

FEBRUARY 2022 • INDEPENDENT LIVING Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Black History Month An annual observance originating in the United States, where it is also known as African-American History Month. It has received official recognition from governments in the U.S. and Canada. It began as a way of remembering important people and events in the history of the African diaspora.	1 Chinese New Year Year of the Tiger 10:00 Exercise w/ Leo (EC) 10:30 Caring Friends Meeting (Sol) 10:30 Kroger Grocery 1:30 Chinese New Year Celebrated Puzzles, Trivia and more... (EC) 2:30 Walgreens Senior Day	2 Groundhog Day 9:00 Devotions (EC) The Rev. Craig Taylor, WMBC 10:00 Exercise w/ Frances (EC & C3) Via Video 10:45 Catholic Communion (PR) 1:00 Water Aerobics w/ Paula 2:00 Visit to the Chocolate Bar Rice Village Location 6:30 Alley Theatre "High School Play"	3 10:00 Exercise w/ Leo (EC) 10:45 Sing-a-Long (L) "Favorites" with Louise Frowe 7:00 Classic Movie Night (EC & C3) "Singin' in the Rain" Starring Gene Kelly, Debbie Reynolds	4 National Wear Red Day #GoRedWearRed 9:00 Coffee Talk (Bistro) 10:00 Exercise w/ Frances (EC) 2:30 Table Games (solarium) 7:00 Winter Olympics Opening Ceremony (Bar)	5 10:00 Card Craft (Craft Rm) 1:00 Mah Jongg Lessons (7W) Provided by Jean Rosenbaum Limited to 5 players—Please sign up in the Excursion Book! Observers are welcome! 2:00 Needlework (3rd Floor) 7:00 Bingo (EC)
6 National Frozen Yogurt Day 11:30—1:30 Sunday Brunch (Bistro)	7 10:00 Exercise w/ Frances (EC) 10:30 Trip to Costco 1:00 Brazos Needle Group (L) 12:30 Beginners Line Dancing (AR) 1:00 Line Dance w/ Gayle (AR) 2:00 Presentation: "My Friend has Dementia. How Can I Help?" By Amazing Place (EC)	8 National Boy Scout Day 10:00 Exercise w/ Leo (EC) 10:30 Kroger Grocery 2:00 New Series: "The Great Courses: Sensation, Perception, & the Aging Process" (EC & C3)	9 9:00 Devotions (EC) Rabbi Yitzchak Sprung UO Synagogue 10:00 Exercise w/ Frances (EC & C3) Via Video 1:00 Water Aerobics w/ Paula 1:30 Walk in the Park McGovern Centennial Park (rescheduled from last month)	10 10:00 Exercise w/ Leo (EC) 2:00 Cook's Corner We will learn how to make Valentine cake pops (7W) Please sign up in the Excursion Book! 3:00 New Series: "The Great Courses: Sensation, Perception, & the Aging Process" (EC & C3)	11 9:00 Coffee Talk (Bistro) 10:00 Exercise w/ Frances (EC) 11:30 Grillin' with Scott & Jim Pick up in the Bistro! 2:30 Table Games (solarium) 5:00 Valentine's Dinner 7:00 Valentine Evening Concert with entertainer, Rodney Rasberry (EC) 7:00 Houston Symphony "Romantic French Masterworks"	12 10:00 Card Craft (Craft Rm) 1:00 Mah Jongg Lessons (7W) Provided by Jean Rosenbaum 2:00 Needlework (3rd Floor) 3:00 Valentine Day Concert with Ava Laing at the piano (L) 7:00 Bingo (EC)
