AUGUST 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	I Int'l Mahjong Day 10:00 Exercise w/ Leo (EC) 10:30 Kroger Grocery 2:00 Walgreens Senior Day 2:30 Tuesday Treats	9:00 Devotions (EC) Chaplain Charles O'Bryant 10:15 Catholic Communion (PR) 10:15 AMC @ the Fountains "Oppenheimer" 11:00 Exercise w/ Leo (EC) 2:00 Water Exercise w/ Leo 2:00 Character of Faith Biblical Studies (L)	3 10:00 Exercise w/ Leo (AR) 10:45 Sing-a-Long (L) "Favorites" with Louise Frowe 7:00 Classic Movie Night (C3) Mildred Pierce Starring Joan Crawford, Jack Carson, & Zachary Scott	9:00 Coffee Talk (Bistro) 10:00 Exercise w/ Frances (EC) 10:15 Memorial Service for Lea Anita Conner St. Mark's Epsicopal Church 1:00 Resale Shopping Blue Bird Circle 1:30 Beginning Bridge w/ Patty McGinty 6th Floor Social Area—West Tower	10:00 Card Craft (Craft Rm) 1:00 Canasta (Lounge) 2:00 Needlework (3rd Floor) 7:00 Bingo (EC)
6 11:30—1:30 Sunday Brunch (Main Dining Room) 6:00 Episcopal Worship w/ Father George (PR)	7 Purple Heart Day 9 AM Dr. Patel, Podiatrist (Clinic) 11:00 Exercise w/ Leo (EC) 12:00 AMC @ The Fountains "Barbie" 1:00 Line Dance w/ Gayle (AR) 1:00 Brazos Needle Group (L) 3:00 Monday Matinee (C3) Man of the Year Starring Robin Williams	8 10:00 Exercise w/ Leo (EC) 10:30 Kroger Grocery 2:30 Cook's Corner (7W) Strawberry Lemon Trifle No bake dessert	9 Book Lovers Day 9:00 Devotions (EC) The Rev. Margaret Desmond 1 0:15 Catholic Communion (PR) 11:00 Exercise w/ Leo (EC) 1:00 J's Treat: MFAH 2:00 Water Exercise w/ Leo 2:00 Character of Faith Biblical Studies (L) 5:30 Candlelight Dinner	10 10:00 Exercise w/ Leo (AR) 10:45 Sing-a-Long (L) Ava Laing at the piano Elaine Adams, song leader 3:00 Caring Friends Meeting (Solarium)	Neal Heaps 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 PM—3 PM Neal Heaps' 102nd Birthday Party (Bistro) 6—8 PM 60 Years of Being the Best Thank you Event (EC)	12 10:00 Card Craft (Craft Rm) 1:00 Canasta (Lounge) 2:00 Needlework (3rd Floor) 7:00 Bingo (EC)
II:30—I:30 Sunday Brunch (Main Dining Room)	9 AM Dr. Patel, Podiatrist (Clinic) 10:00 Meyer Park Shopping Trip 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) Planning Meeting for 2024	10:00 Exercise w/ Leo (AR) 10:30 Kroger Grocery 2:00 The Sunshiner's Band (EC) Live Entertainment 3:30 Party at the Pool Table Open to everyone! Lessons available	9:00 Devotions (EC) The Rev. Keaton King, St. Philip 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)	17 10:00 Exercise w/ Leo (EC) 10:45 Sing-a-Long (L) Ginny Croft at the piano Alan & Anne, Song Leaders 2:00 Third Thursday w/ Margaret Desmond (7W) 5:00 August Birthday Dinner (EC)	9:00 Coffee Talk (Bistro) 10:00 Exercise w/ Frances (EC) 1:30 Beginning Bridge w/ Patty McGinty 6th Floor Social Area—West Tower 2:30 Aroma & Lotion Therapy (PR) 3:00 Shabbat Service (7W)	19 10:00 Card Craft (Craft Rm) 1:00 Canasta (Lounge) 2:00 Needlework (3rd Floor) 7:00 Bingo (EC)
11:30—1:30 Sunday Brunch (Main Dining Room) 6:00 Episcopal Worship w/ Father George (PR)	21 11:00 Exercise w/ Leo (EC) 11:15 Monthly Lunch Bunch Thai Cottage 1:00 Line Dance w/ Gayle (AR) 1:00 Brazos Needle Group (L)	10:00 Exercise w/ Leo (EC) 10:30 Kroger Grocery 2:00 Brazos Towers Therapy Presentation (EC) 5:00 German Fest (Lounge) Live Entertainment w/ Dast 1st Lustic Geman & Alpine Folk Music Happy Hour w/ a German Buffet	9:00 Devotions (EC) The Rev. Blair Parker, Bethany Christian 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 Movie Watch #1 (C3)	10:00 Exercise w/ Leo (EC) 10:45 Hymn Sing a Long (L) Ava Laing at the piano w/ Evelyn & Chaplain Charles 3:00 Thursday Theater (C3) We Bought a Zoo Starring Matt Damon & Scarlett Johansson	9:00 Coffee Talk (Bistro) 10:00 Episcopal Worship with The Reverend David Goldberg (AR) 10:00 Exercise w/ Frances (EC) 1:30 Beginning Bridge w/ Patty McGinty 6th Floor Social Area—West Tower 2:00 Wild Kingdom Live Animals in the Event Center	26 10:00 Celebration of Life Ellen MacDonald St. Philip Presbyterian Church 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)
27 Happy 100th Birthday Ruth Kosieracki 11:30—1:30 Sunday Brunch	28 11:00 Exercise w/ Leo (EC) 2:30 Acme Oyster House Happy Hour	10:00 Exercise w/ Leo (AR) 10:30 Kroger Grocery 2:00 Speaker: Pam Gates, MFAH The Kinder Building Part 2 7:00 Tuesday Theater (C3) The Hard Way	9:00 Devotions (EC) Hymn Sing "Our Favorite Hymns" Led by Jerry McGauhey 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)	3 I 10:00 Exercise w/ Leo (EC) 10:30 Scam Jam: TX Senior Medicare Patrol (Please see flyer for more information) 3:00 Town Hall Meeting w/ Scott (EC) 6:15 RTRM Dinner Night Out	Augus Events may be rescheduled or cancelled	

