MARCH 2023 · INDEPENDENT LIVING Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Events may be rescheduled or dinclement	ancelled due to low turnout or	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 B - Bistro C3 - Channel 3	1 Peanut Butter Lovers' Day 9:00 Devotions (EC) Chaplain Charles O'Bryant 10:15 Catholic Communion (PR) 11:00 Exercise w/ Leo (EC) 2:00 Water Exercise w/ Leo 2:00 Character of Faith Biblical Studies (L) 2:00 Rice University Speaker (7W) Korin Brody, Spring Midweek Medley	9:00 Water Exercise w/ Leo 10:00 Exercise w/ Leo (AR) 10:45 Sing-a-Long (L) "Favorites" with Louise Frowe 7:00 Classic Movie Night (C3) "Annie Get Your Gun" Starring Betty Hutton & Howard Keel	9:00 Coffee Talk (Bistro) 10:00 Exercise w/ Frances (EC) 1:00 Scenic Drive around River Oaks to see the Azaleas 3:00 Friday Fun (C3) "Kate & Leopold" Starring Meg Ryan & Hugh Jackman	4 10:00 Card Craft (Craft Rm) 1:00 Afternoon Popcorn Just outside the Event Center 1:00 Canasta (Lounge) 2:00 Needlework (3rd Floor) 6:45 Rice Univ. Shepherd School of Music 7:00 Bingo (EC) 8:00 Houston Symphony Livestream (Channel 3)
5 11:30—1:30 Sunday Brunch (Bistro) 1:15 Houston Symphony "Dvorak & Sibelius" Houston Ballet "Romeo & Juliet" 6:00 Episcopal Worship Service w/ Father George (PR)	6 National Dress Day 11:00 Exercise w/ Leo (EC) 1:00 Brazos Needle Group (L) 1:00 Line Dance w/ Gayle (EC) 11:30 Monthly Lunch Bunch Jax's Grill 2:30 Art Instructor, Sheryl Woodall Get to know Sheryl and her talents (EC)	7 10:00 Exercise w/ Leo (EC) 10:30 Kroger Grocery 2:00 Houston Symphony Musicians "String Quartet" (EC) 3:15 Walgreens Senior Discount Day	9:00 Devotions (EC) Buford Nichols 10:15 Catholic Communion (PR) 11:00 Exercise w/ Leo (EC) 1:00 J's Treat: MFAH None Whatsoever: from the Gitter-Yelen Collection 2:00 Water Exercise w/ Leo 2:00 Character of Faith Biblical Studies (L) 5:30 Candlelight Dinner	9 National Meatball Day 10:00 Exercise w/ Leo (EC) 10:45 Sing-a-Long (L) w/ Ava Laing 1:30 The Health Museum Free of Charge—Please sign up in the Excursion Book!	9:00 Coffee Talk (Bistro) 10:00 Exercise w/ Frances (EC) 7:00 Live in Concert: Glennie Scott & Judy England (EC)	9:45 Celebration of Life Dorothy Anderson 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)
12 Daylight Savings Time Begins 11:30—1:30 Sunday Brunch (Bistro)	13 11:00 Exercise w/ Frances (EC) 10:30 Meyerland Shopping Resident's Choice 1:00 Brazos Needle Group (L) 1:00 Line Dance w/ Gayle (EC) 7:00 BTBM Book Club (7W) "Work Song" By Ivan Doig Led by Jean Rosenbaum	National Pi Day National Pi Day recognizes the mathematical constant π. Also known as pi, the first three and most recognized digits are 3.14. The day is celebrated by pi enthusiasts and pie lovers alike! 