

DECEMBER 2021 • INDEPENDENT LIVING Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h2>December 2021</h2> <p><i>Events may be rescheduled or cancelled due to low turnout or inclement weather.</i></p>		<p>Room Legend</p> <p>EC - Event Center L - Lounge 7W - 7th Floor Conference 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>1</p> <p>9:00 Devotions (EC) <i>Rev. Jim Birchfield</i> <i>First Presbyterian</i></p> <p>10:00 Exercise w/ Frances (EC) 10:45 Catholic Communion (PR) 11:00 Bus Trip to Costco 1:00 Water Aerobics w/ Paula 2:00 Walking w/ Nurse Kathy</p>	<p>2 Ring in the Day – Circus pioneer Charles Ringling was born on this day in 1863.</p> <p>10:00 Exercise w/ Leo (EC) 10:45 Sing-a-Long “Favorites” w/ Louise Frowe (L) 7:00 Holiday Classic (EC & C3) <i>“It’s a Wonderful Life”</i></p>	<p>3</p> <p>9:00 Coffee Talk (Bistro) 10:00 Exercise w/ Frances (EC) 2:00 Presentation by Blanche Bybee <i>“Paddling through the Pandemic”</i> (EC) 2:30 Table Games (solarium)</p>	<p>4</p> <p>10:00 Card Craft (Craft Rm) 2:00 Needlework (3rd Floor) 7:00 Bingo (EC)</p>
<p>5</p> <p>11:00 Live stream Worship Service</p> <p>11:30—1:30 Sunday Brunch (Bistro)</p> <p>1:30 Houston Symphony <i>Tchaikovsky’s The Nutcracker</i></p>	<p>6 Hanukkah Ends <i>At Sunset</i></p> <p>10:00 Exercise w/ Frances (EC) 1:00 Brazos Needle Group (L) 2:30 Holiday Craft (7W) <i>Please bring your wine corks if you have them!</i></p>	<p>7 Pearl Harbor Day</p> <p>10:00 Exercise w/ Frances (EC) <i>Via Video on Channel 3 & EC</i> 10:30 Kroger Grocery 1:00 Line Dance w/ Gayle (AR) 2:00 Walgreen’s Senior Day 3:00 Corn Hole Tournament (EC) 6:00 Holiday Light Tour River Oaks</p>	<p>8</p> <p>9:00 Devotions (EC) <i>Rev. Laura Mayo, Covenant</i></p> <p>10:00 Exercise w/ Frances (EC) 10:45 Catholic Communion (PR) 1:00 Water Aerobics w/ Paula</p> <p>1:00 J’s Treat: Docent-led Tour <i>f the beautiful Bayou Bend House</i></p> <p>2:00 Walking w/ Nurse Kathy</p>	<p>9</p> <p>10:00 Exercise w/ Leo (EC) 2:30 Robert Flatt Photography <i>“Nature Photography”</i> (C3) 7:00 Gulf Coast Concert Band (EC)</p>	<p>10</p> <p>9:00 Coffee Talk (Bistro) 10:00 Exercise w/ Frances (EC) <i>Via video on Channel 3 & EC</i> 10:00 Railroad Museum Tour/ Lunch at Sandy McGees 11:30 Grillin’ with Scott & Jim <i>Pick up in the Bistro!</i> 2:30 Table Games (solarium)</p>	<p>11</p> <p>10:00 Card Craft (Craft Rm) 2:00 Needlework (3rd Floor) 2:00 Alison Tyler at the piano (EC) 7:00 Bingo (EC)</p>
<p>12</p> <p>11:00 Live stream Worship Service</p> <p>11:30—1:30 Sunday Brunch (Bistro)</p> <p>7:00 Music for Christmas Eve St. Thomas’ Episcopal Church Choir Christmas Collection DVD <i>Composed by Ginny Croft</i> (L)</p>	<p>13</p> <p>10:00 Exercise w/ Frances (EC) 1:00 Brazos Needle Group (L) 11:00 Meyer Park Shopping <i>Resident’s Choice</i> 6:00 Holiday Light Tour Pecan Grove</p>	<p>14</p> <p>10:00 Exercise w/ Frances (EC) 10:30 Kroger Grocery 1:00 Line Dance w/ Gayle (AR) 2:00 “Christmas Rocks” <i>Charming, year-round source for Christmas decorations, bric-a-brac & gifts, plus other home accents.