

Independent Living Lifestyles Calendar



OCTOBER

SUN	MON	TUE	WED	THU	FRI	SAT
	MAP LEGEND AC—Arts & Crafts Room AU—Auditorium/Chapel CC—Cabana Café CH2 — Channel 2 GR— Game Room ML— Main Lobby WC — Wellness Center WR — Wii Room	1 9:00A Morning Show (ch2) 10:00A ART GROUP (AC) 11:00A Meet The Author: Carolyn Kneese (AU) 3:00P Singer Joyce Castle (AU) 6:15P BINGO! (AC)	2 Waffle Wednesday! 9:00A Morning Show (ch2) 10:30A Vessels of Joy (GR) 11:00A Chair Volleyball (AU) 2:00P PWP Singers (AU) 3:00P Spanish with Rocio (GR) 6:00P Bridge (GR)	3 9:00A Morning Show (ch2) 10:00A Writer's Workshop (AC) 11:15A Prayer Group (GR) 2:00P Rummikub (GR) 4:00P Social Hour (CC) 6:15P Bingo! (AC)	4 9:00A Morning Show (ch2) 10:45A Cognitive Calisthenics 1:00P Catholic Service (AU) 1:30P Resident Bible Study (AC) 6:15P Trivia Night (AC)	5 9:30A Coffee with Neighbors (CC) 3:30P Music Of Harmony (AU/CH2) 3:00P Puzzles With Friends 6:15P Bingo! (AC)
6 11:00A Episcopal Service (B Building 2nd Floor) 12:00P Music w/ Maurice (DR) 12:00P-2:00P Sunday Brunch 3:30P Vespers (AU/Ch2) 4:30P Coffee and Chatter (CC)	7 Podiatrist Visit 9:00A Morning Show (ch2) 10:30A Grocery Trip (ML) 11:30A Tech Q & A (GR) 1:30P Bible School (GR) 3:00P Bingo Store (AC) 5:00P Mexican Train! (GR)	8 9:00A Morning Show (ch2) 10:00A ART GROUP (AC) 1:00P Memorial Drive Methodist Church Holiday Market (ML) 2:30P Safety Meeting with Drago (AU/CH2) 6:15P BINGO! (AC)	9 Waffle Wednesday! 10A-3P Flu and Covid Shot Clinic 9:00A Morning Show (ch2) 10:30A Vessels of Joy (GR) 11:00A Faithful Paws Visit (CC) 11:00A Chair Volleyball (AU) 2:00P PWP Singers (AU) 3:30P Menu Chat (AU) 6:00P Bridge (GR)	10 9:00A Morning Show (ch2) 10:00A Writer's Workshop (AC) 11:15A Prayer Group (GR) 2:00P Rummikub (GR) 2:00P Good Grief Workshop (AU) 4:00P Social Hour (CC) 6:15P Bingo! (AC)	11 10:30A Aging OR Dementia?(AU) 11:00A Chair Yoga (WC) 11:00A Men's Group (GR) 1:30P Resident Bible Study (AC) 2:30P CVS/Walgreens (\$) 4:30P Aging OR Dementia? (AU) 5:00P Mexican Train! (GR)	12 9:30A Coffee with Neighbors (CC) 11:00A Tallowood Music Academy Performance (AU) 3:00P Puzzles With Friends 6:15P Bingo! (AC)
13 11:00A Episcopal Service (B Building 2nd Floor) 12:00P-2:00P Sunday Brunch 3:30P Vespers (AU/Ch2) 4:30P Coffee and Chatter (CC)	14 9:00A Morning Show (ch2) 10:30A Grocery Trip (ML) 11:30A Tech Q & A (GR) 1:30P Bible School (GR) 2:00P Resident and Associate Pumpkin Painting Contest (AU) 5:00P Mexican Train! (GR)	15 10:00A ART GROUP (AC) 2:00P Sing-A-Long w/ Tim Holder (AU/CH2) 3:00P Music w/ Marlene E. (GR) 6:15P BINGO! (AC)	16 Waffle Wednesday! 