10:00 Exercise w/ Leo (EC) 10:30 Kroger Grocery 3:00 Tuesday Theater (C3) "Minority Report" Starring Tom Cruise	9:00 Devotions (EC) Skip Britton 10:15 Catholic Communion (PR) 11:00 Exercise w/ Leo (EC) 2:00 Water Exercise w/ Leo 2:00 Character of Faith Biblical Studies (L) 6:30 Alley Theatre "Cowboy Bob"	9:00 Water Exercise w/ Leo 10:00 Exercise w/ Leo (EC) 10:45 Sing-a-Long (L) Irish Songs w/ Ginny, Anne & Alan 2 PM Third Thursday w/ Margaret Desmond (7W) 5:00 March Birthday Dinner (EC)	17 St. Patrick's Day Lunch & Dinner Specials 9:00 Coffee Talk (Bistro) 11:00 Exercise w/ Leo (EC) 11:30 Grillin' with Scott & Jim (B) 3:00 Shabbat Service (7W) 7 PM Friday Feature (C3) "Good Morning Vietnam" Starring Robin Williams	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)
11:30—1:30 Sunday Brunch (Bistro) 1:30 Houston Ballet "Summer and Smoke" 6:00 Episcopal Worship Service w/ Father George (PR)	20 Welcome Spring 10:00 Costco Wholesale Club 11:00 Exercise w/ Leo (EC) 1:00 Brazos Needle Group (L) 1:00 Line Dance with Gayle (EC)) 2:00 Cook's Corner (7W) Enchiladas w/ Mayra Please sign up in the Excursion Book!	10:00 Exercise w/ Leo (EC) 10:30 Kroger Grocery 5 PM German Buffet Dinner Live Entertainment with Dast 1st Lustic (EC) German & Alpine Folk Music	9:00 Devotions (EC) The Rev. John Crantz, First Presby. 10:15 Catholic Communion (PR) 11:00 Exercise w/ Leo (EC) 2:00 Water Exercise w/ Leo 2:00 Character of Faith Biblical Studies (L) 7:00 Movie Watch Number One (C3)	10:00 Exercise w/ Leo (EC) 10:45 Sing-a-Long (L) w/ Glennie Scott 2:00 Aroma & Lotion Therapy (PR)	9:00 Coffee Talk (Bistro) 9:45 Tour Brookwood Community/Lunch at the Café 10:00 Exercise via video (EC) 10:00 Episcopal Worship (AR) 3:00 Friday Afternoon Movie (C3) "The Family Stone" Starring Claire Danes, Diane Keaton, etc.	10:00 Card Craft (Craft Rm) 1:00 Afternoon Popcorn Just outside the Event Center 1:00 Canasta (Lounge) 2:00 Needlework (3rd Floor) 2:00 Movie Watch Number Two (C3) 7:00 Bingo (EC)
11:30—1:30 Sunday Brunch (Bistro) 1:30 U of H Musicians (EC) Katherine Garcia, flutist and Christian McGee at the piano	27 World Theatre Day 11:00 Exercise w/ Frances (EC) 1:00 Brazos Needle Group (L) 1:00 Line Dance with Gayle ((EC) 2:00 Speaker: Pam Gates Senior Docent, MFAH 7:00 Movie Meet Up Group (SOL)	28 10:00 Exercise w/ Leo (EC) 10:30 Kroger Grocery 2:00 Houston Symphony Musicians "Flute & Bassoon Duet" (EC) 3:30 Trivia Hour (EC)	9:00 Devotions (EC) Elaine Adams & Virginia Jacoby Lent in Scripture & Song 10:15 Catholic Communion (PR) 11:00 Exercise w/ Leo (EC) 1 PM Charity Guild Resale Shopping 2:00 Water Exercise w/ Leo 2:00 Character of Faith Biblical Studies (L)	 30 Take a Walk in the Park Day 9:00 Water Exercise w/ Leo 10:00 Exercise w/ Leo (EC) 3:00 Town Hall w/ Scott (EC) 6:15 BTBM Dinner Night Out "Pasha's" Turkish Restaurant 	9:00 Coffee Talk (Bistro) 10:00 Exercise w/ Frances (EC) 3:30 Party at the Pool Table	Tune to Channel 103 for daily and upcoming events Inside/Outside/Religious Activities

MARCH 2023 · ASSISTED LIVING Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
