

DECEMBER SPECIAL EVENTS

HOME CARE VET MEET AND GREET

WEDNESDAY, DECEMBER 5 ~ 10:30 (AU)
MEET DR. CATHERINE POWELL, A MOBILE VETERINARIAN. HEAR ABOUT THE SERVICES THAT ARE AVAILABLE WITHOUT HAVING TO LEAVE HOME! THERE IS NO COMMITMENT JUST BY ATTENDING THE MEETING.

CHRISTMAS SINGALONG

WEDNESDAYS, DECEMBER 5, 12, 19 ~ 1:30 (ML)
SING YOUR FAVORITE SONGS OF THE SEASON.

JAY'S SHOW AND SELL

THURSDAY, DECEMBER 6
11-5:30 (GENERAL STORE)
THE HOLIDAYS ARE UPON US! SHOP FOR CLOTHES, ACCESSORIES, AND GIFT ITEMS FROM JAY'S STORE! COME TO THE HALLWAY NEAR THE GENERAL STORE TO MAKE YOUR SELECTIONS!

HAND CHIMES

CHRISTMAS PERFORMANCE
THURSDAY, DECEMBER 6 ~ 2:00 (AL)
PARKWAY PLACE'S OWN HAND CHIMES CHOIR WILL PERFORM MANY OF YOUR CHRISTMAS FAVORITES IN THE ASSISTED LIVING DINING ROOM.

CHRISTMAS WITH AMANDA MARIE AND WESLEY

FRIDAY, DECEMBER 7 ~ 3:00 (AU)
TWO OF OUR FAVORITE PERFORMERS FROM ACTIVE AGING WEEK ARE BACK WITH A CONCERT OF CHRISTMAS STANDARDS!

SHOPPING AT MEMORIAL CITY MALL

MONDAY, DECEMBER 10 ~ 11:00 (ML)
GET SOME CHRISTMAS SHOPPING DONE WITH A TRIP TO MEMORIAL CITY MALL!

ART WITH ELEANOR

MONDAY, DECEMBER 10 ~ 3:00 (GR)
EXPRESS YOURSELF THROUGH ART AS ELEANOR LOOSE LEADS US. NO EXPERIENCE OR TRAINING IS NECESSARY.

BAYOU CITY SINGERS

MONDAY, DECEMBER 10 ~ 7:00 (AU)
ONE OF OUR FAVORITE GROUPS IS BRINGING THEIR CHRISTMAS CONCERT TO PARKWAY PLACE!

WOLFE ELEMENTARY CHOIR

TUESDAY, DECEMBER 11 ~ 1:00 (AU)
SUPPORT THE CHILDREN OF WOLFE ELEMENTARY AND GET INTO THE CHRISTMAS SPIRIT BY ATTENDING THIS ANNUAL CONCERT!

FOOD DISCUSSION

TUESDAY, DECEMBER 11 ~ 2:00 (AU)
MEET WITH OUR FOOD SERVICE LEADERS TO HEAR THE LATEST INFORMATION ABOUT YOUR DINING EXPERIENCE.

BUNCO

TUESDAY, DECEMBER 11 ~ 3:00 (GR)
COME TO A BUNCO PARTY! FUN, SNACKS, AND LOTS OF PRIZES! THE GAME IS EASY TO LEARN AND PLAY!

CHAIR VOLLEYBALL

WEDNESDAYS, DECEMBER 12 AND 26 ~ 3:00 (AU)
WANT TO HAVE FUN AND GET SOME EXERCISE, TOO? COME TO CHAIR VOLLEYBALL! EVERYONE IS WELCOME TO PLAY OR TO WATCH AND CHEER!

WILCHESTER ELEMENTARY GIRLS CHOIR

WEDNESDAY, DECEMBER 12 ~ 5:30 (AU)
ENJOY THE SONGS OF THE SEASON PRESENTED BY THE WILCHESTER ELEMENTARY 4TH GRADE GIRLS BIBLE STUDY CHOIR.

CHRISTMAS OPEN HOUSE

THURSDAY, DECEMBER 13 ~ 4:30 (IL)
GREAT FOOD, LIVELY ENTERTAINMENT, FABULOUS DECORATIONS! THE ANNUAL OPEN HOUSE IS A WONDERFUL TIME TO INVITE YOUR FAMILY TO EXPERIENCE THE HOLIDAY SEASON!

