

MARCH 2020 • INDEPENDENT LIVING Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 11:00-1:30 Sunday Buffet (L) 2:00 Mexican Train Dominos (Bar)	2 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 9:00 Balance & Flex (AR) 10:00 Kroger 10:00 Tai Chi 1:30 Walgreens Senior Day 2:00 Strength Training (AR)	4 9:00 Devotions (EC) 9:45 Houston Livestock Show Tour/Lunch 10:00 Caring Friends (Sol) 2:00 Walking w/ Nurse Kathy 3:00 Writing Your Life Series w/ Dr. Thelma Zirkelbach (7W)	5 Beethoven's Symphony No. 4 in B – Ludwig von Beethoven performed his Symphony No. 4 in B on this day in 1807 at the private home of his patron, Joseph Franz von Lobkowitz, in Vienna. 9:00 Exercise (AR) 10:30 Golden Choir (L) 1:00 Hank's Ice Cream Shop 2:00 Strength Training (AR)	6 9:00 Exercise (AR) 10:00 Tri County Quilt Guild 2020 A Quilt Odyssey @ The Berry Center 10:00 Balance & Flex (AR) 10:30 Mindfulness (A/L 2R) 11:00 Catholic Mass (PR) 11:00 Grillin' with Scott (Bistro) 2:00 Strength Training (AR) 4:30 GLOW Girls (Bar)	7 1:00 Rummikub & Canasta (L) 1:00 Popcorn & 1:15 Movie Matinee (EC) "The Pelican Brief" 3:00 Celebration of Life Virginia Rorschach Rice University 7:00 Bingo EC
8 Daylight Saving Time 1:15 Houston Ballet "The Sleeping Beauty" 2:00 Mexican Train Dominos (Bar) 5:15 Hymn Sing Willow Meadow Baptist Church	9 Purim 9:00 Exercise (AR) 10:00 Candlelight Sign-up (lib lounge) 10:30 Water Aerobics 1:00 Needle Group (L) 2:00 Mah Jong (L) 2:00 Chair Yoga (AR) 3:00 Corn Hole Tourney (EC) 7:00 Book Club (7W) "Becoming" by Michele Obama	10 9:00 Balance & Flex (AR) 10:00 Kroger 10:00 Tai Chi 2:00 Strength Training (AR) 3:00 "It's Rodeo Time in H Town" Donna Fain, Speakers Committee Houston Livestock Show & Rodeo	11 9:00 Devotions (EC) TBD To the Movies 10:30 Grief Support Group (DR) 2:00 Walking w/ Nurse Kathy 5:00 Candlelight Dinner 6:45 Entertainer, Jack Carr Saxophonist (EC) Back by Popular Demand	12 Girl Scout Day —Today marks the anniversary of the founding of the Girl Scouts (03/12/1912) 9:00 Exercise (AR) 10:00 Episcopal Worship (PR) 10:30 Golden Choir (L) 2:00 Strength Training (AR)	13 9:00 Exercise (AR) 10:00 Balance & Flex (AR) 10:00 Stuff 'n Such Resident Sale (EC) 10:30 Mindfulness (A/L 2R) 2:00 Strength Training (AR) 3:30 Shabbat Service (Sol) 4:30 GLOW Girls (Bar) 6:15 Music Box Theatre "Broadway at the Box 2020"	14 1:00 Rummikub & Canasta (L) 1:00 Popcorn 7:00 Bingo (EC)
15 1:15 Houston Symphony "Adams—El Nino" 2:00 Mexican Train Dominos (Bar) 4:00 Bill Staines in Concert (EC) Hosted by the Flatt's Folk Musician & Personal Friend	16 Love Affair Release Anniversary – The romantic drama starring Irene Dunne and Charles Boyer was released in the U.S. on this day in 1939. Love Affair was remade in 1957 as An Affair to Remember and once again as Love Affair in 1994. 