M/	ARCH 2	023	9:00- Devotions (EC) 10:15- Catholic Communion (PR) 11:00- The Daily Dose of Joy 1:30- Music & Memory (In Rooms) 2:00- Puzzles & Crosswords (AR3) 3:00- Movie (AR2)	9:00- Morning Greetings 10:00- Morning Walk 10:45- Sing-a-Long w/ Louise Frowe 1:30- Snack Cart & 1:1 Visits 2:00- Bowling (H3) 3:00- Open Table Games (AR3)	9:00- Morning Greetings 10:00- Fitness Friday (DR3) 11:00- Menu Meeting (AR3) 11:30- Happy Tunes (DR3) 2:00- Residents Choice (AR3) 3:00- Friday Feature (AR2)	10:00- Daily Chronicles (Delivered) 1:00- Afternoon Popcorn (Just outside the EC) 2:00- Residents Choice (AR2) 3:00- BINGO (DR3) 8:00- Houston Symphony Livestream (C3)
10:00- Sunday Devotions (Delivered) 11:00- Sunday Songs (DR3) 1:00- Residents Choice (AR3) 3:00- Movie (AR2) 4:00- 1:1 Visits	9:00- Morning Greetings & Mail 10:00- Morning Walk 11:00- Monday Manicures (In Rooms) 1:00- Arts & Crafts (AR3) 2:30- Art Instructor, Sheryl Woodall (EC) 3:00- Monday Matinee (AR2) Purim Begins	9:00- Morning Greetings 11:00- Resident Council Meeting (PD3) 1:00- Table Games (AR2) 2:00- Houston Symphony Musicians (EC) 3:00- BINGO (DR3)	9:00- Devotions (EC) 10:15- Catholic Communion (PR) 11:00- The Daily Dose of Joy 1:30- Music & Memory (In Rooms) 2:00- Puzzles & Crosswords (AR3) 3:00- Movie (AR2) 5:30- Candlelight Dinner	9:00- Morning Greetings 10:00- Morning Walk 10:45- Sing-a-Long w/ Ava Laing 1:30- Snack Cart & 1:1 Visits 2:00- Aroma Therapy (In Rooms) 3:00- Open Table Games (AR3)	9:00- Morning Greetings 10:00- Fitness Friday (DR3) 11:00- Menu Meeting (AR3) 11:30- Happy Tunes (DR3) 2:00- Residents Choice (AR3) 3:00- Friday Feature (AR2) 7:00- Live in Concert Glennie Scott & Judy England (EC)	10:00- Daily Chronicles (Delivered) 1:00- Afternoon Popcorn (Just outside the EC) 2:00- Residents Choice (AR2) 3:00- BINGO (DR3) 8:00- Houston Symphony Livestream (C3)
10:00- Sunday Devotions (Delivered) 11:00- Sunday Songs (DR3) 1:00- Residents Choice (AR3) 3:00- Movie (AR2) 4:00- 1:1 Visits Daylight Saving Time Begins	9:00- Morning Greetings & Mail 10:00- Morning Walk 11:00- Monday Manicures (In Rooms) 1:00- Arts & Crafts (AR3) 3:00- Monday Matinee (AR2)	9:00- Morning Greetings 10:00- Mail Call 11:00- Daily Chronicles (Delivered) 1:00- Table Games (AR2) 2:00- 1:1 Visits 3:00- BINGO (DR3)	9:00- Devotions (EC) 10:15- Catholic Communion (PR) 11:00- The Daily Dose of Joy 1:30- Music & Memory (In Rooms) 2:00- Puzzles & Crosswords (AR3) 3:00- Movie (AR2)	9:00- Morning Greetings 10:00- Morning Walk 10:45- Sing-a-Long w/Ginny, Anne & Alan 1:30- Snack Cart & 1:1 Visits 2:00- Bowling (H3) 3:00- Open Table Games (AR3)	9:00- Morning Greetings 10:00- Fitness Friday (DR3) 11:00- Menu Meeting (AR3) 11:30- Happy Tunes (DR3) 2:00- Scenic Bus Drive & St. Patty's Treat! 3:00- Friday Feature (AR2)	10:00- Daily Chronicles (Delivered) 1:00- Afternoon Popcorn (Just outside the EC) 2:00- Residents Choice (AR2) 3:00- BINGO (DR3) 8:00- Houston Symphony Livestream (C3)
