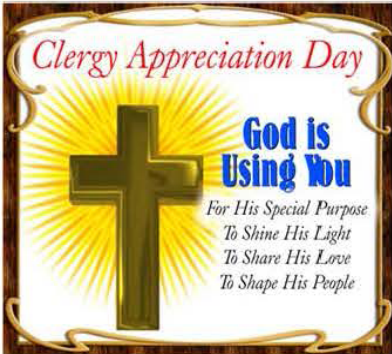


OCTOBER 2020 • INDEPENDENT LIVING Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>October 2020</h1> <p><i>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.</i></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) C3 - Channel 3</p>	<p>1 Full Moon Day – Did you know that in 2020, October has two full moons? That's right; we will start and end this month with a beautiful full moon.</p> <p>10:00 Exercise with Lily (EC)</p> <p>10:45 Sing-a-Long with Louise Frowe "Favorites" (L)</p>	<p>2 World Smile Day</p> <p><i>Happy 100 Tonya Koepfel</i></p> <p>10:00 Exercise with Frances (EC) 10:45 Mindfulness w/ Marianne Marcus (AR) 4:00 GLOW Girls (Bar/L) 6:40 Shabbat Service (7W) <i>Live Stream from Beth Yeshurum</i></p>	<p>3 Happy 100 Paul Coffman</p> <p>10:00 Card Craft (Craft Room) 1:00 Needlework (Craft Room) 1:00 Canasta (L) 1:30 Afternoon Popcorn <i>Just Outside the Event Center</i> Sorry, no Bingo Tonight! 8:00 Houston Symphony <i>Live from Jones Hall: Clyne, Haydin & Dvorak (C3 only)</i></p>
<p>4 The Orient Express Day – The famous Orient Express began its first run from Paris to Istanbul on this day in 1883. A trip on this train (traveling at a then-fantastic speed of 50 mph) was considered a romantic adventure.</p> <p>3:00 Ginny Croft at the piano in the Lounge</p>	<p>5</p> <p>10:00 Exercise with Frances (EC) 1:00 Brazos Needle Group (L) 1:30 The Great Courses (EC & C3) <i>Experiencing America "A Smithsonian Tour through American History"</i></p>	<p>6</p> <p>10:00 Walgreen's Senior Day <i>Sorry, no Exercise or Dance Class today!</i> 9:00 AM—1 PM Flu Clinic (EC) 3:00 Brady w/ Functional Pathways <i>Presentation on Preventing Falls/ Balancing Participation Exercises Refreshments & Door Prizes too!</i> (EC) <i>No Tuesday Treats Delivered Today!</i> 6:00 Waugh Bridge Bat Colony Observation Experience</p>	<p>7</p> <p>9:00 Devotions Reverend Margaret Desmond <i>Trust in the Lord</i> 10:00 Exercise with Frances (EC) 2:00 Walking with Nurse Kathy 7:00 Opera & Wine Evening "Carmen" (EC only) <i>Special appreciation to Dr. John Owens for the opera for all to enjoy!</i></p>	<p>8</p> <p>10:00 Exercise with Frances (EC) 10:45 Sing-a-Long with Friends (L) 3:00 Medicare Updates <i>via Zoom presented by</i> Trusted Specialists (EC & C3)</p>	<p>9</p> <p>10:00 Exercise with Lily (EC) 10:45 Mindfulness w/ Marianne Marcus (AR) 11:30 Grillin' with Scott 4:00 GLOW Girls (Bar/L)</p>	<p>10 Simchat Torah <i>Begins at Sundown</i> 10:00 Card Craft (Craft Room) 1:00 Needlework (Craft Room) 1:00 Canasta (L) 1:30 Popcorn & Afternoon Matinee "Mission Impossible-1" <i>starring Tom Cruise (EC only)</i> 7:00 Bingo (EC)</p>
<p>11</p> 	<p>12 Columbus Day Thanksgiving (Canada)</p> <p>10:00 Exercise with Frances (EC) 1:00 Brazos Needle Group (L) 1:30 The Great Courses (EC & C3) <i>Experiencing America "A Smithsonian Tour through American History" (Last in the Series)</i> 7:00 Book Club Zoom Meeting <i>"That Old Cape Magic" by Richard Russo</i></p>	<p>13 Early Voting Begins</p> <p>10:00 Kroger Grocery 10:00 Exercise with Frances (EC) 1:00 Line Dance with Lily (EC) 2:30-3:30 Tuesday Treats <i>Delivered to your Apartments</i></p>	<p>14</p> <p>9:00 Devotions (EC) Carl Williams, Lean Not Thy Own 10:00 Exercise with Frances (EC) 2:00 Walking with Nurse Kathy 2:30 "Best of Travel: Australia & New Zealand" (EC & C3)</p>	<p>15</p> <p>10:00 Exercise with Lily (EC) 10:45 Sing-a-Long with Friends (L) 5:00 October Birthday Dinner 6:45 Juan Gallego, Guitarist <i>Live Entertainment, Just Outside East Tower Entrance</i></p>	<p>16</p> <p>10:00 Exercise with Frances (EC) 10:45 Mindfulness w/ Marianne Marcus (AR) 2:00 Friday Movie (EC & C3) <i>"A Beautiful Mind" starring Russell Crowe</i> 4:00 GLOW Girls (Bar/L)</p>	<p>17 Sweetest Day</p> <p>10:00 Card Craft (Craft Room) 1:00 Needlework (Craft Room) 1:00 Canasta (L) 1:30 Popcorn & Afternoon Matinee "Mission Impossible-2" <i>starring Tom Cruise (EC only)</i> 7:00 Bingo (EC)</p>
<p>18</p> <p>Read the Funnies First Day – The first newspaper comic strip was published on this day in 1896. Although cartoons had been appearing in newspapers for years, the comic strip (a narrative story illustrated across several panels) took its main form with the appearance of "The Yellow Kid Takes a Hand at Golf" in the <i>New York Journal's</i> weekly supplement "American Humorists."</p> <p>4:00 Susan Alexander at the piano in the Lounge</p>	<p>19</p> <p>10:00 Exercise with Frances (EC) 10:00 & 2 PM Bus Trip to Vote 1:00 Brazos Needle Group (L) 1:30 Gunther von Hagen's "Body Worlds" (EC & C3) <i>The Anatomical Exhibition of Real</i></p>	<p>20</p> <p>10:00 Exercise with Frances (EC) 10:00 & 2 PM Bus Trip to Vote 1:00 Line Dance with Lily (EC) <i>No Tuesday Treats Delivered Today!</i></p>	<p>21</p> <p>9:00 Devotions (EC) Reverend Louise Row <i>Acknowledging Him: Lord's Supper</i> 10:00 Exercise with Frances (EC) 2:00 Walking with Nurse Kathy 2:30 Popcorn & Wednesday Matinee "The Pledge" (EC&C3)</p>	<p>22</p> <p>10:00 Exercise with Lily (EC) 10:45 Sing-a-Long with Friends (L) 1:30 Beautiful Photography by Robert Flatt (EC&C3) <i>"Museum District Night Herons"</i></p>	<p>23</p> <p>10:00 Exercise with Frances (EC) 10:45 Mindfulness w/ M. Marcus (AR) 3:00 Happy Hour Drive-By 6:45 David & Philip Live in Concert <i>Halloween Special "Bewitched, Bothered & Bewildered"</i> <i>Just outside the East Tower Entrance</i></p>	<p>24</p> <p>10:00 Card Craft (Craft Room) 1:00 Needlework (Craft Room) 1:00 Canasta (L) 1:30 Popcorn & Afternoon Matinee "Mission Impossible-3" <i>starring Tom Cruise (EC only)</i> 7:00 Bingo (EC)</p>
<p>25</p> <p>First Female FBI Agents – Until this day in 1972, FBI agents were men. Susan Lynn Roley and Joanne E. Pierce graduated from the FBI Academy and became the first female agents on this day.</p>	<p>26</p> <p>10:00 Exercise with Frances (EC) 1:00 Brazos Needle Group (L) 1:30 Jeff Foxworthy's Comedy Classics <i>A Look at the History of Comedy</i> <i>Also starring Andy Griffith, Bill Engvall, Ron White & Larry the Cable Guy</i> (EC & C3)</p>	<p>27</p> <p>10:00 Kroger Grocery 10:00 Exercise with Frances (EC) 1:00 Line Dance with Lily (EC) 2:30-3:30 Tuesday Treats <i>Delivered to your Apartments</i></p>	<p>28</p> <p>9:00 Devotions (EC) Elaine Adams <i>Directing Thy Path</i> 10:00 Exercise with Frances (EC) 2:00 Walking with Nurse Kathy 2:30 Pumpkin Decorating Contest <i>Come out and vote for your favorite staff decorated pumpkin (L)</i></p>	<p>29</p> <p>10:00 Exercise with Lily (EC) 10:45 Sing-a-Long with Friends (L) 3:00 Town Hall w/ Scott (EC & Ch 3)</p>	<p>30</p> <p>10:00 Exercise with Frances (EC) 10:45 Mindfulness w/ Marianne Marcus (AR) 2:30 Hounds of Halloween Dog Parade (EC) <i>our very own Michelle Watkins, emcee</i> 4:00 GLOW Girls (Bar/L)</p>	<p>31 Happy Halloween</p> <p>10:00 Card Craft (Craft Room) 1:00 Needlework (Craft Room) 1:00 Canasta (L) 1:30 Afternoon Popcorn <i>Just Outside the Event Center</i> 7:00 Bingo (EC) 8:00 Houston Symphony <i>Live from Jones Hall: Haunted Halloween POPS (C3 only)</i></p>