BOOK CLUB

FRIDAY, DECEMBER 14 ~ 11:00 (L)
THIS IS AN OPEN GROUP THAT WELCOMES NEWCOMERS. IF YOU ARE INTERESTED IN JOINING, STOP BY THE ACTIVITIES OFFICE TO SEE ABOUT GETTING THE CURRENT MONTH'S BOOK.

FRIDAY MATINEE: ELF

FRIDAY, DECEMBER 14 ~ 2:00 (AU)
ONE CHRISTMAS EVE A LONG TIME AGO, A BABY CRAWLED INTO SANTA'S BAG OF TOYS. RAISED AS AN ELF, BUDDY GOES LOOKING FOR HIS TRUE PLACE IN THE WORLD--IN NEW YORK CITY.

ST. JOHN PAUL II MIDDLE SCHOOL CHOIR I

MONDAY, DECEMBER 17 ~ 10:15 (ML)
ENJOY YOUR FAVORITE CAROLS AS YOU SUPPORT OUR LOCAL SCHOOL CHILDREN.

OUT TO LUNCH BUNCH CLEBURNE CAFETERIA

MONDAY, DECEMBER 17 ~ 11:00 (ML)
ENJOY LUNCH WITH FRIENDS AT THIS LOCAL RESTAURANT.

ST. JOHN PAUL II MIDDLE SCHOOL CHOIR II

TUESDAY, DECEMBER 18 ~ 10:15 (ML)
MORE LOCAL SCHOOL CHILDREN WILL ENTERTAIN WITH A SPECIAL CHRISTMAS PROGRAM.

SINGALONG WITH TIM HOLDER

TUESDAY, DECEMBER 18 ~ 2:00 (AU)
SING THE GREAT HYMNS OF THE CHURCH DURING A ROUSING HOUR OF HYMN-SINGING!

CHRISTMAS LIGHTS TOUR!

WEDNESDAY, DECEMBER 19 ~ 5:30 (ML)
TAKE AN EVENING TOUR TO SEE SPECTACULAR CHRISTMAS LIGHTS!

BIRTHDAY SOCIAL

FRIDAY, DECEMBER 21 ~ 2:30 (AU)
CELEBRATE OUR DECEMBER BIRTHDAYS WITH ROLAND STEELE.

NEW YEAR'S EVE PARTY

MONDAY, DECEMBER 31 ~ 4:30 (DR, ML)
RING IN THE NEW YEAR WITH A GREAT MEAL, MUSIC AND DANCING, AND A GLASS OF BUBBLY (CHAMPAGNE OR CIDER)!

OUT TO LUNCH BUNCH RED LOBSTER



PARKWAY PLACE

Inspiring happiness.™

INDEPENDENT LIVING

DECEMBER 2018 ISSUE

VETERANS DAY LUNCHEON



VETERANS DAY PROGRAM AT WEST BRIAR MIDDLE SCHOOL



INDEPENDENT LIVING STAFF

Executive Director
Susan Phelps
281-677-5904

Director of Administrative Services
Shima Reddy
281-677-5903

Chaplain
John Bender
281-677-5927

Executive Chef
Derone Martin
281-677-5916

Director of Environmental Services
Dragoslav Lukic
281-556-9200

Director of Independent Living
Linda Fitzhugh
281-677-5910

Director of IL Marketing
Kim Mathes
281-677-5912

Life Enrichment Coordinator
Mary Green
281-677-5908

Wellness Director
Constance Lafuente
281-677-5956

CONSTRUCTION CORNER

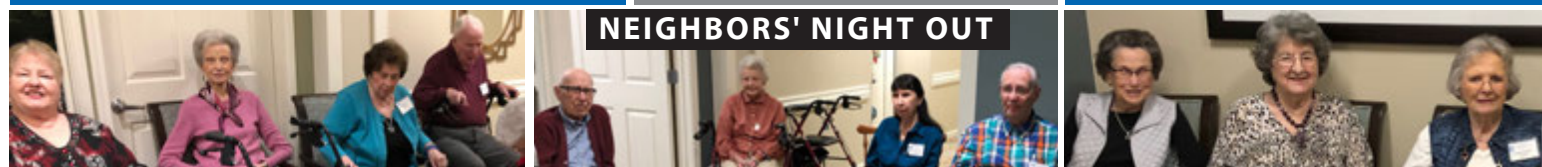
In December, you should see the following, and more:

- Completion of the Café and Cabana Room.
- Completion of the Arts & Crafts Room.
- Carpeting installed in hallway near the Café

Thank you for your patience as these improvements continue!

