









SEPTEMBER 2020 • INDEPENDENT LIVING Activities Calendar

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|---|--|--|--|
| <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) C3 - Channel 3</p> | <p>Tune to Channel 103 for daily and upcoming events</p> <p>Inside/Outside/Religious Activities</p> | <p>1</p> <p>8:00 Walgreen's Senior Day Senior Hours 8-9 AM</p> <p>10:00 Exercise with Frances (EC)</p> <p>1:00 Dance with Lily (EC)</p> <p>2:30-3:30 Tuesday Treats Delivered to your Apartments</p> | <p>2 WWII V-J Day</p> <p>9:00 Devotions Dr. Buford Nichols "Consolation"</p> <p>10:00 Exercise with Frances (EC) 2:00 Walking with Nurse Kathy 2:00 Popcorn & Wednesday Matinee "The Current War" Edison*Westinghouse*Tesla Inspired by True Events (EC & C3) 7:15 Purple Martin Migration Watch "Re-scheduled"</p> | <p>3</p> <p>10:00 Exercise with Lily (EC)</p> <p>10:45 Sing-a-Long with Susan Alexander (L) "Broadway"</p> | <p>4</p> <p>10:00 Exercise with Frances (EC) 10:45 Mindfulness w/ Marianne Marcus (AR) 11:30 Pre-Labor Day Picnic Lunch Delivered to your Apartments 2:00 Classic Afternoon Movie "Desk Set" (EC&C3) starring Spencer Tracy/Katherine Hepburn 4:00 GLOW Girls (Bar) 6:30 Shabbat Service</p> | <p>5</p> <p>10:00 Card Craft (Craft Room) 1:00 Needlework (Craft Room) 1:00 Canasta & Rummikub (L) 1:30 Afternoon Popcorn Just outside the Event Center</p> |
| <p>6</p> <p>Photo Booth Day – Remember photo booths? The first one was showcased at the World Fair in Paris in 1889. Although the technology has improved, the concept is the same. After putting your money in the machine, a series of pictures are taken.</p> | <p>7</p> <p></p> <p>1:00 Brazos Needle Group (L) 8:00 Houston Symphony on 88.7</p> | <p>8 International Literacy Day</p> <p>10:00 Exercise with Frances (EC)</p> <p>1:00 Dance with Lily (EC)</p> <p>2:30-3:30 Tuesday Treats Delivered to your Apartments</p> | <p>9</p> <p>9:00 Devotions Skip Britton "Fellowship"</p> <p>10:00 Exercise with Frances (EC) 2:00 Walking with Nurse Kathy</p> | <p>10</p> <p>10:00 Exercise with Lily (EC) 10:45 Sing-a-Long with Louise Frowe (L) "Favorites"</p> <p>1:30 Beautiful Photography Presented by Robert Flatt "Polar Bears & Dragonflies" (EC & C3)</p> | <p>11</p> <p></p> <p>10:00 Exercise with Frances (EC) 10:45 Mindfulness w/ Marianne Marcus (AR) 4:00 GLOW Girls (Bar) 7:00 Classic Evening Movie "Crisis Cross" (EC) starring Burt Lancaster/Yvonne DeCarlo</p> | <p>12</p> <p>10:00 Card Craft (Craft Room) 1:00 Needlework (Craft Room) 1:00 Canasta & Rummikub (L) 1:30 Popcorn & Saturday Matinee (EC) "The Upside" starring Kevin Hart/Bryan Cranston/Nicole Kidman Based on a True Story</p> |