OCTOBER 2020 • ASSISTED LIVING Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				<p>Full Moon Day- Did you know that in 2020, October has two full moons? That's right; we will start and end this month with a beautiful full moon.</p> <p>8AM-10AM-Drive Through Visits 11:00- Yoga LR2</p>	<p>8AM-10AM- Drive-Through Visits 11:00- Exercise LR2 2:00- Movie Matinee (LR3) 3:00- Snack Cart 6:40- Shabbat Service (7W) Live Stream from Beth Yeshurum</p> <p style="text-align: center;">Sukkot Begins</p>	<p>8AM-4PM Drive Through Visits (Resident Rooms Visits) 1:30- Afternoon Popcorn Just outside the Event Center</p>
4	5	6	7	8	9	10
<p>The Orient Express Day- The famous Orient Express began its first run from Paris to Istanbul on this day in 1883. A trip on this train (traveling at a then fantastic speed of 50 mph) was considered a romantic adventure.</p> <p>3:00 Ginny Croft at the piano in the Lounge</p>	<p>Lily is Off</p> <p>8AM- 10AM- Drive-Through Visits 11:00- Exercise LR2 1:00- The Great Courses. (EC C3) Experiencing America "A Smithsonian Tour through American History" 2:00 Cranium Crunches (Delivered)</p>	<p>Lily is Off</p> <p>8AM-10AM- Drive-Through Visits 9AM-1PM- Flu Clinic (EC) 2:00- BINGO DR3 (Mr. Fort Ms. Darr calling) 3:30- Tuesday Treats (Delivered)</p>	<p>Lily is Off</p> <p>8AM-10AM- Drive-Through Visits 9:00- Devotions (EC) 11:00- Exercise LR2 2:00- Popcorn and Wednesday Matinee</p>	<p>8AM-10AM- Drive Through Visits 11:00- Yoga LR2 2:00- Resident Room Visits 3:00- Reminiscing Group DR3</p>	<p>8AM-10AM- Drive-Through Visits 11:00- Exercise LR2 11:30- Grillin' with Scott 2:00- Movie Matinee (LR3) 3:00- Snack Cart</p>	<p>1:30- Popcorn & Afternoon Matinee "Mission Impossible 2" (EC) 7:00- BINGO (EC)</p> <p style="text-align: center;">Simchat Torah Begins</p>
11	12	13	14	15	16	17
	<p>8AM-10AM- Drive-Through Visits 11:00- Exercise LR2 1:00- The Great Courses. (EC C3) Experiencing America "A Smithsonian Tour through American History" 2:00 Cranium Crunches (Delivered)</p> <p style="text-align: center;">Columbus Day (US) Thanksgiving Day (Canada)</p>	<p>8AM-10AM- Drive-Through Visits 11:00- Yoga LR2 2:00- BINGO DR3 3:30- Tuesday Treats (Delivered)</p>	<p>8AM-10AM- Drive-Through Visits 9:00- Devotions (EC) 11:00- Exercise LR2 12:00- Picnic In The Garden! 2:00- Popcorn and Wednesday Matinee</p>	<p>8AM-10AM- Drive Through Visits 11:00- Yoga LR2 3:00- Reminiscing Group DR3 5:00- October Birthday Dinner (EC) 6:45 Juan Gallego Guitarist Live Entertainment, Just outside East Tower Entrance.</p>	<p>8AM-10AM- Drive-Through Visits 11:00- Exercise LR2 2:00- Movie Matinee (LR3 C3) "A Beautiful Mind" 3:00- Snack Cart</p>	<p>8AM-4PM Drive Through Visits (Resident Rooms Visits) 1:30- Afternoon Popcorn Just outside the Event Center</p>
18	19	20	21	22	23	24