9:00A Morning Show (ch2) 10:30A Vessels of Joy (GR) 11:00A Chair Volleyball (AU) 2:00P PWP Singers (AU) 3:00P Spanish with Rocio (GR) 4:45P Catholic Women's Dinner 6:00P Bridge (GR)	17 9:00A Morning Show (ch2) 10:00A Writer's Workshop (AC) 11:00A Episcopal Service (AU) 11:15A Prayer Group (GR) 2:00P Rummikub (GR) 4:00P Social Hour 6:15P Bingo! (AC)	18 Wear It Pink Day! 9:00A Morning Show (ch2) 10:45A Cognitive Calisthenics 11:30A Book Club (GR) 1:30P Resident Bible Study (AC) 2:00P Breast Cancer Talk (AU) 6:15P Trivia Night (AC)	19 9:30A Coffee with Neighbors (CC) 3:00P Puzzles With Friends 6:15P Bingo! (AC)
20 11:00A Episcopal Service (B Building 2nd Floor) 12:00P Music w/ Maurice (DR) 12:00P-2:00P Sunday Brunch 3:30P Vespers (AU/Ch2) 4:30P Coffee and Chatter (CC)	21 9:00A Morning Show (ch2) 10:30A Grocery Trip (ML) 11:30A Tech Q & A (GR) 1:30P Bible School (GR) 3:00P Birthday Social (AU/CH2) 5:00P Mexican Train! (GR)	22 9:00A Morning Show (ch2) 10:00A ART GROUP (AC) 2:00P Seniors and Scams Presented By HPD (AU) 6:15P BINGO! (AC)	23 Waffle Wednesday! 9:00A Morning Show (ch2) 10:30A Vessels of Joy (GR) 11:00A Faithful Paws Visit (CC) 11:00A Chair Volleyball (AU) 2:00P PWP Singers (HC) 3:00P Spanish with Rocio (GR) 6:00P Bridge (GR)	24 9:00A Morning Show (ch2) 10:00A Writer's Workshop (AC) 10:30A Rosenburg Railroad Museum (\$) 11:15A Prayer Group (GR) 2:00P Rummikub (GR) 4:00P Social Hour (CC) 6:15P Bingo! (AC)	25 10:45A Cognitive Calisthenics (WR) 11:00A Chair Yoga (WC) 1:30P Resident Bible Study (AC) 2:00P Movie Matinee - Never Too Late (2020) (AU) 2:30P CVS/Walgreens (\$) 5:00P Mexican Train! (GR)	26 9:30A Coffee with Neighbors (CC) 11:00A Houston MG Car Club Show (Healthcare) 1:45P Stratford Playhouse: Mama Mia (\$) 3:00P Puzzles With Friends 6:15P Bingo! (AC)
27 11:00A Episcopal Service (B Building 2nd Floor) 12:00P-2:00P Sunday Brunch 3:30P Vespers (AU/Ch2) 4:30P Coffee and Chatter (CC)	28 9:00A Morning Show (ch2) 10:30A Grocery Trip (ML) 11:30A Tech Q & A (GR) 1:30P Bible School (GR) 2:30P Movie Matinee - Thelma (2024) (AU) 5:00P Mexican Train! (GR)	29 9:00A Morning Show (ch2) 10:00A ART GROUP (AC) 11:00A Mahjong Lesson (Limit 8) (GR) 2:00P Prize Bingo with HHR (AC) 3:30P TOWN HALL (AU/CH2) 6:15P BINGO! (AC)	30 Waffle Wednesday! 9:00A Morning Show (ch2) 10:30A Vessels of Joy (GR) 11:00A Chair Volleyball (AU) 2:00P PWP Singers (HC) 3:00P Spanish with Rocio (GR) 6:00P Trick or Treating! 6:00P Bridge (GR)	31 9:00A Morning Show (ch2) 10:00A Writer's Workshop (AC) 11:15A Prayer Group (GR) 1:45P Westside High Homecoming Parade (ML) 2:00P Rummikub (GR) 4:00P Social Hour (CC) 6:15P Bingo! (AC)	<p style="text-align: center;"> Activities Are Subject To Change Without Notice </p>	