13 Super Bowl LVI 2022  11:30—1:30 Sunday Brunch (Bistro) TBA Super Bowl Festivities	14 Valentine's Day 10:00 Exercise w/ Frances (EC) 1:00 Brazos Needle Group (L) 12:30 Beginners Line Dancing (AR) 1:00 Line Dance w/ Gayle (AR) 7:00 BTBM Book Club (7W) "The Midnight Library" Led by Harriet Schwartz	15 10:00 Exercise w/ Leo (EC) 10:30 Kroger Grocery 2:00 New Series: "The Great Courses: Sensation, Perception, & the Aging Process" (EC & C3) 4:00 Let's meet at the Pool Table Come on down and show us your moves Open to everyone! Lessons available	16 9:00 Devotions (EC) BTBM Gospel Sing 10:00 Exercise w/ Frances (EC & C3) Via Video 10:45 Catholic Communion (PR) 1:00 Water Aerobics w/ Paula 3:00 Wednesday Matinee "Alfie" starring Jude Law... meet a man who never met a woman he didn't love.	17 Random Acts of Kindness Day 10:00 Exercise w/ Leo (EC) 10:45 Sing-a-Long (L) "Fifth Floor Favorites for Everyone" w/ Ginny Croft 1:30 Meyer Park Shopping Trip 5:00 February Birthday Dinner (EC)	18 9:00 Coffee Talk (Bistro) 9:45 Visit Sea Center/Lake Jackson Lake Jackson Seafood for lunch 10:00 Exercise w/ Frances (via video today) 2:30 Table Games (solarium) 3:30 Shabbat Service with Cantor Tunitsky (7W)	19 10:00 Card Craft (Craft Rm) 1:00 Mah Jongg Lessons (7W) Provided by Jean Rosenbaum 2:00 Needlework (3rd Floor) 7:00 Bingo (EC)
20 Love your Pet Day 11:30—1:30 Sunday Brunch (Bistro) 3:00 Wine & Music Louise Frowe at the piano (L)	21 President's Day 10:00 Exercise w/ Frances (EC) 1:00 Brazos Needle Group (L) 12:30 Beginners Line Dancing (AR) 1:00 Line Dance with Gayle (AR) 3:00 Entertainer, David Gallego Latin Guitarist (EC)	22 10:00 Exercise w/ Leo (EC) 10:30 Kroger Grocery 3:00 Presentation: "Food for Thought" By Amazing Place (EC)	23 9:00 Devotions (EC) Deacon Terry Crouch 10:00 Exercise w/ Frances (EC & C3) Via Video 10:45 Catholic Communion (PR) 1:00 Water Aerobics w/ Paula 2:00 Visit Starbucks Coffee Enjoy an afternoon cup of brew 7:00 Opera & Wine Night (EC) Mozart's The Magic Flute	24 10:00 Exercise w/ Leo (EC) 10:45 Walk in the Park Nature Discovery Center 11:00 Episcopal Worship with The Reverend David Goldberg (AR) 3:00 Town Hall w/ Scott Perlman (C3 & EC)	25 Go Texan Day 9:00 Coffee Talk (Bistro) 10:00 Exercise via video (C3 only) 11:00 Chili Cook Off Contest Come by the EC & cast your vote for your favorite chili! Country Singer Floyd Callen performing	26 10:00 Card Craft (Craft Rm) 1:00 Mah Jongg Lessons (7W) Provided by Jean Rosenbaum 2:00 Needlework (3rd Floor) 7:00 Bingo (EC)
27 11:30—1:30 Sunday Brunch (Bistro)	28 10:00 Exercise w/ Frances (EC) 11:15 Monthly Lunch Bunch Tapester's Grill 12:30 Beginners Line Dancing (AR) 1:00 Line Dance w/ Gayle (AR) 1:00 Brazos Needle Group (L) 3:00 Liar's Club (EC)	<h2>February 2022</h2> <p>Events may be rescheduled or cancelled due to low turnout or inclement weather.</p>			Room Legend 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	Tune to Channel 103 for daily and upcoming events Inside/Outside/Religious Activities

