



JANUARY 2023 • INDEPENDENT LIVING Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 New Year's Day  Sunday Brunch 11:30 AM — 1:30 PM	2 Nat'l Thank God It's Monday Day 10:00 Exercise w/ Leo (EC) 1:00 Line Dance w/ Gayle (EC) 1:00 Brazos Needle Group (L) 3:00 Monday Matinee "Driving Miss Daisy" (C3) Starring Morgan Freeman, Jessica Tandy	3 Nat'l Science Fiction Day 10:00 Exercise w/ Leo (EC) 10:30 Kroger Grocery 2:00 Walgreens Senior Discount Day 3:00 Caring Friends Meeting (SOL)	4 National Spaghetti Day 9:00 Devotions (EC) The Rev. Charles O'Bryant 10:15 Catholic Communion 11:00 Exercise w/ Leo (EC) 1:00 Water Exercise w/ Paula 1:30 Character of Faith Biblical Studies	5 12th Night/Epiphany Eve 10:00 Exercise w/ Leo (AR) 10:45 Sing-a-Long (L) Louise Frowe at the piano 7:00 Classic Movie Night (C3) "An American in Paris"	6 Nat'l Cuddle Up Day 9:00 Coffee Talk w/ Frances (B) 10:00 Exercise w/ Frances (EC) 2 PM Walk in the Park Nature Discovery Center	7 Orthodox Christmas 10:00 Card Craft (Craft Rm) 1:00 Afternoon Popcorn Just outside the Event Center 1:00 Canasta (Lounge) 2:00 Needlework (3rd Floor) 7:00 Bingo (EC) 8:00 Houston Symphony Livestream (Channel 3)
8 World Typing Day 11:30—1:30 Sunday Brunch (Main Dining Room)	9 Law Enforcement Appreciation Day 10:00 Exercise w/ Frances (EC) 1:00 Line Dance w/ Gayle (EC) 1:00 Brazos Needle Group (L) 7 PM BTBM Book Club (7W) "The Immortal Life of Henrietta Lacks" By Rebecca Skloot Led by Beverly McGauhey	10 Nat'l Houseplant Appreciation Day 10:00 Exercise w/ Leo (EC) 10:30 Kroger Grocery 2 PM Houston Symphony Musicians Flute & Oboe Duet (EC)	11 National Human Trafficking Awareness Day 9:00 Devotions (EC) Resident, Mary Cheek 10:15 Catholic Communion 11:00 Exercise w/ Leo (EC) 1:00 Water Exercise w/ Paula 1 PM J's Treat: MFAH 1:30 Character of Faith Biblical Studies 5:30 PM Candlelight Dinner	12 Nat'l Pharmacists Day 10:00 Exercise w/ Leo (AR) 10:45 Sing-a-Long (L) Ava Laing at the piano 3:00 Corn Hole Tournament (EC) Refreshments & Fun Everyone is welcome! 7 PM Resident Association (EC) Meeting	13 Nat'l Gluten Free Day 9:00 Coffee Talk w/ Frances (B) 10:00 Exercise w/ Frances (EC) 11:30 Grillin' with Scott & Jim Hamburgers & Hot Dogs 1:30 Shopping at Kuhl Linscomb A 5-building emporium of upscale goods from furniture to cosmetics, kitchenware & gifts	14 World Logic Day 10:00 Card Craft (Craft Rm) 1:00 Afternoon Popcorn 1:00 Canasta (Lounge) 2:00 Needlework (3rd Floor) 7:00 Bingo (EC) 8:00 Houston Symphony Livestream (Channel 3)