DECEMBER BIRTHDAYS

- 12/2 Shirley Clark
- 12/6 Virginia Derry
- 12/6 Alice Hodge
- 12/6 Marianne Jones
- 12/8 Virginia Wallace
- 12/21 Phil Mudd
- 12/22 Ella Phipps
- 12/26 Pat Montgomery
- 12/29 Jack Logan
- 12/29 Carol Mudd
- 12/31 Rosemary Gibbs
- 12/31 Norma Richardson



NEIGHBORS' NIGHT OUT

CHAPLAIN JOHN



Ah, it's Christmas time again. The most wonderful time of the year. We bring out our boxes full of decorations. The tree is put up with garlands, streamers, tinsel, and hanging of ornaments that have been in the family for years. The lights are placed in just the proper place for all to see and enjoy. We sit back and stare in awe of the beauty of the season. Some spend thousands of dollars on Christmas to make their homes cheery and bright for a couple of weeks in the year. So...Have you ever thought about decorating your life for Christmas? Let's start with a little Joy around the heart. The heart is the seat of all emotions, intellect, and will. As we meet people during this season, they need to see Jesus-Joy as a by-product of our lives. As one author stated, "Joy is the flag flown over the castle when the King is in residence there." Next, place a small amount of Peace in your eyes. We celebrate the birth of the Prince of Peace. Since He is in residence in our hearts, then peace will automatically be seen.

People you see every day are in desperate need of peace. As we communicate with people, let them see the wonders of a peaceful countenance on your face. As we continue our decorating, we find an abundance of Love. Where do we place Love so that it is prominent? We have plenty because God is love, and since He resides in our hearts, love is magnified. Let's put on love like an overcoat that covers our filthy rags. It is not a matter of feelings, but a matter of the will; I choose to love you even though you do not deserve to be loved. It sounds like something God would say to you, doesn't it? Love is the basic element of Christ-likeness. Then comes a touch of Grace. Since it was grace that was born in a manger, then it's Grace that should permeate our lives. Grace is giving others not what they deserve, but what they need. The King that is in residence is a gracious King. What He has done for us in the past, we can count on for the remainder of our lives. No roadblock, no obstacle, no mountain, no wall is too big, too powerful, or too overwhelming for His grace to overcome.

- A little touch of Grace for people to see.
- An abundance of Love to overwhelm them.
- Peace that calms the restless heart.
- And Joy, because Jesus is here.

NOVEMBER BIRTHDAY SOCIAL



WESTSIDE HIGH SCHOOL HOMECOMING PARADE



INSPIRE HAPPINESS RESIDENT OF THE MONTH Delmarie Gilbreath



Delmarie Gilbreath is quiet and unassuming. Unless you are at the right spot at the right time, you might not know that she is a very talented musician – and she shares her talents with us at Parkway Place! The lobby fills with beautiful music when she sits at the piano some evenings before dinner. She is also an invaluable member of the Hand Chime Choir. Delmarie's music brings happiness to lots of folks! Thank you, Delmarie, for offering such beauty to us!



