





MAY 2023 • INDEPENDENT LIVING Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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>	<p>1 May Day</p> <p>11:00 Exercise w/ Leo (EC) 1:00 Line Dance w/ Gayle (AR) 1:00 Brazos Needle Group (L) 2:00 Legacy Letters (EC) w/ Thelma Zirkelbach <i>Don't forget to sign up in the Excursion Book!</i></p>	<p>2</p> <p>10:00 Exercise w/ Leo (EC) 10:30 Kroger Grocery 2:30 Walgreens Senior Day 3:30 Cook's Corners (Bar) No Bake Ranch Fire Crackers <i>easy appetizer that pairs well with a glass of wine</i></p>	<p>3</p> <p>9:00 Devotions (EC) Chaplain Charles O'Bryant 10:15 Catholic Communion (AR) 11:00 Exercise w/ Leo (EC) 2:00 Water Exercise w/ Leo 2:00 Character of Faith Bible Study (L)</p>	<p>4</p> <p>10:00 Exercise w/ Leo (EC) 10:45 Sing-a-Long (L) "Favorites" with Louise Frowe 7:00 Classic Movie Night "My Fair Lady" (C3)</p>	<p>5 Cinco De Mayo</p> <p>9:00 Coffee Talk (Bistro) 10:00 Exercise w/ Frances (EC) 1:30 Beginning Bridge w/ Patty McGinty 6th Floor Social Area—West Tower 5:00 Cinco de Mayo Celebration Mexican Food Buffet & Live Mariachis. Please sign up in the Excursion Book</p>	<p>6</p> <p>10:00 Card Craft (Craft Rm) 1:00 Canasta (Lounge) 2:00 Needlework (3rd Floor) 7:00 Bingo (EC) 8:00 Houston Symphony Livestream (C3)</p>
<p>7</p> <p>11:30—1:30 Sunday Brunch (Main Dining Room) 3 PM—5 PM Art Class w/ Sheryl (Craft Room) 6:00 Episcopal Worship (PR)</p>	<p>8</p> <p>11:00 Exercise w/ Leo (EC) 11:30 Meyerland Shopping Trip 1:00 Line Dance w/ Gayle (AR) 1:00 Brazos Needle Group (L) 2:00 Legacy Letters (EC) w/ Thelma Zirkelbach 7:00 BTBM Book Club (7W) <i>The Investigator</i> By John Sanford Led by Miriam Selig</p>	<p>9</p> <p>10:00 Exercise w/ Leo (EC) 10:30 Kroger Grocery 2:00 Houston Symphony Musicians "Trumpet Quartet"</p>	<p>10</p> <p>9:00 Devotions (EC) Rev. Jim Gill, St. Andrew's 10:15 Catholic Communion (AR) 11:00 Exercise w/ Leo (EC) 1:00 J's Treat: MFAH TBA 2:00 Water Exercise w/ Leo 2:00 Character of Faith Bible Study (L)</p>	<p>11</p> <p>10:00 Exercise w/ Leo (AR) 10:45 Sing-a-Long (L) with Ava Laing at the piano 7:00 Gulf Coast Concert Band (EC)</p>	<p>12</p> <p>10:00 Exercise via video (C3 only) 11:30 Grillin' w/ the Dining Team <i>Enjoy in the Bistro!</i> 11:30 Mother's Day Brunch (Lounge & Main Dining Room) 1:30 Beginning Bridge w/ Patty McGinty 6th Floor Social Area—West Tower</p>	<p>13</p> <p>10:00 Card Craft (Craft Rm) 1:00 Canasta (Lounge) 2:00 Needlework (3rd Floor) 7:00 Bingo (EC) 8:00 Houston Symphony Livestream (C3)</p>
<p>14</p> <p> 11:30—1:30 Sunday Brunch (Main Dining Room)</p>	<p>15</p> <p>9:45 Houston Junior Forum Resale Shop/Lunch at Alice Blue 11:00 Exercise w/ Leo (EC) 1:00 Line Dance w/ Gayle (AR) 1:00 Brazos Needle Group (L) 7:00 Bayou City Singers (EC)</p>	<p>16</p> <p>10:00 Exercise w/ Leo (AR) 10:30 Kroger Grocery 3:30 Party at the Pool Table <i>Open to everyone! Light refreshments!