10:00- Sunday Devotions (Delivered) 11:00- Sunday Songs (DR3) 1:00- Residents Choice (AR3) 3:00- Movie (AR2) 4:00- 1:1 Visits	9:00- Morning Greetings & Mail 10:00- Morning Walk 11:00- Monday Manicures (In Rooms) 1:00- Craft Corner (AR3 Adult Coloring) 2:00- Cooks Corner w/Mayra (7W) 3:00- Monday Matinee (AR2) Spring Begins	9:00- Morning Greetings 10:00- Mail Call 11:00- Daily Chronicles (Delivered) 1:00- Table Games (AR2) 3:00- BINGO (DR3) 5:00- German Buffet Dinner Live Entertainment. German & Alpine Folk Music (EC)	9:00- Devotions (EC) 10:15- Catholic Communion (PR) 11:00- The Daily Dose of Joy 1:30- Music & Memory (In Rooms) 2:00- Puzzles & Crosswords (AR3) 3:00- Movie (AR2) Ramadan Begins	9:00- Morning Greetings 10:00- Morning Walk 10:45- Sing-a-Long w/Glenny Scott 1:30- Snack Cart & 1:1 Visits 2:00- Aroma & Lotion Therapy (PR) 3:00- Open Table Games (AR3)	9:00- Morning Greetings 10:00- Fitness Friday (DR3) 11:00- Menu Meeting (AR3) 11:30- Happy Tunes (DR3) 2:00- Residents Choice (AR3) 3:00- Friday Feature (AR2) &(C3)	10:00- Daily Chronicles (Delivered) 1:00- Afternoon Popcorn (Just outside the EC) 2:00- Residents Choice (AR2) 3:00- BINGO (DR3)
10:00- Sunday Devotions (Delivered) 11:00- Sunday Songs (DR3) 1:00- Residents Choice (AR3) 1:30- U of H Musicians (EC) 3:00- Movie (AR2) 4:00- 1:1 Visits	9:00- Morning Greetings & Mail 10:00- Morning Walk 11:00- Monday Manicures (In Rooms) 1:00- Craft Corner (Thank You Cards for first responders) 2:00- Speaker: Pam Gates (EC) 3:00- Monday Matinee (AR2)	9:00- Morning Greetings 10:00- Mail Call 1:00- Table Games (AR2) 2:00- Houston Symphony Musicians (EC) 3:00- BINGO (DR3) 3:30- Trivia Hour (EC)	10:15- Catholic Communion (PR) 11:00- The Daily Dose of Joy 1:30- Music & Memory (In Rooms) 2:00- Puzzles & Crosswords (AR3) 3:00- Movie (AR2)	9:00- Morning Greetings 10:00- Morning Walk 2:00- Residents Choice (AR3) 3:00- Open Table Games (AR3) 3:00- Town Hall w/Scott (EC)	9:00- Morning Greetings 10:00- Fitness Friday (DR3) 11:00- Menu Meeting (AR3) 11:30- Happy Tunes (DR3) 2:00- Residents Choice (AR3) 3:00- Friday Feature (AR2)	AR2=Activity Room 2nd Floor AR3= Activity Room 3rd Floor DR3= Dining Room 3rd Floor PD3= Private Dining 3rd Floor PR= Prayer Room 1st Floor EC= Event Center 1st Floor H3= Hallway 3rd Floor C3= Channel 3

MARCH 2023 • MEMORY CARE Activities Calendar

Sunday	Monday4	Tuesday	Wednesday	Thursday	Friday	Saturday
m	arch 20	723	9:30 Relaxation on the Patio (weather permitting) 10:00 One on one visits 10:30 ME TV, retro old TV shows 2:00 Puzzles and Creative Coloring 3:00 Afternoon Hydration Refreshment 3:00 Afternoon movie matinee	9:45 Morning Greetings with delivery daily chronicle 10:30 Brain stimulation packet 11:00 ME TV,retro old TV shows 1:00 1/1 visits 3:00 Afternoon refreshment 4:00 TV movie and unwind before dinner	9:45 Morning Greetings with delivery daily chronicle 10:00 Music appreciation 11:00 TV- The Wild West Channel 91 1:00 Puzzles & coloring 3:00 Afternoon Refreshment 3:00 Friday Fun Movie (Channel 3) " Kate and Leopold" starring Meg Ryan and Hugh Jackman	9:30 ME TV retro Saturday morning entertainment 1:00 One/one visits with walks 1:30 Story with Sharon and conversation 3:00 Afternoon refreshment Activity room open coloring & puzzles 4:15 Table games until dinner
