

OCTOBER 2023 • INDEPENDENT LIVING Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 11:30—1:30 Sunday Brunch (Main Dining Room) 1:15 Houston Ballet at The Wortham Theater “Tutu” 6:00 Episcopal Worship w/ Father George (EC) 6:30 Blessing of the Animals (EC) w/ Father George	2 11:00 Exercise w/ Leo (EC) 1:00 Line Dance w/ Gayle (EC) 1:00 Brazos Needle Group (L) 2:00 Monday Movie Matinee “Pleasantville” (C3)	3 9 AM—1 PM Flu & Pneumonia Shot Clinic (EC) 10:00 Exercise w/ Leo (AR) 10:30 Kroger Grocery 2:00 Walgreens Senior Day	4 9:00 Devotions (EC) Chaplain Charles O’Byrant 10:15 Catholic Communion (PR) 11:00 Exercise w/ Leo (EC) 1:30 Character of Faith Biblical Studies (L) 2:00 Water Exercise w/ Leo 6:30 Alley Theatre “American Mariachi”	5 10:00 Exercise w/ Leo (EC) 10:45 Sing-a-Long (L) “Favorites” w/ Louse Frowe 7:00 Classic Movie Night (C3) “Laura” Starring Gene Tierney & Dana Andrews	6 9:00 Coffee Talk (B) 11:00 Exercise w/ Leo (EC) 7:00 Opera & Wine Night (EC) “Turandot” Starring Eva Martin & Placido Domingo	7 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 11:30—1:30 Sunday Brunch (Main Dining Room) 1:30 Houston Symphony at Jones Hall “Seong-Jin Cho Plays Ravel” 2:30 Houston Symphony (C3) Livestream Live from Jones Hall	9 9:45 Manicures & Pedicures Executive Nail Spa on Bellaire Please sign up in the Excursion Book! 11:00 Exercise w/ Leo (EC) 1:00 Line Dance w/ Gayle (EC) 1:00 Brazos Needle Group (L) 7:00 BTBM Book Club (7W) Lessons in Chemistry By Bonnie Garmus Led by Alice Lively	10 10:00 Exercise w/ Leo (EC) 10:30 Kroger Grocery 2:00 Speaker: Dr. Robert Benjamin MD Anderson Oncologist Cancer Treatment Changes over the past 50 years (EC) 3:30 Party at the Pool Table 7:00 Tuesday Theater “Steel Magnolias” (C3)	11 9:00 Devotions (EC) Reverend Susan Yarbrough Unitarian Minister 10:15 Catholic Communion (PR) 11:00 Exercise w/ Leo (EC) 12:45 Rice Fall Midweek Medley 1:00 J’s Treat: MFAH 1:30 Character of Faith Biblical Studies 7:00 Board Games (Bar) w/ the Young Men’s Service League	12 10:00 Exercise w/ Leo (EC) 10:45 Sing-a-Long (L) w/ Ginny Croft at the piano Song leaders, Anne & Alan 3:00 Caring Friends Meeting (SOL) 7:00 Resident Association Meeting	13 9:00 Coffee Talk (B) 11:00 Exercise w/ Leo (EC) 11:30 Grillin’ with Scott Hamburgers & Hot Dogs Pick up in the Bistro! 3:00 Sing-a-Long w/ Bob Henschen “Music of the Season” (EC)	14 10:00 Card Craft (Craft Rm) 1:00 Afternoon Popcorn Just outside the Event Center 1:00 Canasta (Lounge) 2:00 Needlework (3rd Floor) 3:00 Art Class w/ Sheryl Woodall (Craft Room) 7:00 Bingo (EC) 8:00 Houston Symphony (C3)
15 11:30—1:30 Sunday Brunch (Main Dining Room) 6:00 Episcopal Worship w/ Father George (EC)	16 11:00 Exercise w/ Leo (EC) 1:00 Line Dance w/ Gayle (EC) 1:00 Brazos Needle Group (L) 3:30 Happy Hour Manditos Tex Mex	17 10:00 Exercise w/ Leo (AR) 10:30 Kroger Grocery 3:00 Brazos Towers Therapy Presentation “Bone Health/ Physical Therapy Month” (EC) 4:00 Cook’s Corner (at the Bar) Chips, Dips & Sips for Fall weather & football	18 9:00 Devotions (EC) Lily Soriano, BTBM Staff—A/L 10:45 Lunch at Sandy McGees in old town Richmond/Antique Shopping afterwards on the square 11:00 Exercise w/ Leo (EC) 12:45 Rice Fall Midweek Medley 1:30 Character of Faith Biblical Studies (L) 2:00 Water Exercise w/ Leo 7:00 Movie Group 1st Showing (C3)	19 10:00 Exercise w/ Leo (EC) 10:45 Sing-a-Long (L) w/ Ginny Croft at the piano Song leaders, Anne & Alan 2:00 Third Thursday w/ Margaret Desmond (7W) 5:00 October B-day Dinner (EC)	20 9:00 Coffee Talk (B) 11:00 Exercise w/ Leo (EC) 2:30 Aroma & Lotion Therapy (PR) 3:00 Shabbat Service (7W) 7:00 Friday Feature (C3) “Tequila Sunrise” Starring Mel Gibson, Michelle Pfeiffer, & Kurt Russell	21 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 Group 2nd Showing (C3) 7:00 Bingo (EC)
