




JANUARY 2021 • 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)</p>	<p>Tune to Channel 3 for daily and upcoming events</p> <p>Inside/Outside/Religious Activities</p>	<p>January 2021</p> <p><i>Events may be rescheduled or cancelled due to low turnout or inclement weather.</i></p>			<p>1 Happy New Year</p>  <p>4:30 GLOW Girls (Bar)</p> <p>5:00 Shabbat Service (7W) Live Stream from Central Synagogue in New York City</p>	<p>2</p> <p>10:00 Card Craft (Craft Rm) 1:00 Needlework (Craft Rm)</p> <p>1:30 Popcorn & Movie (EC) "The Magic of Belle Isle" A Re-Coming of Age Story</p> <p>7:00 Bingo (EC)</p>
<p>3</p> <p>Chocolate-Covered Cherry Day If you love cherries as much as you love chocolate, then this is the day for you</p>	<p>4</p> <p>10:00 Exercise w/ Frances (EC) 1:00 Brazos Needle Group (L) 2:30-3:30 The Great Courses "The Inexplicable Universe: Unsolved Mysteries" (EC & C3)</p>	<p>5</p> <p>10:00 Exercise w/ Frances (EC) 10:00 Kroger Grocery 1:00 Line Dance with Lily (EC) 2:00 Walgreens Senior Day 3:00 Tuesday Treats (EC only) 6:30 Glennie Scott in concert (EC) <i>Glennie is a professional musician who happens to be the sister of your friend and neighbor, Barbara McKittrick</i></p>	<p>6</p> <p>9:00 Devotions (EC) Dr. Buford Nichols "Grace" 10:00 Exercise w/ Frances (EC) 2:00 Walking w/ Nurse Kathy 7:00 Opera Night (EC only) Die Fledermaus (The Bat) By Johann Strauss (Part I) <i>(A comedy filled with beautiful waltzes set in Vienna on New Year's Eve)</i></p>	<p>7</p> <p>9:30 Trip to Walk in the McGovern Centennial Park 10:00 Exercise w/ Frances via video on Channel 3 & EC 10:45 Sing-a-Long w/ Friends "Favorites" w/ Louise Frowe 3—3:30 PM Water Aerobics 7:00 Opera Night (EC only) Die Fledermaus (The Bat) Part II</p>	<p>8</p> <p>10:00 Exercise w/ Frances (EC) 11:30 Grillin' w/ Scott Come down & pick up in the Bistro! 2:30 Life Matters facilitated by Rev. Margaret Desmond (7W) 4:30 GLOW Girls (Bar)</p>	<p>9</p> <p>10:00 Card Craft (Craft Rm) 1:00 Needlework (Craft Rm) 1:30 Popcorn No Movie Today! 7:00 Bingo (EC) 8:00 Houston Symphony "In the Mood: A Big Band Year" (C3 only)</p>
<p>10</p> <p>Record "Singles" Day – On this day in 1949, RCA introduced the "single" (a 7-inch diameter 45-rpm record) in the U.S. A single could play eight minutes of sound per side. RCA subsequently manufactured a record player with a wide-diameter spindle to automatically play a stack of singles. The 45-rpm 7-inch record was favored by the young and became popular with the onset of rock and roll.</p>	<p>11</p> <p>10:00 Exercise w/ Frances (EC) 1:00 Brazos Needle Group (L) 2:30-3:30 The Great Courses "The Inexplicable Universe: Unsolved Mysteries" (EC & C3) 7:00 Book Club (via Zoom) "Maybe You Should Talk to Someone" led by Harriet Schwarz</p>	<p>12</p> <p>10:00 Exercise w/ Frances (EC) 10:00 Kroger Grocery 1:00 Line Dance with Lily (EC) 3:00 Anna Louise Bruner <i>Laughter: Good for the Soul</i> A Topical Review on Humor (EC & C3)</p>	<p>13</p> <p>9:00 Devotions (EC) Skip Britton, "Amazing