3:00 Trivia Hour (EC)

6:15 BTBM Dinner Night Out

Auntie Pasto's

Starring Michael J. Fox & James Woods

7:00 Movie Group Meet Up

(Solarium)

AUGUST 2023 • ASSISTED LIVING Activities Calendar

AUGU	J31 ZUZ3	ASSIS	DIED LIVI	NG ACIIV	rifies Calendar
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday Saturday
	gust 23	9:30- Decorate bulletin boards (AR3) 11:00- Resident's Council Meeting (AR3) 2:30- Tuesday Treat! (stop by for ice cream just outside the EC) 3:00- Bingo (DR3)	10:15- Catholic Communion (PR) 11:00- Exercise w/Leo (EC) 1:00- Hand Massage/Lotion therapy (by request) 2:00- Dominoes w/ Sharon 3:00- Movie (DR3)	10:00- Exercise w/ Leo 10:45- Sing-a-long (L) 1:30- Hydration Stand (DR3) 2:00- Back to Basics Bible Study Group w/Chaplin Charles (AR2) 3:00- 1:1 Visits w/ Activity Cart 7:00- Classic Movie Night (C3)	9:00- Coffee Talk (Bistro) 10:00- Exercise w/ Frances (EC) 11:00- Library Visit 2:00- How Much Did it Cost? (AR3) 3:00- Movie (DR3) Activity Room 3rd Floor oper-puzzles -word games -coloring 3PM-BINGO w/ Sharon Challenge: Tell someone you favorite joke!
International Friendship Day! 6 Activity Room 3rd Floor open for: -puzzles -word games -coloring *Solo Sunday Stretch *Gratitude Journal Challenge: Drink 2 cups of water in 1 hour.	10:30- Passport Travels: 7 Philippines! Learn about the culture, music, & food of the Philippines! passports provided. 1:00- Monday Manicures (by request) 2:00- Gardening Group (DR3) 2:30- Afternoon walk 3:00- Monday Matinee (C3)	10:00- Coffee and Chronicles (AR3) 10:30- Brain games (AR3) 1:00- Residents Choice (AR3) 2:30- Cooks Corner (7W) (no	9:00- Devotions (EC) 9 10:15- Catholic Communion (PR) 11:00- Exercise w/Leo (EC) 1:30- Fruit Smoothie Social (DR3) 2:00- Dominoes w/ Sharon 3:00- Movie (DR3)	9:00- AM visits & deliveries 10 10:00- Exercise w/ Leo 10:45- Sing-a-long (L) 1:30- Afternoon Walk w Lily 2:00- Back to Basics Bible Study w/Chaplin Charles (AR2) 3:00- 1:1 Visits w/ Activity Cart	9:00- Coffee Talk (Bistro) 10:00- Exercise w/ Frances (EC) 10:30- Craft Corner: Paint & Sip Sunflower Art. (AR3) 2PM- 3PM- Neal Heaps; 102nd Birthday Party (Bistro) 3:00- Bingo! (DR3) Ativity Room 3rd Floor open -puzzles -word games -coloring Challenge: Reminisce about childhood with your roomma friend
