## JULY 2023 • INDEPENDENT LIVING Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	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 (Marketing Off)	Tune to Channel 103 for daily and upcoming events  Inside/Outside/Religious Activities		July 202  y be rescheduled or cancelled due to low turnous		I 10:00 Card Craft (Craft Rm) 1:00 Canasta (Lounge) 1:00 Fresh Popcorn Just outside the Event Center 2:00 Needlework (3rd Floor) 7:00 Bingo (EC)
2	3	4 Independence Day	5 9:00 <b>Devotions</b> (EC)	6 10:00 Exercise w/ Leo (AR)	7	8
11:30—1:30 Sunday Brunch (Main Dining Room)  6:00 Episcopal Worship w/ Father George (PR)	11:00 Exercise w/ Leo (EC) 11:00 Costco Bus Trip 1:00 Line Dance w/ Gayle (AR) 1:00 Brazos Needle Group (L)  2:00 American Music & Patriotic Sing-a-Long w/ Bob Henschen (EC) Ice Cream Treats too!	10:00 Exercise w/ Leo (EC) 10:30 Kroger Grocery 2:00 Walgreens Senior Day 3:00 4th of July Jubilee Ava Laing at the piano (Lounge)	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)  2:30—4:30 Chair Massage w/ Adam (Massage Room)	10:45 Sing-a-Long (L) "Favorites" with Louise Frowe  7:00 Classic Movie Night (C3) "Shall We Dance" Starring Fred Astaire, Ginger Rogers	9:00 Coffee Talk (Bistro) 10:00 Exercise w/ Frances (EC)  1:30 Beginning Bridge w/ Patty McGinty 6th Floor Social Area—West Tower  2:00 Robert Flatt Photography (EC) Our Backyard Birds	10:00 Card Craft (Craft Rm) 1:00 Canasta (Lounge) 1:00 Fresh Popcorn Just outside the Event Center 2:00 Needlework (3rd Floor) 7:00 Bingo (EC)
9	10	H	12	13	14	15
11:30—1:30 Sunday Brunch (Main Dining Room) 3 PM—5 PM Art Class w/ Sheryl Woodall (Craft Room)	10:30 Meyerland Shopping Trip Residents Choice—JC Penny, HEB, Target, Chicos, Talbott's, etc. 11:00 Exercise w/ Leo (EC) 1:00 Line Dance w/ Gayle (AR) 1:00 Brazos Needle Group (L)  7:00 BTBM Book Club (7W) "Fellowship Point" by Alice Elliott Dark Led by Susan Riser	10:00 Exercise w/ Leo (AR) 10:30 Kroger Grocery 3:00 Afternoon Opera (EC) R. Strauss Der Rosenkavaler Starring Renee Fleming & Elian Garanca (Acts   & 2) 7:00 Opera & Wine Night (EC) R. Strauss Der Rosenkavaler Starring Renee Fleming & Elian Garanca (Act 3)	9:00 Devotions (EC) The Reverend Dr. Wilson Boots 10:15 Catholic Communion (PR) 11:00 Exercise w/ Leo (EC) 12:30 J's Treat: MFAH Tour of the Conservation Center 2:00 Water Exercise w/ Leo 2:00 Character of Faith Biblical Studies (L) 2:30—4:30 Chair Massage w/ Adam 4:00 Speaker & Presentation by Dr. Spencer Wood, DDS (EC)	<ul> <li>10:00 Exercise w/ Leo (EC)</li> <li>10:45 Sing-a-Long (L)     Ava Laing at the piano</li> <li>1:30 Craft Shopping (Weslayan Plaza)     Bering's Hardware, Michael's and/or     Jo Ann's Fabrics</li> <li>7:00 Resident Association Meeting (EC)     All residents are invited &amp; encouraged to attend!</li> </ul>	9:00 Coffee Talk (Bistro) 11:00 Exercise w/ Leo (EC) 1-5 PM Miraculous Jewelry Creations by Sandra (EC) 1:30 Beginning Bridge w/ Patty McGinty 6th Floor Social Area—West Tower 3:00 Friday Feature (C3) "Moonstruck" Starring Cher & Nicholas Cage	10:00 Card Craft (Craft Rm) 1:00 Canasta (Lounge) 1:00 Fresh Popcorn Just outside the Event Center 2:00 Needlework (3rd Floor) 7:00 Bingo (EC)