| <p></p> | <p>14</p> <p>10:00 Exercise with Frances (EC) 1:00 Brazos Needle Group (L) 1:30 The Great Courses (EC & C3) Experiencing America "A Smithsonian Tour through American History"</p> <p>7:00 Book Club Zoom Meeting "Plain Truth" By Jodi Picoult 8:00 Houston Symphony on 88.7</p> | <p>15</p> <p>7:00 Kroger Senior Hours 7 AM—8 AM</p> <p>10:00 Exercise with Frances (EC)</p> <p>1:00 Dance with Lily (EC)</p> <p>2:30-3:30 Tuesday Treats Delivered to your Apartments</p> | <p>16</p> <p>9:00 Devotions (EC) Rev. Dr. Wilson Boots "Comfort: Lord's Supper"</p> <p>10:00 Exercise with Frances (EC) 2:00 Walking with Nurse Kathy 2:00 Popcorn & Wednesday Matinee "Best of Europe: London & Beyond" (EC & C3) 4:00 Piano Performance by Louise Frowe (L)</p> | <p>17</p> <p>10:00 Exercise with Lily (EC)</p> <p>10:45 Reprise of Brazolot Preview (L)</p> <p>5:00 September Birthday Dinner Celebration (EC) 7:00 Jon Ingram, Live C&W Just outside the East Tower Entrance</p> | <p>18 Rosh Hashanah Begins at Sundown</p> <p>10:00 Exercise with Frances (EC)</p> <p>10:45 Mindfulness w/ Marianne Marcus (AR) 4:00 GLOW Girls (L)</p> | <p>19</p> <p>9:30 Exercise w/ Frances (EC) 10:00 Card Craft (Craft Room) 1:00 Needlework (Craft Room) 1:00 Canasta & Rummikub (L) 1:30 Afternoon Popcorn Just outside the Event Center 4:00 Piano Performance by Joan Bitar (L)</p> |
| <p>20</p> <p>Emmy Awards – Today is the day for this beloved television awards show on ABC. Check your local listings for the time. It is expected to be a virtual event that will take place over a few days.</p> <p>2:00 Corn Hole Tourney (EC)</p> | <p>21</p> <p>10:00 Exercise with Frances (EC) 1:00 Brazos Needle Group (L) 1:30 The Great Courses (EC & C3) Experiencing America "A Smithsonian Tour through American History"</p> <p>8:00 Houston Symphony on 88.7</p> | <p>22 Fall Equinox</p> <p>10:00 Exercise with Frances (EC) 1:00 Dance with Lily (EC) 2:30-3:30 Tuesday Treats Delivered to your Apartments 6:00 Waugh Bridge Bat Colony Observation Experience</p> | <p>23</p> <p>9:00 Devotions (EC) Florence McKelvey "Mercies"</p> <p>10:00 Exercise with Frances (EC) 2:00 Walking with Nurse Kathy</p> | <p>24</p> <p>10:00 Exercise with Lily (EC) 10:45 Sing-a-Long with Susan Alexander, Pianist and Anne Brown w/ her Guitar "Folk" (L) 3:00 Town Hall with Scott (EC&C3)</p> | <p>25</p> <p>10:00 Exercise with Frances (EC)</p> <p>10:45 Mindfulness w/ Marianne Marcus (AR) 3:00 Drive-by Happy Hour Delivered to your Apartments</p> | <p>26</p> <p>10:00 Card Craft (Craft Room) 1:00 Needlework (Craft Room) 1:00 Canasta & Rummikub (L) 1:30 Popcorn & Saturday Matinee (EC) "A Beautiful Mind" starring Russell Crowe 4:00 "Saturday Night Lite" Variety Show (Lounge)</p> |
| <p>27 Yom Kippur Begins at Sundown</p> <p>The Day of Atonement ~ For Jewish people all over the world, Yom Kippur is a day of fasting and prayer concluding the Days of Awe, which begin with Rosh Hashanah. It occurs 10 days after Rosh Hashanah, on the 10th day of the month of Tishrei (TISH-ray) on the Jewish calendar.