Activity Room 3rd Floor open for: -puzzles -word games -coloring *Solo Sunday Stretch *Gratitude Journal	10:00- Coffee and Chronicles 14 (AR3) 10:30- Arts & Crafts (coffee filter butterfly) (AR3) 1:00- 1:1 Activities (in rooms) 2:00- Afternoon puzzles (AR3) 2:30- Afternoon walk 3:00- Monday Matinee (DR3)	10:00- Coffee and Chronicles (AR3) 10:30- Brain games (AR3) 1:00- Residents Choice (AR3) 2:00- The Sunshiner's Band (EC)	9:00- Devotions (EC) 16 10:15- Catholic Communion (PR) 11:00- Exercise w/Leo (EC) 1:30- Afternoon Tea & News (DR3) 2:00- Dominoes w/ Sharon 3:00- Movie (DR3)	10:00- Exercise w/ Leo 10:45- Sing-a-long (L)	9:00- Coffee Talk (Bistro) 10:00- Exercise w/ Frances (EC) 10:30- Horse Race (DR3) 2:00- What's the Scoop Ice Cream Social (patio on 2nd floor MC) 3:00- Movie (DR3) Activity Room 3rd Floor oper -puzzles -word games -coloring 3PM-BINGO w/ Sharon Challenge: Do one thing you don't normally do
Activity Room 3rd Floor open for: -puzzles -word games -coloring *Solo Sunday Stretch *Gratitude Journal Challenge: Drink 2 cups of water in 1 hour.	(AR3) 1:00- Monday Manicures (by request) 2:00- Gardening Group (water our plants & flowers) (DR3) 2:30- Afternoon walk 3:00- Monday Matinee (DR3)	10:00- Coffee and Chronicles (AR3) 10:30- Brain games (AR3) 1:00- Resident's Choice (AR3) 3:00- Bingo (DR3) 5:00- German Fest (lounge) live entertainment Happy Hour w/ a German Buffet	10:15- Catholic Communion (PR) 11:00- Exercise w/Leo (EC) 1:00- Hand Massage/Lotion therapy (by request) 2:00- Dominoes w/ Sharon 3:00- Movie (DR3)	9:00- AM visits & deliveries 10:00- Exercise w/ Leo 10:45- Sing-a-long (L) 1:30- Afternoon Walk w Lily 2:00- Back to Basics Bible Study w/Chaplin Charles (AR2) 3:00- 1:1 Visits w/ Activity Cart 3:00- Thursday Theater We Bought a Zoo (C3)	9:00- Coffee Talk (Bistro) 10:00- Exercise w/ Frances (EC) 10:30- Random Trivia (AR3) 2:00- Wild Kingdom! Live Animals in the Event Center 3:00- Bingo! (DR3) Ativity Room 3rd Floor open -puzzles -word games -coloring Challenge: Ask an employed friend about their favorite childhood pet!
Activity Room 3rd Floor open for: -puzzles -word games -coloring *Solo Sunday Stretch *Gratitude Journal Challenge: Drink 2 cups of water in 1 hour.	10:00- Coffee and Chronicles 28 (AR3) 10:30- Arts & Crafts (ocean in a bottle) (AR3) 1:00- 1:1 Activities (in rooms) 2:00- Afternoon puzzles (AR3) 2:30- Afternoon walk 3:00- Monday Matinee (DR3)	3:00- Bingo! (DR3)	9:00- Devotions (EC) 10:15- Catholic Communion (PR) 11:00- Exercise w/Leo (EC) 1:30- Afternoon Walk w Lily 2:00- Dominoes w/ Sharon 3:00- Movie (DR3) 3:00- Trivia Hour (EC)	10:00- Exercise w/ Leo 10:45- Sing-a-long (L) 1:30- Afternoon Walk w Lily	AR3- Activity Room 3rd Floor AR2- Activity Room 2nd Floor DR3- Dining Room 3rd Floor EC- Event Center 1st Floor PR- Prayer Room 1st Floor L- Lounge 1st Floor C3- Channel 3

