




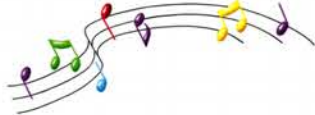







# JANUARY 2020 • INDEPENDENT LIVING Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h2>January 2020</h2> <p>Events may be rescheduled or cancelled due to low turnout or inclement weather.</p>		<p><b>Room Legend</b></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 DR - Discovery Room (Marketing Off)</p> <p><b>Inside/Outside/Religious Activities</b></p>	<p><b>1 New Year's Day</b></p>  <p>11 AM—1:30 PM New Year's Day Buffet</p>	<p><b>2</b></p> <p>9:00 <b>Exercise (AR)</b> 11:00 <b>Catholic Mass (PR)</b> 2:00 <b>Strength Training (AR)</b></p>	<p><b>3</b></p> <p>9:00 <b>Exercise (AR)</b> 10:30 <b>Mindfulness (A/L 2R)</b> 11:00 <b>Grillin' Day with Scott (Bistro)</b> 2:00 <b>Strength Training (AR)</b> 2:45 <b>Shabbat Service (Sol)</b> 4:30 <b>GLOW Girls (Bar)</b> 6:30 <b>Classic Movie Night</b> "Bringing up Baby" Katharine Hepburn &amp; Cary Grant</p>	<p><b>4</b></p> <p>1:00 Rummikub (L) 1:00 Canasta (L) 1:00 Popcorn &amp; 1:15 <b>Movie Matinee (EC)</b> "Cold Comfort Farm" 7:00 <b>Bingo (EC)</b></p>
<p><b>5</b></p> <p>2:00 <b>Mexican Train Dominos (Bar)</b></p>	<p><b>6</b></p> <p>9:00 <b>Exercise (AR)</b> 10:00 <b>Candlelight Sign-Up (Lounge)</b> 10:30 <b>Water Aerobics</b> 1:00 <b>Needle Group (L)</b> 2:00 <b>Mah Jong (L)</b> 2:00 <b>Chair Yoga (AR)</b></p>	<p><b>7</b></p> <p>9:00 <b>Balance &amp; Flex (AR)</b> 10:00 <b>Kroger</b> 10:00 <b>Tai Chi</b> 1:30 <b>Walgreens Senior Day</b> 2:00 <b>Strength Training (AR)</b> 3:00 <b>Magvet Concert (EC)</b> <i>A collegiate Jewish a cappella singing group from Yale University</i></p>	<p><b>8 Happy Birthday Elvis "The King"</b></p> <p>9:00 <b>Devotions (EC)</b> 10:30 <b>Grief Support Group (DR)</b> 2:00 <b>Walking w/ Nurse Kathy</b> 5:00 <b>Candlelight Dinner</b> 6:45 <b>Friends, Brad &amp; Ariella (EC)</b></p>	<p><b>9</b></p> <p>9:00 <b>Exercise (AR)</b> 10:00 <b>Episcopal Worship (PR)</b> 9:45 <b>Docent-Led Tour of the Houston Police Horse Stables w/ Officer Ordon/Lunch TBD</b> 7:00 <b>Resident Association Quarterly Meeting (EC)</b></p>	<p><b>10</b></p> <p>9:00 <b>Exercise (AR)</b> 10:30 <b>Mindfulness (A/L 2R)</b> 2:00 <b>Strength Training (AR)</b> 4:30 <b>GLOW Girls (Bar)</b> 6:15 <b>HAM Scholarship Concert</b> Texas A &amp; M Singing Cadets St. Andrew's Presbyterian Church</p>	<p><b>11</b></p> <p>1:00 Rummikub (L) 1:00 Canasta (L) 1:00 Popcorn &amp; 1:15 <b>Movie Matinee (EC)</b> "The Man Who Would Be King" 7:00 <b>Bingo (EC)</b></p>