</i> 7 PM Movie & Wine Night (EC) <i>“The Nutcracker”</i> <i>Starring Macaulay Culkin,</i></p>	<p>15</p> <p>9:00 Devotions (EC) <i>Rev. Jim Gill, St. Andrew’s</i></p> <p>10:00 Exercise w/ Frances (C3) <i>via video on Channel 3 today</i> 10:45 Catholic Communion (PR) 1:00 Water Aerobics w/ Paula 1—3 PM Staff Holiday Party (EC) 2:00 Walking w/ Nurse Kathy</p>	<p>16 Scrabble Day – The name Scrabble was trademark registered on this day in 1948. Alfred Butts invented the game back in 1931, calling it “Lexiko.”</p> <p>10:00 Exercise w/ Leo (EC) 2:00 Ginny Croft at the Piano <i>56th Annual Christmas Carol Sing</i> (L) <i>Refreshments will be served!</i> 3:30 Holiday Classic (EC & C3) <i>“Miracle on 34th Street”</i></p>	<p>17</p> <p>10:00 Exercise w/ Frances (C3) <i>Via Video on Channel 3</i> 1-3 PM Resident Holiday Open House 3:30 Shabbat Service with Cantor Tunitsky (7W)</p>	<p>18 Cold Moon – There will be a full moon tonight. The full moon in December is called the “cold moon.” It is fittingly associated with the month when winter cold fastens its grip and the nights become long and dark.</p> <p>10:00 Card Craft (Craft Rm) 2:00 Needlework (3rd Floor) 7:00 Bingo (EC)</p>
<p>19</p> <p>11:00 Live stream Worship Service</p> <p>11:30—1:30 Sunday Brunch (Bistro)</p> <p>3:00 Affinity Choir from Holy Ghost Catholic Church/Resident Anne Brown is a member of the Choir (EC)</p>	<p>20</p> <p>10:00 Exercise w/ Frances (EC) 11:15 Monthly Lunch Bunch <i>The ‘401 Table & Tap</i> 1:00 Brazos Needle Group (L) 2:00 Christmas Carol Sing-a-Long <i>with Ava Laing</i> (L)</p>	<p>21</p> <p>10:00 Exercise w/ Frances (EC) <i>Via Video on Channel 3 & EC</i> 10:30 Kroger Grocery 1:00 Line Dance with Gayle (AR) 5:00 December Birthday Dinner (EC)</p>	<p>22</p> <p>9:00 Devotions (EC) <i>Rev. Kate Flint, St. Paul’s UMC</i></p> <p>10:00 Exercise w/ Frances (EC) 10:45 Catholic Communion (PR) 1:00 Water Aerobics w/ Paula 2:00 Walking w/ Nurse Kathy 6:00 Holiday Light Tour Tanglewood</p>	<p>23</p> <p>10:00 Exercise w/ Leo (EC) 3:30 Jim Connors, Live in Concert <i>“Happy Holidays”</i> (EC) 7:00 Holiday Movie (EC & C3) <i>“Scrooge”</i> <i>Musical version of a Christmas Carol</i> <i>Compliments of Lisa Wellington</i></p>	<p>24 Christmas Eve</p> <p>9:00 Coffee Talk (Bistro) 10:00 Exercise w/ Gayle (EC) 2:30 Table Games (solarium)</p> <p>Christmas Eve Dinner <i>Dining plans are being finalized</i></p>	<p>25 Christmas Day</p> <p>10:00 Card Craft (Craft Rm) 2:00 Needlework (3rd Floor) 7:00 Bingo (EC)</p> 