<p>4:00 Susan Alexander at the piano in the Lounge.</p>	<p>Lily is Off</p> <p>8AM-10AM- Drive-Through Visits 10AM & 2PM- Bus Trip to Vote 11:00- Exercise LR2 1:00- Gunther con Hagen's "Body Worlds" (EC & C3) 2:00 Cranium Crunches (Delivered)</p>	<p>8AM-10AM- Drive-Through Visits 10AM & 2PM- Bus Trip to Vote 11:00- Yoga LR2 2:00- BINGO DR3 3:30- Tuesday Treats (Delivered)</p>	<p>8AM-10AM- Drive-Through Visits 9:00- Devotions (EC) 11:00- Exercise LR2 2:00- Popcorn and Wednesday Matinee</p>	<p>8AM-10AM- Drive Through Visits 11:00- Yoga LR2 1:30- Beautiful Photography by Robert Flatt (EC C3) 3:00- Reminiscing Group DR3</p>	<p>8AM-10AM- Drive-Through Visits 11:00-Resident Council Meeting (LR2) 2:00- Movie Matinee (LR3) 3:00- Snack Cart</p>	<p>1:30- Popcorn & Afternoon Matinee "Mission Impossible 2" (EC) 7:00- BINGO (EC)</p>
25	26	27	28	29	30	31
<p>First Female FBI Agents- Until this day in 1972, FBI agents were men. Susan Lynn Toley and Joanne E. Pierce graduated from the FBI Academy and became the first female agents on this day.</p>	<p>8AM- 10AM- Drive-Through Visits 11:00- Exercise LR2 1:00- Jeff Foxworthy's Comedy Classics (EC & C3) 2:00 Cranium Crunches (Delivered)</p>	<p>8AM-10AM- Drive-Through Visits 11:00- Yoga LR2 2:00- BINGO STORE ON WHEELS! (Delivered) 3:30- Tuesday Treats (Delivered)</p>	<p>8AM-10AM- Drive-Through Visits 9:00- Devotions (EC) 11:00- Exercise LR2 2:00-Pumpkin Decorating Contest Come out and vote for you favorite staff decorated pumpkin (L)</p>	<p>8AM-10AM- Drive Through Visits 11:00- Yoga LR2 2:00- Resident Room Visits 3:00- Town Hall w/ Scott (EC & C3)</p>	<p>8AM-10AM- Drive-Through Visits 11:00- Exercise LR2 2:30- Hounds of Halloween Dog Parade (EC) Our very own Michelle Watkins, emcee</p>	<p style="text-align: center;">Happy Halloween!</p> <p>8AM-4PM Drive Through Visits (Resident Rooms Visits) 1:30- Afternoon Popcorn Just outside the Event Center</p> <p style="text-align: center;">Halloween</p>

OCTOBER 2020 • HEALTH CARE CENTER Activities Calendar

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



October 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	Quanda Off 3
				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 Patio Talk 3:00 Arts & Craft <small>Sukkot Begins</small>	1:30 Movie Matinee (EC) 3:00 Table Games 6:00 PBS Ch.8
4	5	6	7	8	9	10
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	9:00 Devotional (EC) 10:00 Drive-By Visit 3:00 Patio Talk 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 Patio Talk 3:00 Arts & Craft	1:30 Movie Matinee (EC) 10:00 Drive-By Visit 3:00 Ice Cream Treats 3:00 Table Games <small>Simchat Torah Begins</small>
11	12	13	14	15	16	Quanda Off 17
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 3:00 Lotion Therapy <small>Columbus Day (US) Thanksgiving Day (Canada)</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 Patio Talk 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 Patio Talk 3:00 Arts & Craft	1:30 Movie Matinee (EC) 3:00 Table Games 6:00 PBS Ch.8
18	19	20	21	22	23	24
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	9:00 Devotional (EC) 10:00 Drive-By Visit 3:00 Patio Talk 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 Patio Talk 3:00 Arts & Craft	1:30 Movie Matinee (EC) 10:00 Drive-By Visit 3:00 Ice Cream Treats 3:00 Table Games
25	26	27	28	29	30	Quanda Off 31
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 3:00 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 Patio Talk 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 Patio Talk 3:00 Arts & Craft	1:30 Movie Matinee (EC) 3:00 Table Games 6:00 PBS Ch.8 <small>Halloween</small>