

# SEPTEMBER 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:30 Full Body Fitness 10:15 NatGeo: Star Talk 10:30 A.M. Mind Benders 1:00 Core Fitness w/ Joel 2:00 Brain Games: 9 Letter Words 4:00 Wheel of Fortune 6:30 Evening Masterpiece Movie	2 9:30 Wake up and Stretch 10:15 NatGeo: Star Talk 10:30 A.M. Mind Benders 1:00 Learn the Electric Slide 1:30 Scenic Drive: Sugarland 2:00 Sustain the Brain 2:30 Happy Hour w/ Live Entertainment 6:00 Game Night: Scrabble	3 9:30 Full Body Fitness 10:15 NatGeo: Star Talk 10:30 A.M. Mind Benders 1:00 Shopping: HEB 1:00 Core Fitness w/ Joel 2:00 Senior Safety w/ Officer Treva Mott 3:00 Critical Thinking 4:00 Wheel of Fortune 4:30 Virtual Shabbat Service 6:30 Evening Masterpiece Movie	4 9:30 Strong and Flexible 10:15 Biography: Jimmy Carter 10:30 Pastry and Chronicles 1:15 Prize Bingo 2:00 Poker Club 2:15 Snack and a Movie: Clue 3:00 Group Cranium Crunches 7:00 Game Night: Scrabble
5 9:30 Vinyasa Flow 10:15 Scenic Walks Around the World 10:30 Mental Fitness Packets 1:00 Virtual Catholic Mass 2:00 Sweet Treat Sunday!!! 3:00 Virtual Bowling 4:00 Round Table Talk 6:30 Evening Movie: Guess Who	6 <b>Labor Day</b> 9:30 Full Body Fitness 10:15 The Great Composers 10:30 A.M. Mind Benders (get from concierge) 1:00 Core Fitness w/ Joel 2:00 Afternoon Movie: Labor Day 3:00 Crosswords 4:00 Wheel of Fortune 6:30 Evening Masterpiece Movie	7 <b>Rosh Hashanah Begins</b> 9:30 Wake up and Stretch 10:15 The Great Composers 10:30 A.M. Mind Benders 1:00 Balance Boogie 2:00 Poker Club 2:00 Brain Games 3:00 Bridge Club 6:00 Virtual Bible Study	8 9:30 Full Body Fitness 10:15 The Great Composers 10:30 A.M. Mind Benders 1:00 Core Fitness w/ Joel 2:00 Concentration Puzzles 3:00 Brain Games: 9 Letter Words 4:00 Virtual Jeopardy 6:30 Evening Masterpiece Movie	9 9:30 Yoga w/Dave 10:15 The Great Composers 10:30 A.M. Mind Benders 1:00 Balance Boogie 1:30 Scenic Drive: Sugarland 2:00 Sustain the Brain 2:30 Happy Hour w/ Live Entertainment 6:00 Game Night: Scrabble	10 9:30 Full Body Fitness 10:15 The Great Composers 10:30 A.M. Mind Benders 1:00 Shopping: HEB 1:00 Core Fitness w/ Joel 2:00 Sustain the Brain 2:00 Communion 3:00 Newspaper Silhouette Art 4:00 Virtual Jeopardy 4:30 Shabbat Service 6:30 Evening	11 9:30 Strong and Flexible 10:15 Biography: Jimmy Carter 10:30 Pastry and Chronicles 1:15 Prize Bingo 2:00 Poker Club 2:15 Snack and Movie: Patriot's Day 3:00 Group Cranium Crunches 7:00 Game Night: Chinese Checkers
12 <b>Grandparent's Day</b> 9:30 Vinyasa Flow 10:15 Scenic Walks Around the World 10:30 Mental Fitness Packets 1:00 Virtual Catholic Mass 2:00 Milkshakes and Trivia 3:00 Virtual Bowling 4:00 Round Table Talk 6:30 Evening Movie: Little Women	13 9:30 Full Body Fitness 10:15 The Great Composers 10:30 A.M. Mind Benders 1:00 Core Fitness w/ Joel 2:00 Sustain the Brain 3:00 Crosswords 3:00 Plants: Let's Talk Herbs 4:00 Virtual Jeopardy 6:30 Evening Masterpiece Movie	14 9:30 Wake up and Stretch 10:15 The Great Composers 10:30 A.M. Mind Benders 1:00 Balance Boogie 2:00 Poker Club 2:30 Mister Mckinney's Historical Houston 3:30 Who Am I? 6:00 Virtual Bible Study	15 <b>Yom Kippur Begins</b> 9:30 Full Body Fitness 10:15 The Great Composers 10:30 A.M. Mind Benders 1:00 Core Fitness w/ Joel 2:00 Brain Games: 9 Letter Words 3:00 It Happened in September... 