FEBRUARY 2022 • ASSISTED LIVING Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>***Activities may be subject to change***</p> <p>AR3- Activity Room 3rd Floor DR3- Dining Room 3rd Floor PR- Prayer Room EC- Event Center L3- Library 3rd Floor</p> <p>Questions? Dial EXT 3802</p>		<p>9:00- Morning Visits 1 10:45- Daily Chronicles AR3 11:00- Resident Council AR3 2:00- Adult Coloring AR3 3:00- BINGO! DR3</p> <p>Chinese New Year (Year of the Tiger)</p>	<p>9:00- Morning Visits 2 9:00- Devotions (EC) 10:00- Daily Chronicles AR3 10:45- Catholic Communion (PR) 2:00- Puzzles AR3 3:00- Afternoon Cinema & Refreshments DR3</p> <p>Groundhog Day</p>	<p>9:00- Morning Visits 3 10:45- Daily Chronicles AR3 11:00- Chair Exercise AR3 1:30- Relaxing Music & Hand Massage L3 3:00- Traveling Treat Cart</p>	<p>9:00- Morning Visits 4 10:45- Daily Chronicles AR3 11:00- Stretch & Hydrate AR3 2:00- Crosswords & Puzzles AR3 3:00- Friday Movie DR3</p>	<p>10:00- Daily Chronicles 5 Delivered to Room 10:45- Chair Exercise AR3 1:00- Room Visits w/ Activity Cart 2:30- BINGO! DR3</p>
<p>9:00- Sunday Devotions 6 Delivered to Room 10:00- Puzzles AR3 2:00- Activities on the Go & Friendly Visits</p>	<p>9:00- Morning Visits 7 10:45- Daily Chronicles AR3 11:00- Brain Exercise AR3 2:00- Room Visits 3:00- Monday Matinee</p>	<p>9:00- Morning Visits 8 10:45- Daily Chronicles AR3 11:00- Stretch & Hydrate AR3 2:00- Adult Coloring AR3 3:00- BINGO! DR3</p>	<p>9:00- Morning Visits 9 9:00- Devotions (EC) 10:00- Daily Chronicles AR3 10:45- Catholic Communion (PR) 2:00- Puzzles AR3 3:00- Afternoon Cinema & Refreshments DR3</p>	<p>9:00- Morning Visits 10 10:45- Daily Chronicles AR3 11:00- Chair Exercise AR3 1:30- *Crafts Corner AR3 3:00- Traveling Treat Cart</p>	<p>9:00- Morning Visits 11 10:45- Daily Chronicles AR3 11:00- Stretch & Hydrate AR3 11:30- Grillin' w/ Scott in the Bistro 2:00- Crosswords & Puzzles AR3 3:00- Friday Movie DR3</p>	<p>10:00- Daily Chronicles 12 Delivered to Room 10:45- Chair Exercise AR3 1:00- Room Visits w/ Activity Cart 2:30- BINGO! DR3</p>
<p>9:00- Sunday Devotions 13 Delivered to Room 10:00- Puzzles AR3 2:00- Activities on the Go & Friendly Visits</p>	<p>9:00- Morning Visits 14 10:45- Daily Chronicles AR3 11:00- Brain Exercise AR3 2:30- **Painting the Town Red Party with Live Entertainment- Bill Parish! DR3</p> <p>Valentine's Day</p>	<p>9:00- Morning Visits 15 10:45- Daily Chronicles AR3 11:00- Stretch & Hydrate AR3 2:00- Adult Coloring AR3 3:00- BINGO! DR3</p>	<p>9:00- Morning Visits 16 9:00- Devotions (EC) 10:00- Daily Chronicles AR3 10:45- Catholic Communion (PR) 2:00- Puzzles AR3 3:00- Afternoon Cinema & Refreshments DR3</p>	<p>9:00- Morning Visits 17 10:45- Daily Chronicles AR3 11:00- Chair Exercise AR3 2:00- *Cooks Corner DR3 3:00- Traveling Treat Cart</p>	<p>9:00- Morning Visits 18 10:45- Daily Chronicles AR3 11:00- Stretch & Hydrate AR3 2:00- Crosswords & Puzzles AR3 3:00- Friday Movie DR3</p>	<p>10:00- Daily Chronicles 19 Delivered to Room 10:45- Chair Exercise AR3 1:00- Room Visits w/ Activity Cart 2:30- BINGO! DR3</p>