10:00 St. Luke's Methodist Channel 61 (LR) 10:30 Sunday Chronicle delivered 1:20 Daily devotion w/Margaret Desmond 1/1 visits time to relax 3:00 Afternoon refreshment 3:30 Let the games begin 4:30 Visit before dinner	9:30 Relaxation on the patio 10:00 1/1 visits 10:30 ME TV, retro old TV shows 1:00 Chronicle and stimulation pack 1:30 Short story w/conversation 2:00 Sensory balloons 2:30 Play Ball 3:00 Hydration/refreshment Let the games begin 4:30 Wind down to dinner,music & conversation Purim Begins	9:30 Relaxation on the patio 10:00 1/1 visits with walks 10:30 Helping hands, puzzles and sort & fold "Sensory" 1:00 Dominoes 2:00 Houston Symphony Musicians String Quartet (EC) 3:00 Afternoon refreshment 3:00 Movie Matinee "Long Long Trailer" 5:00 Time to reminisce w/music	9:30 Relaxation on the Patio (weather permitting) 10:00 One on one visits 10:30 ME TV, retro old TV shows 2:00 Puzzles and Creative Coloring 3:00 Afternoon Hydration Refreshment 3:00 Afternoon movie matinee	9:45 Morning Greetings 10:30 Brain stimulation packet 11:00 ME TV,retro old TV shows 1:00 1/1 visits 3:00 Afternoon refreshment Activity room open, sensory cart 4:00 TV movie and unwind before dinner	9:45 Morning Greetings with delivery daily chronicle 10:00 Music appreciation 11:00 TV- The Wild West Channel 91 1:00 Puzzles & conversation 3:00 Afternoon Refreshment 4:00 Afternoon Movie (A Hallmark Selection)	9:30 ME TV retro Saturday morning entertainment 1:00 One/one visits with walks 1:30 Story with Sharon and conversation 3:00 Afternoon refreshment Activity room open coloring & puzzles 4:15 Table games until dinner
10:00 St. Luke's Methodist Channel 61 (LR) 10:30 Sunday Chronicle delivered 1:30 Daily devotion 2:00 Outside patio (weather permitting) 1/1 visits time to relax 3:00 Afternoon refreshment 3:30 Let the games begin 4:30 Visit before dinner Daylight Saving Time Begins	9:30 Relaxation on the Patio 10:00 1/1 visits 10:30 ME TV,retro old TV shows 1:00 Chronicle & word game 1:30 Music Appreciation 2:00 Presidents & history 2:30 Play Ball 3:00 Afternoon refreshment Table games begin 5:00 Calm me time, deep breathing Music for relaxation	9:30 Relaxation on the patio 10:00 1/1 visits with walks 10:30 Helping hands, puzzles and sort & fold "Sensory" 1:00 Play Ball 1:30 Bingo 3:00 Afternoon refreshment 3:00 Movie Matinee "Tulsa" 5:00 Time to reminisce w/music	9:30 Relaxation on the Patio (weather permitting) 10:00 One on one visits 10:30 ME TV, retro old TV shows 2:00 Puzzles and Creative Coloring 3:00 Afternoon Hydration Refreshment 3:00 Afternoon movie matinee	9:45 Morning Greetings 11:00 Kiss Me I'm Texan-Lunch Celebrate Rodeo & St. Patrick's Day with Live Entertainment Bill Parrish 1:00 1/1 visits 3:00 Afternoon refreshment Activity room open, sensory cart 4:00 TV movie and unwind before dinner	9:45 Morning Greetings with delivery daily chronicle 10:00 Music appreciation 11:00 TV- The Wild West Channel 91 1:00 Puzzles & conversation 3:00 Afternoon Refreshment 4:00 Afternoon Movie (A Hallmark Selection)	9:30 ME TV retro Saturday morning entertainment 1:00 One/one visits with walks 1:30 Story with Sharon and conversation 3:00 Afternoon refreshment Activity room open coloring & puzzles 4:15 Table games until dinner