15 National Hat Day 11:30—1:30 Sunday Brunch (Main Dining Room) 1:30 Houston Symphony "Bartok Miraculous Mandarin"	16 Martin Luther King Day 10:00 Exercise w/ Francs (EC) 10:30 Meyerland Shopping Resident's Choice 1:00 Line Dance w/ Gayle (AR) 1:00 Brazos Needle Group (L)	17 Hot Buttered Rum Day 10:00 Exercise w/ Leo (EC) 10:30 Kroger Grocery 3:30 Party at the Pool Table Open to everyone/Light refreshments	18 Museum Selfie Day 9:00 Devotions (EC) Michael Brown, Temple Emanuel 10:15 Catholic Communion (PR) 11:00 Exercise w/ Leo (AR) 1:00 Water Exercise w/ Paula 1:30 Character of Faith Biblical Studies (L) 3:00 Wednesday Matinee (C3) "The Client" Starring Tommy Lee Jones & Susan Sarandon	19 New Friends Day 10:00 Exercise w/ Leo (EC) 10:45 Sing-a-Long (L) Ginny Croft at the piano 2:00 Third Thursday w/ Margaret Desmond (7W) 5:00 January Birthday Dinner (EC)	20 National Cheese Lovers Day 9:00 Coffee Talk w/ Frances (B) 10:00 Exercise w/ Frances (EC) 11 AM Monthly Lunch Bunch Samurai Hibachi Grill 3:00 Shabbat Service (7W)	21 Nat'l Hugging Day 10:00 Card Craft (Craft Rm) 1:00 Afternoon Popcorn Just outside the Event Center 1:00 Canasta (Lounge) 2:00 Needlework (3rd Floor) 7:00 Bingo (EC) 8:00 Houston Symphony Livestream (Channel 3)
22 Chinese New Year Year of the Rabbit 11:30—1:30 Sunday Brunch (Main Dining Room)	23 Nat'l Pie Day 10:00 Exercise w/ Frances (EC) 1:00 Line Dance w/ Gayle (EC) 1:00 Brazos Needle Group (L) 3:00 Trivia Hour (EC) Pie, Anyone? Come on down to the EC & play a game of trivia with us & enjoy a slice of pie	24 Belly Laugh Day 10:00 Exercise w/ Leo (AR) 10:30 Kroger Grocery 1:30 MAM (Memorial Assistance Ministries) Resale Shopping/Stop for a refreshment after shopping	25 Opposite Day 9:00 Devotions (EC) Resident, Virginia Jacoby 10:15 Catholic Communion (PR) 11:00 Exercise w/ Leo (EC) 1:00 Water Exercise w/ Paula 1:30 Character of Faith Biblical Studies 2:30 Aroma & Lotion Therapy (PR) 7:00 Movie Group 1st Showing (C3)	26 Nat'l Spouses Day 10:00 Exercise w/ Leo (EC) 10:45 Sing a Long (L) Glennie Scott at the piano 3:00 Town Hall w/ Scott (EC) 6 PM BTBM Dinner Night El Tiempo Tex Mex	27 Chocolate Cake Day Holocaust Remembrance Day 9:00 Coffee Talk w/ Frances (B) 10:00 Exercise w/ Frances (EC) 10:00 Episcopal Worship (AR) 3:00 Ice Cream Social Live Entertainment w/ Danette McMahon (EC)	28 Nat'l Lego Day 10:00 Card Craft (Craft Rm) 1:00 Afternoon Popcorn 1:00 Canasta (Lounge) 2:00 Needlework (3rd Floor) 2:00 Movie Group 2nd Showing (C3) 7:00 Bingo (EC)
29 Nat'l Puzzle Day 11:30—1:30 Sunday Brunch (Main Dining Room)	30 Nat'l Croissant Day 10:00 Costco Bus Trip 11:00 Exercise w/ Leo (EC) 1:00 Line Dance w/ Gayle (EC) 1:00 Brazos Needle Group (L) 7:00 Movie Group Meet Up (SOL)	31 Backwards Day 10:00 Exercise w/ Leo (EC) 10:30 Kroger Grocery 2 PM Speaker: Pam Gates, MFAH "Matisse and the Wild Beasts" Post Impressionist Artist (EC)	<div style="border: 2px dashed blue; padding: 5px; text-align: center;"> Tune to Channel 103 for daily and upcoming events </div> <div style="border: 2px solid blue; padding: 5px; text-align: center; margin-top: 10px;"> Inside/Outside/Religious Activities </div>	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 DR - Discovery Room B - Bistro C3 - Channel 3	<div style="border: 2px dashed black; padding: 20px;"> <h2 style="margin: 0;">January 2023</h2> <p style="margin: 10px 0 0 0;">Events may be rescheduled or cancelled due to low turnout or inclement weather.</p> </div>	

