta (L) 1:00 Popcorn & 1:15 Movie Matinee (EC) "The Pianist" 1:30 A.D Players "Guess Who's Coming to Dinner" 7:00 Bingo EC</p>
<p>16</p> <p>2:00 Mexican Train Dominos (Bar) 3:30 Song & Wine (L) Louise at the Piano</p>	<p>17</p> <p>9:00 Exercise (AR) 10:00 Meyerland Plaza 10:30 Water Aerobics 1:00 Needle Group (L) 2:00 Mah Jong (L) 2:00 Chair Yoga (AR) 3:30 Towers Shop Volunteers (PVD) 6:00 From New York Glenn Miller Orchestra Wortham Center</p>	<p>18 President's Day</p> <p>9:00 Balance & Flex (AR) 10:00 Kroger 10:00 Tai Chi 2:00 Strength Training (AR) 3:00 Speaker: Christine Herron, Speakers Committee, Houston Livestock Show & Rodeo "Yesterday, Today, Tomorrow" (EC)</p>	<p>19</p> <p>9:00 Devotions (EC) 10:00 "J's Treat: A View of MFAH's Gold" docent-led tour at the Museum of Fine Arts, Houston//Lunch at the Museum Cafe 2:00 Walking w/ Nurse Kathy 3:00 Writing Your Life Series w/ Dr. Thelma Zirkelbach (EC)</p>	<p>20</p> <p>9:00 Exercise (AR) 10:30 Golden Choir (L) 1:30 Early Voting Bus Trip Bayland Community Center 2:00 Strength Training (AR) 3:00 Liar's Club (Bar) 5:00 February Birthday Dinner</p>	<p>21</p> <p>9:00 Exercise (AR) 10:00 Balance & Flex (AR) 10:30 Mindfulness (A/L 2R) 11:00 Catholic Mass (PR) 2:00 Strength Training (AR) 3:30 GLOW Girls (Bar)</p>	<p>22</p> <p>1:00 Rummikub & Canasta (L) 1:00 Umbrella Decorating (Craft Room in the Basement) 1:00 Popcorn & 1:15 Movie Matinee (EC) "Wired" 7:00 Bingo EC</p>
<p>23</p> <p>1:30 Opera in the Heights "Kassandra & The Leader" 2:00 Mexican Train Dominos (Bar)</p>	<p>24</p> <p>9:00 Exercise (AR) 10:30 Water Aerobics 10:30 Umbrella Parade celebrating Mardi Gras 1:00 Needle Group (L) 2:00 Mah Jong (L) 2:00 Chair Yoga (AR)</p>	<p>25 Mardi Gras</p> <p>9:00 Balance & Flex (AR) 10:00 Kroger TBD River Oaks Theatre 10:00 Tai Chi 1:30 HC Resident & Family Council 2:00 Strength Training (AR) 3:15 Wellness Presentation with Veronica Juarez, RD,LD,CDE "Heart Health & Chocolate" (EC)</p>	<p>26 Ash Wednesday Beginning of Lent</p> <p>9:00 Devotions (EC) 10:30 Speaker: Top Scams in 2020, Texas Senior Medicare Patrol Program Director, Jennifer Salazar 2:00 Walking w/ Nurse Kathy 3:00 Writing Your Life Series w/ Dr. Thelma Zirkelbach (EC)</p>	<p>27</p> <p>9:00 Exercise (AR) 10:30 Golden Choir (L) 2:00 Strength Training (AR) 3:00 Town Hall Meeting (EC) 6:15 Stages Theatre "The Fantasticks"</p>	<p>28 Go Texan Day!</p> <p>9:00 Exercise (AR) 10:00 Balance & Flex (AR) 10:30 Mindfulness (A/L 2R) 11:30 Chili Cook Off Contest (EC) Jon Ingram, C&W Singer 2:00 Strength Training (AR) 3:30 Wine Social (Lounge)</p>	<p>29 Leap Day</p> <p>1:00 Rummikub & Canasta (L) 1:00 Popcorn & 1:15 Movie Matinee (EC) "Once Upon a Time in the West" 7:00 Bingo (EC)</p>

FEBRUARY 2020 • HEALTH CARE CENTER Activities Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>2nd Floor 3rd Floor HC Healthcare MC Memory Care EC Event Center PR Prayer Room L Lounge S Solarium</p>					<p>Ms. Bader Feb.3 Mr. Sack Feb. 11</p> 	<p>1 UT Students 9-1 10:00 Sing Along (2) 11:00 Caring Friends 1:15 Movie Matinee (EC) 3:00 Ice Cream Treats 7:00 Bingo (EC)</p>
<p>2 10:00 Devotional w/ Marjorie Ishee (2) 11:00 Caring Friends 6:00 PBS Ch. 8</p>	<p>3 Quanda Off 9:30 Morning Stretch (2) 9:45 Devotion Reading (2) 10:00 Current Events (2) 10:15 Password (2) 3:00 Lotion Therapy (3) 3:30 Fancy Nails (3)</p>	<p>4 9:30 Movement w/ music (2) 9:45 Devotion Reading (2) 10:00 Resident Council (2) 10:15 You Name It (2) 3:00 Reminisce Tuesday (3)</p>	<p>5 UT Students 9-1 9:00 Devotional (EC) 9:30 Exercise (2) 9:45 Humor Wed. (2) 10:00 Current Events (2) 10:00 Caring Friends (S) 10:00 Walk Abouts w/ Brazos Angels 3:00 Fruit Cake Detective 6:00 PBS Ch. 8</p>	<p>6 9:30 Chair Yoga (2) 9:45 Devotion Reading (2) 10:00 Art w/ Lisa (3) 10:30 Golden Choir (L) 3:00 Thursday Theater (3)</p>	<p>7 UT Students 8:30- 4 9:30 Exercise (2) 9:45 Devotion Reading (2) 10:00 Current Events (2) 10:15 Wacky Words (2) 11:00 Catholic Mass (PR) 11:00 Grillin' Day w/ Scott 3:00 Patio Talk</p>	<p>8 Quanda Off 10:00 Sing Along (2) 11:00 Caring Friends 1:15 Movie Matinee (EC) 3:00 Table Games 7:00 Bingo (EC)</p>