PARKWAY PLACE

DECEMBER 2018

INDEPENDENT LIVING ACTIVITIES



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>2</p> <p>12:00-1:30 Rodney Rasberry(ML) 3:30 Vespers Service (CH) 4:30 Coffee & Chatter (GR)</p>	<p>3</p> <p>9-12 Dr Ho 9:00/9:45/10:30 Kroger (ML) 10:00 Iris Cards (GR) 1:30 SS at PWP (PDR) 3:00 Bingo Store (GR) 6:30 Rummikub (GR)</p>	<p>4</p> <p>2:00 Blood Pressure (HHR) 2:15 Catholic Service (AL) 6:00 Bingo (GR)</p>	<p>5</p> <p>10:00 Iris Cards (GR) 10:30 Home Care Vet Meet and Greet (AU) 1:30 Christmas Singalong (ML) 6:30 Rummikub (GR)</p>	<p>6</p> <p>11-5:30 Jay's Show & Sell (General Store) 2:00 Hand Chimes Christmas Performance (AL) 2:00 Bible Study with Charles Blansit (GR) 3:15 Games (GR) 6:00 Bingo (GR)</p>	<p>7</p> <p>10:00 Women's Bible Study (PDR) 10:00 Men's Activity Club (GR) 2:00 Bank/Walgreens (ML) 1:00 Catholic Service (GR) 3:00 Christmas with Amanda Marie and Wesley (AU) 6:30 Rummikub (GR)</p>	<p>1</p> <p>10:00 Coffee & Donuts (GR) 6:00 Bingo (GR)</p> <p>8</p> <p>10:00 Coffee & Donuts (GR) 6:00 Bingo (GR)</p>
<p>9</p> <p>12:00-1:30 Rodney Rasberry(ML) 3:30 Vespers Service (CH) 4:30 Coffee & Chatter (GR)</p>	<p>10</p> <p>9:00/9:45 Kroger (ML) 10:00 Iris Cards (GR) 11-2 Shopping at Memorial City Mall (ML) 1:30 SS at PWP (PDR) 3:00 Art with Eleanor (GR) 6:30 Rummikub (GR) 7:00 Bayou City Singers (AU)</p>	<p>11</p> <p>1:00 Wolfe Elementary Choir (AU) 2:00 Food Discussion (AU) 2:00 Blood Pressure (HHR) 2:15 Catholic Service (AL) 3:00 Bunco! (GR) 6:00 Bingo (GR)</p>	<p>12</p> <p>10:00 Iris Cards (GR) 1:00 Dr Kuliev (WC) 1:30 Christmas Singalong (ML) 3:00 Chair Volleyball (AU) 5:30 Wilchester Elementary Girls Choir (AU) 6:30 Rummikub (GR)</p>	<p>13</p> <p>2:00 Bible Study with Charles Blansit (GR) 3:15 Games (GR) 4:30 Christmas Open House (DR, AU, GR) 6:00 Bingo (GR)</p>	<p>14</p> <p>10:00 Women's Bible Study (PDR) 10:00 Men's Activity Club (GR) 11:00 Book Club (L) 2:00 Bank/Walgreens (ML) 2:00 Friday Matinee - Elf (AU) 6:30 Rummikub (GR)</p>	<p>15</p> <p>10:00 Coffee & Donuts (GR) 6:00 Bingo (GR)</p>
<p>16</p> <p>12:00-1:30 Rodney Rasberry(ML) 3:30 Vespers Service (CH) 4:30 Coffee & Chatter (GR)</p>	<p>17</p> <p>9:00/9:45 Kroger (ML) 10:00 Iris Cards (GR) 10:15 John Paul II Middle School Choir (ML) 11:00 Out to Lunch Bunch - Cleburne Cafeteria (ML) 1:30 SS at PWP (PDR) 6:30 Rummikub (GR)</p>	<p>18</p> <p>10:15 John Paul II Middle School Choir (ML) 2:00 Blood Pressure (HHR) 2:00 Singalong with Tim Holder (AU) 2:15 Catholic Service (AL) 6:00 Bingo (GR) QUANTUM PEST CONTROL 'A'</p>	<p>19</p> <p>10:00 Iris Cards (GR) 1:30 Christmas Singalong (ML) 5:30 Christmas Lights Tour (ML) 6:30 Rummikub (GR)</p>	<p>20</p> <p>2:00 Bible Study with Charles Blansit (GR) 3:15 Games (GR) 3:15 Episcopal Service (2nd Floor C Building) 6:00 Bingo (GR)</p>	<p>21</p> <p>10:00 Women's Bible Study (PDR) 10:00 Men's Activity Club (GR) 2:30 Birthday Social (AU) 6:30 Rummikub (GR)</p>	<p>22</p> <p>10:00 Coffee & Donuts (GR) 6:00 Bingo (GR)</p>
<p>23</p> <p>12:00-1:30 Rodney Rasberry(ML) 3:30 Vespers Service (CH) 4:30 Coffee & Chatter (GR)</p>	<p>24</p> <p>9:00/9:45/10:30 Kroger (ML) 1:30 SS at PWP (PDR) 6:30 Rummikub (GR)</p> <p>CHRISTMAS EVE</p>	<p>25</p> <p>CHRISTMAS DAY</p>	<p>26</p> <p>10:00 Iris Cards (GR) 1:30 Singalong (ML) 3:00 Chair Volleyball (AU) 6:30 Rummikub (GR)</p>	<p>27</p> <p>2:00 Bible Study with Charles Blansit (GR) 3:15 Games (GR) 6:00 Bingo (GR)</p>	<p>28</p> <p>10:00 Women's Bible Study (PDR) 10:00 Men's Activity Club (GR) 2:00 Bank/Walgreens (ML) 6:30 Rummikub (GR)</p>	<p>29</p> <p>10:00 Coffee & Donuts (GR) 6:00 Bingo (GR)</p>
<p>30</p> <p>12:00-1:30 Rodney Rasberry(ML) 3:30 Vespers Service (CH) 4:30 Coffee & Chatter (GR)</p>	<p>31</p> <p>9:00/9:45/10:30 Kroger (ML) 1:30 SS at PWP (PDR) 4:30 New Year's Eve Party (ML) 6:30 Rummikub (GR)</p>	<p>Wii Bowling Teams: Monday @ 10:30 = Bowling Belles Tuesday @ 11 = Bowling Grandmas Tuesday @ 1 = Holy Rollers Wednesday @ 11 = Jaguars Wednesday @ 1 = R-n-R Group Thursday @ 11 = Pinheads Friday @ 1 = Alley Cats</p>	<p>A,B,C--Individual Buildings GR--Game Room AC--Arts & Crafts L--Library AL--Assisted Living ML--Main Lobby AU--Auditorium P--Pool CH--Chapel PDR--Private Dining Room CR--Cabana Room WC--Wellness Center DR--Dining Room</p>		<p>If you would like someone to pray for you or a friend, fill out a prayer request and leave it in the prayer box near Linda Fitzhugh's office.</p>	