JANUARY 2023 • ASSISTED LIVING Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>1 New Year's Day</p>	<p>2 9:00- Morning Greetings 11:00- Seated Exercise 1:00- Residents Choice AR2 3:00- Monday Matinee "Driving Miss Daisy" C3</p>	<p>3 9:00- Morning Greetings 11:00- Resident Council AR3 1:30- Chair Exercise AR3 2:00- BINGO DR3 4:00- Reminiscing Group Chat</p>	<p>4 9:00- Morning Devotions EC 10:15- Catholic Communion PR 1:00- Room Visits 2:00- Table Games UNO & Scrabble 3:00- Movie & Popcorn</p>	<p>5 9:00- Morning Devotions EC 10:45- Sing-a-Long w Louise Frowe at the piano 11:15- Morning walk around BTBM 2:00- Snack Cart 3:00- Relaxation Station 7:00- Classic Movie Night (C3)</p>	<p>6 9:00- Morning Greetings 11:00- Awake & Shake DR3 11:30- Cooks Corner DR3 2:00- Table Games AR3 3:00- Friday Feature AR2 5:00- Color Corner AR3</p>	<p>7 10:00- Daily Chronicles 1:00- Popcorn (outside the EC) 2:00- Residents Choice 3:00- Bingo w Sharon 8:00- Houston Symphony Livestream (CH3)</p>
<p>8 10:00- Sunday Devotions pickup in AR3 2:30- Sunday Sing-a-Long w Sharon 3:00- Movie AR2 5:00- 1:1 Visits W Sharon</p>	<p>9 9:00- Morning Greeting 11:00- Sunshine Club AR3 1:00- Room Visits 2:30- Flower arrangements and afternoon tea! DR3 5:00- Open Table Games AR2</p>	<p>10 9:00- Morning Greetings 11:00- Coffee Chat AR3 1:30- Chair Exercise AR3 2:00- Houston Symphony Musicians (EC) 4:00- Reminiscing Group Chat</p>	<p>11 9:00- Morning Devotions EC 10:15- Catholic Communion PR 1:00- Room Visits 2:00- Table Games UNO & Scrabble 3:00- Movie & Popcorn 5:30- Candlelight Dinner</p>	<p>12 9:00- Morning Devotions EC 10:45- Sing-a-Long w Ava Lang at the Piano 11:15- Morning walk around BTBM 2:00- Snack Cart 3:00- Corn Hole Tournament (EC) 7PM- Resident Association Meeting (EC)</p>	<p>13 9:00- Morning Greetings 11:00- Awake & Shake DR3 11:30- Grillin' w Scott 2:00- Table Games AR3 3:00- Friday Feature AR2 5:00- Color Corner AR3</p>	<p>14 10:00- Daily Chronicles 1:00- Popcorn (outside the EC) 2:00- Residents Choice 3:00- Bingo w Sharon 8:00- Houston Symphony Livestream (CH3)</p>
<p>15 10:00- Sunday Devotions pickup in AR3 2:30- Sunday Sing-a-Long w Sharon 3:00- Movie AR2 5:00- 1:1 Visits W Sharon</p>	<p>16 9:00- Morning Greeting 11:00- Sunshine Club AR3 1:00- Room Visits 2:30- World Peace cookies & Quotes by Martin Luther King Jr. DR3 3:00- Afternoon Movie 5:00- Open Table Games AR2 Martin Luther King Jr. Day</p>	<p>17 9:00- Morning Greetings 11:00- Coffee Chat AR3 1:30- Chair Exercise AR3 2:00- Craft Corner 3:00- BINGO