<p><b>12</b></p> <p>11:00-1:30 <b>Sunday Buffet (L)</b> 1:15 <b>Houston Symphony</b> "Paganini + Pines of Rome" 2:00 <b>Mexican Train Dominos (Bar)</b></p>	<p><b>13</b></p> <p>7:30 <b>KHOU Great Day Houston</b> Debra Duncan's Live Medical Monday Show 9:00 <b>Exercise (AR)</b> 10:30 <b>Water Aerobics</b> 1:00 <b>Needle Group (L)</b> 2:00 <b>Mah Jong (L)</b> 2:00 <b>Chair Yoga (AR)</b> 7:00 <b>Book Club (7W)</b> "The Library Book" by Susan Orlean</p>	<p><b>14</b></p> <p>9:00 <b>Balance &amp; Flex (AR)</b> 10:00 <b>Kroger</b> 10:00 <b>Tai Chi</b> 2:00 <b>Strength Training (AR)</b> TBA <b>To the Movies</b></p>	<p><b>15</b></p> <p>9:00 <b>Devotions (EC)</b> 10:00 <b>Museum of Fine Arts, Houston</b> "Norman Rockwell: American Freedom" Docent-led tour/Lunch at the Museum Cafe 2:00 <b>Walking with Nurse Kathy</b> 3:00 <b>"Writing Your Life: Legacy Letters" 8 week series led by Resident, Thelma Zirkelbach (7W)</b></p>	<p><b>16</b></p> <p>9:00 <b>Exercise (AR)</b> 11:00 <b>Catholic Mass (PR)</b> 2:00 <b>Strength Training (AR)</b> 3:00 <b>Liar's Club (Bar)</b> 5:00 <b>January Birthday Dinner</b></p>	<p><b>17</b></p> <p>9:00 <b>Exercise (AR)</b> 10:30 <b>Mindfulness (A/L 2R)</b> 2:00 <b>Strength Training (AR)</b> 4:30 <b>GLOW Girls (Bar)</b> 7:00 <b>Glennie Scott in Concert (EC)</b></p>	<p><b>18</b></p> <p>1:00 Rummikub (L) 1:00 Canasta (L) 1:00 Popcorn &amp; 1:15 <b>Movie Matinee (A/L 2R)</b> "John Q" 2:00 <b>Celebration of Life Stan Smith (EC)</b> 7:00 <b>Bingo (EC)</b></p>
<p><b>19</b></p> <p>2:00 <b>Mexican Train Dominos (Bar)</b> 3:30 <b>Song &amp; Wine (L)</b> <i>Louise at the Piano</i></p>	<p><b>20 Martin Luther King Jr. Day</b></p> <p>9:00 <b>Exercise (AR)</b> 10:00 <b>Walmart on S. Rice Blvd.</b> 10:30 <b>Water Aerobics</b> 1:00 <b>Needle Group (L)</b> 2:00 <b>Mah Jong (L)</b> 2:00 <b>Chair Yoga (AR)</b> 3:30 <b>The Towers Gift Shop Volunteer Meeting (PVD)</b></p>	<p><b>21</b></p> <p>9:00 <b>Balance &amp; Flex (AR)</b> 10:00 <b>Kroger</b> 10:00 <b>Tai Chi</b> 2:00 <b>Strength Training (AR)</b> 3:00 <b>Speaker: Dr. Bertie Simmons</b> "Whispers of Hope: The Story of My Life" (EC)</p>	<p><b>22</b></p> <p>9:00 <b>Devotions (EC)</b> 2:00 <b>Walking with Nurse Kathy</b> 3:00 <b>"Writing Your Life: Legacy Letters" 8 week series led by Resident, Thelma Zirkelbach (7W)</b> 6:30 <b>Casino Night (EC)</b></p>	<p><b>23</b></p> <p>9:00 <b>Exercise (AR)</b> 11:00 <b>Health &amp; Wellness Presentation with Joan Horrocks and Functional Pathways (EC)</b> 2:00 <b>Strength Training (AR)</b></p>	<p><b>24</b></p> <p>9:00 <b>Exercise (AR)</b> 9:30 <b>Tour Gallery Furniture &amp; Brookwood Community Shop/Lunch at Lopez in Richmond, TX</b> 10:30 <b>Mindfulness (A/L 2R)</b> 2:00 <b>Strength Training (AR)</b> 4:30 <b>GLOW Girls (Bar)</b></p>	<p><b>25 Chinese New Year</b></p> <p>1:00 Rummikub (L) 1:00 Canasta (L) 1:00 Popcorn &amp; 1:15 <b>Movie Matinee (A/L 2R)</b> "Amazing Grace" 2:00 <b>Celebration of Life John Alexander (EC)</b> 7:00 <b>Bingo (EC)</b></p>