<p>26</p> <p>11:00 Live stream Worship Service</p> <p>11:30—1:30 Sunday Brunch (Bistro)</p> <p>3:00 Wine & Music <i>Louise Frowe at the piano</i> (L)</p>	<p>27 The Bells of St. Mary’s – On December 27, 1945, this movie starring Bing Crosby and Ingrid Bergman premiered in Los Angeles. The film was nominated for a Best Picture Oscar award that year.</p> <p>10:00 Exercise w/ Gayle (EC) 1:00 Brazos Needle Group (L)</p>	<p>28</p> <p>10:00 Exercise w/ Frances (EC) <i>Via Video on Channel 3 & EC</i> 10:30 Kroger Grocery 1:00 Line Dance with Gayle (AR) 2:00 Hank’s Ice Cream Shop</p>	<p>29</p> <p>9:00 Devotions (EC) <i>Rev. Charles O’Bryant, Interfaith</i></p> <p>10:00 Exercise w/ Frances (EC) 10:45 Catholic Communion (PR) 1:00 Water Aerobics w/ Paula 2:00 Walking w/ Nurse Kathy 4:00 Party at the Pool Table <i>Come on down and show us your moves!</i> <i>Open to everyone! Lessons available.</i></p>	<p>30 Bacon Day – Yes, today is Bacon Day—a day to celebrate that tasty morsel many people enjoy with breakfast.</p> <p>10:00 Exercise w/ Leo (EC) 3:00 Town Hall with Scott (C3 & EC)</p>	<p>31 New Year’s Eve</p> <p>9:00 Coffee Talk (Bistro) 10:00 Exercise w/ Frances (EC) 11:00 Episcopal Worship with The Reverend David Goldberg (AR) 2:30 Table Games (solarium) 7:00 Happy New Year (EC) <i>Live Entertainment w/ Hayden Jones</i></p>	<p style="text-align: center;">Tune to Channel 103 for daily and upcoming events</p> <p style="text-align: center;">Inside/Outside/Religious <i>Activities</i></p>

DECEMBER 2021 • ASSISTED LIVING Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>December 2021</h1>			<p>8:00- Morning Visits 9:00- Devotions (EC) 10:00- Daily Chronicles available for pick up in AR3 10:45- Catholic Communion (PR) 2:00- Holiday Craft (Christmas Cards) AR3</p>	<p>8:00- Morning Visits 10:00- Exercise w/ Leo (EC) 10:45- Sing-a-Long w/ Louise Frowe (L) 2:00- Puzzles& Word Searches AR3 3:30- Room to Room Visits 7:00- Holiday Classic (EC & CH3)"It's a Wonderful Life</p>	<p>8:00- Morning Visits 10:00- Daily Chronicles- pick up in AR3 11:00- Friday Fitness AR3 1:00- Cranium Crunches Delivered 2:00- "Apples to Apples" (Card Game) AR3 2:30- Friday Movie DR3</p>	<p>Always Available in the Activity Room 3rd Floor: - Adult Coloring -Puzzles -Word Searches -Sudoku **Weekend Activities Will be posted on the bulletin boards on 2nd and 3rd Floor.</p>
<p>11:00- Live Stream Worship Service **Weekend Activities Will be posted on the bulletin boards on 2nd and 3rd Floor.</p>	<p>8:00- Morning Visits 10:00- Daily Chronicles available for pick up in AR3 11:00- Brain Exercise AR3 2:00- Room Visits 3:00- Monday Matinee DR3</p>	<p>8:00- Morning Visits 10:00- Daily Chronicles available for pick up in AR3 11:00- Resident Council Meeting AR3 2:00- Adult Coloring AR3 3:00- BINGO DR3</p>	<p>8:00- Morning Visits 9:00- Devotions (EC) 10:00- Daily Chronicles available for pick up in AR3 10:45- Catholic Communion (PR) 3:00- Holiday Movie DR3</p>	<p>8:00- Morning Visits 10:00- Exercise w/ Leo (EC) 10:00- Daily Chronicles AR3 2:00- Puzzles& Word Searches AR3 2:30- Robert Flatt Photography (CH3) 3:30- Room to Room Visits</p>	<p>8:00- Morning Visits 10:00- Daily Chronicles- pick up in AR3 11:00- Friday Fitness CH3 11:30- Grillin' w/ Scott (Bistro) 2:00- UNO! (Card Game) AR3 2:30- Friday Movie DR3</p>	<p>Always Available in the Activity Room 3rd Floor: - Adult Coloring -Puzzles -Word Searches -Sudoku **Weekend Activities Will be posted on the bulletin boards on 2nd and 3rd Floor.</p>