</p> <p>4:00 Piano Performance by Ginny Croft (L)</p> | <p>28</p> <p>10:00 Exercise with Frances (EC) 1:00 Brazos Needle Group (L)</p> <p>1:30 The Great Courses (EC & C3) Experiencing America "A Smithsonian Tour through American History"</p> <p>8:00 Houston Symphony on 88.7</p> | <p>29 World Heart Day</p> <p>7:00 Kroger Senior Hours 7 AM—8 AM</p> <p>10:00 Exercise with Frances (EC) 1:00 Dance with Lily (EC) 2:30-3:30 Tuesday Treats Delivered to your Apartments 7:00 Brenda Guy, Live in Concert "Oldies, but Goodies" Just outside the East Tower Entrance</p> | <p>30</p> <p>9:00 Devotions (EC) Dr. Buford Nichols "Humility"</p> <p>10:00 Exercise with Frances (EC) 2:00 Walking with Nurse Kathy 2:00 Popcorn & Wednesday Matinee "A Beautiful Day in the Neighborhood" (EC & C3)</p> | <p>September 2020</p> <p>Events may be rescheduled or cancelled due to low turnout or inclement weather. Events may also be cancelled due to CDC recommendations for Senior Living Communities.</p> | | |

SEPTEMBER 2020 • ASSISTED LIVING Activities Calendar

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|--|---|--|---|
|  <p>September</p> | | <p>1</p> <p>8AM-9AM- Walgreens Senior Day</p> <p>8AM-10AM- Drive-Through Visits</p> <p>11:00- Exercise LR2</p> <p>3:00- BINGO DR3</p> <p>3:30- Tuesday Treats (Delivered)</p> | <p>2</p> <p>WWII V-J DAY</p> <p>8AM-10AM- Drive-Through Visits</p> <p>9:00- Devotions (EC)</p> <p>11:00- Exercise LR2</p> <p>2:00- Popcorn and Wednesday Matinee (EC & CH 3)</p> <p>"The Current War"</p> <p>Edison *Westinghouse* Tesla</p> <p>Inspired by True Events</p> | <p>3</p> <p>8AM-10AM- Drive-Through Visits</p> <p>11:00- Exercise LR2</p> <p>2:00- Activity Packets (In Room)</p> <p>3:00- Reminiscing Group DR3</p> | <p>4</p> <p>8AM- 10AM- Drive-Through Visits</p> <p>11:00- Exercise LR2</p> <p>11:30- Pre Labor Day Picnic (Lunch Delivered to your apartments)</p> <p>2:00- Movie Matinee LR3</p> | <p>5</p> <p>8AM-10AM- Drive-Through Visits</p> <p>(Room Visits and one-on-ones)</p> <p>1:30- Afternoon Popcorn</p> <p>Just outside the Event Center</p> |
| <p>National Book Day!</p> <p>6</p> <p>It's A Good Day To Read A Book</p> | <p>Lily is off</p> <p>7</p> <p>HAPPY LABOR DAY</p> <p>Labor Day</p> | <p>International Literacy Day 8</p> <p>8AM-10AM- Drive-Through Visits</p> <p>11:00- Exercise LR2</p> <p>3:00- BINGO DR3</p> <p>3:30- Tuesday Treats (Delivered)</p> | <p>9</p> <p>8AM-10AM- Drive-Through Visits</p> <p>9:00- Devotions (EC)</p> <p>11:00 Exercise LR2</p> <p>2:00 Popcorn and Wednesday Matinee LR3</p> | <p>10</p> <p>8AM-10AM- Drive-Through Visits</p> <p>11:00- Exercise LR2</p> <p>1:30- Beautiful Photography Presented by Robert Flatt (CH3)</p> <p>2:00- Activity Packets (In Room)</p> <p>3:00- Reminiscing Group DR3</p> | <p>Patriot Day!! 11</p> <p>8AM- 10AM- Drive-Through Visits</p> <p>11:00- Exercise LR2</p> <p>2:00- Movie Matinee LR3</p> <p>3:00- Snack Cart (Delivered)</p> | <p>Lily is off</p> <p>12</p>  <p>shutterstock.com • 1076311622</p> |