<p><b>26</b></p> <p>2:00 <b>Mexican Train Dominos (Bar)</b></p>	<p><b>27</b></p> <p>9:00 <b>Exercise (AR)</b> 10:30 <b>Water Aerobics</b> 11:00 <b>Monthly Lunch Bunch Samurai ~ Japanese Cuisine</b> 1:00 <b>Needle Group (L)</b> 2:00 <b>Mah Jong (L)</b> 2:00 <b>Chair Yoga (AR)</b></p>	<p><b>28</b></p> <p>9:00 <b>Balance &amp; Flex (AR)</b> 10:00 <b>Kroger</b> 10:00 <b>Tai Chi</b> 1:30 <b>HC Resident &amp; Family Forum</b> 2:00 <b>Strength Training (AR)</b> TBD <b>River Oaks Theatre</b></p>	<p><b>29</b></p> <p>9:00 <b>Devotions (EC)</b> 10:30 <b>Book Review with Resident, Anna Louise Bruner (EC)</b> 2:00 <b>Walking with Nurse Kathy</b> 3:00 <b>"Writing Your Life: Legacy Letters" 8 week series led by Resident, Thelma Zirkelbach (7W)</b> 6:15 <b>Alley Theatre "Quixote Nuevo"</b></p>	<p><b>30</b></p> <p>9:00 <b>Exercise (AR)</b> 2:00 <b>Strength Training (AR)</b> 3:00 <b>Town Hall Meeting (EC)</b></p>	<p><b>31</b></p> <p>9:00 <b>Exercise (AR)</b> 10:30 <b>Mindfulness (A/L 2R)</b> 2:00 <b>Strength Training (AR)</b> 3:30 <b>Wine Social (L)</b> <i>Louise at the Piano</i></p>	<p style="text-align: center;"><b>Tune to Channel 3 for daily and upcoming events</b></p> <p style="text-align: center;">Note: Answers to the puzzles will be posted on the community</p>

# JANUARY 2020 • HEALTH CARE CENTER Activities Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>January</b> 	2nd Floor 3rd Floor HC Healthcare MC Memory Care EC Event Center PR Prayer Room L Lounge S Solarium P Patio	<b>Introducing Walkabouts with Brazos Angels Beginning Jan. 8th, 2020</b>	<b>1 Happy New Year!</b> 8 Rose Parade Ch. 7 9:30 Exercise 9:45 Humor Wed. 3:00 Table Games 6:00 PBS Ch. 8	 <b>2</b> 9:30 Chair Yoga (2) 9:45 Devotion Reading (2) 10:00 Art w/ Lisa (3) 11:00 Catholic Mass (PR) 3:00 Thursday Theater (3)	<b>3</b> 9:30 Exercise (2) 9:45 Devotion Reading (2) 10:00 Current Events (2) 11:00 Grilln' Day 2:45 Shabbat (S) 3:00 Patio Talk (P)	<b>4</b> 9:30 Exercise (2) 10:00 Sing Along (2) 11:00 Caring Friends 7:00 Bingo (EC)
<b>5</b>  10:00 Devotional w/ Marjorie Ishee 11:00 Caring Friends 6:00 PBS Ch. 8	<b>6 Quanda Off</b> 9:30 Morning Stretch (2) 9:45 Devotion Reading (2) 10:00 Current Events (2) 10:15 Pick a Sense (2) 3:00 Lotion Therapy (3) 3:30 Fancy Nails (3)	<b>7</b> 9:30 Movement w/ music (2) 9:45 Devotion Reading (2) 10:00 Resident Council (2) 10:15 You Name It (2) 3:00 Magevet Concert (EC)	<b>8</b> 9:00 Devotional (EC) 9:30 Exercise (2) 9:45 Humor Wed. (2) 10:00 Current Events (2) 10:15 Walk About w/ Brazos Angels 3:00 Mushroom Hunter Detective (3) 5:00 Candlelight Dinner	<b>9 USA</b> 9:30 Chair Yoga (2) 9:45 Devotion Reading (2) 10:00 States & Capitals (2) 3:00 Thursday Theater (3)	<b>10</b> 9:30 Exercise (2) 9:45 Devotion Reading (2) 10:00 Current Events (2) 10:15 Sing a Favorite Song (2) 3:00 Patio Talk Remembering Famous People (P)	<b>11 Quanda Off</b> 9:30 Exercise (2) 10:00 Sing Along (2) 11:00 Caring Friends 3:00 Table Games 7:00 Bingo (EC)