Independent Living Wellness Calendar



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OCTOBER

SUN	MON	TUE	WED	THU	FRI	SAT
<p>ALL WELLNESS CLASSES ARE HELD IN THE WELLNESS CENTER UNLESS SPECIFIED</p>		<p>1</p> <p>9:30A Advanced Strength 10:00A Intermediate Strength 10:30A Beginner Strength 1:00P Aqua Workout</p>	<p>2</p> <p>9:30A Adv. Stretch & Balance 10:00A Int. Stretch & Balance 10:30A Beg. Stretch & Balance 11:00A Chair Volleyball (AU) 12:00P Resident Consultations 1:00P Cognitive Calisthenics</p>	<p>3</p> <p>9:30A Morning Walk W/ friends 10:00A Morning Walk W/friends 10:30A Beginners Walk W/Friends 12:00P Stretch and mobility 1:00P Aqua Workout</p>	<p>4</p> <p>9:30A Adv. Strength & Balance 10:00A Intermediate/Beginner Strength & Balance 10:45A Cognitive Calisthenics (Wii Room) 12:00P Resident Consultations</p>	<p>5</p> <p>Virtual Workouts! Please log into your ENGAGE Hub on your television and choose from a variety of workouts in the convenience of your apartment</p>
<p>6</p> <p>Virtual Workouts! Please log into your ENGAGE Hub on your television and choose from a variety of workouts in the convenience of your apartment</p>	<p>7</p> <p>9:30A Adv. Stretch & Balance 10:00A Int. Stretch & Balance 10:30A Beg. Stretch & Balance 12:00P Resident Consultations 1:00P Core & Balance</p>	<p>8</p> <p>9:30A Advanced Strength 10:00A Intermediate Strength 10:30A Beginner Strength 1:00P Aqua Workout</p>	<p>9</p> <p>9:30A Adv. Stretch & Balance 10:00A Int. Stretch & Balance 10:30A Beg. Stretch & Balance 11:00A Chair Volleyball (AU) 12:00P Resident Consultations 1:00P Cognitive Calisthenics</p>	<p>10</p> <p>9:30A Machine Strength 10:00A Machine Strength 10:30A Machine Strength 11:00A Chair Volleyball (AU) 12:00P Stretch and Mobility 1:00 Aqua Workout</p>	<p>11</p> <p>9:30A Adv. Strength & Balance 10:00A Intermediate/Beginner Strength & Balance 10:45A Cognitive Calisthenics (Wii Room) 11:00A Chair Yoga (WC) 12:00P Resident Consultations</p>	<p>12</p> <p>Virtual Workouts! Please log into your ENGAGE Hub on your television and choose from a variety of workouts in the convenience of your apartment</p>
<p>13</p> <p>Virtual Workouts! Please log into your ENGAGE Hub on your television and choose from a variety of workouts in the convenience of your apartment</p>	<p>14</p> <p>9:30A Adv. Stretch & Balance 10:00A Int. Stretch & Balance 10:30A Beg. Stretch & Balance 12:00P Resident Consultations 1:00P Core & Balance</p>	<p>15</p> <p>9:30A Advanced Strength 10:00A Intermediate Strength 10:30A Beginner Strength 1:00P Aqua Workout</p>	<p>16</p> <p>9:30A Adv. Stretch & Balance 10:00A Int. Stretch & Balance 10:30A Beg. Stretch & Balance 11:00A Chair Volleyball (AU) 12:00P Resident Consultations 1:00P Cognitive Calisthenics</p>	<p>17</p> <p>9:30A Morning Walk W/friends 10:00A Morning Walk W/ friends 10:30A Beginners Walk 12:00P Stretch and Mobility 1:00P Aqua Workout</p>	<p>18 Wear It Pink Day!</p> <p>9:30A Adv. Strength & Balance 10:00A Intermediate/Beginner Strength & Balance 10:45A Cognitive Calisthenics (Wii Room) 12:00P Resident Consultations</p>	<p>19</p> <p>Virtual Workouts! Please log into your ENGAGE Hub on your television and choose from a variety of workouts in the convenience of your apartment</p>
<p>20</p> <p>Virtual Workouts! Please log into your ENGAGE Hub on your television and choose from a variety of workouts in the convenience of your apartment</p>	<p>21</p> <p>9:30A Adv. Stretch & Balance 10:00A Int. Stretch & Balance 10:30A Beg. Stretch & Balance 12:00P Resident Consultations 1:00P Core & Balance</p>	<p>22</p> <p>9:30A Advanced Strength 10:00A Intermediate Strength 10:30A Beginner Strength 1:00 Aqua Workout</p>	<p>23</p> <p>9:30A Adv. Stretch & Balance 10:00A Int. Stretch & Balance 10:30A Beg. Stretch & Balance 11:00A Chair Volleyball (AU) 12:00P Resident Consultations 1:00P Cognitive Calisthenics</p>	<p>24</p> <p>9:30A Machine Strength 10:00A Machine Strength 10:30A Machine Strength 11:00A Chair Volleyball (AU) 12:00P Stretch and Mobility 1:00P Aqua Workout</p>	<p>25</p> <p>9:30A Adv. Strength & Balance 10:00A Intermediate/Beginner Strength & Balance 10:45A Cognitive Calisthenics (Wii Room) 11:00A Chair Yoga (WC) 12:00P Resident Consultations</p>	<p>26</p> <p>Virtual Workouts! Please log into your ENGAGE Hub on your television and choose from a variety of workouts in the convenience of your apartment</p>
<p>27</p> <p>Virtual Workouts! Please log into your ENGAGE Hub on your television and choose from a variety of workouts in the convenience of your apartment</p>	<p>28</p> <p>9:30A Adv. Stretch & Balance 10:00A Int. Stretch & Balance 10:30A Beg. Stretch & Balance 12:00P Resident Consultations 1:00P Core & Balance</p>	<p>29</p> <p>9:30A Advanced Strength 10:00A Intermediate Strength 10:30A Beginner Strength 1:00P Aqua workout</p>	<p>30</p> <p>9:30A Adv. Stretch & Balance 10:00A Int. Stretch & Balance 10:30A Beg. Stretch & Balance 11:00A Chair Volleyball (AU) 12:00P Resident Consultations 1:00P Cognitive Calisthenics</p>	<p>31</p> <p>9:30A Morning Walk W/friends 10:00A Morning Walk W/friends 10:30A Beginners Walk 12:00 Stretch and Mobility 1:00 Aqua Workout</p>		<p>PLEASE CONTACT BRITTANY CHESTNUT, WELLNESS COORDINATOR, TO SCHEDULE A FITNESS CONSULTATION, (281) 677-5908</p>