22 11:30—1:30 Sunday Brunch (Main Dining Room) 3:00 Art Class w/ Sheryl Woodall (Craft Room)	23 9:30 Walk in the Park Willow Water Hole 11:00 Exercise w/ Leo (EC) 1:00 Line Dance w/ Gayle (EC) 1:00 Brazos Needle Group (L) 2:00 Come & learn how to play Bunco—a fun dice game 7:00 Movie Group Meet-Up (Sol)	24 10:00 Exercise w/ Leo (EC) 10:30 Kroger Grocery 2:00 Early Voting Bus Trip NRG Stadium 7:00 Trivia Night with the Young Men’s Service League (EC)	25 9:00 Devotions (EC) Rev. Don Tuttle, Bethany Christian Church (Sr. Pastor) 10:15 Catholic Communion (PR) 11:00 Exercise w/ Leo (EC) 12:45 Rice Fall Midweek Medley 1:30 Character of Faith Biblical Studies (L) 2:00 Water Exercise w/ Leo	26 10:00 Exercise w/ Leo (EC) 10:45 Sing-a-Long with w/ Glennie Scott (L) 3:00 Town Hall w/ Scott (EC) 6:00 BTBM Dinner Night Out Crown Seafood in China Town with Julie Gee	27 9:00 Coffee Talk (B) 10:00 Episcopal Worship with The Reverend David Goldberg (AR) 11:00 Exercise w/ Leo (EC) 1:30 Bus Trip to Trader Joes 6:45 Glennie Scott & Judy England Live In Concert (EC)	28 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 (C3) Livestream Live from Jones Hall
29 11:30—1:30 Sunday Brunch (Main Dining Room)	30 9:00 Breakfast at Dish Society 11:00 Exercise w/ Leo (EC) 1:00 Line Dance w/ Gayle (EC) 1:00 Brazos Needle Group (L) 2:00 Speaker: Pam Gates, MFAH The Fauves, the “Wild Beasts” of France: Artists whose Works Screamed Color (EC)	31 Happy Halloween 10:00 Exercise w/ Leo (EC) 10:30 Kroger Grocery 2 PM—4 PM Fall Festival (EC) 	<div style="border: 2px solid black; padding: 10px; background-color: #f4a460;"> <h2 style="margin: 0;">October 2023</h2> <p style="font-size: small; margin: 5px 0;">Events may be rescheduled or cancelled due to low turnout or inclement weather.</p> </div>		Tune to Channel 103 for daily and upcoming events	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

OCTOBER 2023 • ASSISTED LIVING Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00- Sunday Devotional Reading (AR3) 10:30- Sunday Songs (AR3) 2:30- Afternoon Movie (DR3) 4:00- Residents Choice (DR3) (Assorted puzzles, word games, and coloring all available in AR3)</p>	<p>10:00- Chair Yoga (DR3) 10:30- Snack & Hydration (AR3) 11:00- Finger Painting (Flower arrangements) 2:00- Monday Movie Matinee (C3) 4:00- Room Visits with Activity Cart</p>	<p>9:00- AM visits & Deliveries 10:00- Exercise w/Leo (EC) 11:00- Resident Council Meeting (AR3) 1:30- BINGO (AR3) 2:30- Open Table Games (AR3) 3:00- Books & Magazines (Library 3rd fl)</p>	<p>9:00- Devotions (EC) 10:15- Catholic Communion (PR) 11:00- Exercise w/Leo (EC) 2PM-3PM-- Ice Cream Social (DR3)</p>	<p>9:00- AM visits & Deliveries 10:00- Exercise w/ Leo (EC) 10:45- Sing-a-Long (L) 1:30- Corn Hole Tournament (DR3) 2:00- Back to Basic Bible group (AR2) 3:00- 1:1 Visits (in rooms) 7:00- Classic Movie Night (C3)</p>	<p>9:00- Coffee Talk (Bistro) 10:30- BINGO (AR3) 11:00- Exercise w/Leo (EC) 2:00- Snack & Hydration (DR3) 2:30- Afternoon Social Circle (DR3) 3:00- Friday Feature (DR3)</p>	<p>10:00- Daily Chronicle Reading (AR3) 10:30- Open Table Games (AR3) 2:30- Hydration Station (DR3) 3:00- Movie (DR3)</p> <p>Simchat Torah Begins</p>