<b>12</b>  10:00 Devotional w/ Louise Row 11:00 Caring Friends 3:30 Caring Critters 6:00 PBS Ch. 8	<b>13</b> 9:30 Morning Stretch (2) 9:45 Devotion Reading (2) 10:00 Current Events (2) 10:15 Pick a Sense (2) 3:00 Lotion Therapy (3) 3:30 Fancy Nails (3)	<b>14</b> 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)	<b>15</b> 9:00 Devotional (EC) 9:30 Exercise (2) 9:45 Humor Wed. (2) 10:00 Current Event (2) 10:15 Walk About w/ Brazos Angels 3:00 Amateur Magician Detective (3) 6:00 PBS Ch. 8	 <b>16</b> 9:30 Chair Yoga (2) 9:45 Devotion Reading (2) 10:00 Music from your past 11:00 Catholic Mass (PR) 3:00 Thursday Theater(3)	<b>17</b> 9:30 Exercise (2) 9:45 Devotion Reading (2) 10:00 Current Events (2) 10:15 Sing a Favorite Song(2) 3:00 Patio Talk (P)	<b>18</b> 9:30 Exercise (2) 10:00 Sing Along (2) 11:00 Caring Friends 7:00 Bingo (EC)
<b>19</b>  10:00 Devotional (2) w/ Louise Row 11:00 Caring Friends 6:00 PBS Ch. 8	<b>20 Quanda Off</b> 9:30 Morning Stretch (2) 9:45 Devotion Reading (2) 10:00 Current Events (2) 10:15 Pick a Sense (2) 3:00 Lotion Therapy (3) 3:30 Fancy Nails(3)	<b>21</b> 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)	<b>22</b> 9:00 Devotional (EC) 9:30 Exercise (2) 9:45 Humor Wed. (2) 10:00 Current Event (2) 10:15 Walk About w/ Brazos Angels 3:00 Under the Bed Detective (3) 6:30 Casino Night (EC)	 <b>23</b> 9:30 Chair Yoga (2) 9:45 Devotion Reading (2) 10:00 Name the Presidents 3:00 Thursday Theater (3)	<b>24</b> 9:30 Exercise (2) 9:45 Devotion Reading (2) 10:00 Current Events (2) 10:15 Sing a Favorite Song(2) 3:00 Patio Talk (P)	<b>25 Quanda Off</b> 9:30 Exercise (2) 10:00 Sing Along (2) 10:30 Allison playing piano 11:00 Caring Friends 3:00 Table Games 7:00 Bingo (EC)
<b>26</b>  10:00 Devotional (2) w/Nancy Sauer 11:00 Caring Friends 6:00 PBS Ch. 8	<b>27</b> 9:30 Morning Stretch (2) 9:45 Devotion Reading (2) 10:00 Current Events (2) 10:15 Pick a Sense (2) 3:00 Lotion Therapy (3) 3:30 Fancy Nails (3)	<b>28</b> 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)	<b>29</b> 9:00 Devotional (EC) 9:30 Exercise (2) 9:45 Humor Wed.(2) 10:00 Current Event (2) 10:15 Walk About w/ Brazos Angels 3:00 Insomnia Detective (3) 6:00 PBS Ch. 8	 <b>30</b> 9:30 Chair Yoga (2) 9:45 Devotion Reading (2) 10:00 Create a picture day 3:00 Thursday Theater (3)	<b>31</b> 9:30 Exercise (2) 9:45 Devotion Reading (2) 10:00 Current Events (2) 10:15 Sing a Favorite Song(2) 3:00 End of the month Bornday Celebration (P)	 Ms. Bellah Jan. 7 Ms. Henley Jan. 8 Ms. Schindler Jan.14 Ms. Kippen Jan. 22