Grace" 10:00 Exercise w/ Frances (EC) 10:30 Catholic Mass with Father Joseph (AR) 2:00 Walking w/ Nurse Kathy 2:30 Afternoon Matinee "Amazing Grace" (EC & C3)</p>	<p>14</p> <p>10:00 Exercise w/ Frances via video on Channel 3 & EC 10:45 Sing-a-Long "Brazolot" w/ Susan Alexander 3—3:30 PM Water Aerobics</p>	<p>15</p> <p>10:00 Exercise w/ Frances (EC) 1:00 Trip to Walk at the Nature Discovery Center 3:30 Shabbat Service with Cantor Tunitsky (7W) 4:30 GLOW Girls (Bar)</p>	<p>16</p> <p>10:00 Card Craft (Craft Rm) 1:00 Needlework (Craft Rm) 1:30 Popcorn No Movie Today! 7:00 Bingo (EC) 8:00 Houston Symphony "Midori plays Beethoven" (C3 only)</p>
<p>17</p> <p>World Religion Day – This annual <u>celebration</u> on the third Sunday of January promotes understanding between peoples of different faiths.</p>	<p>18 Martin Luther King Day</p> <p>10:00 Exercise w/ Frances (EC) 1:00 Brazos Needle Group (L) 2:30-3:30 The Great Courses "The Inexplicable Universe: Unsolved Mysteries" (EC & C3) End of the Series</p>	<p>19</p>  <p>9 AM—5 PM COVID Vaccinations (EC) 10:00 Exercise w/ Frances via video on Channel 3 (Sorry, no line dancing today!) 7:00 Brenda Guy in Concert "Our Favorites" (EC)</p>	<p>20</p> <p>9:00 Devotions (EC) Rev. Louise Row, "Abiding Grace: Lord's Supper" 10:00 Exercise w/ Frances (EC) 10:00 Kroger Grocery 2:00 Walking w/ Nurse Kathy</p>	<p>21</p> <p>10:00 Exercise w/ Frances via video on Channel 3 & EC 10:45 Sing-a-Long "Folk" w/ Susan Alexander 3—3:30 PM Water Aerobics 5:00 January Birthday Dinner (Event Center)</p>	<p>22</p> <p>10:00 Exercise w/ Frances (EC) 2:00 Friday Classic Matinee "Elvis: Viva Las Vegas" (EC & C3) 4:30 GLOW Girls (Bar)</p>	<p>23</p> <p>10:00 Card Craft (Craft Rm) 1:00 Needlework (Craft Rm) 1:30 Popcorn No Movie Today! 7:00 Bingo (EC)</p>
<p>24</p> <p>3:30 Susan Alexander at the Piano in the Lounge Brought to you by the Letters K, L & M</p>	<p>25</p> <p>10:00 Exercise w/ Frances (EC) 1:00 Brazos Needle Group (L) 2:30 Liar's Club (EC) Fun, Participation Game</p>	<p>26</p> <p>10:00 Exercise w/ Frances (EC) 10:00 Kroger Grocery 1:00 Line Dance with Lily (EC) 3:00 Presentation on Current Concepts- Human Evolution Part 2 By Dr. Kathleen Gibson (EC & C3)</p>	<p>27</p> <p>9:00 Devotions (EC) Virginia Jacoby, "Redemptive Grace" 10:00 Exercise w/ Frances (EC) 2:00 Walking w/ Nurse Kathy</p>	<p>28</p> <p>10:00 Exercise w/ Frances via video on Channel 3 & EC 10:45 Sing-a-Long w/ Friends "Favorites" w/ Louise Frowe 3:00 Town Hall w/ Scott (EC & C3)</p>	<p>29</p> <p>10:00 Exercise w/ Frances (EC) 3:00 Drive by Happy Hour Door-to-Door</p>	<p>30</p> <p>10:00 Card Craft (Craft Rm) 1:00 Needlework (Craft Rm) 1:30 Popcorn & Movie (EC) "Titanic" 7:00 Bingo (EC)</p>
<p>31</p> 						

JANUARY 2021 • ASSISTED LIVING Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h2 style="font-family: cursive;">January 2021</h2>						