16	17	18	19	20	21	22
11:30—1:30 Sunday Brunch (Main Dining Room) 6:00 Episcopal Worship w/ Father George (PR)	11:00 Exercise w/ Leo (EC) 11:15 Monthly Lunch Bunch "Lankfords" Serving authentic American burgers and other tasty treats since 1937! 1:00 Line Dance w/ Gayle (AR) 1:00 Brazos Needle Group (L) 2:00 BBB Education Foundation Speaker: Angel Hanzik Preventing Scams (EC)	10:00 Exercise w/ Leo (EC) 10:30 Kroger Grocery 2:00 Musician/Violinist Zachary Montasser (EC) 3:30 Party at the Pool Table Open to everyone! Lessons available 7:00 Tuesday Theater (C3) "Blind Date" Starring Bruce Willis & Kim Basinger	9:00 Devotions (EC) The Reverend Andy Gans, Pines Presbyterian 10:00 Memorial Service for Connie Koomey First Presbyterian Church 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) 2:30—4:30 Chair Massage w/ Adam 3:00 Craig Rench, Bee Keeper (EC) Come & learn all about bees! 7:00 Movie Watch #1 (C3)	10:00 Exercise w/ Leo (EC) 10:45 Hymn Sing-a-Long (L) Ginny at the piano Evelyn & Chaplain Charles song leaders 2:00 Third Thursday w/ Friends (7W) 5:00 July Birthday Dinner (EC)	9:00 Coffee Talk (Bistro) 10:00 Exercise w/ Frances (EC) 11:15 Lunch at Black Walnut Café & Shop after lunch at Artisan Designs Unusual Clothing from Around the World In The Rice Village 1:30 Beginning Bridge w/ Patty McGinty 6th Floor Social Area—West Tower 3:00 Shabbat Service (7W)	10:00 Card Craft (Craft Rm) 1:00 Canasta (Lounge) 1:00 Fresh Popcorn Just outside the Event Center 2:00 Needlework (3rd Floor) 2:00 Movie Watch #2 (C3) 7:00 Bingo (EC)
23	24 11:00 Exercise w/ Leo (EC)	25	26	27	28	29
11:30—1:30 Sunday Brunch  30  11:30—1:30 Sunday Brunch	11:00 Exercise w Leo (EC) 1:00 Ine Dance w/ Gayle (AR) 1:00 Brazos Needle Group (L) 7:00 Movie Group Meet Up (Sol) TBD AMC @ the Fountains Mission Impossible Day of Reckoning Part One  3 I  11:00 Exercise w/ Leo (EC) 3:00 Trivia Hour (EC) 7:00 Polyphony Marimba Live Entertainment Courtesy of Elizabeth Asnes (Lounge)	10:00 Exercise w/ Leo (EC) 10:00 New Resident Meet & Greet (7W) 10:30 Kroger Grocery 2:00 Speaker: Pam Gates, MFAH The Kinder Building at the MFAH" (EC)	9:00 Devotions (EC) Trisha Taylor, Willow Meadows 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) 2:30—4:30 Chair Massage w/ Adam (Massage Room) 7:00 Wednesday Cinema (C3) "Hondo" starring John Wayne	<ul> <li>10:00 Exercise w/ Leo (EC)</li> <li>10:30 Presentation by Leo Chan (EC)         Strength Chair Exercises     </li> <li>3:00 Town Hall Meeting         w/ Scott (EC)     </li> <li>6:15 BTBM Dinner Night Out         "Escalante's"     </li> </ul>	9:00 Eggs & Omelets (L)  Demonstration by Chef Chris  10:00 Exercise w/ Frances (EC)  10:00 Episcopal Worship with  The Reverend David Goldberg (AR)  10:15 Smartphone Training—N/C  HCC Brays Oaks Campus  1:30 Beginning Bridge w/ Patty McGinty 6th Floor Social Area—West Tower  2:30 Aroma & Lotion Therapy (PR)	10:00 Card Craft (Craft Rm) 1:00 Canasta (Lounge) 1:00 Fresh Popcorn Just outside the Event Center 2:00 Needlework (3rd Floor) 7:00 Bingo (EC) TBD View the Purple Martins