</i> 7:00 Musical & Wine Night (EC) <i>"Les Miserables"</i></p>	<p>17</p> <p>9:00 Devotions (EC) Sheryl Callahan, President/CEO 10:15 Catholic Communion (AR) 10:45 St. Arnolds Brewery Lunch & Tour 11:00 Exercise w/ Leo (EC) 2:00 Water Exercise w/ Leo 2:00 Character of Faith Bible Study (L) 7:00 Movie Watch #1 (C3)</p>	<p>18</p> <p>10:00 Exercise w/ Leo (EC) 10:45 Sing-a-Long (L) with Ginny, Anne & Alan 2:00 Third Thursday w/ Margaret Desmond "Left & Right (not about politics)" (7W) 5:00 May Birthday Dinner (EC)</p>	<p>19</p> <p>9:00 Coffee Talk (Bistro) 10:00 Exercise w/ Frances (EC) 1:30 Beginning Bridge w/ Patty McGinty 6th Floor Social Area—West Tower 3:00 Shabbat Service (7W) 6:30 Houston Symphony <i>"Stravinsky Oedipus Rex"</i> 7:00 Friday Feature (C3) <i>"The Joy Luck Club"</i></p>	<p>20 Armed Forces Day</p> <p>10:00 Card Craft (Craft Rm) 1:00 Canasta (Lounge) 2:00 Needlework (3rd Floor) 2:00 Movie Watch #2 (C3) 7:00 Bingo (EC)</p>
<p>21 National Maritime Day – On this day in 1819, the steamship <i>Savannah</i> made the history books. It was the first steamship to cross the Atlantic. <i>Savannah</i> sailed from Savannah, Georgia, to Liverpool, England.</p> <p>11:30—1:30 Sunday Brunch (Main Dining Room) 6:00 Episcopal Worship (PR) w/ Father George</p>	<p>22</p> <p>11:00 Exercise w/ Leo (EC) 11:30 Monthly Lunch Bunch "Joyce's" 1:00 Line Dance w/ Gayle (AR) 1:00 Brazos Needle Group (L) 7:00 Movie Meet Up Group (Sol) <i>"Rounders"</i></p>	<p>23</p> <p>10:00 Exercise w/ Leo (EC) 10:30 Kroger Grocery 2:30 50's Music & Fun w/ Ice Cream Floats & the lovely Danette McMahon (EC)</p>	<p>24</p> <p>9:00 Devotions (EC) Father Houston Okonma, St. Vincent de Paul 10:15 Catholic Communion (AR) 11:00 Exercise w/ Leo (EC) 2:00 Water Exercise w/ Leo 2:00 Character of Faith Bible Study (L) 3:00 Wednesday Matinee (C3) <i>"Finding Forrester"</i> Starring Sean Connery</p>	<p>25</p> <p>10:00 Exercise w/ Leo (EC) 10:45 Sing-a-Long (L) with Glennie Scott at the piano 3:00 Trivia Hour (EC) No Town Hall this Month! 6:30 BTBM Dinner Night Out "Grace's"</p>	<p>26</p> <p>9:00 Coffee Talk (Bistro) 10:00 Episcopal Worship with The Reverend David Goldberg (AR) 10:00 Exercise w/ Frances (EC&C3) 1:30 Cooking with Mayra Corn Tortillas (7W) 1:30 Beginning Bridge w/ Patty McGinty 6th Floor Social Area—West Tower</p>	<p>27</p> <p>10:00 Card Craft (Craft Rm) 1:00 Canasta (Lounge) 2:00 Needlework (3rd Floor) 7:00 Bingo (EC)</p>
<p>28</p> <p>11:30—1:30 Sunday Brunch (Main Dining Room) 3 PM—5 PM Art Class w/ Sheryl (Craft Room)</p>	<p>29 Memorial Day</p> <p>10:00 Exercise w/ Leo (EC) 1:00 Line Dance w/ Gayle (AR) 1:00 Brazos Needle Group (L) 2:00 Memorial Day Sing a Long with Ginny Croft at the piano (L)</p>	<p>30</p> <p>10:00 Exercise w/ Leo (EC) 10:30 Kroger Grocery 2:00 Speaker: Pam Gates, Senior Docent MFAH "Gauguin" (EC) 3:30 Tuesday Theater (C3) "Music Within" <i>... anyone can change the world</i></p>	<p>31</p> <p>9:00 Devotions (EC) Hymn Sing Led by Jerry McGauhey & Dianne Grosscope 10:15 Catholic Communion (AR) 10:30 Visit the San Jacinto Monument/Lunch at The Monument Inn 11:00 Exercise w/ Leo (EC) 2:00 Water Exercise w/ Leo 2:00 Character of Faith Bible Study (L)</p>	<p>Tune to Channel 103 for daily and upcoming events</p> <p>Inside/Outside/Religious Activities</p>	<p>May 2023</p> <p><i>Events may be rescheduled or cancelled due to low turnout or inclement weather.</i></p>	