<p>9 10:00 Devotional w/ Louise Row (2) 11:00 Caring Friends 3:30 Caring Critters 6:00 PBS Ch. 8</p>	<p>10 9:30 Morning Stretch (2) 9:45 Devotion Reading (2) 10:00 Current Events (2) 10:15 Password (2) 3:00 Lotion Therapy (3) 3:30 Fancy Nails (3)</p>	<p>11 9:30 Movement w/ music (2) 9:45 Devotion Reading (2) 10:00 Current Events (2) 10:15 You Name It (2) 3:00 Reminisce Tuesday (3)</p>	<p>12 UT Students 9-1 9:00 Devotional (EC) 9:30 Exercise (2) 9:45 Humor Wed. (2) 10:00 Current Event (2) 10:00 Walk Abouts w/ Brazos Angels 11:00 Valentine's Day Special (EC) 3:00 Valentine's Day Detective (3) 5:00 Candlelight Dinner 6:00 PBS Ch. 8</p>	<p>13 9:30 Chair Yoga (2) 9:45 Devotion Reading (2) 10:00 Current Events (2) 10:30 Golden Choir (L) 3:00 Thursday Theater(3)</p>	<p>14 UT Students 8:30- 4 9:30 Exercise (2) 9:45 Devotion Reading (2) 10:00 Current Events (2) 10:15 Can you see the BIG picture ? (2) 3:00 David & Phillip in Concert (EC) 3:30 Shabbat (S) 4:00 Valentine Social at the Bar</p>	<p>15 UT Students 9-1 10:00 Sing Along (2) 11:00 Caring Friends 1:15 Movie Matinee (EC) 3:00 Ice Cream Treats 7:00 Bingo (EC)</p>
<p>16 10:00 Devotional w/ Louise Row (2) 11:00 Caring Friends 6:00 PBS Ch. 8</p>	<p>17 Quanda Off 9:30 Morning Stretch (2) 9:45 Devotion Reading (2) 10:00 Current Events (2) 10:15 Password (2) 3:00 Lotion Therapy (3) 3:30 Fancy Nails(3)</p>	<p>18 9:30 Movement w/ music (2) 9:45 Devotion Reading (2) 10:00 Current Events (2) 10:15 You Name It (2) 3:00 Reminisce Tuesday (3)</p>	<p>19 UT Students 9-1 9:00 Devotional (EC) 9:30 Exercise (2) 9:45 Humor Wed. (2) 10:00 Current Event (2) 10:00 Walk Abouts w/ Brazos Angels 3:00 Grandparent's Attic Detective (3) 3:00 New Game 11'es 6:00 PBS Ch. 8</p>	<p>20 9:30 Chair Yoga (2) 9:45 Devotion Reading (2) 10:00 Current Events (2) 10:30 Golden Choir (L) 3:00 Thursday Theater (3)</p>	<p>21 UT Students 8:30- 4 9:30 Exercise (2) 9:45 Devotion Reading (2) 10:00 Current Events (2) 10:15 Double Exposure (2) 11:00 Catholic Mass (PR) 3:00 Patio Talk</p>	<p>22 Quanda Off 10:00 Sing Along (2) 11:00 Caring Friends 3:00 Ice Cream Treats (B) 7:00 Bingo (EC)</p>
<p>23 10:00 Devotional w/Nancy Sauer 11:00 Caring Friends 6:00 PBS Ch. 8</p>	<p>24 9:30 Morning Stretch (2) 9:45 Devotion Reading (2) 10:00 Current Events (2) 10:15 Password (2) 10:30 Umbrella Parade Celebrating Mardi Gras (L) 3:00 Lotion Therapy (3) 3:30 Fancy Nails (3)</p>	<p>25 9:30 Movement w/ music (2) 9:45 Devotion Reading (2) 10:00 Current Events (2) 10:15 You Name It (2) 1:30 Family Council (EC) 3:00 Reminisce Tuesday (3)</p>	<p>26 UT Students 9-1 9:00 Devotional (EC) 9:30 Exercise (2) 9:45 Humor Wed.(2) 10:00 Current Event (2) 10:00 Walk Abouts w/ Brazos Angels 3:00 Bunny Slope Detective (3) 6:00 PBS Ch. 8</p>	<p>27 9:30 Chair Yoga (2) 9:45 Devotion Reading (2) 10:00 Current Events (2) 10:30 Golden Choir (L) 3:00 Thursday Theater (3) 3:00 Town Hall Mtg (EC)</p>	<p>28 9:30 Exercise (2) 9:45 Devotion Reading (2) 10:00 Current Events (2) 10:15 Pick a Sense (2) 3:00 End of the month Bornday Celebration (P)</p>	<p>29 Leap Day UT Students 9-1 10:00 Sing Along (2) 11:00 Caring Friends 1:15 Movie Matinee (EC) 3:00 Ice Cream Treats 7:00 Bingo (EC)</p>