



JANUARY 2022 • INDEPENDENT LIVING Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Tune to Channel 103 for daily and upcoming events</p> <p>Inside/Outside/Religious Activities</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</p>	<h1>January 2022</h1> <p>Events may be rescheduled or cancelled due to low turnout or inclement weather.</p>				<p>1 Happy New Year</p>  <p>10:00 Card Craft (Craft Rm) 2:00 Needlework (3rd Floor)</p> <p>No Bingo Tonight!</p>
<p>2 Science Fiction Day – We celebrate the science-fiction genre on the birthday of one of its greatest contributors, Isaac Asimov. He was born on this day in 1920. He wrote or edited more than 500 books before summoning his robot and then taking off in a flying saucer.</p> <p>11:30—1:30 Sunday Brunch (Bistro)</p>	<p>3 Festival of Sleep Day</p> <p>10:00 Exercise w/ Frances (EC) 1:00 Brazos Needle Group (L) 1:00 Line Dance w/ Gayle (AR) 2:00 Presentation: “Worried About Your Memory? It may not be Dementia” by Amazing Place (EC)</p>	<p>4</p> <p>10:00 Exercise w/ Leo (EC) 10:30 Kroger Grocery 10:30 Caring Friends Meeting (Sol) 2:00 Tuesday Theatre (EC & C3) “Meet Joe Black” Starring Brad Pitt & Anthony Hopkins</p>	<p>5</p> <p>9:00 Devotions (EC) Rabbi Yitzchak Sprung UO Synagogue 10:00 Exercise w/ Frances (EC & C3) Via Video 10:45 Catholic Communion (PR) 1:00 Water Aerobics w/ Paula 2:00 Walk in the Park Nature Discovery Center</p>	<p>6 Epiphany – Today is the 12th day of the Christmas season. The word <i>Epiphany</i> means “to show forth” and is celebrated in many Christian churches each year on January 6. It commemorates God making Himself known to all people.</p> <p>10:00 Exercise w/ Leo (EC) 10:45 Sing-a-Long (L) “Favorites” with Louise Frowe</p>	<p>7 Old Rock Day – is a day set aside to enjoy and appreciate old fossils and rocks.</p> <p>9:00 Coffee Talk (Bistro) 10:00 Exercise w/ Frances (EC) 2:30 Table Games (solarium)</p>	<p>8</p> <p>10:00 Card Craft (Craft Rm) 2:00 Needlework (3rd Floor) 7:00 Bingo (EC)</p>
<p>9 Balloon Ascension Day – On this day in 1793, Frenchman Jean-Pierre François Blanchard made the first manned free-balloon flight in the United States. The event took place at Philadelphia, Pennsylvania.</p> <p>11:30—1:30 Sunday Brunch (Bistro)</p>	<p>10</p> <p>10:00 Exercise w/ Frances (EC) 1:00 Brazos Needle Group (L) 1:00 Line Dance w/ Gayle (AR) 7:00 BTBM Book Club (7W) “The Ragged Edge of Night” Led by Ruth Kosierecki & Susan Riser</p>	<p>11</p> <p>10:00 Exercise w/ Leo (EC) 10:30 Kroger Grocery 4:00 Let’s meet at the Pool Table Come on down and show us your moves Open to everyone! Lessons available</p>	<p>12</p> <p>9:00 Devotions (EC) Scott Cornett, BTBM 10:00 Exercise w/ Frances (EC & C3) Via Video 10:45 Catholic Communion (PR) 1:00 Water Aerobics w/ Paula 1:00 J’s Treat: MFAH Impressionist Paintings 5:30 Candlelight Dinner</p>	<p>13 First Frisbee Day – In 1957, the Wham-O Company made the first plastic Frisbee on this day, and millions of people have enjoyed it ever since. According to popular accounts, the idea of playing catch with a flying disc first originated in the 1920s when Yale students would toss around metal pie tins from the Frisbee Baking Company.