<p>10:00- Sunday Devotional Reading (AR3) 10:30- Sunday Songs (AR3) 2:30- Afternoon Movie (DR3) 4:00- Residents Choice (DR3) (Assorted puzzles, word games, and coloring all available in AR3)</p>	<p>10:00- Chair Yoga (DR3) 10:30- Snack & Hydration (AR3) 11:00- Cooks Corner (DR3) 1:30- Green Thumbs Club 3:00- Monday Movie Matinee (DR3) 4:00- Room Visits with Activity Cart</p> <p>Columbus Day (US)</p>	<p>9:00- AM visits & Deliveries 10:00- Exercise w/Leo (EC) 10:30- Daily Chronicles & Trivia 1:30- BINGO (AR3) 2:30- Open Table Games (AR3) 3:00- Books & Magazines (Library 3rd fl)</p>	<p>9:00- Devotions (EC) 10:15- Catholic Communion (PR) 11:00- Exercise w/Leo (EC) 1:30- Music & Memory (in rooms by request) 2:30- Hangman (AR3) 3:00- Afternoon Movie (DR3)</p>	<p>9:00- AM visits & Deliveries 10:00- Exercise w/ Leo (EC) 10:45- Sing-a-Long (L) 1:30- Bowling Tournament (DR3) 2:00- Back to Basic Bible group (AR2) 3:00- 1:1 Visits (in rooms)</p>	<p>9:00- Coffee Talk (Bistro) 10:30- BINGO (AR3) 11:00- Exercise w/Leo (EC) 2:00- Snack & Hydration (DR3) 2:00- Wellness Activity w/Lonestar Students (AR3) 3:00- Singalong with Bob Henschen (EC)</p>	<p>10:00- Daily Chronicle Reading (AR3) 10:30- Open Table Games (AR3) 2:30- Hydration Station (DR3) 3:00- BINGO (DR3) 8:00PM- Houston Symphony (C3)</p>
<p>10:00- Sunday Devotional Reading (AR3) 10:30- Sunday Songs (AR3) 2:30- Afternoon Movie (DR3) 4:00- Residents Choice (DR3) (Assorted puzzles, word games, and coloring all available in AR3)</p>	<p>10:00- Chair Yoga (DR3) 10:30- Craft Corner (fall wreath) 11:00- Brain Games 1:30- Green Thumbs Club(Flower arrangements) 3:00- Monday Movie Matinee (DR3) 4:00- Room Visits with Activity Cart</p>	<p>9:00- AM visits & Deliveries 10:00- Exercise w/Leo (EC) 10:30- Daily Chronicles & Trivia 1:30- BINGO (AR3) 2:00- Brazos Towers Therapy presentation "Bone Health". (EC) 4:00- Cooks Corner (at the bar 1st fl)</p>	<p>9:00- Devotions (EC) 10:15- Catholic Communion (PR) 11:00- Exercise w/Leo (EC) 1:30- Music & Memory (in rooms by request) 2:30- Trivia Hour (AR3) 3:00- Afternoon Movie (DR3)</p>	<p>9:00- AM visits & Deliveries 10:00- Exercise w/ Leo (EC) 10:45- Sing-a-Long (L) 1:15- Birthday Celebration with Cake (DR3) 2:00- Third Thursday w/Margaret Desmond (7W) 3:00- 1:1 Visits (in rooms)</p>	<p>9:00- Coffee Talk (Bistro) 10:30- BINGO (AR3) 11:00- Exercise w/Leo (EC) 2:00- Snack & Hydration (DR3) 2:30- Afternoon Social Circle (DR3) 3:00- Friday Feature (DR3) 6:45- Family Bingo Night! (invite loved ones to play bingo with you- rsvp to Lily) (DR3)</p>	<p>10:00- Daily Chronicle Reading (AR3) 10:30- Open Table Games (AR3) 2:30- Hydration Station (DR3) 3:00- Movie (DR3)</p>
<p>10:00- Sunday Devotional Reading (AR3) 10:30- Sunday Songs (AR3) 2:30- Afternoon Movie (DR3) 4:00- Residents Choice (DR3) (Assorted puzzles, word games, and coloring all available in AR3)</p>	<p>9:30- Walk in the Park Willow Water Hole 11:00- Exercise w/Leo (EC) 1:30- Green Thumbs Club 2:00- Dominoes (AR3) 3:00- Monday Movie Matinee (DR3) 4:00- Room Visits with Activity Cart</p>	<p>9:00- AM visits & Deliveries 10:00- Exercise w/Leo (EC) 10:30- BINGO (AR3) 2PM-3PM-- Happy Hour with Jon Dameron (Country & Gospel) (DR3)</p>	<p>9:00- Devotions (EC) 10:15- Catholic Communion (PR) 11:00- Exercise w/Leo (EC) 1:30- Pumpkin Decorating (AR3) 3:00- Afternoon Movie (DR3)</p>	<p>9:00- AM visits & Deliveries 10:00- Exercise w/ Leo (EC) 10:45- Sing-a-Long (L) 1:30- Corn Hole Tournament (DR3) 2:00- Back to Basic Bible group (AR2) 3:00- Town Hall w/Scott (EC)</p>	<p>9:00- Coffee Talk (Bistro) 10:30- BINGO (AR3) 11:00- Exercise w/Leo (EC) 2:00- Snack & Hydration (DR3) 2:30- Afternoon Social Circle (DR3) 3:00- Friday Feature (DR3) 6:45- 6:45- Glennie Scott & Judy England live in Concert (EC)</p>	<p>10:00- Daily Chronicle Reading (AR3) 10:30- Open Table Games (AR3) 2:30- Hydration Station (DR3) 3:00- BINGO (DR3) 8:00PM- Houston Symphony (C3)</p>