					<p>9:30- Daily Chronicles (Delivered) 11:00- Fitness Friday LR2 1:00- Walk in the Garden 3:00- Movie Matinee LR3 6:00- Puzzles/Games AR3</p> <p style="text-align: center;">New Year's Day</p>	<p>Activity Room open for games, word searches, cranium crunches, crosswords, and coloring</p> <p>1:30- Popcorn & Movie (EC) "The Magic of Belle Isle"</p>
	<p>9:30- Daily Chronicles (Delivered) 11:00- Exercise LR2 1:00- Bridge LR2 2:00- Aromatherapy (In Room) 2:30- The Great Courses (EC & C3) 4:00- Cranium Crunches (Delivered)</p>	<p>9:30- Daily Chronicles (Delivered) 11:00- Music in Motion LR2 1:00- Puzzles and Colors AR3 3:00- BINGO DR3 3:00- Tuesday Treats (Delivered) 6:30- Glennie Scott in Concert (EC)</p>	<p>9:00- Devotions EC 9:30- Daily Chronicles (Delivered) 1:00- In Room Manicures/Hand Massages 3:00- Movie Matinee and Popcorn LR3</p> <p>Drive-by visits</p>	<p>9:30- Daily Chronicles (Delivered) 11:00- Exercise LR2 1:00- Brain Teasers and EZ does it (Delivered) 3:30- Happy Hour Dr3 4:00- Open Table Games AR3 7:00- Opera Night (EC only)</p>	<p>9:30- Daily Chronicles (Delivered) 11:00- Fitness Friday LR2 11:30- Grillin' W/ Scott 1:00- Walk in the Garden 2:00- Tea Time (Social) DR3 3:00- Movie Matinee LR3 6:00- Puzzles/Games AR3</p>	<p>Activity Room open for games, word searches, cranium crunches, crosswords, and coloring</p> <p>1:30- Popcorn (EC)</p> <p>Drive-by visits</p>
<p>National Bittersweet Chocolate Day!</p> <p>Did You Know? Americans consume over 3.1 billion pounds of chocolate a year.</p>	<p>Lily is Off</p> <p>9:30- Daily Chronicles (Delivered) 11:00- Exercise LR2 1:00- Bridge LR2 2:30- The Great Courses (EC & C3) 4:00- Cranium Crunches (Delivered)</p>	<p>9:30- Daily Chronicles (Delivered) 11:00- Music in Motion LR2 1:00- Puzzles and Colors AR3 3:00- BINGO DR3 6:00- Evening News DR3 LR2</p>	<p>9:00- Devotions EC 9:30- Daily Chronicles (Delivered) 10:30- Catholic Mass (AR) 1:00- In Room Manicures/Hand Massages 3:00- Movie Matinee and Popcorn LR3</p> <p>Drive-by visits</p>	<p>9:30- Daily Chronicles (Delivered) 11:00- Exercise LR2 1:00- Brain Teasers and EZ does it (Delivered) 3:30- Happy Hour Dr3 4:00- Open Table Games AR3</p>	<p>9:30- Daily Chronicles (Delivered) 11:00- Fitness Friday LR2 1:00- Walk in the Garden 2:00- Tea Time (Social) DR3 3:00- Movie Matinee LR3 6:00- Puzzles/Games AR3</p>	<p>Activity Room open for games, word searches, cranium crunches, crosswords, and coloring</p> <p>1:30- Popcorn (EC)</p>
 <p>National Hot Buttered Rum Day!</p>	<p>9:30- Daily Chronicles (Delivered) 11:00- Exercise LR2 1:00- Bridge LR2 2:00- Aromatherapy (In Room) 2:30- The Great Courses (EC & C3) 4:00- Cranium Crunches (Delivered)</p> <p style="text-align: center;">Martin Luther King Day</p>	<p>9 AM-- 5PM COVID Vaccinations (In Room)</p> <p>10:00- Exercise w/Frances on Ch.3 3:00- BINGO DR3 7:00- Brenda Guy in Concert "Our Favorites" (EC)</p>	<p>9:00- Devotions EC 9:30- Daily Chronicles (Delivered) 1:00- In Room Manicures/Hand Massages 3:00- Movie Matinee and Popcorn LR3</p> <p>Drive-by visits</p>	<p>9:30- Daily Chronicles (Delivered) 11:00- Exercise LR2 1:00- Brain Teasers and EZ does it (Delivered) 3:30- Happy Hour Dr3 4:00- Open Table Games AR3 5:00- January Birthday Dinner (EC)</p>	<p>9:30- Daily Chronicles (Delivered) 11:00- Fitness Friday LR2 1:00- Walk in the Garden 2:00- Tea Time (Social) DR3 3:00- Movie Matinee LR3 6:00- Puzzles/Games AR3</p>	<p>Activity Room open for games, word searches, cranium crunches, crosswords, and coloring</p> <p>1:30- Popcorn (EC)</p> <p>Drive-by visits</p>