## JULY 2023 • ASSISTED LIVING Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		0	2023			Activity Room 3rd Floor Resident's choice "on your own" -puzzles -word games -coloring 1:00- Fresh Popcorn (just outside the EC) *No Bingo today  Canada Day
Residents Choice "on your own" -Assorted Puzzles	10:00- Coffee and Chronicles (AR3) 10:30- Random Trivia (AR3) 2:00- American Music & Patriotic Sing-a-Long (EC)  Kingsland Baptist Church will visit and provide crafts, music, & games from 1:30PM-4:30PM	10:00- Coffee and Chronicles (AR3) 10:30- <b>Patriotic Craft (AR3)</b> 11:15- Seated Exercise (AR3)	9:00- Devotions (EC) 10:15- Catholic Communion (PR) 11:00- Exercise w/Leo 2:00- 1:1 Visit w Activity Cart 2:30- Afternoon Chair Yoga (DR3) 3:00- Movie & Popcorn (DR3) Kingsland Baptist Church will visit and provide crafts, music & games from 8AM-12PM	9:00- AM visits & Deliveries 10:00- Exercise w/Leo (AR) 10:45- Sing-a-Long (L) "Favorites w/Louise Frowe 2:00- Dominoes w/ Sharon (AR3) 2:00- Back to Basics Bible Study Group w/ Chaplin Charles (AR2) Kingsland Baptist Church will visit and provide crafts, music & games from 8AM-12PM	9:00- Coffee Talk (Bistro) 10:00- Exercise w/ Frances (EC) 11:00- Cooks Corner (DR3) Enjoy some fresh baked cookies 1:30- 1:1 Visits w Activity Cart 2:00- Robert Flatt Photography (EC) 3:00- Friday Feature (DR3)	Activity Room 3rd Floor Resident's choice "on your own" -puzzles -word games -coloring 1:00- Fresh Popcorn (just outside the EC) 3:00- Bingo (ER3)
Residents Choice "on your own" -Assorted Puzzles -Word Games -Coloring	10:00- Coffee and Chronicles 10 (AR3) 10:30- Random Trivia (AR3) 11:15- Lets Stretch (AR3) 1:30- Afternoon walk 2:00- Monday Manicures (by request) 3:00- Movie Matinee (DR3)	9:30- Coffee and Chronicles (AR3) 10:00- Exercise w/ Leo (EC)	9:00- Devotions (EC) 10:15- Catholic Communion (PR) 11:00- Exercise w/Leo 2:00- 1:1 Visit w Activity Cart 2:30- Afternoon Chair Yoga (DR3) 3:00- Movie & Popcorn (DR3) 4:00- Speaker: Dr. Spencer Wood (EC) Wine & Cheese Reception	9:00- AM visits & Deliveries 10:00- Exercise w/Leo (AR) 10:45- Sing-a-Long (L) with Ava Lang at the piano 1:30- Afternoon Walk w/Lily 2:00- Dominoes w/ Sharon (AR3) 2:00- Back to Basics Bible Study Group w/ Chaplin Charles (AR2)	9:00- Coffee Talk (Bistro) 10:00- AM visits & Deliveries 11:00- Exercise w/ Leo (EC) 2:30- A/L Social w/ refreshments 3:00- BINGO (DR3) 4:00- Chill & Chat with the group (DR3)	Activity Room 3rd Floor Resident's choice "on your own" -puzzles -word games -coloring 1:00- Fresh Popcorn (just outside the EC) *No Bingo today