<p>10:00- Sunday Devotional Reading (AR3) 10:30- Sunday Songs (AR3) 2:30- Afternoon Movie (DR3) 4:00- Residents Choice (DR3) (Assorted puzzles, word games, and coloring all available in AR3)</p>	<p>10:00- Chair Yoga (DR3) 10:30- Craft Corner (fall wreath) 11:00- Brain Games 1:30- Green Thumbs Club 2:00- Dominoes (AR3) 3:00- Monday Movie Matinee (DR3) 4:00- Room Visits with Activity Cart</p>	<p>9:00- AM visits & Deliveries 10:00- Exercise w/Leo (EC) 10:30- BINGO (AR3) 2PM-4PM-- Fall Festival (EC)</p> <p>Halloween</p>	 <p>October 2023</p>			

OCTOBER 2023 • MEMORY CARE Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:00 Relaxation on the patio 10:00 Activities provided by staff in the dining room, Coloring/Puzzles Channel 91 Encore "Western movie" 3:00 Afternoon hydration 3:30 Devotion and music with Margaret Desmond and/or Dr. Buford Nichols plus Sunday visits with caring friends Sharon Off</p>	<p>9:00 Relaxation on the patio 10:00 Activities provided by staff in the dining room Coloring & Puzzles Residents Choice 10:00 TV set for ME channel,retro TV 2:00 Monday Movie Matinee "Plesantville" CH 3 3:00 Refreshment Following movie put t.v. back on to ME TV, retro Sharon Off</p>	<p>9:45 Morning greeting and stretch 10:00 Noodle ball 10:15 Sing a long Suzie Q 11:00 Therapy Dog Zoey comes for visit 1:00 Hand massage available 2:00 Bingo 3:00 Mind Joggers and other trivia 4:00 Tiny Hamsters "You Tube"</p>	<p>9:45 Morning greeting and stretch 10:00 Balloon Ball 10:15 Activities available in the dining room "Residents Choice" 1:00 Word Search Puzzle & Riddle me this 2:00 Ice Cream Social (3rd floor) 3:00 Arm Chair Travel New England Vacation (YT)</p>	<p>9:45 Daily chronicles - Word Search 10:30 Depart to Thursday Sing a long favorites with Louise Frowe (L) 11:30 1/1 Lunch visits 1:00 Jigsaw puzzles & Photo detective 2:00 Horse race "Board Game" 3:00 Coloring Scarecrows and Pumpkins 4:00 Corn Hole</p>	<p>9:45 Morning greeting and stretch 10:00 Sherry Zak Morris Exercise to music "You Tube" 10:30 Balloon Toss 11:00 1/1 visits 1:00 1/1 visits continued w/walks 2:00 Bingo 3:00 Afternoon refreshment 3:15 Mind Joggers & other trivia 4:30 ME TV, retro shows</p>	<p>9:00 Relaxation on the patio 10:00 ME TV retro TV shows 10:00 Activities provided by staff in the dining room, Coloring/Puzzles 1:00 Channel 91 Encore "Wild Wild West" 3:00 Movie available for VCR viewing 4:00 Activities available Coloring/Puzzles Sharon Off Simchat Torah</p>
<p>9:00 Relaxation on the patio 10:00 Activities provided by staff in the dining room, Coloring/Puzzles Channel 91 Encore "Western movie" 3:00 Afternoon hydration 3:30 Devotion and music with Margaret Desmond and/or Dr. Buford Nichols plus Sunday visits with caring friends Sharon Off</p>	<p>9:30 Monday Funday Stretch 11:30 Mealtime visit with Sharon 1:00 One/one visit with walks 2:00 Table games 3:00 Afternoon hydration 3:30 Corn Hole 4:30 Music and wind down till dinner Columbus Day (US) Indigenous Peoples' Day</p>	<p>9:45 Morning greeting and stretch 10:00 Basketball Toss 10:15 Balloon Ball 10:30 1/1 visits 11:00 Therapy Dog Zoey comes for visit 1:00 Table games 2:00 Decorate Halloween 3:00 Afternoon refreshment 3:30 Channel 91 "The Wild Wild West"</p>	<p>9:45 Morning greeting and stretch 10:00 Noodle ball 10:00 Sing a long music 11:30 Lunch 1/1 visits 1:00 1/1 visits continued w/walks 2:00 Puzzles 3:00 Bingo 4:00 Armchair travel - Mexico</p>	<p>9:45 Daily Chronicles and word Search delivered 10:30 Sing a long (L) w/Ginny Croft at the piano Song leaders, Anne & Alan 11:30 1/1 Lunch visits 1:00 1/1 continued with walks 2:00 Bingo 3:00 Afternoon refreshment 3:15 Mind Joggers & other trivia 4:30 ME TV, retro shows</p>	<p>9:45 Morning greeting and stretch 10:00 Noodle ball 10:15 Sing a long Suzie Q 11:00 1/1 lunch visit 1:00 Hand massage available 1:30 Table games 3:00 Refreshment 3:00 Sing a long w/ Bob Henschen (EC)</p>	<p>9:00 Relaxation on the patio 10:00 ME TV retro TV shows 10:00 Activities available with staff Dining room, Puzzles & Coloring 1:00 One on one visits with walks 1:30 Table games 3:00 Afternoon hydration 3:00 At the races "Board Game" 4:30-5:30 One on one visits and dinner conversation</p>
<p>9:00 Relaxation on the patio 10:00 Activities provided by staff in the dining room, Coloring/Puzzles Channel 91 Encore "Western movie" 3:00 Afternoon hydration 3:30 Devotion and music with Margaret Desmond and/or Dr. Buford Nichols plus Sunday visits with caring friends Sharon Off</p>	<p>9:00 Relaxation on the patio 10:00 Activities provided by staff in the dining room Coloring & Puzzles Residents Choice 10:00 TV set for ME channel,retro TV 3:00 Refreshment 3:15 Movie available for VCR Sharon Off</p>	<p>9:45 Morning greeting and stretch 10:00 Basketball Toss 10:15 Balloon Ball 10:30 1/1 visits 11:00 Therapy Dog Zoey comes for visit 1:00 Mindjoggers and Finish the lyrics 3:00 Bingo (AR) 4:00 Puffy Ball Challenge</p>	<p>9:45 Morning greeting and stretch 10:00 Noodle ball 10:15 Halloween decor (painting) 11:00 1/1 visits 1:00 Music & ball toss 2:15 Dominoes (activity room) 4:00 Game Show</p>	<p>9:45 Morning greeting and word search delivered 10:30 Depart to Sing a long (L) with Ginny Croft Song leaders, Anne & Alan 11:30 1/1 lunch visits 1:00 Balloon volleyball 1:15 Table games 3:00 Refreshment 3:15 Armchair travel - Paris (YT)</p>	<p>9:45 Morning greeting and stretch 10:00 Noodle ball 10:15 Sing a long Suzie Q 11:00 1/1 lunch visit 1:00 Hand massage available 1:30 Table games 3:00 Refreshment 3:00 Mind Joggers and other trivia 4:00 Chair volleyball</p>	<p>9:00 Relaxation on the patio 10:00 ME TV retro TV shows 10:00 Activities provided by staff in the dining room, Coloring/Puzzles 1:00 Channel 91 Encore "Wild Wild West" 3:00 Movie available for VCR viewing 4:00 Activities available Coloring/Puzzles Sharon Off</p>
<p>9:00 Relaxation on the patio 10:00 Activities provided by staff in the dining room, Coloring/Puzzles Channel 91 Encore "Western movie" 3:00 Afternoon hydration 3:30 Devotion and music with Margaret Desmond and/or Dr. Buford Nichols plus Sunday visits with caring friends Sharon Off</p>	<p>9:30 Morning Greeting & Stretch Morning Chronicle Delivered 11:30 Mealtime visit with Sharon 1:00 One/one Visit with walks 2:00 Dominoes (3rd) Floor 3:00 Refreshment 3:15 Afternoon music and ball toss</p>	<p>9:30 Morning Greeting & stretch 9:45 Balloon ball 10:00 AM walk about and music 11:00 Therapy Dog Zoey comes for Visit 1:00 Hand massage available and aroma therapy 2:00-3:00 Happy Hour with Jon Dameron (Country & Gospel (DR3))</p>	<p>9:45 Morning greeting and stretch 10:00 Noodle ball 10:00 Activities available in the dining room "Residents Choice" 11:30 Lunch 1/1 visits 1:00 1/1 visits continued w/walks 2:15 Dominoes 3:00 Bingo 4:00 Armchair travel - Mexico</p>	<p>9:45 Morning greeting and stretch 10:00 Noodle ball 10:30 Depart to Sing a long Glennie Scott (L) 1:00 1/1 visits continued w/walks 2:00 Puzzles 3:00 Ice Cream Social (Refreshment) 4:00 Chair