<p>3:30- Susan Alexander at the Piano in the Lounge Brought to you by the Letters K, L, & M</p> <p style="text-align: center;">Activity Professionals Week</p>	<p>Lily is Off</p> <p>9:30- Daily Chronicles (Delivered) 11:00- Exercise LR2 1:00- Bridge LR2 2:30- The Great Courses (EC & C3) 4:00- Cranium Crunches (Delivered)</p>	<p>9:30- Daily Chronicles (Delivered) 11:00- Music in Motion LR2 1:00- Puzzles and Colors AR3 3:00- BINGO STORE DR3 6:00- Evening News DR3 LR2</p> <p style="text-align: center;">Australia Day (observed)</p>	<p>9:00- Devotions EC 9:30- Daily Chronicles (Delivered) 1:00- In Room Manicures/Hand Massages 3:00- Movie Matinee and Popcorn DR3</p> <p>Drive-by visits</p>	<p>9:30- Daily Chronicles (Delivered) 11:00- Exercise LR2 1:00- Brain Teasers and EZ does it (Delivered) 3:30- Town Hall w/Scott (EC & C3) 4:00- Open Table Games AR3</p>	<p>9:30- Daily Chronicles (Delivered) 11:00- Fitness Friday LR2 1:00- Walk in the Garden 2:00- Tea Time (Social) DR3 3:00- Movie Matinee LR3 3:00- Drive by Happy Hour 6:00- Puzzles/Games AR3</p>	<p>Activity Room open for games, word searches, cranium crunches, crosswords, and coloring</p> <p>1:30- Popcorn & Movie (EC) "Titanic"</p>
 <p>National Inspire Your Heart With Art Day!</p>						

JANUARY 2021 • 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			Henley Jan. 8 Kippen Jan. 22			
7:30 Communal Dining 9:00 FOX Ch. 5 11:30 Communal Dining 3:00 Table Games 6:00 PBS Ch. 8 5:30 Communal Dining	Quanda Off	7:30 Communal Dining 9:45 Devotional Reading 10:00 Exercise 10:15 Current Events 10:30 Password 11:30 Communal Dining 3:00 Lotion Therapy 5:30 Communal Dining	7:30 Communal Dining 9:45 Devotional Reading 10:00 Exercise 10:15 Current Events 10:30 You Name It 11:30 Communal Dining 3:30 Fancy Nails 5:30 Communal Dining Walk Abouts w/ Brazos Angels	7:30 Communal Dining 9:00 Devotional (EC) 10:00 Drive-By Visit 11:30 Communal Dining 3:00 Patio Talk 6:00 PBS> Ch. 8 5:30 Communal Dining	7:30 Communal Dining 9:45 Devotional Reading 10:00 Exercise 10:15 Current Events 11:30 Communal Dining 3:00 Thursday Theater High Risk 5:30 Communal Dining	7:30 Communal Dining 9:45 Devotion Reading 10:00 Exercise 10:15 Current Events 10:30 Patio Talk 11:30 Communal Dining 3:00 Arts & Craft 5:30 Communal Dining Walk Abouts w/ Brazos Angels