DR3 4:00- Reminiscing Group Chat</p>	<p>18 A New Year Celebration/Lunch at 11:30 with one man band- Bill Parish (Solarium)</p>	<p>19 9:00- Morning Devotions EC 10:45- Sing-a-Long w Ginny Croft at the piano 11:15- Morning walk around BTBM 2:00- Snack Cart 3:00- Relaxation Station 5:00- Birthday Dinner (EC)</p>	<p>20 9:00- Morning Greetings 11:00- Awake & Shake DR3 11:30- Cooks Corner DR3 2:00- Table Games AR3 3:00- Friday Feature AR2 5:00- Color Corner AR3</p>	<p>21 10:00- Daily Chronicles 1:00- Popcorn (outside the EC) 2:00- Residents Choice 3:00- Bingo w Sharon 8:00- Houston Symphony Livestream (CH3)</p>
<p>22 10:00- Sunday Devotions pickup in AR3 2:30- Sunday Sing-a-Long w Sharon 3:00- Movie AR2 5:00- 1:1 Visits W Sharon Chinese New Year (Year of the Rabbit)</p>	<p>23 9:00- Morning Greeting 11:00- Sunshine Club AR3 11:30- Pizza Party For Activity Professionals Week! 1:00- Room Visits 3:00- Trivia Hour (EC) w pie! 5:00- Open Table Games AR2 Activity Professionals Week</p>	<p>24 9:00- Morning Greetings 11:00- Coffee Chat AR3 1:30- Chair Exercise AR3 3:00- BINGO DR3 4:00- Reminiscing Group Chat</p>	<p>25 9:00- Morning Devotions EC 10:15- Catholic Communion PR 1:00- Room Visits 2:00- Table Games UNO & Scrabble 2:30- Aroma Therapy ((PR) 3:00- Movie & Popcorn</p>	<p>26 9:00- Morning Devotions EC 10:45- Sing-a-Long w Glennie Scott at the piano 11:15- Morning walk around BTBM 2:00- Snack Cart 3:00- Town Hall w/Scott EC Australia Day (observed)</p>	<p>27 9:00- Morning Greetings 11:00- Awake & Shake DR3 11:30- Cooks Corner DR3 2:00- Table Games AR3 3:00- Ice Cream Social Live Entertainment w/Danette McMahon (EC)</p>	<p>28 10:00- Daily Chronicles 1:00- Popcorn (outside the EC) 2:00- Residents Choice 3:00- Bingo w Sharon 8:00- Houston Symphony Livestream (CH3)</p>
<p>29 10:00- Sunday Devotions pickup in AR3 2:30- Sunday Sing-a-Long w Sharon 3:00- Movie AR2 5:00- 1:1 Visits W Sharon</p>	<p>30 9:00- Morning Greeting 11:00- Sunshine Club AR3 1:00- Room Visits 2:30- Scenic Drive and Frozen Yogurt 3:00- Afternoon Movie 5:00- Open Table Games AR2</p>	<p>31 9:00- Morning Greetings 11:00- Coffee Chat AR3 1:30- Chair Exercise AR3 3:00- BINGO DR3 4:00- Reminiscing Group Chat</p>				

JANUARY 2023 • MEMORY CARE Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 St.Luke's Methodist Church Channel 61 (LR)</p> <p>1:30 Devotional reading w/ Sharon (AR)</p> <p>2:00 Puzzles and Coloring</p> <p>3:30 Table Games</p> <p>New Year's Day</p>	<p>9:45 Morning Greetings</p> <p>10:00 Daily Chronicle Reading</p> <p>10:30 Relaxation - Patio,weather permitting</p> <p>11:00 ME TV, retro old tv show</p> <p>1:30 Music Appreciation w/ Easy does it Stretch</p> <p>2:30 Armchair Travel (AR2)</p> <p>3:15 Movie</p>	<p>9:45 One on one visits w/ walks</p> <p>10:30 Daily Chronicle Reading</p> <p>11:00 Sensory station</p> <p>1:00 Music