volleyball & music</p>	<p>9:45 Morning greeting and stretch 10:00 Sherry Zak Morris Exercise to music "You Tube" 10:30 Balloon Toss 11:00 1/1 visits 1:00 1/1 visits continued w/walks 2:00 Bingo 3:00 Mind Joggers & other trivia 3:15 Refreshment 3:15 Channel 91 "The Wild Wild West"</p>	<p>9:00 Relaxation on the patio 10:00 ME TV retro TV shows 10:00 Activities available with staff Dining room, Puzzles & Coloring 1:00 One on one visits with walks 1:30 Table games 3:00 Refreshment 3:00 Flower arranging 4:30-5:30 One on one visits and dinner conversation</p>
<p>9:00 Relaxation on the patio 10:00 Activities provided by staff in the dining room, Coloring/Puzzles Channel 91 Encore "Western movie" 3:00 Afternoon hydration 3:30 Devotion and music with Margaret Desmond and/or Dr. Buford Nichols plus Sunday visits with caring friends Sharon Off</p>	<p>9:00 Relaxation on the patio 10:00 Activities provided by staff in the dining room Coloring & Puzzles Residents Choice 10:00 TV set for ME channel,retro TV 3:00 Refreshment 3:15 Movie available for VCR Sharon Off</p>	<p>HAPPY HALLOWEEN Balloon Ball - Monster Mash and The Adams Family music Costume Masks/Hats for residents 1-3 Pm Fall Festival (EC) Halloween</p>	<h1>October 2023</h1>			

OCTOBER 2023 • HEALTH CARE CENTER Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
Quanda Off 1 7:30 Communal Dining 10:00 Daily Chronicles 10:30 Worship Service Streamed 11:00 High or low card game 11:30 Communal Dining 3:00 Movie 5:00 Music Therapy CD 5:30 Communal Dining Caring Friend's	2 7:30 Communal Dining 8:00 Make-Up Monday 9:45 Delivering Brain Stimulation Packet 10:00 Monday Facts & Snacks (2) 10:15 Devotional Reading (2) 10:30 Real Dumb Laws (2) 10:45 Lotion Therapy (2) 11:30 Communal Dining 3:00 Twister w/ a twist (2) 5:30 Communal Dining 7:00 TBN CH. 73	3 7:30 Communal Dining 9:30 Daily Chronicles 9:45 Pina Colada Milkshakes & Apple Tree Exercise (2) 10:15 Devotional Reading (2) 10:30 Make the Association I Love Arts & Crafts Worksheet (2) 11:30 Communal Dining 3:00 Fun Riddles Worksheet & Using tweezers to pick up objects (2) 5:30 Communal Dining 7:00 TBN CH. 73 Walk Abouts w/ Brazos Angels	4 7:30 Communal Dining 9:00 Devotions (EC) 9:30 Delivering Brain Stimulation Packet 10:00 Fresh Air (Patio) 10:15 Snack, Sip & Chat (2) 10:15 Catholic Communion (PR) 11:00 Summertime Pass It On Worksheet & Twister w/ a twister (2) 11:30 Communal Dining 1:00 Bible Study 3:00 Wine Down & Whiskey Wednesday Stacking cups the highest (2) 5:30 Communal Dining 6:00 Music & Lotion Therapy CD	5 7:30 Communal Dining 9:30 Delivering Brain Stimulation Packet 10:00 Fresh air on the Patio 10:30 Devotional Reading (2) 10:45 Sing Along w/ Louise Frowe (L) 11:30 Communal Dining 3:30 Thursday Theater w/ Snacks Downton Abbey Season 4 (2) 530 Communal Dining 6:00 PBS> Ch. 8 7:00 TBN CH. 73	6 7:30 Communal Dining 9:30 Delivering Brain Stimulation Packet 10:15 Story Cubs (2) 10:30 Devotional Reading (2) 10:45 Swat the Fly (2) 11:00 Penny Ante (2) 11:30 Communal Dining 3:00 Design Opportunity (2) Halloween Deco' 5:30 Communal Dining Walk Abouts w/ Brazos Angels	7 7:30 Communal Dining 9:00 Daily Brain Stimulation 9:15 Short Easy Exercise 9:30 Story Cubes (2) 10:00 Fresh Air on the Patio w/ a chance of Chuckles Weather Permitting (P) 11:30 Communal Dining 3:00 Back to School Sensory (2) 5:00 Music Therapy CD 5:30 Communal Dining 7:00 Bingo (EC) Caring Friend's Simchat Torah Begins		