WELLNESS & YOU HIGHLIGHTS

NATIONAL HANDWASHING MONTH

The Henry the Hand Foundation is a 501c3 non-profit organization focused on promoting the 4 Principles of Hand Awareness. They have created a hand hygiene behavior change program that uses Positive Deviance Strategy to train both children and adults. They offer Infection Prevention Tool Kits for Early Childhood, Pre-schools, Classrooms, Schools, Home, Hospitals and a Community Service Tool Kit. Check out their other "Reinforcement Tools" that support the effectiveness of our programs so you, your family, school, business and community can avoid respiratory and gastro-intestinal illness ever again!

THE 4 PRINCIPLES OF HAND AWARENESS WERE ENDORSED BY THE AMERICAN MEDICAL ASSOCIATION AND AMERICAN ACADEMY OF FAMILY PHYSICIANS IN 2001.

1. Wash your hands when they are dirty and before eating.
2. Do not cough into hands.
3. Do not sneeze into hands.
4. Above all, do not put your fingers in your eyes, nose or mouth!

AVOID THE T ZONE!

What is the T Zone?

The T Zone is the mucous membranes of the eyes, nose and mouth. Those mucous membranes are the only portals of entry for bacteria that cause respiratory and gastrointestinal diseases. Touching your T Zone with fingers or hands that are contaminated with germs can make you sick. Avoiding the T Zone is the only way to avoid getting a cold, flu or other respiratory illness! As simple as it may seem, proper handwashing remains the most effective way of removing germs and harmful bacteria from our hands. This prevents the spread of diseases and keeps your environment safe, fresh, and clean. There are many easy ways to keep the hands clean. The common methods used in many workplaces include the use of sufficient soap and water or good alcohol-based sanitizers when water is not easily accessible. It will be easier to take hand washing more seriously when we know the benefits of keeping the hands clean as much as possible and also keeping the environments properly sanitized.