Appreciation and Coloring</p> <p>2:00 Dominoes and other table games</p> <p>3:00 Movie Matinee</p>	<p>9:30 Relaxation - Patio weather permitting</p> <p>10:00 One on one visits</p> <p>10:30 Morning table games and conversation</p> <p>1:00 Easy Does it Stretch</p> <p>1:30 Table games</p> <p>3:00 Activity corner AR/MC</p> <p>3:30 Movie</p>	<p>9:45 Morning Greetings</p> <p>Patio weather permitting</p> <p>10:30 Brain Stimulation packet</p> <p>11:00 ME TV, retro old TV show</p> <p>1:00 1/1 visits</p> <p>3:00 Movie</p>	<p>9:45 Morning Greetings</p> <p>delivery of daily stimulation</p> <p>10:00 Music Appreciation</p> <p>11:00 TV - The Wild West channel 91</p> <p>1:00 1/1 visits</p> <p>3:00 Movie</p>	<p>9:30 ME TV retro Saturday morning entertainment</p> <p>1:00 One/one visits with walks within the unit</p> <p>1:30 Games Galore</p> <p>3:00 Bingo ((LR/3)</p> <p>4:00 Movie</p>
<p>10:00 St.Luke's Methodist Church Channel 61 (LR)</p> <p>1:30 Devotional reading w/ Sharon (AR)</p> <p>2:00 Puzzles and Coloring</p> <p>3:30 Table Games</p>	<p>9:45 Morning Greetings</p> <p>10:00 Daily Chronicle Reading</p> <p>10:30 Relaxation - Patio,weather permitting</p> <p>11:00 ME TV, retro old tv show</p> <p>1:30 Music Appreciation w/ Easy does it Stretch</p> <p>2:30 Armchair Travel (AR2)</p> <p>3:15 Movie</p>	<p>9:45 1/1 visits w/ walks</p> <p>10:30 Daily Chronicle Reading</p> <p>11:00 Brain Stimulation packet</p> <p>1:00 Music Appreciation and Coloring</p> <p>2:00 Dominoes and other table games</p> <p>3:15 Movie Matinee</p>	<p>9:45 Good Morning Greetings</p> <p>1/1 with walks</p> <p>10:15 Morning table games</p> <p>1:00 Music appreciation and Craft</p> <p>2:00 Hot Chocolate and Chat</p> <p>3:00 Bingo</p> <p>4:00 ME TV retro old tv shows</p>	<p>9:45 Morning Greetings</p> <p>Patio weather permitting</p> <p>10:30 Brain Stimulation packet</p> <p>11:00 ME TV, retro old TV show</p> <p>1:00 1/1 visits</p> <p>3:00 Movie</p>	<p>9:45 Morning Greetings</p> <p>delivery of daily stimulation</p> <p>10:00 Music Appreciation</p> <p>11:00 TV - The Wild West channel 91</p> <p>1:00 1/1 visits</p> <p>3:00 Movie</p>	<p>9:30 ME TV retro Saturday morning entertainment</p> <p>1:00 One/one visits with walks within the unit</p> <p>1:30 Games Galore</p> <p>3:00 Bingo ((LR/3)</p> <p>4:00 Movie</p>
<p>10:00 St.Luke's Methodist Church Channel 61 (LR)</p> <p>1:30 Devotional reading w/ Sharon (AR)</p> <p>2:00 Puzzles and Coloring</p> <p>3:30 Table Games</p>	<p>9:45 Morning Greetings</p> <p>10:00 Daily Chronicle Reading</p> <p>10:15 Creative Coloring</p> <p>1:00 Music Appreciation with Easy does it stretch</p> <p>1:30 Story Telling - Reminiscing</p> <p>2:00 Highest Card wins(game)</p> <p>2:30 Armchair Travel (AR2)</p> <p>3:15 Activity Corner AR/MC</p> <p>Martin Luther King Jr. Day</p>	<p>9:45 1/1 visits with walks</p> <p>10:30 Daily Chronicle Reading</p> <p>11:00 