</p> <p>10:00 Exercise w/ Leo (EC) 2:00 Thursday Theatre (EC&C3) “The Good Shepherd” Starring Matt Damon, Angelina Jolie,</p>	<p>14</p> <p>9:00 Coffee Talk (Bistro) 10:00 Exercise w/ Frances (EC) 11:30 Grillin’ with Scott & Jim Pick up in the Bistro! 1:30 Walk in the Park McGovern Centennial Park 2:30 Table Games (solarium)</p>	<p>15 S’mores Saturday</p> <p>10:00 Card Craft (Craft Rm) 2:00 Needlework (3rd Floor) 7:00 Bingo (EC)</p>
<p>16</p> <p>1:30—1:30 Sunday Brunch (Bistro) 3:00 Wine & Music Louise Frowe at the piano (L)</p>	<p>17 Martin Luther King Jr. Day</p> <p>10:00 Exercise w/ Frances (EC) 11:15 Evelyn’s Park Lunch at the Café 1:00 Brazos Needle Group (L) 1:00 Line Dance with Gayle (AR)</p>	<p>18</p> <p>10:00 Exercise w/ Leo (EC) 10:30 Kroger Grocery 3:00 Presentation: “Practical Tips for a Healthier You” by Amazing Place (EC)</p>	<p>19</p> <p>9:00 Devotions (EC) Father Houston Okonma St. Vincent de Paul 10:00 Exercise w/ Frances (EC & C3) Via Video 10:45 Catholic Communion (PR) 1:00 Water Aerobics w/ Paula</p>	<p>20</p> <p>10:00 Exercise w/ Leo (EC) 10:45 Sing-a-Long (L) “Fifth Floor Favorites for Everyone” w/ Ginny Croft 2:00 January Craft (7W) Let’s get together and create angels! 5:00 January Birthday Dinner</p>	<p>21</p> <p>9:00 Coffee Talk (Bistro) 10:00 Exercise w/ Frances (EC) 2:30 Table Games (solarium) 3:30 Shabbat Service with Cantor Tunitsky (7W)</p>	<p>22</p> <p>10:00 Card Craft (Craft Rm) 2:00 Needlework (3rd Floor) 7:00 Bingo (EC)</p>
<p>23</p> <p>11:30—1:30 Sunday Brunch (Bistro)</p> <p>30</p> <p>11:30—1:30 Sunday Brunch (Bistro)</p>	<p>24</p> <p>9:30 Galveston Day Trip 10:00 Exercise w/ Frances (via video) 1:00 Brazos Needle Group (L) 1:00 Line Dance with Gayle (AR)</p> <p>31 Backwards Day</p> <p>10:00 Exercise w/ Frances (EC) 1:00 Brazos Needle Group (L) 3:00 Liar’s Club (EC)</p>	<p>25</p> <p>10:00 Exercise w/ Leo (EC) 10:30 Kroger Grocery 7:00 Opera & Wine Night (EC) Sondheim’s FOLLIES in concert</p>	<p>26</p> <p>9:00 Devotions (EC) Reverend Patrick Miller St. Mark’s Episcopal 10:00 Exercise w/ Frances (EC & C3) Via Video 10:45 Catholic Communion (PR) 1:00 Water Aerobics w/ Paula</p>	<p>27</p> <p>10:00 Exercise w/ Leo (EC) 3:00 Town Hall w/ Scott Perlman (C3 & EC) 7:00 Entertainer, Danette McMahon Live in Concert (EC) “Happy Tunes for 2022”</p>	<p>28</p> <p>9:00 Coffee Talk (Bistro) 10:00 Exercise w/ Frances (EC) 11:00 Episcopal Worship with The Reverend David Goldberg (AR) 1:30 Friday Feature (EC & C3) “Catch me if You Can” 2:30 Table Games (solarium)</p>	<p>29</p> <p>10:00 Card Craft (Craft Rm) 2:00 Needlework (3rd Floor) 7:00 Bingo (EC)</p>