MAY 2023 • ASSISTED LIVING Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Your activity room & library always open 3rd Floor</p>	10:00- Daily Facts & Snacks 1 AR3 10:45- Morning Walk 11:00 Exercise with Leo (EC) 2:00-Legacy Letters (EC) w/ Thelma Zirkelbach 3:00 Afternoon Movie DR3 May Day	9:00- Morning Greetings 2 10:00- Mail Call 11:00- Resident Council Meeting AR3 3:00 BINGO DR3	9:00- Devotions (EC) 3 10:00 Therapy Dog "Zoe" 10:15- Catholic Communion PR 11:00- Exercise W/ Leo EC 3:00- Afternoon Movie DR3	9:00- Morning Greetings 4 10:00- Morning Walk W/Sharon 10:45- Sing Along (L) 1:30- 1:1 Visits w activity cart 7:00 Classic Movie Night "My Fair Lady" channel 3	9:00- Coffee Talk w/ Frances 5 (Bistro) 10:00 Exercise w/Frances- EC 3:00 Movie (DR3) 5:00 Cinco de Mayo Celebration Mexican Food & Mariachis RSVP- Sharon Location (1st floor)	Activity Room 3rd Floor 6 Resident's choice "On Your Own" Puzzles Word Games Coloring 3:00 BINGO DR3 group 8:00 Houston Symphony Livestream (Channel 3)
Activity Room 3rd Floor 7 Assorted Puzzles Word Games Coloring Resident's choice Also there is library next to activity room - Grab something to read	10:00- Daily Facts & Snacks 8 AR3 10:45- Morning Walk 11:00- Exercise w/Leo EC 2:00-Legacy Letters/ Thelma Zirkelbach (EC) 3:00 Afternoon Movie DR3	9:00- Morning Greetings 9 10:00- Mail Call 11:00- Sunshine Club AR3 2:00 Houston Symphony Musicians "Trumpet Quartet" (EC) 3:00- BINGO DR3	9:00- Devotions (EC) 10 10:00 Therapy Dog "Zoe" 10:15- Catholic Communion (PR) 11:00- Exercise W/Leo (EC) 2:30 - Reminiscing-- DR3 Remembering Janet 3:00- Afternoon Movie DR3	9:00- Morning Greetings 11 10:00- Morning Walk W/Sharon 10:45- Sing Along (L) 1:30-1:1 Visits w activity cart 3:00- May Trivia AR3	12 Early Mother's Day Brunch! 11:30 Private Dining Room 1st Floor RSVP - Sharon or Megan 3:00 Afternoon Movie DR3	Activity Room 3rd Floor 13 Resident's choice "On Your Own" Assorted Puzzles Word Games Coloring 3:00 BINGO DR3 group
Activity Room 3rd Floor 14 Assorted Puzzles Word Games Coloring Resident's choice Also there is library next to activity room - Grab something to read Mother's Day	10:00- Daily Facts & Snacks 15 AR3 10:45- Morning Walk 11:00- Exercise w/Leo EC 1:00 Dr. Patel-Podiatrist AR2 3:00- Afternoon Movie DR3 7:00 Bayou Singers (EC)	9:00- Morning Greetings 16 10:00- Mail Call 11:00- Sunshine Club AR3 1:30- Travelogue W/Rick Steve AR2 3:00- BINGO DR3	9:00- Devotions (EC) 17 10:00 Therapy Dog "Zoe" 10:15- Catholic Devotions (PR) 11:00- Exercise W/Leo (EC) 1:30- Coloring Corner AR3 3:00- Afternoon Movie DR3	9:00- Morning Greetings 18 10:00- Morning Walk W/Sharon 10:45- Sing Along (L) 1:30- 1:1 Visits w activity cart 3:00 Table Games	9:00- Coffee Talk w/ Frances (Bistro) 19 10:00 Light & Lively-Sharon AR3 2:00 Come for Pie & Coffee and Celebration of Life for Ben Fort (DR3) 3:00 Afternoon Movie DR3	Activity Room 3rd Floor 20 Resident's choice "On Your Own" Assorted Puzzles Word Games Coloring 3:00 BINGO DR3 group 8:00 Houston Symphony Livestream (Channel 3)
Activity Room 3rd Floor 21 Assorted Puzzles Word Games Coloring Resident's choice Also there is library next to activity room - Grab something to read	10:00- Daily Facts & Snacks 22 AR3 10:45- Morning Walk 11:00- Exercise w/Leo EC 1:30- Arts & Crafts AR3 3:00- Afternoon Movie DR3 Victoria Day (Canada)	9:00- Morning Greetings 23 10:00- Mail Call 11:00- Sunshine Club AR3 2:30- 50's music & fun Ice Cream Floats and the lovely Danette McMahon EC 3:00- BINGO DR3	9:00- Devotions (EC) 24 10:00 Therapy Dog "Zoe" 10:15- Catholic Communion (PR) 11:00 Cookbook cruisers (AR 3) 1:30 - Cooks Corner DR3 3:00- Afternoon Movie DR3	9:00- Morning Greetings 25 10:00- Morning Walk W/Sharon 10:45- Sing Along (L) 1:30-1:1 Visits w activity cart 2:00- Trivia AR3 No Town Hall this month Shavuot Begins	9:00- Coffee Talk w/ Frances (Bistro) 26 10:00 Exercise w/Frances (EC) 3:00 Afternoon Movie DR3	Activity Room 3rd Floor 27 Resident's choice "On Your Own" Assorted Puzzles Word Games Coloring 3:00 BINGO DR3 group