<p>9:00- Sunday Devotions 20 Delivered to Room 10:00- Puzzles AR3 2:00- Activities on the Go & Friendly Visits</p>	<p>9:00- Morning Visits 21 10:45- Daily Chronicles AR3 11:00- Brain Exercise AR3 2:00- Room Visits 3:00- Monday Matinee</p> <p>Presidents' Day</p>	<p>9:00- Morning Visits 22 10:45- Daily Chronicles AR3 11:00- Stretch & Hydrate AR3 2:00- Adult Coloring AR3 3:00- BINGO! DR3</p>	<p>9:00- Morning Visits 23 9:00- Devotions (EC) 10:00- Daily Chronicles AR3 10:45- Catholic Communion (PR) 2:00- Puzzles AR3 3:00- Afternoon Cinema & Refreshments DR3</p>	<p>9:00- Morning Visits 24 10:45- Daily Chronicles AR3 11:00- Chair Exercise AR3 1:30- Table Top Games AR3 3:00- Traveling Treat Cart 3:00- Town Hall with Scott CH3</p>	<p>9:00- Morning Visits 25 10:45- Daily Chronicles AR3 11:00- Stretch & Hydrate AR3 2:00- Crosswords & Puzzles AR3 3:00- Friday Movie DR3</p>	<p>10:00- Daily Chronicles 26 Delivered to Room 10:45- Chair Exercise AR3 1:00- Room Visits w/ Activity Cart 2:30- BINGO! DR3</p>
<p>9:00- Sunday Devotions 27 Delivered to Room 10:00- Puzzles AR3 2:00- Activities on the Go & Friendly Visits</p>	<p>9:00- Morning Visits 28 10:45- Daily Chronicles AR3 11:00- Brain Exercise AR3 2:00- Room Visits 3:00- Monday Matinee</p>	<h1>February 2022</h1>				

FEBRUARY 2022 • MEMORY CARE Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>***Activities may be subject to change***</p> <p>AR2- Activity Room 2nd Floor DR2- Dining Room 3rd Floor DR3- Dining Room 3rd Floor L3- Library 3rd Floor</p> <p>Questions? Dial EXT 3802</p>						
<p>9:00- Sunday Devotions Delivered to Rooms 10:00- Puzzles AR2 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 1:00- One on One Room Visits 2:00- Adult Coloring AR2 3:00- BINGO! DR3 5:00- Dinner DR2</p> <p>Chinese New Year (Year of the Tiger)</p>	<p>8:30- Breakfast DR2 9:30- Wednesday Devotions AR2 10:30- Table Top Games AR2 11:30- Lunch DR2 2:00- Chair Exercise AR2 3:30- Movie LR2 5:00- Dinner DR2</p> <p>Groundhog Day</p>	<p>8:30- Breakfast DR2 9:30- Morning Visits 10:00- Morning Exercise AR2 11:30- Lunch DR2 12:45- Lotion Therapy/Hand Massage AR2 3:00- Traveling Treat Cart 5:00- Dinner DR</p>	<p>8:30- Breakfast DR2 9:30- Morning Visits/ Wellnes Check 10:00- Daily Chronicles AR2 11:30- Lunch DR2 1:00- One on One Room Visits 2:00- Movie AR2 3:30- Music & Memory & MyndVR AR2 5:00- Dinner DR2</p>	<p>9:00- Daily Chronicles Delivered to Rooms 11:00- Chair Exercise AR2 1:00- Room Visits W/ Activity Cart 2:30- BINGO! DR3</p>
<p>9:00- Sunday Devotions Delivered to Rooms 10:00- Puzzles AR2 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 1:00- One on One Room Visits 2:00- Adult Coloring AR2 3:00- BINGO! DR3 5:00- Dinner DR2</p>	<p>8:30- Breakfast DR2 9:30- Wednesday Devotions AR2 10:30- Table Top Games AR2 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 12:45- Lotion Therapy/Hand Massage AR2 3:00- Traveling Treat Cart 5:00- Dinner DR</p>	<p>8:30- Breakfast DR2 9:30- Morning Visits/ Wellnes Check 10:00- Daily Chronicles AR2 11:30- Grillin' w/ Scott in the Bistro 2:00- Movie AR2 3:30- Music & Memory AR2 5:00- Dinner DR2</p>	<p>9:00- Daily Chronicles Delivered to Rooms 11:00- Chair Exercise AR2 1:00- Room Visits W/ Activity Cart 2:30- BINGO! DR3</p>
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