JANUARY 2022 • ASSISTED LIVING Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>January 2022</h1>						<p>1</p> <p>8:00- Daily Chronicles Delivered to Rooms 10:00- Chair Exercise AR3 1:00- Room Visits W/ Activity Cart 2:30- BINGO! DR3</p> <p>New Year's Day</p>
<p>2</p> <p>9:00- Sunday Devotions Delivered to Rooms 10:00- Puzzles AR3 2:00- Activities on the Go & Friendly Visits</p>	<p>3</p> <p>8:00- Morning Visits 10:00- Daily Chronicles AR3 11:00- Brain Exercise Delivered 2:00- Room Visits 3:00- Monday Matinee</p>	<p>4</p> <p>8:00- Morning Visits 10:00- Daily Chronicles AR3 11:00- Resident Council AR3 2:00- Winter theme Coloring Pages AR3 3:00- BINGO! DR3</p>	<p>5</p> <p>8:00- Morning Visits 9:00- Devotions (EC) 10:00- Daily Chronicles AR3 10:45- Catholic Communion (PR) 3:00- Afternoon Cinema & Refreshments DR3</p>	<p>6</p> <p>8:00- Morning Visits 10:00- Exercise (EC) 10:45- Sing-a-Long (L) 11:00- Cranium Crunches AR3 2:00- Relaxing Music AR3 3:00- Traveling Treat Cart</p>	<p>7</p> <p>8:00- Morning Visits 10:00- Daily Chronicles AR3 11:00- Stretch & Hydrate AR3 2:00- Elvis Presley Trivia DR3 3:00- Friday Movie DR3</p>	<p>8</p> <p>8:00- Daily Chronicles Delivered to Rooms 10:00- Chair Exercise AR3 1:00- Room Visits W/ Activity Cart 2:30- BINGO! DR3</p>
<p>9</p> <p>9:00- Sunday Devotions Delivered to Rooms 10:00- Puzzles AR3 2:00- Activities on the Go & Friendly Visits</p>	<p>10</p> <p>8:00- Morning Visits 10:00- Daily Chronicles AR3 11:00- Brain Exercise Delivered 2:00- Room Visits 3:00- Monday Matinee</p>	<p>11</p> <p>8:00- Morning Visits 10:00- Daily Chronicles AR3 11:00- Stretch & Hydrate AR3 2:00- Winter theme Coloring Pages AR3 3:00- Pizza Party & BINGO! DR3</p>	<p>12</p> <p>8:00- Morning Visits 9:00- Devotions (EC) 10:45- Catholic Communion (PR) 3:00- Afternoon Cinema & Refreshments DR3 5:30- Candlelight Dinner</p>	<p>13</p> <p>8:00- Morning Visits 10:00- Exercise (EC) 11:00- Relaxing Music AR3 11:00- Cranium Crunches AR3 2:00- Thursday Theatre CH3 3:00- Traveling Treat Cart</p>	<p>14</p> <p>8:00- Morning Visits 10:00- Daily Chronicles AR3 11:00- Grillin' w. Scott (Bistro) 1:00- Room Visits 2:00- Cooks Corner DR3 3:00- Friday Movie DR3</p>	<p>15</p> <p>8:00- Daily Chronicles Delivered to Rooms 10:00- Chair Exercise AR3 1:00- Room Visits W/ Activity Cart 2:30- BINGO! DR3</p>
<p>16</p> <p>9:00- Sunday Devotions Delivered to Rooms 10:00- Puzzles AR3 2:00- Activities on the Go & Friendly Visits</p>	<p>17</p> <p>8:00- Morning Visits 10:00- Daily Chronicles AR3 11:00- Brain Exercise Delivered 2:00- Room Visits 3:00- Monday Matinee</p> <p>Martin Luther King Jr. Day</p>	<p>18</p> <p>**10AM-11:00AM- Breakfast at Tiffany's Brunch (3rd Floor) 2:00- Winter theme Coloring Pages AR3 3:00- BINGO! DR3</p>	<p>19</p> <p>8:00- Morning Visits 9:00- Devotions (EC) 10:00- Daily Chronicles AR3 10:45- Catholic Communion (PR) 3:00- Afternoon Cinema & Refreshments DR3</p>	<p>20</p> <p>8:00- Morning Visits 10:00- Exercise (EC) 10:45- Sing-a-Long (L) 11:00- Cranium Crunches AR3 2:00- Relaxing Music AR3 3:00- Traveling Treat Cart 5:00- January Birthday Dinner</p>	<p>21</p> <p>8:00- Morning Visits 10:00- Daily Chronicles AR3 11:00- Stretch & Hydrate Ar3 2:00- Room Visits 3:00- Friday Movie DR3</p>	<p>22</p> <p>8:00- Daily Chronicles Delivered to Rooms 10:00- Chair Exercise AR3 1:00- Room Visits W/ Activity Cart 2:30- BINGO! DR3</p>