<p>11:00- Live Stream Worship Service 7:00PM- Music for Christmas Eve St. Thomas' Episcopal Church (L) **Weekend Activities Will be posted on the bulletin boards on 2nd and 3rd Floor.</p>	<p>8:00- Morning Visits 10:00- Daily Chronicles available for pick up in AR3 11:00- Brain Exercise AR3 2:00- Room Visits 3:00- Monday Matinee DR3</p>	<p>8:00- Morning Visits 10:00- Daily Chronicles available for pick up in AR3 11:00- Chair Exercise AR3 2:30- A Merry Christmas Treat & Hot Cocoa W/ Entertainment! DR3</p>	<p>8:00- Morning Visits 9:00- Devotions (EC) 10:00- Daily Chronicles available for pick up in AR3 10:45- Catholic Communion (PR) 3:00- Holiday Movie DR3</p>	<p>8:00- Morning Visits 10:00- Exercise w/ Leo (EC) 2:00- Ginny Croft at the Piano w/ refreshments (L) 3:30- Room to Room Visits 3:30-Holiday Classic (EC & CH3) "Miracle on 34th Street"</p>	<p>8:00- Morning Visits 10:00- Daily Chronicles- pick up in AR3 11:00- Friday Fitness CH3 1-3PM- Resident Holiday Open House</p>	<p>Always Available in the Activity Room 3rd Floor: - Adult Coloring -Puzzles -Word Searches -Sudoku **Weekend Activities Will be posted on the bulletin boards on 2nd and 3rd Floor.</p>
<p>11:00- Live Stream Worship Service 3:00- Affinity Choir from Holy Ghost Catholic Church. (EC) **Weekend Activities Will be posted on the bulletin boards on 2nd and 3rd Floor.</p>	<p>8:00- Morning Visits 10:00- Daily Chronicles available for pick up in AR3 11:00- Brain Exercise AR3 2:00- Room Visits 3:00- Monday Matinee 6:15- Holiday Light Bus Tour- River Oaks</p>	<p>8:00- Morning Visits 10:00- Daily Chronicles available for pick up in AR3 11:00-Chair Exercise AR3 3:00- BINGO DR3 3:00- Tuesday Treats DR3 5:00- December Birthday Dinner (EC) Winter Begins</p>	<p>8:00- Morning Visits 9:00- Devotions (EC) 10:00- Daily Chronicles available for pick up in AR3 10:45- Catholic Communion (PR) 3:00- Holiday Movie DR3</p>	<p>8:00- Morning Visits 10:00- Exercise w/ Leo (EC) 3:30-Jim Connors Live in Concert "Happy Holidays" (EC) 7:00- Holiday Movie (EC & CH3) "Scrooge"</p>	<p>8:00- Morning Visits 10:00- Daily Chronicles- pick up in AR3 11:00- Friday Fitness (EC) Christmas Eve Dinner Dining Plans are being finalized</p>	
<p>11:00- Live Stream Worship Service 3:00- Wine & Music (L) **Weekend Activities Will be posted on the bulletin boards on 2nd and 3rd Floor.