4:00 Virtual Jeopardy 6:30 Evening Masterpiece Movie	16 9:30 Wake up and Stretch 10:15 The Great Composers 10:30 A.M. Mind Benders 1:00 Balance Boogie 1:30 Scenic Drive: Sugarland 2:00 Sustain the Brain 2:30 Happy Hour w/ Live Entertainment 6:00 Game Night: Scrabble	17 9:30 Full Body Fitness 10:15 Art For All w/Lisa 10:30 A.M. Mind Benders 1:00 Shopping: HEB 1:00 Core Fitness w/ Joel 2:00 Guess the Word 3:00 Critical Thinking: Math Wonders 4:00 Virtual Jeopardy 4:30 Shabbat Service 6:30 Evening Masterpiece Movie	18 9:30 Strong and Flexible 10:15 Biography: George H.W. Bush 10:30 Pastry and Chronicles 1:15 Prize Bingo 2:00 Poker Club 2:15 Snack and Movie: Julie and Julia 3:00 Group Cranium Crunches 7:00 Game Night: Scrabble

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>19</b> 9:30 Vinyasa Flow 10:15 Scenic Walks Around the World 10:30 Mental Fitness Packets 1:00 Virtual Catholic Mass 2:00 Floats and Jokes 3:00 Virtual Bowling 4:00 Round Table Talk 6:30 Evening Movie: John Q	<b>20</b> 9:30 Full Body Fitness 10:15 The Great Composers 10:30 A.M. Mind Benders 1:00 Core Fitness w/ Joel 2:00 Sustain the Brain 3:00 Crosswords 4:00 Virtual Jeopardy 6:30 Evening Masterpiece Movie	<b>21</b> 9:30 Wake up and Stretch 10:15 The Great Composers 10:30 A.M. Mind Benders 1:00 Balance Boogie 2:00 Poker Club 2:45 Plant Talk: Herb Update 3:00 Gratitude and Reflection 6:00 Virtual Bible Study	<b>22</b> <b>Fall Begins</b> 9:30 Full Body Fitness 10:15 The Great Composers 10:30 A.M. Mind Benders 1:00 Core Fitness w/ Joel 2:00 Sustain the Brain 3:00 Wellness Wednesday: Immune Boosting Foods 4:00 Virtual Jeopardy 6:30 Evening Masterpiece Movie	<b>23</b> 9:30 Yoga w/Dave 10:15 The Great Composers 10:30 A.M. Mind Benders 1:00 Balance Boogie 1:30 Scenic Drive: Sugarland 2:00 Sustain the Brain 2:30 Happy Hour w/ Live Entertainment 6:00 Game Night: Scrabble	<b>24</b> 9:30 Full Body Fitness 10:15 The Great Composers 10:30 A.M. Mind Benders 1:00 Shopping: HEB 1:00 Core Fitness w/ Joel 2:00 Guess the Word 3:00 Mosaics w/Jennifer 4:00 Virtual Jeopardy 4:30 Shabbat Service 6:30 Evening Masterpiece Movie	<b>25</b> 9:30 Strong and Flexible 10:15 Biography: George H.W. Bush 10:30 Pastry and Chronicles 1:15 Prize Bingo 2:00 Poker Club 2:15 Snack and Movie: Eat Pray Love 3:00 Group Cranium Crunches 7:00 Game Night: Scrabble
<b>26</b> 9:30 Vinyasa Flow 10:15 Scenic Walks Around the World 10:30 Mental Fitness Packets 1:00 Virtual Catholic Mass 2:00 Sweet Treat Sunday!!! 3:00 Virtual Bowling 4:00 Round Table Talk 6:15 Evening Movie: 1917	<b>27</b> 9:30 Full Body Fitness 10:15 The Great Composers 10:30 A.M. Mind Benders 1:00 Core Fitness w/ Joel 2:00 Sustain the Brain 3:00 Cooking Demo and Chat with Chef Jason 3:00 Crosswords 4:00 Virtual Jeopardy 6:30 Evening Masterpiece Movie	<b>28</b> 9:30 Wake up and Stretch 10:15 The Great Composers 10:30 A.M. Mind Benders 1:00 Balance Boogie 2:00 Poker Club 2:00 "30 Minute" Brain Games 3:00 Resident Council Meeting 4:00 Plant Talk: Propagation 6:00 Virtual Bible Study	<b>29</b> 9:30 Full Body Fitness 10:15 The Great Composers 10:30 A.M. Mind Benders 1:00 Core Fitness w/ Joel 2:00 Brain Games: 9 Letter Words 3:00 Palindrones 4:00 Virtual Jeopardy 5:00 Dinner and a Movie: Oklahoma	<b>30</b> 9:30 Wake up and Stretch 10:15 The Great Composers 10:30 A.M. Mind Benders 1:00 Balance Boogie 1:30 Scenic Drive: Sugarland 2:00 Sustain the Brain 2:30 Happy Hour w/ Live Entertainment 6:00 Game Night: Scrabble		