Activity Room 3rd Floor Residents Choice "on your own" -Assorted Puzzles -Word Games -Coloring *The library next to the activity room is always open	10:00- Coffee and Chronicles 17 (AR3) 10:30- Random Trivia (AR3) 11:15- Lets Stretch (AR3) 1:30- Afternoon walk 2:00- Adult Art (AR3) 3:00- Movie Matinee (DR3)	9:30- Coffee and Chronicles (AR3) 10:00- Exercise w/ Leo (EC) 11:00- Brain Games 2:00- Musician/Violinist Zachary Montasser (EC)	9:00- Devotions (EC) 10:15- Catholic Communion (PR) 11:00- Exercise w/Leo 2:00- 1:1 Visit w Activity Cart 2:30- Afternoon Chair Yoga (DR3) 3:00- Craig Rench, Bee Keeper (EC) come & learn all about bees 7:00- Movie Watch (C3)	9:00- AM visits & Deliveries 10:00- Exercise w/Leo (AR) 10:45- Sing-a-Long (L) w/ Ginny Anne, & Alan 1:30- Celebrate July Birthday's w cake (DR3) 2:00- Dominoes w/ Sharon (AR3) 3:00- Back to Basics Bible Study Group w/ Chaplin Charles (AR2)	9:00- Coffee Talk (Bistro) 10:00- Exercise w/ Frances (EC) 11:00- Open Table games (AR3) 1:30- 1:1 Visits w Activity Cart 2:30- Gardening Group (water our plants) 3:00- Friday Feature (DR3)	Activity Room 3rd Floor Resident's choice "on your own" -puzzles -word games -coloring 1:00- Fresh Popcorn (just outside the EC) 2:00- Movie Watch (C3) 3:00- Bingo (ER3)
Activity Room 3rd Floor Residents Choice "on your own" -Assorted Puzzles -Word Games -Coloring *The library next to the activity room is always open	10:00- Coffee and Chronicles <b>24</b> (AR3) 10:30- Random Trivia (AR3) 11:15- Lets Stretch (AR3) 1:30- Afternoon walk 2:00- <b>Root Beer Float Social</b> ( <b>DR3</b> ) 3:00- Movie Matinee (DR3)	9:30- Coffee and Chronicles (AR3) 10:00- Exercise w/ Leo (EC)	9:00- Devotions (EC) 10:15- Catholic Communion (PR) 11:00- Exercise w/Leo 2:00- 1:1 Visit w Activity Cart 2:30- Afternoon Chair Yoga (DR3) 3:00- Movie & Popcorn (DR3) 7:00- Wednesday Cinema (C3) "Hondo" starring John Wayne	9:00- AM visits & Deliveries 10:00- Exercise w/Leo (AR) 3:00- Town Hall w/ Scott (EC)  2PM Hawaiian Luau Happy Hour! DR3 with live entertainment Curtis Nickelson at the Piano	9:00- Eggs & Omelets (demonstrated by Chef Chris) (L) 10:00- Exercise w/ Frances (EC) 11:00- Open Table Games (AR3) 2:00- Spelling Bee (DR3) 3:00- BINGO (DR3) 4:00- Chill & Chat with the group (DR3)	Activity Room 3rd Floor Resident's choice "on your own" -puzzles -word games -coloring 1:00- Fresh Popcorn (just outside the EC) *No Bingo today
Residents Choice "on your own" -Assorted Puzzles -Word Games -Coloring	10:00- Coffee and Chronicles (AR3) 10:30- Craft Corner (AR3) 11:15- Lets Stretch (AR3) 1:30- Afternoon walk 2:00- Gardening Group (AR3) 3:00- Movie Matinee 3:00- Trivia Hour (EC)		**	AR2- Activity Room 2nd Floor AR3- Activity Room 3rd Floor DR3-Dining Room 3rd Floor EC- Event Center 1st Floor PR- Prayer Room 1st Floor		

L- Lounge 1st Floor