<p>23</p> <p>9:00- Sunday Devotions Delivered to Rooms 10:00- Puzzles AR3 2:00- Activities on the Go & Friendly Visits</p> <p>Activity Professionals Week</p>	<p>24</p> <p>8:00- Morning Visits 10:00- Daily Chronicles AR3 11:00- Brain Exercise Delivered 2:00- Room Visits 3:00- Monday Matinee</p>	<p>25</p> <p>8:00- Morning Visits 10:00- Daily Chronicles AR3 11:00- Stretch & Hydrate AR3 2:00- Winter theme Coloring Pages AR3 3:00- BINGO! DR3</p>	<p>26</p> <p>8:00- Morning Visits 9:00- Devotions (EC) 10:00- Daily Chronicles AR3 10:45- Catholic Communion (PR) 3:00- Afternoon Cinema & Refreshments DR3</p> <p>Australia Day (observed)</p>	<p>27</p> <p>8:00- Morning Visits 10:00- Exercise (EC) 10:45- Sing-a-Long (L) 11:00- Cranium Crunches AR3 2:00- Relaxing Music AR3 3:00- Town Hall w/ Scott CH3 7:00- Live Entertainment (EC)</p>	<p>28</p> <p>8:00- Morning Visits 10:00- Daily Chronicles AR3 11:00- Stretch & Hydrate Ar3 2:00- Room Visits 3:00- Friday Movie DR3</p>	<p>29</p> <p>8:00- Daily Chronicles Delivered to Rooms 10:00- Chair Exercise AR3 1:00- Room Visits W/ Activity Cart 2:30- BINGO! DR3</p>
<p>30</p> <p>9:00- Sunday Devotions Delivered to Rooms 10:00- Puzzles AR3 2:00- Activities on the Go & Friendly Visits</p>	<p>31</p> <p>8:00- Morning Visits 10:00- Daily Chronicles AR3 11:00- Brain Exercise Delivered 2:00- Room Visits 3:00- Monday Matinee</p>	<p>AR3- Activity Room 3rd Floor DR3- Dining Room 3rd Floor EC- Event Center 1st Floor L- Lounge 1st Floor CH3- Channel 3</p>				

JANUARY 2022 • MEMORY CARE Activities Calendar

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



January 2022



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<p>9:00- Sunday Devotions Delivered to Rooms 10:00- Puzzles AR3 2:00- Activities on the Go & Friendly Visits</p>	<p>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</p>	<p>8:30- Breakfast DR2 9:30- Morning Visits/Wellness Check 10:00- Sing-a-long AR2 11:30- Lunch DR2 2:00- Adult Coloring AR2 3:00- Chair Exercise AR2 5:00- Dinner DR2</p>	<p>8:30- Breakfast DR2 9:30- Wednesday Devotions AR2 10:00- Wellness check/Room Visits 11:30- Lunch DR2 2:00- Chair Exercise AR2 3:30- Movie LR2 5:00- Dinner DR2</p>	<p>8:30- Breakfast DR2 9:30- Morning Visits 10:00- Morning Exercise AR2 11:30- Lunch DR2 1:30- Lotion Therapy/Hand Massage AR2 3:00- Traveling Treat Cart 5:00- Dinner DR</p>	<p>8:30- Breakfast DR2 9:30- Morning Visits/Wellness Check 10:00- Daily Chronicles AR2 11:30- Lunch DR2 2:00- Movie AR2 3:30- Music & Memory 5:00- Dinner DR2</p>	<p>8:00- Daily Chronicles Delivered to Rooms 11:00- Chair Exercise AR3 1:00- Room Visits W/ Activity Cart 2:30- BINGO! DR3</p>
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