| <p>13</p> <p>HAPPY Grandparents DAY</p> | <p>14</p> <p>8AM-10AM- Drive-Through Visits</p> <p>11:00- Exercise LR2</p> <p>1:30- The Great Courses (EC & CH 3) Experiencing America "A Smithsonian Tour through American History"</p> <p>2:00- Activity Packets (Group Activity) DR3</p> | <p>15</p> <p>7AM-8AM- Kroger Senior Hours</p> <p>8AM-10AM- Drive-Through Visits</p> <p>11:00- Exercise LR2</p> <p>3:00- BINGO DR3</p> <p>3:30- Tuesday Treats (Delivered)</p> | <p>16</p> <p>8AM-10AM- Drive-Through Visits</p> <p>9:00- Devotions (EC)</p> <p>11:00 Exercise LR2</p> <p>2:00 Popcorn and Wednesday Matinee (EC & CH3)</p> <p>"Best of Europe: London & Beyond"</p> | <p>17</p> <p>8AM-10AM- Drive-Through Visits</p> <p>11:00- Exercise LR2</p> <p>2:00- Activity Packets (In Room)</p> <p>3:00- Reminiscing Group DR3</p> <p>7:00- John Ingram, Live C&W</p> <p>Just outside the East Entrance</p> | <p>18</p> <p>8AM- 10AM- Drive-Through Visits</p> <p>11:00- Exercise LR2</p> <p>2:00- Movie Matinee LR3</p> <p>3:00- Snack Cart (Delivered)</p> <p>Rosh Hashanah Begins</p> | <p>19</p> <p>8AM-10AM- Drive-Through Visits</p> <p>(Room Visits and one-on-ones)</p> <p>1:30- Afternoon Popcorn</p> <p>Just outside the Event Center</p> <p>Oktoberfest Begins</p> |
| <p>20</p> <p>by all these lovely TOKENS september DAYS ARE HERE. WITH SUMMER'S BEST OF weather AND autumn's best of cheer.</p> <p>(fish, jackson)</p> | <p>Lily is off</p> <p>21</p> <p>8AM-10AM- Drive-Through Visits</p> <p>11:00- Exercise with Frances LR2</p> <p>1:30- The Great Courses (EC & CH 3) Experiencing America "A Smithsonian Tour through American History"</p> <p>2:00- Activity Packets (In Room)</p> | <p>Fall Equinox Day 22</p> <p>8AM-10AM- Drive-Through Visits</p> <p>11:00- Exercise LR2</p> <p>3:00- BINGO DR3</p> <p>3:30- Tuesday Treats (Delivered)</p> <p>Autumn Begins</p> | <p>23</p> <p>8AM-10AM- Drive-Through Visits</p> <p>9:00- Devotions (EC)</p> <p>11:00 Exercise LR2</p> <p>2:00 Popcorn and Wednesday Matinee LR3</p> | <p>24</p> <p>8AM-10AM- Drive-Through Visits</p> <p>11:00- Exercise LR2</p> <p>2:00- Activity Packets (In Room)</p> <p>3:00- Town Hall W/Scott (EC & CH 3)</p> | <p>25</p> <p>8AM- 10AM- Drive-Through Visits</p> <p>11:00- Exercise LR2</p> <p>1:00- BINGO STORE ON WHEELS! (Room to Room)</p> <p>2:00- Movie Matinee LR3</p> | <p>Lily is off</p> <p>26</p>  |
| <p>27</p>  <p>Yom Kippur Begins</p> | <p>28</p> <p>8AM-10AM- Drive-Through Visits</p> <p>11:00- Exercise LR2</p> <p>1:30- The Great Courses (EC & CH 3) Experiencing America "A Smithsonian Tour through American History"</p> <p>2:00- Activity Packets (Group Activity) DR3</p> | <p>29</p> <p>7AM-8AM- Kroger Senior Hours</p> <p>8AM-10AM- Drive-Through Visits</p> <p>11:00- Exercise LR2</p> <p>3:00- BINGO DR3</p> <p>3:30- Tuesday Treats (Delivered)</p> | <p>30</p> <p>8AM-10AM- Drive-Through Visits</p> <p>9:00- Devotions (EC)</p> <p>11:00 Exercise LR2</p> <p>2:00 Popcorn and Wednesday Matinee (EC & CH3)</p> <p>"A Beautiful Day in the Neighborhood"</p> |  | | |

SEPTEMBER 2020 • HEALTH CARE CENTER Activities Calendar

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|--|--|--|---|
| 2nd Floor 3rd Floor HC Healthcare MC Memory Care EC Event Center PR Prayer Room L Lounge S Solarium | | | | | | Quanda Off |
| | | 1 | 2 | 3 | 4 | 5 |