7:30 Communal Dining 9:00 FOX Ch. 5 11:30 Communal Dining 3:00 Table Games 6:00 PBS Ch. 8 5:30 Communal Dining	7:30 Communal Dining 9:45 Devotion Reading 10:00 Exercise 10:15 Current Events 10:30 Password 11:30 Communal Dining 3:30 Junk Drawer Detective 5:30 Communal Dining	7:30 Communal Dining 9:45 Devotional Reading 10:00 Exercise 10:15 Current Events 10:30 You Name It 11:30 Communal Dining 3:30 Fancy Nails 5:30 Communal Dining Walk Abouts w/ Brazos Angels	7:30 Communal Dining 9:00 Devotional (EC) 10:00 Drive-By Visit 11:30 Communal Dining 3:00 Patio Talk 6:00 PBS> Ch. 8 5:30 Communal Dining	7:30 Communal Dining 9:45 Devotional Reading 10:00 Exercise 10:15 Current Events 11:30 Communal Dining 3:00 Thursday Theater The Lady Vanishes 5:30 Communal Dining	7:30 Communal Dining 9:45 Devotion Reading 10:00 Exercise 10:15 Current Events 10:30 Patio Talk 11:30 Communal Dining 3:00 Arts & Craft 5:30 Communal Dining Walk Abouts w/ Brazos Angels	7:30 Communal Dining 1:30 Movie Matinee (EC) 10:00 Drive-By Visit 11:30 Communal Dining 3:00 Ice Cream Treats 3:00 Table Games 6:00 PBS Ch.8 5:30 Communal Dining
7:30 Communal Dining 9:00 FOX Ch. 5 11:30 Communal Dining 3:00 Table Games 6:00 PBS Ch. 8 5:30 Communal Dining	Quanda Off	7:30 Communal Dining 9:45 Devotional Reading 10:00 Exercise 10:15 Current Events 10:30 Password 11:30 Communal Dining 3:00 Lotion Therapy Martin Luther King Day	7:30 Communal Dining 9:45 Devotional Reading 10:00 Exercise 10:15 Current Events 10:30 You Name It 11:30 Communal Dining 3:30 Fancy Nails 5:30 Communal Dining Walk Abouts w/ Brazos Angels	7:30 Communal Dining 9:00 Devotional (EC) 10:00 Drive-By Visit 11:30 Communal Dining 3:00 Patio Talk 6:00 PBS> Ch. 8 5:30 Communal Dining	7:30 Communal Dining 9:45 Devotional Reading 10:00 Exercise 10:15 Current Events 11:30 Communal Dining 3:00 Thursday Theater Tulsa 5:30 Communal Dining	7:30 Communal Dining 9:45 Devotion Reading 10:00 Exercise 10:15 Current Events 10:30 Patio Talk 11:30 Communal Dining 3:00 Arts & Craft 5:30 Communal Dining Walk Abouts w/ Brazos Angels
7:30 Communal Dining 9:00 FOX Ch. 5 11:30 Communal Dining 3:00 Table Games 6:00 PBS Ch. 8 5:30 Communal Dining Activity Professionals Week	7:30 Communal Dining 9:45 Devotion Reading 10:00 Exercise 10:15 Current Events 10:30 Password 11:30 Communal Dining 3:30 Junk Drawer Detective 5:30 Communal Dining	7:30 Communal Dining 9:45 Devotional Reading 10:00 Exercise 10:15 Current Events 10:30 You Name It 11:30 Communal Dining 3:30 Fancy Nails 5:30 Communal Dining Walk Abouts w/ Brazos Angels Australia Day (observed)	7:30 Communal Dining 9:00 Devotional (EC) 10:00 Drive-By Visit 11:30 Communal Dining 3:00 Patio Talk 6:00 PBS> Ch. 8 5:30 Communal Dining	7:30 Communal Dining 9:45 Devotional Reading 10:00 Exercise 10:15 Current Events 11:30 Communal Dining 3:00 Thursday Theater Blood of the Sun 5:30 Communal Dining	7:30 Communal Dining 9:45 Devotion Reading 10:00 Exercise 10:15 Current Events 10:30 Patio Talk 11:30 Communal Dining 3:00 Arts & Craft 5:30 Communal Dining Walk Abouts w/ Brazos Angels	7:30 Communal Dining 1:30 Movie Matinee (EC) 10:00 Drive-By Visit 11:30 Communal Dining 3:00 Ice Cream Treats 3:00 Table Games 5:30 Communal Dining
7:30 Communal Dining 9:00 FOX Ch. 5 11:30 Communal Dining 3:00 Table Games 6:00 PBS Ch. 8 5:30 Communal Dining	<h2>January 2021</h2>					