</p>	<p>8:00- Morning Visits 10:00- Daily Chronicles available for pick up in AR3 11:00- Brain Exercise AR3 2:00- Room Visits 3:00- Monday Matinee DR3</p>	<p>8:00- Morning Visits 10:00- Daily Chronicles available for pick up in AR3 10:00- Exercise w/ Frances via video on CH3 & EC 2:00- Cranium Crunches in AR3 3:00- BINGO DR3</p>	<p>8:00- Morning Visits 9:00- Devotions (EC) 10:00- Daily Chronicles available for pick up in AR3 10:45- Catholic Communion (PR) 3:00- Holiday Movie DR3</p>	<p>8:00- Morning Visits 10:00- Exercise w/ Leo (EC) 2:00- Puzzles& Word Searches AR3 3:00- Town Hall with Scott (EC) 3:30- Room to Room Visits</p>	<p>8:00- Morning Visits 10:00- Daily Chronicles- pick up in AR3 11:00- Friday Fitness AR3 2:00- UNO! (Card Game) AR3 2:30- Friday Movie AR3 7:00- Happy New Year (EC) Live Entertainment</p>	<p>AR3- Activity Room 3rd Floor DR3- Dining Room 3rd Floor EC- Event Center 1st Floor PR- Prayer Room 1st Floor L- Lounge 1st Floor</p>

New Year's Eve

DECEMBER 2021 • MEMORY CARE Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
<h1>December 2021</h1>			1 8:30- Breakfast DR2 9:30- Devotions Delivered 10:00- Wellness check/Room Visits 11:30- Lunch DR2 2:00- Hymn Sing A Longs AR2 3:30- Movie LR2 5:00- Dinner DR2	2 8:30- Breakfast DR2 9:30- Morning Visits/Wellness Check 10:00- Morning Exercise AR2 11:30- Lunch DR2 2:00- Meditation on the Patio 3:00- Lotion Therapy AR2 5:00- Dinner DR2	3 8:30- Breakfast DR2 9:30- Morning Visits/Wellness Check 10:00- Chair Exercise LR2 11:30- Lunch DR2 2:00- Table Top Games AR2 3:30- Music & Memory 5:00- Dinner DR2	4 Always Available in the Activity Room 2nd Floor: - Adult Coloring -Puzzles -Sensory Work Materials **Weekend Activities Will be posted in MC Activity Room 2nd Floor			
			5 Always Available in the Activity Room 2nd Floor: - Adult Coloring -Puzzles -Sensory Work Materials **Weekend Activities Will be posted in MC Activity Room 2nd Floor	6 8:30- Breakfast DR2 9:30- Morning Visits/Wellness Check 10:00- Morning Stretch (Patio) 11:30- Lunch DR2 2:00- Sensory Work AR2 3:00- Classical Music AR2 5:00- Dinner DR2	7 8:30- Breakfast DR2 9:30- Morning Visits/Wellness Check 10:00- Morning Walk 11:30- Lunch DR2 2:00- Adult Coloring AR2 3:30- BINGO AR2 5:00- Dinner DR2	8 8:30- Breakfast DR2 9:30- Devotions Delivered 10:00- Wellness check/Room Visits 11:30- Lunch DR2 2:00- Hymn Sing A Longs AR2 3:30- Movie LR2 5:00- Dinner DR2	9 8:30- Breakfast DR2 9:30- Morning Visits/Wellness Check 10:00- Morning Exercise AR2 11:30- Lunch DR2 2:00- Meditation on the Patio 3:00- Lotion Therapy AR2 5:00- Dinner DR2	10 8:30- Breakfast DR2 9:30- Morning Visits/Wellness Check 10:00- Chair Exercise LR2 11:30- Lunch DR2 2:00- Table Top Games AR2 3:30- Music & Memory 5:00- Dinner DR2	11 Always Available in the Activity Room 2nd Floor: - Adult Coloring -Puzzles -Sensory Work Materials **Weekend Activities Will be posted in MC Activity Room 2nd Floor