## JULY 2023 • MEMORY CARE Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AR Activity Room  TV Channel 8 ME TV  Channel 53 Gameshow Network Channel 91 Encore Westerns Channel 97 Guide Now	Channel 3 (In house) k DR Dining Room 3	July	2023			9:00 Relaxation on the Patio 10:00 ME TV, retro old TV shows  Activity room open (Resident's choice) Puzzles, coloring & table games  Movies available for VCR  Sharon Off
Activity Room open (residents 2 choice)  Movies for VCR available  3:00 Afternoon hydration 3:30 Devotion and music with Margaret Desmond and Dr. Buford Nichols Sharon Off	9:00 Relaxation on the Patio 10:00 ME TV,retro old TV shows 1:00 1/1 visits "Let's smooze" 2:00 Let's get together and go to a patriotic sing a long w/Bob Henschen (EC) 3:00 Afternoon movie	9:00 Relaxation on the patio 10:00 ME TV,retro old TV shows 3:00 Afternoon hydration Activity Room Open Resident's Choice 3:30 Movie for VCR available Independence Day (US)	10:00 Dominoes with the boys Kingsland Baptist Church 1:00 1/1 visits "Let's smooze" 2:00 Activity Room Table games	9:00 Relaxation on the patio 10:20 Group transports to Sing-a-long Favorites w/ Louise Frowe (L) 1:00 1/1 visits 3:15 Refreshment and "Our gang" gets together (AR) 7:00 Classic Movie Night (C3)"Shall We Dance" Fred Astaire Ginger Rogers	9:00 Relaxation on the patio 10:00 Morning Stretch 11:00 Cook's Corner (DR3) Cookie Baking 1:00 Dominoes 2:00 Robert Flatt Photography (EC) "Our Backyard Birds" 3:00 Refreshment and "Our gang" gets together (AR)	9:00 Relaxation on the Patio 10:00 ME TV, retro old TV shows  1:00 Fresh popcorn outside the event center 1/1 visit - walks 1:30 Dominoes (AC) 2:30 Hydration/snack 3:00 Afternoon movie VCR
Activity Room open (residents choice)  Movies for VCR available  3:00 Afternoon hydration 3:30 Devotion and music with Margaret Desmond and Dr. Buford Nichols Sharon Off	9:00 Relaxation on the Patio 9:30 Morning Greetings Delivery daily chronicle 10:15 ME TV, retro old TV shows 1:00 1/1 visits 3:00 Refreshment 3:15 Afternoon Movie Sharon Off	9:00 Relaxation on the Patio 9:30 Light N'lively stretch 10:00 Ball Toss 10:30 Stimulation packet & conversation (AR) 1:00 1/1 visits w/ walks 3:00 Refreshment 3:15 Afternoon Movie	9:00 Relaxation on the patio 10:00 Ladies go for outting with Caring friends 1:00 Dominoes (AR) 3:00 Let's bake cookies 4:00 1/1 visits w/walks	9:00 Relaxation on the patio 10:00 Morning Stretch 10:20 Group transport to Sing-a- long (Ava Laing at the piano) 1:00 1/1 visits 3:15 Refreshment and "Our gang" gets together (AR) Let the Games Begin!!	10:00 Morning Stretch 10:15 Stimulation packet & conversation 10:30 Table games 1/1 visits & walk 2:00 A/L Social w/refreshments (3) 3:00 Afternoon hydration and Movie "Moonstruck" Ch3 w/Cher & Nicholas Cage	9:00 Relaxation on the Patio 10:00 ME TV, retro old TV shows  Activity room open (Resident's choice) Puzzles, coloring & table games  Movies available for VCR  Sharon Off