Activity Room 3rd Floor 28 Assorted Puzzles Word Games Coloring Resident's choice Also there is library next to activity room - Grab something to read	10:00- Daily Facts and Snacks 29 AR3 10:45- Morning Walk 11:00- Exercise w/Leo EC 2:00 Memorial Day Sing-a-Long 1st floor 3:00 Afternoon Movie DR3	9:00- Morning Greetings 30 10:00- Mail Call 11:00- Sunshine Club AR3 1:30- Travelogue W/ Rick Steve AR2 3:00- BINGO DR3	9:00- Devotions (EC) 31 10:00 Therapy Dog "Zoe" 10:15- Catholic Communion (PR) 11:00- Exercise W/Leo (EC) 1:30- Coloring Corner AR3 3:00- Afternoon Movie DR3			

MAY 2023 • MEMORY CARE Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	9:30 Relaxation on the patio 10:30 ME TV, retro old tv shows 1:00 Chronicle and stimulation packet w/ 1/1 visits 3:00 Afternoon hydration and chat Activity room open (group) Table games 4:30 Wind down until dinner w/music May Day	9:30 Relaxation on the patio 10:00 Enjoy the wild West channel 91 3:00 Afternoon hydration and chat Activity room open Resident's choice 4:30 Wind down until dinner w/music	9:30 Relaxation on the patio 10:00 ME TV, retro old tv shows 10:15 Therapy Dog "Zoe" comes for visit 1:00 1/1 visit 3:15 Bingo 4:00 Movie	9:30 Morning Greetings w/ delivery morning Chronicle 10:00 ME TV,retro old tv shows 1:30 1/1 visits 3:00 Daily Afternoon refreshment-Hydration 3:15 Activities - Puzzles & coloring - Resident's choice w/staff 4:30 Wind down until dinner with music	9:30 Morning Greetings w/ delivery of morning Chronicle 10:00 ME TV, retro old tv shows 11:00 Activity room - open Table games 1:00 1/1 visits 3:00 Hydration and refreshment Activity room Let the Fun begin Cinco de Mayo	Saturday Open Activity room open (resident's choice) Movie's for VCR available	
Activity room open (resident's choice) Movie's for VCR available 3:00 Afternoon hydration 3:30 Devotion and music with Margaret Desmond and Dr. Buford Nichols	9:30 Relaxation on the patio 10:30 ME TV, retro old tv shows 1:00 Chronicle and stimulation packet w/ 1/1 visits 3:00 Afternoon hydration and chat Activity room open (group) 4:30 Wind down until dinner	9:30 Relaxation on the patio 10:00 Enjoy the wild west channel 91 3:00 Afternoon hydration and chat Activity room open 4:30 Wind down until dinner w/music	9:30 Relaxation on the patio 10:00 ME TV, retro old tv shows 10:15 Therapy Dog "Zoe" comes for visit 1:00 1/1 visits 3:00 Afternoon hydration and refreshment 3:15 Bingo 4:00 Movie	9:30 Morning Greetings w/ delivery morning Chronicle 10:00 ME TV,retro old tv shows 11:15 1/1 visits 3:00 Daily Afternoon refreshment-Hydration 3:15 Activities - Puzzles & coloring-Dominoes 4:30 Wind down until dinner with music	9:30 Relaxation on the patio 10:30 ME TV, retro old tv shows 11:00 Prepare to Transport ladies to Mother's Day Brunch (1st floor) Brunch begins 11:30 3:00 Afternoon hydration and chat Activity room open (group) 4:30 Wind down until dinner w/music	Saturday Open Activity room open (resident's choice) Movie's for VCR available	