The Heights Lifestyles Calendar

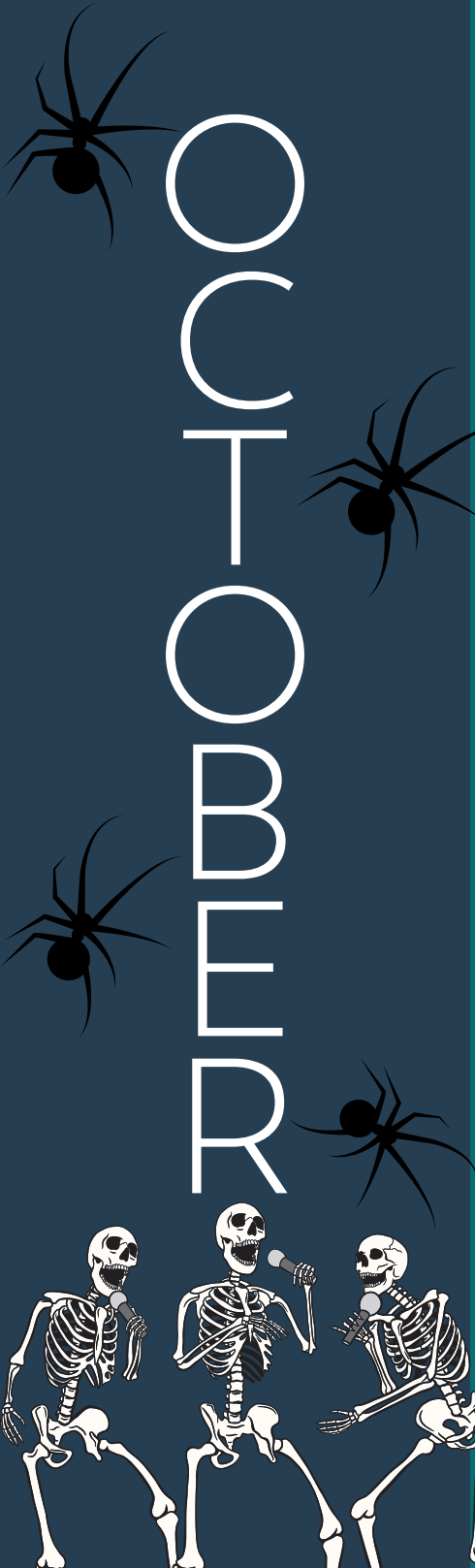


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OCTOBER

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		<p>1 10:15 Spooky Jewlery hr (AR) 11:00 Stretch & Balance (AR) 2:00 Group Bible Study w/ Robert Hudson (AR) 3:00 Rummikub Group (AR) 4:00 Tuesday trivia (AR)</p>	 <p>2 10:00 Daily Chronicle (AR) 11:00 Puzzle hr (AR) 2:00 Rummikub (Ar) 3:00 Rocking & Reminiscing (AR)</p>	<p>3 10:15 Devotion w/John Bender (DR) 2:00 Happy Hour Oktoberfest With Social Jim Connors (B) 3:00 Rummikub (AR) 4:00 Rocking & Reminiscing (P)</p>	 <p>4 10:15 Entertainment By Rich Latimer (DR) 2:15 Piano By Sarah (Ar) 3:00 B-I-N-G-O (DR) 4:00 Puzzle hr (LR)</p>	<p>5 10:15 Piano Melodies Name That Tune w/Mark 2:00 Piano & Guitar Melodies by Youth Volunteers 3:00 Rummikub w/Friends (Ar)</p>
<p>6 10:00 Heights Worship Service (DR) 11:00 Catholic Prayer and Communion 12:00 Texans vs Buffalo (Ar) 2:30 Table Games (B) 3:30 Sunday Trinity Broadcast (Ch.57)</p>	 <p>7 10:00 Manicures and Pedicures With Amparo (AR) 10:30 Grocery Trip kroger (AB) 2:00 Ring Toss (Lr) 3:00 B-I-N-G-O (DR) 4:00 Puzzle hr (LR)</p>	<p>8 10:15 Spooky Trivia (AR) 11:15 Stretch & Balance (AR) 2:00 Strawberry Shortcake Social with Michell (B) 3:00 Rummikub Group (AR) 4:00 Rocking & Reminiscing (AR)</p>	<p>9 10:15 Dominoes (Ar) 10:30A Faithful Paws Visit 11:00 Walking Club 2:00 Wood Painting Workshop (Ar) 3:00 B-I-N-G-O (DR) 4:00 UNO! (Ar)</p>	<p>10 10:15 Devotion w/John Bender (DR) 11:00 Mix & Mingle Welcome committee.(AR) 2:30 Culinary Cultivate Kitchen Demo (B) 3:00 Rummikub Group 4:00 Puzzle hr (LR)</p>	<p>11 10:15 Maurice Daughter Piano Melodies (DR) 2:15 Ice Cream social (P) 3:00 Movie Matinee (AR) 4:00 Puzzle hr (LR)</p>	 <p>12 10:15 Piano Melodies Name That Tune w/Mark (Dr) 1:30 Rummikub (AR) 2:00 Piano & Guitar Melodies by Youth Volunteers (AL) 3:00 Puzzle Solving (Lr)</p>
<p>13 10:00 Heights Worship Service (DR) 11:00 Catholic Prayer and Communion 12:00 Texans vs New England 2:30 Table Games (B) 3:30 Sunday Trinity Broadcast (Ch.57)</p>	 <p>14 10:00 Bowling (DR) 10:30 Grocery Trip Kroger (AB) 11:00 Dominoes (DR) 2:15 Resident and Associate Pumpkin Painting Contest (AR) 4:00 Puzzle hr (LR)</p>	 <p>15 10:15 Res. Council Meeting! (DR) 11:15 Stretch & Balance (AR) 2:00 Group Bible Study w/ Robert Hudson (AR) 3:00 Rummikub Group (AR) 4:00 Aroma therapy & hand massages (2nd floor)</p>	<p>16 10:15 Donuts and Coffee (AR) 11:00 Armchair Travels (AR) 2:00 National