Activity Room open (residents choice)  Movies for VCR available  3:00 Afternoon hydration 3:30 Devotion and music with Margaret Desmond and Dr. Buford Nichols Sharon Off	9:00 Relaxation on the Patio 10:00 Light N'lively stretch 10:30 Activity room open for group puzzles/coloring & conversation 1:00 1/1 visits "Let's smooze" 2:00 Dominoes and other table activities (AR) 3:00 Refreshment and "Our gang" gets together	9:00 Relaxation on the Patio 10:00 Morning stretch 10:15 1/1 with walks 10:45 Stimulation packets & Conversation (AR) 1:00 1/1 2:00 Musician/Violinist Zachary Montasser (EC) 7:00 Movie "Blind Date" (Ch3)	9:30 Light N'lively stretch 10:00 Ball Toss 10:30 Stimulation packet & conversation (AR) 1:00 1/1 visits w/ walks	9:00 Relaxation on the patio 10:00 Morning Stretch 10:20 Group transport to Sing-a-long Program Today's program features Ginny Alan and Anne 1:30 Birthday celebration w/ cake (DR3) 3:00 Back to basics Bible Study Group w/ Chaplin Charles (AR2) 4:00 1/1 w/ walks	9:00 Relaxation on the patio 10:00 Morning Stretch 10:15 Stimulation packet & conversation 10:30 Table games 1:00 1/1 visits w/walks 3:00 Afternoon hydration and Movie	9:00 Relaxation on the Patio 10:00 ME TV, retro old TV shows  1:00 Fresh popcorn outside the event center 1/1 visit - walks 1:30 Dominoes (AC) 2:30 Afternoon hydration, snack 3:00 Afternoon movie VCR
Activity Room open (residents choice)  Movies for VCR available  3:00 Afternoon hydration 3:30 Devotion and music with Margaret Desmond and Dr. Buford Nichols  Sharon Off	9:00 Relaxation on the Patio 9:30 Morning Greetings Delivery daily chronicle 10:15 ME TV, retro old TV shows 1:00 1/1 visits 3:00 Refreshment 3:15 Afternoon Movie Sharon Off	9:00 Relaxation on the Patio 9:30 Light n'lively stretch 10:00 Ball Toss 10:30 Stimulation packet & conversation (AR) 1:00 1/1 visits w/ walks 2:00 Cooks Corner Something Savory (DR3)	9:00 Relaxation on the Patio 9:30 Light N'lively stretch 10:00 Ball Toss 10:30 Stimulation packet & conversation (AR) 1:00 1/1 visits w/ walks 3:00 Afternoon hydration Match & Sort, Puzzles, Coloring 7:00 Movie "Hondo" (Ch3)	9:00 Relaxation on the Patio 10:00 Morning Stretch 10:30 Stimulation packet & conversation (AR) 2:00 Hawaiian Luau Happy Hour (DR3) Live Entertainment Curtis Nicholson at the piano	9:00 Relaxation on the patio 10:00 Morning Stretch 10:15 Stimulation packet & conversation 10:30 Table games 1:00 1/1 visits 3:00 Afternoon hydration and Movie	9:00 Relaxation on the Patio 10:00 ME TV, retro old TV shows  Activity room open (Resident's choice) Puzzles, coloring & table games  Movies available for VCR  Sharon Off
Activity Room open (residents dochoice)  Movies for VCR available  3:00 Afternoon hydration 3:30 Devotion and music with Margaret Desmond and Dr. Buford Nichols  Sharon Off	9:00 Relaxation on the Patio 10:00 Light n'lively stretch 10:20 Balloon Toss 10:30 Activity room open for group puzzles, coloring & conversation 1:00 1/1 visits "Let's smooze" 2:00 Dominoes and table games 3:00 Refreshment & Group Fun stuff activity room					