THE DANGER ZONES

Bacteria is everywhere! We have them inside our bodies too! Some of them are good and we need them to function properly, but the others can create havoc. If they take over the immune system, you may become ill.

The most common place in our home or workplace where bacteria are most likely to have spread is the bathroom.

For obvious reasons, bathrooms are thriving places for bacteria to fester until they can be carried and transferred to other objects by contact.

Good hand washing requires focusing on the palms, back of the hands and also the fingertips. Here, we have highlighted the proper steps to washing your hands to keep them free from harmful bacteria.

- Get your hands wet by holding them under the tap for a few seconds
- Rub the soap all over your palms and the back of your hands.
- When there is enough lather, keep rubbing your palms together.
- Rub the palm of one hand over the back of the other hand running the fingers through each other at the same time; repeat this for the other hand.
- Rub your palms together, running your fingers through each other as well.
- With the fingers of one hand, run the back of the finger on the other hand and vice versa.
- Rub the thumbs on the palms of each hand one after the other in circular motions.
- Take the fingers of one hand in the palms of the other and rub in circular motion, do this for both hands.
- Rinse both hands with water.
- Dry your hands preferably with a paper towel.
- Use this towel to turn the tap off.

December 2018 Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Supervised Fitness All Levels 8:45-9:45am *Sign up required	Water Arthritis Class 8:30 - 9am Pool	Supervised Fitness All Levels 8:45-9:45am *Sign up required	Water Arthritis Class 8:30 - 9am Pool	Supervised Fitness All Levels 8:45-9:45am *Sign up required
Strength & Stretch with Sandra Moderate Intensity 10-11am Aerobics Room	Aqua Fit Moderate Intensity 9:15-10am Pool	Strength & Stretch with Sandra Moderate Intensity 10-11am Aerobics Room	Aqua Fit Moderate Intensity 9:15-10am Pool	Strength & Stretch with Sandra Moderate Intensity 10-11am Aerobics Room
Beginner Weight Training Light Intensity 10:30-11am	Cardio & Balance with Sandra Moderate Intensity 10-11am Aerobics Room	Beginner Weight Training Light Intensity 10:30-11am	Cardio & Balance with Sandra Moderate Intensity 10-11am Aerobics Room	Beginner Weight Training Light Intensity 10:30-11am
Abdominal Strength for Beginners 1:30-2pm Aerobics Room	Tai Chi All Levels 1:30-2pm Aerobics Room	Abdominal Strength for Beginners 1:30-2pm Aerobics Room	Tai Chi All Levels 1:30-2pm Aerobics Room	Abdominal Strength for Beginners 1:30-2pm Aerobics Room
Chair Yoga Light to Moderate Intensity 2-2:30pm Aerobics Room	Health Assessments 3-4pm *Sign up required	Chair Yoga Light to Moderate Intensity 2-2:30pm Aerobics Room	Health Assessments 3-4pm *Sign up required	Chair Yoga Light to Moderate Intensity 2-2:30pm Aerobics Room
Supervised Pool 3-4pm				Supervised Pool 3-4pm

If you don't know what level you are, sign up for Consultation in the Wellness Center. Classes are limited in space and require registration in advance.

EXPLANATION OF NEW CLASSES

Tai Chi

Tai Chi is a Chinese Martial Art that is practiced for self-defense, health and spiritual benefits. It utilizes breathing, movement exercises, and meditation. Movements are meant to aid in mental clarity and can be practiced seated or standing. Tuesdays will be guided Tai Chi by our therapy department in the aerobics room.

Beginner weight training (30 minutes)

This class is for individuals who are interested in starting a strength training exercise program with ease. The Wellness Director will guide the class in simple exercises that focus on building strength to increase each person's quality of life.

Abdominal Strength for Beginners

The purpose of this class is to provide simple exercises that increase the strength of the abdominal core. This increases posture and balance, and improves metabolism.

*** Health Assessments***

The goal of the health assessment is for the Wellness Director and resident to come together to determine their wellness and fitness goals. During this sit-down discussion, the resident and director will talk about current activities, diet, abilities, and limitations. Body Mass Index, height, weight, and age will be recorded for baseline information. The health assessment is crucial for the resident to see, set, and achieve their goals. Sign up is required.