Quanda Off 8 7:30 Communal Dining 10:00 Daily Chronicles 10:30 Worship Service Streamed 11:00 High or low card game 11:30 Communal Dining 3:00 Movie 5:00 Music Therapy CD 5:30 Communal Dining Caring Friend's	Quanda Off 9 7:30 Communal Dining 8:00 Make-Up Monday 9:45 Daily Chronicles 10:15 I Wiggle & Swat the Fly (2) 10:30 Word Ladder #11 11:00 Lotion Therapy (2) 11:30 Communal Dining 3:00 Table Games 5:30 Communal Dining 7:00 TBN CH. 73 Columbus Day (US) Indigenous Peoples' Day Thanksgiving Day (Canada)	10 7:30 Communal Dining 9:30 Daily Chronicles 9:45 Red Wine Cream Floats & Apple Tree Exercise (2) 10:15 Devotional Reading (2) 10:30 Yarn -Wrapped Apples (2) 11:30 Communal Dining 3:00 Pot Luck Worksheet & Painting a picture w/ q-tips(2) 5:30 Communal Dining 7:00 TBN CH. 73 Walk Abouts w/ Brazos Angels	11 7:30 Communal Dining 9:00 Devotions (EC) 9:30 Delivering Brain Stimulation Packet 10:00 Fresh Air (Patio) 10:15 Snack, Sip & Chat (2) 10:15 Catholic Communion (PR) 11:00 Remembering TV & Favorite Shows Twister w/ a twister (2) 11:30 Communal Dining 1:00 Bible Study 3:00 Wine Down & Whiskey Wednesday Minute to win It! Scooping cotton balls w/ eyes closed (2) 5:30 Communal Dining 6:00 Music & Lotion Therapy CD	12 7:30 Communal Dining 9:30 Delivering Brain Stimulation Packet 10:00 Fresh air on the Patio 10:30 Devotional Reading (2) 10:45 Sing Along Ginny Croft at the piano and Anne & Alan leading (L) 11:30 Communal Dining 3:30 Thursday Theater w/ Snacks Downton Abbey Season 4(2) 530 Communal Dining 6:00 PBS> Ch. 8 7:00 TBN CH. 73	13 7:30 Communal Dining 9:30 Delivering Brain Stimulation Packet 10:15 Story Cubs (2) 10:30 Devotional Reading (2) 10:45 Swat the Fly (2) 11:00 Penny Ante (2) 11:30 Communal Dining 3:00 Sing Along w/ Ben Henschen (EC) 3:00 Design Opportunity (2) Halloween Deco' 5:30 Communal Dining Walk Abouts w/ Brazos Angels	14 Quanda Off 7:30 Communal Dining 10:00 Daily Chronicles 10:00 Music Therapy CD 10:30 1950's Discussion (2) 11:30 Communal Dining 1:00 Afternoon Popcorn (EC) 3:00 Red or Black Card Game 5:00 Music & Lotion Therapy CD 5:30 Communal Dining 7:00 Bingo (EC) Caring Friend's		
Quanda Off 15 7:30 Communal Dining 10:00 Daily Chronicles 10:30 Worship Service Streamed 11:00 High or low card game 11:30 Communal Dining 3:00 Movie 5:00 Music Therapy CD 5:30 Communal Dining Caring Friend's	16 7:30 Communal Dining 8:00 Make-Up Monday 9:45 Delivering Brain Stimulation Packet 10:00 Monday Facts & Snacks (2) Painting wine glasses 10:15 Devotional Reading (2) 10:30 Real Dumb Laws (2) 10:45 Lotion Therapy (2) 11:30 Communal Dining 3:00 Twister w/ a twister (2) 5:30 Communal Dining 7:00 TBN CH. 73	17 7:30 Communal Dining 9:30 Daily Chronicles 9:45 Orange Creamsicle Soda Apple Tree Exercise (2) 10:15 Devotional Reading (2) 10:30 Magazine Scavenger Hunt (2) 11:30 Communal Dining 3:00 S is for September Worksheet & Squeezing lemons to make lemonade (2) 5:30 Communal Dining 7:00 TBN CH. 73 Walk Abouts w/ Brazos Angels	18 7:30 Communal Dining 9:00 Devotions (EC) 9:30 Delivering Brain Stimulation Packet 10:00 Fresh Air (Patio) 10:15 Snack, Sip & Chat (2) 10:15 Catholic Communion (PR) 11:00 Finish the Saying & Twister w/ a twister (2) 11:30 Communal Dining 1:00 Bible Study 3:00 Wine Down & Whiskey Wednesday Where will the Dr. Pepper Stop? (2) 5:30 Communal Dining 6:00 Music & Lotion Therapy CD	19 7:30 Communal Dining 9:30 Delivering Brain Stimulation Packet 10:00 Fresh air on the Patio 10:30 Devotional Reading (2) 10:45 Sing Along Ginny Croft at the piano and Anne & Alan leading 11:30 Communal Dining 3:30 Thursday Theater w/ Snacks Downton Abbey Season 4 (2) 530 Communal Dining 6:00 PBS> Ch. 8 7:00 TBN CH. 73	20 7:30 Communal Dining 9:30 Delivering Brain Stimulation