			12 Always Available in the Activity Room 2nd Floor: - Adult Coloring -Puzzles -Sensory Work Materials **Weekend Activities Will be posted in MC Activity Room 2nd Floor	13 8:30- Breakfast DR2 9:30- Morning Visits/Wellness Check 10:00- Morning Stretch (Patio) 11:30- Lunch DR2 2:00- Sensory Work AR2 3:00- Classical Music AR2 5:00- Dinner DR2	14 8:30- Breakfast DR2 9:30- Morning Visits/Wellness Check 10:00- Morning Walk 11:30- Lunch DR2 2:30- A Merry Christmas Treat & Hot Cocoa W/ Entertainment! DR3 5:00- Dinner DR2	15 8:30- Breakfast DR2 9:30- Devotions Delivered 10:00- Wellness check/Room Visits 11:30- Lunch DR2 2:00- Hymn Sing A Longs AR2 3:30- Movie LR2 5:00- Dinner DR2	16 8:30- Breakfast DR2 9:30- Morning Visits/Wellness Check 10:00- Morning Exercise AR2 11:30- Lunch DR2 2:00- Meditation on the Patio 3:00- Lotion Therapy AR2 5:00- Dinner DR2	17 8:30- Breakfast DR2 9:30- Morning Visits/Wellness Check 10:00- Chair Exercise LR2 11:30- Lunch DR2 1-3PM- Resident Holiday Open House! 5:00- Dinner DR2	18 Always Available in the Activity Room 2nd Floor: - Adult Coloring -Puzzles -Sensory Work Materials **Weekend Activities Will be posted in MC Activity Room 2nd Floor
			19 Always Available in the Activity Room 2nd Floor: - Adult Coloring -Puzzles -Sensory Work Materials **Weekend Activities Will be posted in MC Activity Room 2nd Floor	20 8:30- Breakfast DR2 9:30- Morning Visits/Wellness Check 10:00- Morning Stretch (Patio) 11:30- Lunch DR2 2:00- Sensory Work AR2 3:00- Classical Music AR2 5:00- Dinner DR2	21 8:30- Breakfast DR2 9:30- Morning Visits/Wellness Check 10:00- Morning Walk 11:30- Lunch DR2 Winter Begins	22 8:30- Breakfast DR2 9:30- Devotions Delivered 10:00- Wellness check/Room Visits 11:30- Lunch DR2 2:00- Hymn Sing A Longs AR2 3:30- Movie LR2 5:00- Dinner DR2	23 8:30- Breakfast DR2 9:30- Morning Visits/Wellness Check 10:00- Morning Exercise AR2 11:30- Lunch DR2 2:00- Meditation on the Patio 3:30- Jim Connors Live in Concert "Happy Holidays" (EC) 5:00- Dinner DR2	24 8:30- Breakfast DR2 9:30- Morning Visits/Wellness Check 10:00- Chair Exercise LR2 11:30- Lunch DR2 2:00- Table Top Games AR2 3:30- Music & Memory 5:00- Dinner DR2	25 
			26 Always Available in the Activity Room 2nd Floor: - Adult Coloring -Puzzles -Sensory Work Materials **Weekend Activities Will be posted in MC Activity Room 2nd Floor Kwanzaa Begins	27 8:30- Breakfast DR2 9:30- Morning Visits/Wellness Check 10:00- Morning Stretch (Patio) 11:30- Lunch DR2 2:00- Sensory Work AR2 3:00- Classical Music AR2 5:00- Dinner DR2	28 8:30- Breakfast DR2 9:30- Morning Visits/Wellness Check 10:00- Morning Walk 11:30- Lunch DR2 2:00- Adult Coloring AR2 3:30- BINGO AR2 5:00- Dinner DR2	29 8:30- Breakfast DR2 9:30- Devotions Delivered 10:00- Wellness check/Room Visits 11:30- Lunch DR2 2:00- Hymn Sing A Longs AR2 3:30- Movie LR2 5:00- Dinner DR2	30 8:30- Breakfast DR2 9:30- Morning Visits/Wellness Check 10:00- Morning Exercise AR2 11:30- Lunch DR2 2:00- Meditation on the Patio 3:00- Lotion Therapy AR2 5:00- Dinner DR2	31 8:30- Breakfast DR2 9:30- Morning Visits/Wellness Check 10:00- Chair Exercise LR2 11:30- Lunch DR2 2:00- Table Top Games AR2 3:30- Music & Memory 5:00- Dinner DR2 New Year's Eve	DR2- Dining Room 2nd Floor LR2- Living Room 2nd Floor DR3- Dining Room 3rd Floor AR2- Activity Room 2nd Floor EC- Event Center