10:00 St. Luke's Methodist Channel 61 (LR) 10:30 Sunday Chronicle delivered 1:30 Daily devotion 2:00 Outside patio (weather permitting) 1/1 visits time to relax 3:00 Afternoon refreshment 3:30 Let the games begin 4:30 Visit before dinner	9:30 Relaxation on the Patio 10:00 1/1 visits 10:30 ME TV,retro old TV shows 1:00 Daily Chronicle 1:30 Poetry & pictures 2:30 Balloon Toss 3:00 Afternoon refreshment Table games begin 5:00 Calm me time, deep breathing and music Spring Begins	9:30 Exercise & stretch 10:00 1/1 visits walks 10:30 Bean bag toss 11:00 Tell us your story 1:00 Play ball 1:30 Let's make words 3:00 Afternoon refreshment Activity room open for helping hands 4:00 Games & other trivia 4:30 Calm me time, deep breathing and music before dinner	9:30 Relaxation on the Patio (weather permitting) 10:00 One on one visits 10:30 ME TV, retro old TV shows 2:00 Puzzles and Creative Coloring 3:00 Afternoon Hydration Refreshment 3:00 Afternoon movie matinee Ramadan Begins	9:45 Morning Greetings 10:30 Brain stimulation packet 11:00 ME TV,retro old TV shows 1:00 1/1 visits 3:00 Afternoon refreshment Activity room open, sensory cart 4:00 TV movie and unwind before dinner	9:45 Morning Greetings with delivery daily chronicle 10:00 Music appreciation 11:00 TV- The Wild West Channel 91 1:00 Puzzles & conversation 3:00 Afternoon Refreshment 3:00 Friday Fun Movie (Channel 3) "The Family Stone"	9:30 ME TV retro Saturday morning entertainment 1:00 One/one visits with walks 1:30 Story with Sharon and conversation 3:00 Afternoon refreshment Activity room open coloring & puzzles 4:15 Table games until dinner
Channel 61 (LR) 10:30 Sunday Chronicle delivered 1:30 Daily devotion 2:00 Outside patio (weather permitting) 1/1 visits time to relax 3:00 Afternoon refreshment 3:30 Let the games begin 4:30 Visit before dinner	9:30 Relaxation on the Patio 10:00 1/1 visits 10:30 ME TV,retro old TV shows 1:00 Daily Chronicle 1:30 Poetry & pictures 2:30 Balloon Toss 3:00 Afternoon refreshment Table games begin 5:00 Calm me time, deep breathing and music : Memory Care Activity Coordina	10:00 Let's plant for the patio 11:00 Reminescing Springtime 2:00 Houston Symphony Musicians "Flute & Bassoon" 4:00 Games and other trivia 5:00 Time to reminisce w/ music	(weather permitting) 10:00 One on one visits 10:30 ME TV, retro old TV shows 2:00 Puzzles and Creative Coloring 3:00 Afternoon Hydration Refreshment 3:00 Afternoon movie matinee	9:45 Morning Greetings 10:30 Brain stimulation packet 11:00 ME TV,retro old TV shows 1:00 1/1 visits 3:00 Afternoon refreshment Activity room open, sensory cart 4:00 TV movie and unwind before dinner	9:45 Morning Greetings with delivery daily chronicle 10:00 Music appreciation 11:00 TV- The Wild West Channel 91 1:00 Puzzles & conversation 3:00 Afternoon Refreshment 4:00 Afternoon Movie (A Hallmark Selection	