Activity room open (resident's choice) Movie's for VCR available 3:00 Afternoon hydration 3:30 Devotion and music with Margaret Desmond and Dr. Buford Nichols MOTHER'S DAY	9:30 Relaxation on the patio 10:30 ME TV, retro old tv shows 1:00 Chronicle and stimulation packet w/ 1/1 visits 3:00 Afternoon hydration and chat Activity room open (group) 4:30 Wind down until dinner	9:30 Relaxation on the patio 10:00 Enjoy the wild west channel 91 3:00 Afternoon hydration and chat Activity Room open 4:30 Wind down until dinner w/music	9:30 Relaxation on the patio 10:00 ME TV, retro old tv shows 10:15 Therapy Dog "Zoe" comes for visit 1:00 1/1 visits 3:00 Afternoon hydration and refreshment 3:15 Bingo 4:00 Movie	9:30 Morning Greetings w/ delivery morning Chronicle 10:00 ME TV,retro old tv shows 11:15 1/1 visits 3:00 Daily Afternoon refreshment-Hydration 3:15 Activities - Puzzles & coloring-Dominoes 4:30 Wind down until dinner with music	9:30 Relaxation on the patio 10:30 ME TV, retro old tv shows 1:00 Chronicle and stimulation packet w/ 1/1 visits 3:00 Afternoon hydration and chat Activity room open (group) 4:30 Wind down until dinner w/music	Saturday Open Activity room open (resident's choice) Movie's for VCR available Armed Forces Day	
Activity room open (resident's choice) Movie's for VCR available 3:00 Afternoon hydration 3:30 Devotion and music with Margaret Desmond and Dr. Buford Nichols	9:30 Relaxation on the patio 10:30 ME TV, retro old tv shows 1:00 Chronicle and stimulation packet w/ 1/1 visits 3:00 Afternoon hydration and chat Activity room open (group) 4:30 Wind down until dinner Victoria Day (Canada)	9:30 Relaxation on the patio 10:00 Enjoy the wild west channel 91 3:00 Afternoon hydration and chat Activity room open 4:30 Wind down until dinner w/music	9:30 Relaxation on the patio 10:00 ME TV, retro old tv shows 10:15 Therapy Dog "Zoe" comes for visit 1:00 1/1 visits 3:00 Afternoon hydration and refreshment 3:15 Bingo 4:00 Movie	9:30 Morning Greetings w/ delivery morning Chronicle 10:00 ME TV,retro old tv shows 11:15 1/1 visits 3:00 Daily Afternoon refreshment-Hydration 3:15 Activities - Puzzles & coloring 4:30 Wind down until dinner with music Shavuot Begins	9:30 Relaxation on the patio 10:30 ME TV, retro old tv shows 1:00 Chronicle and stimulation packet w/ 1/1 visits 3:00 Birthday Celebration month of May Mr. Selestino Jimenez and Mrs Anne Swaim	Saturday Open Activity room open (resident's choice) Movie's for VCR available	
Activity room open (resident's choice) Movie's for VCR available 3:00 Afternoon hydration 3:30 Devotion and music with Margaret Desmond and Dr. Buford Nichols	9:30 Relaxation on the patio 10:30 ME TV, retro old tv shows 1:00 Chronicle and stimulation packet w/ 1/1 visits 3:00 Afternoon hydration and chat Activity room open (group) 4:30 Wind down until dinner Memorial Day	9:30 Relaxation on the patio 10:00 Enjoy the wild west channel 91 3:00 Afternoon hydration and chat Activity room open 4:30 Wind down until dinner w/music	9:30 Relaxation on the patio 10:00 ME TV, retro old tv shows 10:15 Therapy Dog "Zoe" comes for visit 1:00 1/1 visits 3:00 Afternoon hydration and refreshment 3:15 Bingo 4:00 Movie	