Pizza Month (DR) 3:00 B-I-N-G-O (DR) 4:00 Rocking & Reminiscing (P)</p>	<p>17 10:15 Devotion w/John Bender (DR) 11:00 Resistance band Workout (AR) (AR) 2:15 Happy Hour With Danette McMahon (B) 3:00 Rummikub Group (AR) 4:00 Puzzle hr</p>	 <p>18 Wear It Pink Day! 10:15 Lunch Outing (Lr) 11:00 Puzzle hr 2:15 Sing Along with Kenny Cole (DR) 3:00 B-I-N-G-O (Dr) 4:00 UNO</p> 	<p>19 10:15 Piano Melodies with Mark Bruni (DR) 2:00 Piano & Guitar Melodies by Youth Volunteers (AL) 2:30 Popsicles on The Porch 3:00 Rummikub w/Friends</p>
<p>20 10:00 Heights Worship Service (DR) 11:00 Catholic Prayer and Communion 12:00 Texans Vs Greenbay (Ar) 2:30 Table Games (B) 3:30 Sunday Trinity Broadcast (Ch.57)</p>	<p>21 10:15 Pokeno (B) 11:00 Chair Exercises (B) 1:30 Domino Group (L) 2:00 Rummikub Group (B) 3:00 Bingo Group (B)</p>	 <p>22 10 :15 Ring Toss (AR) 11:00 Stretch & Balance (AR) 2:00 The Magic and Comedy Show with Paul Driscoll (DR) 3:00 Rummikub Group (AR) 4:00 Dominoes (AR)</p>	<p>23 10:15 Daily chronicle & coffee (L) 10:30A Faithful Paws Visit 11:00 Walking club (LR) 2:00 Sing-a-long w/ Parkway Place Chior (Dr) 3:00 B-I-N-G-O (DR) 4:00 Aromatherapy & hand massages (2nd floor)</p>	 <p>24 10:15 Devotion w/John Bender (DR) 11:00 Resistance band Workout (AR) 2:15 Residents Birthday Social (Dr) 3:00 Rummikub Group (AR) 4:00 Dominoes</p>	<p>25 10:00 Pokeno! (AR) 2:00 Entertainment By The Two Man Band (DR) 3:00Movie Matinee (AR) 4:00 Puzzle hr (LR)</p>	 <p>26 10:15 Piano Melodies Name That Tune w/Mark (Dr) 11:00 Houston MG Car Club (P) 2:00 Piano & guitar Melodies by youth volunteers 3:00 Rummikub w/Friends</p>
 <p>27 10:00 Heights Worship Service (DR) 11:00 Catholic Prayer and Communion 12:00 Texans Vs Indianapolis (Ar) 2:30 Table Games (B) 3:30 Sunday Trinity Broadcast (Ch.57)</p>	 <p>28 10:15 Spanish class w/ Ericka (AR) 10:30 Grocery Trip Kroger (AB) 11:00 Chair yoga & meditation (AR) 2:00 Bingo Market! (Ar) 3:00 B-I-N-G-O (DR) 4:00 Puzzle hr (LR)</p>	<p>29 10:15 Jenga (AR) 2:00 Group Bible Study w/ Robert Hudson (AR) 3:00 Rummikub Group (AR) 4:00 Rocking & Reminiscing (AR)</p>	<p>30 10:15 Pokeno (AR) 11:00 Walking Club (AR) 2:30 Group Crossword Solving (B) 3:00 B-I-N-G-O (DR) 4:00 Trivia (AR)</p>	 <p>31 10:15 Halloween Event by David LaDuca (DR) 1:45 Westside Homecoming Parade (P) 3:00 Rummikub Group (AR) 7:00 Texans Vs New York (Ar)</p>	<p>Activities Are Subject To Change Without Notice</p>	<p>MAP LEGEND AR— Activity Room DR— Dining Room LR— Living Room FP — Fireplace P — Porch</p>