AUGUST 2023 • MEMORY CARE Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aug 20	gust 23	9:00 Relaxation on the patio 9:30 Morning talk TV 10:15 Zoe "Therapy Dog" visit 1:00 Dominoes 2:30 Tuesday Treats (outside EC) lce Cream 3:00 Afternoon hydration 3:15 Wild, wild west Movie CH91	9:00 Relaxation on the patio 9:30 Morning greeting and delivery of daily chronicle 10:00 Activity room open (resident choice) 1:00 1/1 visits 2:00 Dominoes 3rd floor 3:00 Afternoon refreshment 3:15 Our gang get's together - group activities	9:00 Relaxation on the patio 10:20 Group transports to Sing-a-Long (L) Favorites with Louise Frowe 1:00 One/one visits 3:15 Afternoon refreshment "Our gang gets together" Let the fun begin 7:00 Classic Movie Night Channel 3 MILDRED PIERCE	9:00 Relaxation on the patio 9:30 1/1 with walks 10:15 Table games 1:00 Cookie Baking 3:00 Afternoon refreshment 3:15 Activity room open Puzzles, Match & Sort, Coloring	9:00 Relaxation on the patio 10:00 ME TV, retro TV shows 1:00 Visits w/ walks 1:30 Dominoes 3:00 Activity room open (Resident choice) 3:30 Movies available for VCR
9:00 Relaxation on the patio 10:00 Activity room open (residents choice) 3:00 Afternoon hydration 3:30 Devotion and music with Margaret Desmond and/ or Dr. Buford Nichols Sharon Off	9:00 Relaxation on the patio 9:30 Morning Greeting and delivery of daily Chronicle 10:00 Activity room open (residents choice) 1:00 Podiatrist, Dr. Apash Patel 3:00 Refreshment 3:15 Movies available for VCR Sharon Off	9:00 Relaxation on the patio 9:30 Morning talk TV 10:15 Zoe "Therapy Dog" visit 1:00 Dominoes 3:00 Afternoon refreshment 3:15 Wild, wild west Movie CH91	9:00 Relaxation on the patio 10:00 Activity room open (resident choice) 1:00 1/1 visits 2:00 Dominoes 3rd floor 3:00 Afternoon refreshment 3:15 Our gang get's together - group activities	9:00 Relaxation on the patio 10:20 Group transports to Sing-a-Long (L) Ava Laing at the piano 1:00 One/one visits 3:15 Afternoon refreshment "Our gang gets together" Let the fun begin	9:00 Relaxation on the patio 9:30 1/1 with walks 10:15 Table games 1:00 1/1 visits 2:00 Neal Heaps' 102 birthday party (Bistro) 3:00 Afternoon refreshment Movies available for VCR Activity room open (resident choice)	9:00 Relaxation on the patio 10:00 ME TV, retro TV shows 2:30 Activity room open (Residents choice) 3:30 Movies available for VCR Sharon Off