Sensory station</p> <p>1:00 Music Appreciation and Coloring</p> <p>2:00 Dominoes and other table games</p> <p>3:15 Movie Matinee</p>	<p>11:00 A New Year Celebration</p> <p>Lunch and Entertainment</p> <p>One Man Band</p> <p>Bill Parish</p>	<p>9:45 Morning Greetings</p> <p>Patio weather permitting</p> <p>10:30 Brain Stimulation packet</p> <p>11:00 ME TV, retro old TV show</p> <p>1:00 1/1 visits</p> <p>3:00 Movie</p>	<p>9:45 Morning Greetings</p> <p>delivery of daily stimulation</p> <p>10:00 Music Appreciation</p> <p>11:00 TV- The Wild West channel 91</p> <p>1:00 1/1 visits</p> <p>3:00 Movie</p>	<p>9:30 ME TV retro Saturday morning entertainment</p> <p>1:00 One/one visits with walks within the unit</p> <p>1:30 Games Galore</p> <p>3:00 Bingo ((LR/3)</p> <p>4:00 Movie</p>
<p>10:00 St.Luke's Methodist Church Channel 61 (LR)</p> <p>1:30 Devotional reading w/ Sharon (AR)</p> <p>2:00 Puzzles and Coloring</p> <p>3:30 Table Games</p> <p>Chinese New Year (Year of the Rabbit)</p>	<p>10:00 Morning Greetings</p> <p>10:15 Daily Chronicle Reading</p> <p>10:15 Creative Coloring</p> <p>1:45 1/1 visits</p> <p>2:30 Armchair Travel AR2</p> <p>3:15 The activity corner AR/MC</p> <p>Activity Professionals Week</p>	<p>9:45 1/1 visits</p> <p>10:15 Daily Chronicle Reading</p> <p>11:00 Puzzles Galore</p> <p>1:00 Music Appreciation</p> <p>3:00 Activity Corner AR/MC</p>	<p>9:45 Good Morning Greetings</p> <p>1/1 with walks</p> <p>10:15 Morning table games</p> <p>1:00 Music appreciation and Craft</p> <p>2:00 Hot Chocolate and Chat</p> <p>3:00 Bingo</p> <p>4:00 ME TV retro old tv shows</p>	<p>9:45 Morning Greetings</p> <p>Patio weather permitting</p> <p>10:30 Brain Stimulation packet</p> <p>11:00 ME TV, retro old TV show</p> <p>1:00 1/1 visits</p> <p>3:00 Movie</p> <p>Australia Day (observed)</p>	<p>9:45 Morning Greetings</p> <p>delivery of daily stimulation</p> <p>10:00 Music Appreciation</p> <p>11:00 TV - The Wild West channel 91</p> <p>1:00 1/1 visits</p> <p>3:00 Movie</p>	<p>9:30 ME TV retro Saturday morning entertainment</p> <p>1:00 One/one visits with walks within the unit</p> <p>1:30 Games Galore</p> <p>3:00 Bingo ((LR/3)</p> <p>4:00 Movie</p>
<p>10:00 St.Luke's Methodist Church Channel 61 (LR)</p> <p>1:30 Devotional reading w/ Sharon (AR)</p> <p>2:00 Puzzles and Coloring</p> <p>3:30 Table Games</p>	<p>9:45 Morning Greetings</p> <p>10:00 Daily Chronicle Reading</p> <p>10:15 Creative Coloring</p> <p>1:00 Music Appreciation with Easy does it stretch</p> <p>1:30 Story Telling - Reminiscing</p> <p>2:00 Dominoes</p> <p>2:30 Armchair Travel (AR2)</p> <p>3:15 The activity corner AR/MC</p>	<p>9:45 1/1 visits w/ walks</p> <p>10:30 Daily Chronicle Reading</p> <p>11:00 Puzzles Galore</p> <p>1:00 Music Appreciation and Coloring</p> <p>2:00 Dominoes and other table games</p> <p>3:15 Movie Matinee</p>	 <p>January 2023</p>			