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The Haven Lifestyles Calendar

SUN

MON

TUE

WED

THU

FRI

SAT



1
10:15 Devotional with Chaplain John Bender (B)
11:00 News and Views (B)
1:30 Domino Group (L)
2:30 Chickenfoot (B)
3:00 Rummikub Group (B)

2
10:00 Daily Chronicle (AL)
10:15 Doughnuts w/Coffee (B)
1:30 Card Games (B)
2:00 Individual Word Search Solving (B)
3:00 B-I-N-G-O (DR)

3
10:15 Bible Study (B)
11:00 Pokeno Group (B)
1:30 Rummikub Group (B)
2:00 Happy Hour Oktoberfest With Social Jim Connors (B)
3:30 Group Chat on Porch (DR)

4
1015 Entertainment By Rich Latimer (DR)
1:30 Card Games (B)
2:15 Ice Cream Social (L)
3:00 Bingo (AL)
4:00 News and Views (L)

5
10:15 Piano Melodies Name That Tune w/Mark
2:00 Piano & Guitar Melodies by Youth Volunteers
3:00 Rummikub w/Friends (Ar)

6 Food Service Workers Week
10:00 Church Service (AL)
11:00 Catholic Visits with Prayer and Communion (H)
1:30 Table Games (B)
3:30 Virtual Vesper Service (Ch 2)

7
10:15 Pokeno (B)
11:00 Chair Exercises (B)
1:30 Domino Group (L)
2:30 Group Crossword Solving (B)
3:00 Bingo Group (DR)
4:00 Jigsaw Puzzle Solving (B)

8 Dessert Month
10:15 Devotional with Chaplain John Bender (B)
11:15 Res. Council Meeting (B)
2:00 Strawberry Shortcake Social with Michell (B)
3:00 Rummikub (B)
4:00 Fill in The Blank Trivia (B)

9
9:30 Manicures and Pedicures by Amparo (H)
10:30A Faithful Paws Visit
11:00 Movie Hour (H)
2:00 Card Games (B)
3:00 B-I-N-G-O (DR)
4:00 News and Views (L)

10
10:15 Bible Study (B)
11:00 Pokeno Group (B)
1:30 Domino Group (B)
2:30 Culinary Cultivate Kitchen Demo (B)
4:00 Current Events (L)

11
10:15 Maurice Daughter Piano Melodies (DR)
1:30 Card Games (B)
2:15 Ice Cream Social (L)
3:00 Bingo (AL)
4:00 News and Views (L)

12
10:15 Piano Melodies Name That Tune w/Mark (Dr)
1:30 Rummikub (AR)
2:00 Piano & Guitar Melodies by Youth Volunteers (AL)
3:00 Puzzle Solving (H)

13
10:00 Church Service (AL)
11:00 Catholic Visits with Prayer and Communion (H)
1:30 Table Games (B)

14
10:15 Pokeno (B)
11:00 Chair Exercises (B)
1:30 Domino Group (L)
2:00 Resident and Associate Pumpkin Painting (B)
3:00 Jigsaw Puzzle Solving (B)

15
10:15 Devotion with Chaplain John Bender (B)
1:30 News and Views (L)
2:00 Popcorn Social (DR)
3:00 Rummikub Group (B)
4:00 Fill in The Blank Trivia (B)

16
10:00 Daily Chronicle (AL)
10:15 Doughnuts w/Coffee (B)
1:30 Card Games (B)
2:00 National Pizza Month (DR)
3:00 B-I-N-G-O (DR)

17
10:15 Bible Study (B)
11:00 Pokeno Group (B)
1:30 Domino Group (B)
2:00 Happy Hour With Danette McMahon (B)
4:00 Current Events (L)