| | | 9:45 Devotional Reading 10:00 Exercise 10:15 Current Events 10:30 You Name It 3:30 Fancy Nails | 9:00 Devotional (EC) 10:00 Drive-By Visit 3:00 Shopping List 6:00 PBS> Ch. 8 | 9:45 Devotional Reading 10:00 Exercise 10:15 Current Events 3:00 Thursday Theater | 9:45 Devotion Reading 10:00 Exercise 10:15 Current Events 10:30 3:00 Arts & Craft | 1:30 Movie Matinee (EC) 3:00 Ice Cream Treats 3:00 Table Games |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 9:00 FOX Ch. 5 3:00 Table Games 6:00 PBS Ch. 8 | 9:45 Devotion Reading 10:00 Exercise 10:15 Current Events 10:30 Password 3:30 Fresh Air <small>Labor Day</small> | 9:45 Devotional Reading 10:00 Exercise 10:15 Current Events 10:30 You Name It 3:30 Fancy Nails | 9:00 Devotional (EC) 10:00 Drive-By Visit 3:00 Back to School 6:00 PBS> Ch. 8 | 9:45 Devotional Reading 10:00 Exercise 10:15 Current Events 3:00 Thursday Theater | 9:45 Devotion Reading 10:00 Exercise 10:15 Current Events 10:30 3:00 Arts & Craft | 10:00 Drive-By Visits 1:30 Movie Matinee (EC) 3:00 Ice Cream Treats 3:00 Table Games |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 9:00 FOX Ch. 5 3:00 Table Games 6:00 PBS Ch. 8 <small>Grandparents Day</small> | 9:45 Devotion Reading 10:00 Exercise 10:15 Current Events 10:30 Password 3:00 Lotion Therapy | 9:45 Devotional Reading 10:00 Exercise 10:15 Current Events 10:30 You Name It 3:30 Fancy Nails | 9:00 Devotional (EC) 10:00 Drive-By Visit 3:00 Grilling Up 6:00 PBS> Ch. 8 | 9:45 Devotional Reading 10:00 Exercise 10:15 Current Events 3:00 Thursday Theater | 9:45 Devotion Reading 10:00 Exercise 10:15 Current Events 10:30 3:00 Arts & Craft <small>Rosh Hashanah Begins</small> | 1:30 Movie Matinee (EC) 3:00 Ice Cream Treats 3:00 Table Games <small>Oktoberfest Begins</small> |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 9:00 FOX Ch. 5 3:00 Table Games 6:00 PBS Ch. 8 | 9:45 Devotion Reading 10:00 Exercise 10:15 Current Events 10:30 Password 3:30 Fresh Air | 9:45 Devotional Reading 10:00 Exercise 10:15 Current Events 10:30 You Name It 3:30 Fancy Nails <small>Autumn Begins</small> | 9:00 Devotional (EC) 10:00 Drive-By Visit 3:00 Backyard Campers 6:00 PBS> Ch. 8 | 9:45 Devotional Reading 10:00 Exercise 10:15 Current Events 3:00 Thursday Theater | 9:45 Devotion Reading 10:00 Exercise 10:15 Current Events 10:30 3:00 Arts & Craft | 10:00 Drive-By Visits 1:30 Movie Matinee (EC) 3:00 Ice Cream Treats 3:00 Table Games |
| 27 | 28 | 29 | 30 | <h2>September 2020</h2> <p>Mr. Anderson Sept. 11 & Ms. Goble Sept. 16</p> | | |
| 9:00 FOX Ch. 5 3:00 Table Games 6:00 PBS Ch. 8 <small>Yom Kippur Begins</small> | 9:45 Devotion Reading 10:00 Exercise 10:15 Current Events 10:30 Password 3:00 Lotion Therapy | 9:45 Devotional Reading 10:00 Exercise 10:15 Current Events 10:30 You Name It 3:30 Fancy Nails | 9:00 Devotional (EC) 10:00 Drive-By Visit 3:00 Retirement Hobby 6:00 PBS> Ch. 8 | | | |

Have Questions or Suggestions Contact your Activity Coordinator Quanda @ (346) 571-2222