9:00 Exercise (AR) 10:00 Walmart on S. Rice 10:30 Water Aerobics 1:00 Needle Group (L) 2:00 Mah Jong (L) 2:00 Chair Yoga (AR)	17 St. Patrick's Day 9:00 Balance & Flex (AR) 10:00 Kroger 10:00 Tai Chi 2:00 Strength Training (AR) 3:00 St. Patrick Sing-A Long Ava Laing at the Piano (L)	18 9:00 Devotions (EC) 10:00 J's Treat: MFAH Docent led-tour "Glory of Spain"/Lunch at the Cafe 2:00 Walking w/ Nurse Kathy 3:00 Speaker: Judge Ken Wise Texas History 6:15 Alley Theatre "1984"	19 Spring Equinox 9:00 Exercise (AR) 10:30 Golden Choir (L) 2:00 Strength Training (AR) 3:00 Liar's Club (Bar) 5:00 March Birthday Dinner (EC)	20 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) 4:30 GLOW Girls (Bar) 6:30 Friday Night Movie "The Prize Winner of Defiance, Ohio"	21 Tweet Something Day – Jack Dorsey, co-founder of Twitter, sent out the first tweet message on March 21, 2006 at 9:50 p.m. It read, "just setting up my twtr." 1:00 Rummikub & Canasta (L) 1:00 Popcorn 7:00 Bingo EC
22 1:15 Houston Ballet "Forged in Houston" 2:00 Mexican Train Dominos (Bar) 3:00 Houston Project Operativo "Cinderella" (EC)	23 Famous Speech Day – On this day in 1775, Patrick Henry delivered his most famous speech. In it he said, "I know not what course others may take, but as for me, give me liberty or give me death." 9:00 Exercise (AR) 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)	24 National Chocolate-Covered Raisin Day – Did you know that Nestlé Raisinets are one of the most popular candies of moviegoers? 9:00 Balance & Flex (AR) 10:00 Kroger 10:00 Tai Chi 2:00 Strength Training (AR) TBD River Oaks Theatre	25 9:00 Devotions (EC) 10:30 Speaker: Guy P. Jones SECURE Act Presentation 2:00 Walking w/ Nurse Kathy 3:00 Writing Your Life Series w/ Dr. Thelma Zirkelbach (7W)	26 9:00 Exercise (AR) 10:30 Golden Choir (L) 2:00 Strength Training (AR) 3:00 Town Hall Meeting (EC) 6:15 Stages Theatre "Honky Tonk Laundry"	27 9:00 Exercise (AR) 10:00 Balance & Flex (AR) 10:30 Mindfulness (A/L 2R) 11:30 Arts in the Afternoon Film: Fiddler/A Miracle of Miracles Evelyn Rubenstein JCC Houston 2:00 Strength Training (AR) 3:30 Wine Social (L)	28 1:00 Rummikub & Canasta (L) 1:00 Popcorn & 1:15 Movie Matinee (A/L 2R) "Being There" 7:00 Bingo EC
29 2:00 Mexican Train Dominos (Bar)	30 9:00 Exercise (AR) 10:30 Water Aerobics 11:00 Monthly Lunch Bunch McHugh Tea Room 1:00 Needle Group (L) 2:00 Mah Jong (L) 2:00 Chair Yoga (AR)	31 9:00 Balance & Flex (AR) 10:00 Kroger 10:00 Tai Chi 1:30 HC Resident & Family Forum 2:00 Strength Training (AR) 3:00 Wellness Presentation "Keeping your Diet Green" Presentation by a Registered Dietician	<h1>March 2020</h1> <p>Events may be rescheduled or cancelled due to low turnout or inclement weather.</p>		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 SOL - Solarium DR - Discovery Room (Marketing Off)	<div style="border: 2px dashed red; padding: 5px; text-align: center;"> Tune to Channel 3 for daily and upcoming events </div> <div style="border: 1px solid blue; padding: 5px; text-align: center;"> Inside/Outside/Religious Activities </div>