18 **Wear It Pink Day!**
10:00 Lunch Outing
11:00 Puzzle Solving
2:00 Sing Along with Kenny Cole (DR)
2:15 Ice Cream Social (L)
3:00 Bingo Group (DR)

19
10:30 Piano Melodies with Mark Bruni (DR)
1:30 Rummikub Group (B)
2:00 Piano & Guitar Melodies by Youth Volunteers (AL)
2:30 Popsicles on The Porch
3:00 Puzzle Solving (H)

20 Pastoral Care Week Begins
10:00 Church Service (AL)
11:00 Catholic Visits with Prayer and Communion (H)
1:30 Table Games (B)
3:30 Virtual Vesper Service (Ch 2)

21
10:15 Pokeno (B)
11:00 Chair Exercises (B)
1:30 Domino Group (L)
2:00 Rummikub Group (B)
3:00 Bingo Group (B)

22 Magic Week
10:15 Devotional with Chaplain John Bender (DR)
11:00 News and Views (B)
2:00 The Magic and Comedy Show with Paul Driscoll (DR)
3:00 Rummikub Group
4:00 Fill in The Blank Trivia (B)

23
10:00 Daily Chronicle (AL)
10:15 Doughnuts w/Coffee (B)
10:30A Faithful Paws Visit
1:30 Card Games (B)
2:00 Parkway Place Choir (DR)
3:00 B-I-N-G-O (DR)

24
10:15 Bible Study (B)
11:00 Pokeno Group (B)
2:00 Birthday Social with Curtis Nickelson (B)
3:30 Sit-n-Reminisce (B)
4:00 Current Events (L)

25
10:15 Bingo! Bingo! Bingo!
2:00 Entertainment By The Two Man Band (DR)
2:15 Ice Cream Social (L)
3:00 Rummikub Group (B)
4:00 News and Views (L)

26
10:15 Piano Melodies Name That Tune w/Mark (Dr)
11:00 Houston MG Car Club (P)
2:00 Piano & guitar Melodies by youth volunteers
3:00 Rummikub w/Friends

27
10:00 Church Service (AL)
11:00 Catholic Visits with Prayer and Communion (H)
1:30 Table Games (B)
3:30 Virtual Vesper Service (CH 2)

28
10:30 Pokeno Group (B)
11:00 Chair Exercises (B)
1:30 Domino Group (L)
2:00 Group Crossword Solving (B)
3:00 Jigsaw Puzzle (B)

29
10:15 Devotion with Chaplain John Bender (B)
1:30 News Highlights (L)
2:00 Chicken Foot Dominoes (DR)
3:00 Rummikub Group (B)
4:00 Fill in The Blank Trivia (B)

30
10:00 Daily Chronicle (AL)
10:15 Doughnuts w/Coffee (B)
2:00 Fall Puzzle Challenge (B)
3:00 Halloween B-I-N-G-O Spectacular (DR)
4:00 Group Chat Reminiscing (l)

31
10:15 Halloween Event by David LaDuca (DR)
11:00 Candy Treat Stations
1:45 Westside Homecoming Parade
2:00 Refreshments
4:00 Current Events (L)



MAP LEGEND
L-Lounge
B-Bistro
DR-Dining Room
AL-Assisted Living
H-Healthcare
Activities are Subject to Change Without Notice