9:00 Relaxation on the patio 10:00 Activity room open (residents choice) 3:00 Afternoon hydration 3:30 Devotion and music with Margaret Desmond and/ or Dr. Buford Nichols Sharon Off	9:00 Relaxation on the patio 9:30 ME TV retro TV shows 10:00 Activity room open (residents choice) 1:00 Resident visits 1/1 1:30 Dominoes 3:00 Refreshment 3:00 Movies available for VCR	9:00 Relaxation on the patio 9:30 Morning talk TV 10:15 Zoe "Therapy Dog" visit 1:00 Dominoes 2:00 Sunshine Band (EC) Live entertainment 3:00 Afternoon refreshment 3:15 Wild, wild west Movie CH91	9:00 Relaxation on the patio 9:30 Morning greeting and delivery of daily chronicle 10:00 Activity room open (resident choice) 1:00 1/1 visits 2:00 Dominoes 3rd floor 3:00 Afternoon refreshment 3:15 Our gang get's together - group activities	9:00 Relaxation on the patio 10:20 Group transports to Sing-a-Long (L) Ginny Croft at the piano Alan & Anne -Song Leaders 1:00 One/one visits 3:15 Afternoon refreshment "Our gang gets together" Let the fun begin	9:00 Relaxation on the patio 9:30 Morning greeting and delivery of daily chronicle 10:00 Activity room open (resident choice) 1:00 1/1 visits 2:00 What's the scoop "Ice Cream Social" Party with Assisted Living 3:15 Our gang get's together	9:00 Relaxation on the patio 10:00 ME TV, retro TV shows 1:00 Visits w/ walks 1:30 Dominoes 3:00 Activity room open (Resident choice) 3:30 Movies available for VCR
9:00 Relaxation on the patio 10:00Activity room open		9:00 Relaxation on the patio 9:30 Morning talk TV 10:15 Zoe "Therapy Dog" visit 1:00 Dominoes 3:00 Afternoon refreshment 3:15 Wild, wild west Movie CH91	9:00 Relaxation on the patio 9:30 Morning greeting and delivery of daily chronicle 10:00 Activity room open (resident choice) 1:00 1/1 visits 2:00 Dominoes 3rd floor 3:00 Afternoon refreshment 3:15 Our gang get's together - group activities	9:00 Relaxation on the patio 10:20 Group transports to Sing-a-Long (L) Hymns w/ Chaplain Charles and and Evelyn 1:00 One/one visits 3:00 Afternoon refreshment 3:00 Thursday Theater (C3) "We bought a Zoo"		
9:00 Relaxation on the patio 10:00 Activity room open (residents choice) 3:00 Afternoon hydration 3:30 Devotion and music with Margaret Desmond and/ or Dr. Buford Nichols Sharon Off	:00 Relaxation on the patio 9:30 Morning Greeting and delivery of daily Chronicle 10:00 Activity room open (residents choice) 1:00 Resident visits 1/1 3:00 Refreshment 3:15 Movies available for VCR	9:00 Relaxation on the patio 9:30 Morning talk TV 10:15 Zoe "Therapy Dog" visit 1:00 Dominoes 3:00 Afternoon refreshment 3:15 Wild, wild west Movie CH91 7:00 Tuesday Theater "The Hard Way" Channel 3	9:00 Relaxation on the patio 9:30 Morning greeting and delivery of daily chronicle 10:00 Activity room open (resident choice) 1:00 1/1 visits 2:00 Dominoes 3rd floor 3:00 Afternoon refreshment 3:15 Our gang get's together - group activities	9:00 Relaxation on the patio 10:00 Art in the activity room 1:00 1/1 visits and walk 3:30 Refreshment and " Key to Key" game with light chair exercise (Board Game) 4:00 Music appreciation	TV Channel 8 ME TV	annel 3 In house movie R3 (Dining Room 3rd floor A/L)