Packet 10:15 What's in the Suitcase (2) 10:30 Devotional Reading (2) 10:45 Swat the Fly (2) 11:00 Penny Ante (2) 11:30 Communal Dining 3:00 Design Opportunity (2) Finish wine glass Deco' 5:30 Communal Dining Walk Abouts w/ Brazos Angels	21 7:30 Communal Dining 9:00 Daily Brain Stimulation 9:15 Short Easy Exercise 9:30 Story Cubes (2) 10:00 Fresh Air on the Patio w/ a chance of Chuckles Weather Permitting (P) 11:30 Communal Dining 3:00 Memories of School Days (2) 5:00 Music Therapy CD 5:30 Communal Dining 7:00 Bingo (EC) Caring Friend's		
Quanda Off 22 7:30 Communal Dining 10:00 Daily Chronicles 10:30 Worship Service Streamed 11:00 High or low card game 11:30 Communal Dining 3:00 Movie 5:00 Music Therapy CD 5:30 Communal Dining Caring Friend's	Quanda Off 23 7:30 Communal Dining 8:00 Make-Up Monday 9:45 Daily Chronicles 10:15 I Wiggle & Swat the Fly (2) 10:45 Lotion Therapy (2) 11:30 Communal Dining 3:00 Table Games 5:30 Communal Dining 7:00 TBN CH. 73	Quanda Off 24 7:30 Communal Dining 9:30 Daily Chronicles 9:45 Facts about October (2) 10:15 Devotional Reading (2) 10:30 Magazine Scavenger Hunt (2) 11:30 Communal Dining 3:00 Pest Control Detective (2) 5:30 Communal Dining 7:00 TBN CH. 73 Walk Abouts w/ Brazos Angels	25 7:30 Communal Dining 9:00 Devotions (EC) 9:30 Delivering Brain Stimulation Packet 10:00 Fresh Air (Patio) 10:15 Snack, Sip & Chat (2) 10:15 Catholic Communion (PR) 11:00 Secret Langston Hughes Code Message Twister w/ a twister (2) 11:30 Communal Dining 1:00 Bible Study 3:00 Wine Down & Whiskey Wednesday Minute to win It! Stacking cups (2) 5:30 Communal Dining 6:00 Music & Lotion Therapy CD	26 7:30 Communal Dining 9:30 Delivering Brain Stimulation Packet 10:00 Fresh air on the Patio 10:30 Devotional Reading (2) 10:45 Sing Along w/ Glennie Scott (L) 11:30 Communal Dining 3:30 Thursday Theater w/ Snacks Downton Abbey Season 4 (2) 530 Communal Dining 6:00 PBS> Ch. 8 7:00 TBN CH. 73	27 7:30 Communal Dining 9:30 Delivering Brain Stimulation Packet 10:15 Story Cubs (2) 10:30 Devotional Reading (2) 10:45 Swat the Fly (2) 11:00 Penny Ante (2) 11:30 Communal Dining 3:00 Design Opportunity (2) Halloween Deco' 5:30 Communal Dining Walk Abouts w/ Brazos Angels	Quanda Off 28 7:30 Communal Dining 10:00 Daily Chronicles 10:00 Music Therapy CD 10:30 National Good Neighbor Discussion (2) 11:30 Communal Dining 1:00 Afternoon Popcorn (EC) 3:00 Red or Black Card Game 5:00 Music & Lotion Therapy CD 5:30 Communal Dining 7:00 Bingo (EC) Caring Friend's		
Quanda Off 29 7:30 Communal Dining 10:00 Daily Chronicles 10:30 Worship Service Streamed 11:00 High or low card game 11:30 Communal Dining 3:00 Movie 5:00 Music Therapy CD 5:30 Communal Dining Caring Friend's	30 7:30 Communal Dining 8:00 Make-Up Monday 9:45 Delivering Brain Stimulation Packet 10:00 Making Desserts for party (2) 10:15 Devotional Reading (2) 10:30 Real Dumb Laws (2) 10:45 Lotion Therapy (2) 11:30 Communal Dining 3:00 Twister w/ a twister (2) 5:30 Communal Dining 7:00 TBN CH. 73	31 7:30 Communal Dining 9:30 Daily Chronicles 10:00 Kids Costume Parade 1st Floor (?) 11:00 Holla at Jesus Luncheon Entertainment w/ Bill Parish 1st Floor 3:00 Fall Festival (EC) 5:30 Communal Dining 7:00 TBN CH. 73 Walk Abouts w/ Brazos Angels Halloween	<h1>October 2023</h1> <p>E. Fleishman Oct. 4 R. Luprete Oct. 12 J. Moore Oct. 12 W. Chung Oct. 30</p> <p>1st Floor 2nd Floor 3rd Floor S Solarium L Lounge PR Prayer Room EC Event Center</p>					

Any changes to the calendar will be posted on the board. Contact your Activities Coordinators Quanda or Sharon with suggests or questions @ 346.571.2222