OCTOBER





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OCTOBER



The Harbor Lifestyles Calendar



SUN	MON	TUE	WED	THU	FRI	SAT
		1 10:00 Aroma Bread Baking 10:30 Wheel of Fortune Game 2:00 Balloon Toss 3:00 Find the picture difference challenge 3:00 Group Dominoes 5:30 Relax w/Music	2 10:00 Devotion w/Chaplain John 11:00 Senior Trivia 2:00 Name your Car Reminisce 3:00 Pokeno Card Game 5:30 Relax w/Music	3 10:00 Beauty Shop 10:15 Sing and Strength Exercise 2:00 Happy Hour w/ Entertainment by Jim 4:30 Relax w/ Music	4 Happy Birthday Carol 10:15 Entertainment by Rich 2:15 Ice cream Social 2:30 Outdoor Stroll 3:00 Table Games 5:30 Relax w/Music Happy Birthday Fanny	5 10:15 Piano Melodies Name That Tune w/Mark 2:00 Piano & Guitar Melodies by Youth Volunteers 3:00 Rummikub w/Friends (Ar)
6 10:00 Sunday Worship w/Tallowood Church 2:00 Sunday Movie Classic 3:30 Virtual Vesper Service (Ch 2) 6:00 Gospel Serenade	7 10:00 B-I-N-G-O Fun 2:00 Group Puzzle Piecing 3:00 Group Dominoes 5:30 Relax w/ Music	8 10:00 Mani/Pedi by Amparo 10:30 Wheel of Fortune Game 2:00 Strawberry Shortcake Social w/Michelle 3:00 Group Dominoes 5:30 Relax w/Music	9 10:00 Devotion w/Chaplain John 10:30 Faithful Paws Pet Visit 2:00 Pokeno Card Game 3:00 Group Dominoes 5:30 Relax w/Music	10 10:00 Beauty Shop 10:15 Brain Boosting Exercise 2:00 Culinary Cultivate Kitchen Demo 3:30 Color sorting socks 4:40 Relax w/Music	11 10:00 Memorial Drive Methodist Pumpkin Patch Tour 10:15 Maurice on Piano 2:15 Ice cream Social 3:00 Baby Ruth fun Facts 5:30 Relax w/ Music	12 10:15 Piano Melodies Name That Tune w/Mark (Dr) 1:30 Rummikub (AR) 2:00 Piano & Guitar Melodies by Youth Volunteers (AL) 3:00 Puzzle Solving (H)
13 10:00 Sunday Worship w/Tallowood Church 2:00 Sunday Movie Classic 3:00 Group Puzzle Piecing 3:30 Virtual Vesper Service (Ch 2) 6:00 Sunday Serenade	14 10:00 G-H-O-S-T B-I-N-G-O 11:00 Resident Council Talk 2:00 Staff & Residents Pumpkin Painting 3:00 Group Dominoes 5:30 Relax w/ Music	15 10:00 Wheel of Fortune 2:00 Popcorn Social 2:30 Color by Number Pumpkin Art 3:00 Outdoor Stroll 5:30 Relax w/ Music	16 10:00 Devotion w/Chaplain John 2:00 Pizza Social 3:00 Necklace Art Craft 5:30 Relax w/Music	17 10:00 Beauty Shop 10:15 Baseball Boogie Exercise 2:00 Fall Pie Social w/Danette 3:30 Group Laundry 4:30 Relax w/Music	18 Breast Cancer Awareness- Wear Pink 10:00 Word in a Word Game 2:00 Sing along w/Kenny 3:00 Group dominoes 5:30 Relax w/Music	19 10:15 Piano Melodies with Mark Bruni (DR) 1:45 Popcorn Treat 2:00 Piano & Guitar Melodies by Youth Volunteers 3:00 Wheel of fortune Game 3:00 Puzzle Solving (H)
20 10:00 Sunday Worship w/Tallowood Church 2:00 Bingo w/Ashford Community Church Youths 3:30 Virtual Vesper Service (Ch 2) 6:00 Gospel Serenade	21 10:15 Memory Lane Sing along 2:00 Dot to Dot Art 3:00 Group Dominoes 5:30 Relax w/Music	22 10:00 Wheel of Fortune 2:00 Magic & Comedy Show w/Paul 3:30 Outdoor Stroll 5:30 Relax w/ Music	23 10:00 Devotion w/Chaplain John 10:30 Faithful Paws Pet Visit 2:00 Hymnal Sing along w/Parkway Place Chior 3:00 Group Puzzle Piecing 5:30 Relax w/Music	24 10:00 Beauty Shop 11:00 Ring Toss 2:15 Residents Birthday Social Entertainment by Curtis -AL 3:30 Nature Walk 4:30 Relax w/Music Happy Birthday Harry	25 10:15 Word in a Word 2:00 Entertainment by Two Men Band 2:15 Ice cream Social 3:00 Group Puzzle Piecing 5:30 Relax w/Music	26 10:15 Piano Melodies with Mark Bruni (DR) 11:00 Houston MG Car Club Show 1:45 Popcorn Social (L) 2:00 Piano & Guitar Melodies by Youth Volunteers (AL)
27 10:00 Sunday Worship w/Tallowood Church 2:00 Sunday Movie Classic 3:30 Virtual Vesper Service (Ch 2) 6:00 Sunday Serenade	28 10:00 Bingo Fun 1:15 Group Puzzle Piecing 2:00 Watercolor Art 3:00 Group Dominoes 4:30 Wind Down Music	29 10:00 Wheel of Fortune 2:00 Cookie Baking w/Sara 3:00 Group Table Games 3:30 Outdoor Stroll or Roll 5:30 Relax w/ Music	30 10:00 Devotion w/Chaplain John 2:00 Halloween B-I-N-G-O Spectacular 3:00 Sequence card game 5:30 Relax w/Music	31 HAPPY HALLOWEEN 10:15 Monster Mash Entertainment by David 10:15 Balloon Toss 1:30 Westside High School Homecoming Parade 4:30 Relax w/ Music	 Activities are subject to change without notice. Any change will be posted.	



BOO!

