

APRIL 2024

WEST UNIVERSITY ASSISTED LIVING MEMORY CAR	E	April						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
	9:45 Stretch & Strength 10:15 Bistro Break Visit with neighbors, catch up on local and national news (get ready for Thursday's news challenge), start a puzzle, play cards and enjoy coffee and conversations! 1:00 Health & Fitness Class 2:00 Monday's Meaningful Trivia 3:00 Bible Stories with Barbara	10:30 Tuesday Morning Trivia with Friends 1 2:00 Tai Chi with Camila a	10:15 Celebrate National Walking Day with a quick walk around the community! 1:00 Health and Fitness Class 2:00 Cranium Challenges 3:00 Book Circle Different from Banned Books Club, this group discusses any current reads. Stop by and share what you've been reading or pick up some tips on your next read! 6:00 Resident or Staff Pick Movie Night	9:45 Walking Club 10:30 Thursday Morning Trivia Time 2:00 Resident Meet and Greet Please help us welcome new residents! 3:00 Happy Hour with Live Entertainment - We are Family Karaoke!! 6:00 Resident or Staff Pick Movie Night	B 10:15 Bistro Break Visit with neighbors, catch up on local and national news (get ready for Thursday's news challenge), start a puzzle, play cards and enjoy coffee and conversations! 1:00 Health & Fitness Class	9:30 Bridge Club Everyone Welcome 9:30 Strong and Flexible 10:30 Mental Fitness Packets Available at Concierge desk 1:15 Prize Bingo 1:30 Shopping Trip RSVP with Concierge 2:15 Saturday Movie Matinee 6:00 Plenty of Puzzles		
9:30 Church Outing RSVP: Front Desk 10:30 Mental Fitness Packets Available at Concierge desk 1:00 Sunday Catholic Mass Viewing B 2:00 Sweet Treat Sunday 6:00 Cards anyone? Bridge, Uno, Hearts - you decide! 1H 6:00 Sunday Night Movie	9:45 Stretch & Strength 10:15 Bistro Break Visit with neighbors, catch up on local and national news (get ready for Thursday's news challenge), start a puzzle,	9:45 Walking Club 10:30 Tuesday Morning Trivia with Friends 2:00 Tuesday Brain Games H 2:30 Mister McKinney's Historical Houston 6:00 Resident or Staff Pick Movie Night	10:15 Bistro Break Visit with neighbors, catch up on local and national news (get ready for Thursday's news challenge), start a puzzle, play cards and enjoy coffee and conversations! 1:00 Health and Fitness Class 2:00 Cranium Challenges 3:00 Wednesday Wisdom Encore Discussion of "Relationships with Adult Children" 6:00 Resident or Staff Pick Movie Night	9:45 Walking Club 10:30 Thursday Morning Trivia Time 2:00 St. Mark's Episcopal Church Outreach Bible Study and Short Service 2:00 Trivia with Friends 3:00 Happy Hour with Live Entertainment!! 6:00 Resident or Staff Pick Movie Night	9:45 Chair Yoga 10:15 Art for All with Lisa! An engaging and innovative art class for seniors of all abilities. Participants will experience the joy of creating beautiful pieces of art. 10:15 Bistro Break Visit with neighbors, catch up on local and national news (get ready for Thursday's news challenge), start a puzzle, play cards and enjoy coffee and conversations!	9:30 Bridge Club Everyone Welcome 9:30 Strong and Flexible 10:30 Mental Fitness Packets Available at Concierge desk 11:00 Danzactive Class with Paloma Great exercise set to the best music! 1:15 Prize Bingo 1:30 Shopping Trip RSVP with Concierge 2:15 Saturday Movie Matinee 6:00 Plenty of Puzzles		
9:30 Church Outing RSVP: Front Desk 10:30 Mental Fitness Packets Available at Concierge desk 1:00 Sunday Catholic Mass Viewing B 2:00 Sweet Treat Sunday GR 3:00 Live Music featuring Rodney Rasberry! B 6:00 Cards anyone? Bridge, Uno, Hearts - you decide! TH 6:00 Sunday Night Movie	9:45 Stretch & Strength 10:15 Bistro Break Focus on Celebrating World Art Day! 1:00 Health & Fitness Class 2:00 Monday's Meaningful Trivia 3:00 Bible Stories with Barbara 3:00 Flower Arranging Project 6:00 Game Night with Volunteers 1 H 6:00 Resident or Staff Pick Movie Night	10:30 Tuesday Morning Trivia with Friends 2:00 Tai Chi with Camila a Chinese martial art and system of calisthenics, consisting of sequences of very slow controlled movements. 2:00 Tuesday Brain Games 3:00 What's Your Verdict? 6:00 Resident or Staff Pick Movie Night	10:15 Bistro Break Visit with neighbors, catch up on local and national news (get ready for Thursday's news challenge), start a puzzle, play cards and enjoy coffee and conversations! 1:00 Health and Fitness Class 1:30 Faithful Paws Visit with our favorite pups! 2:00 Cranium Challenges 6:00 Resident or Staff Pick Movie Night 6:30 Bible Study with Jo and Joe	9:45 Walking Club 10:30 Thursday Morning Trivia Time 1:15 Meet and Greet with Westbury Christian High School HOSA Chapter Games or crafts - you decide! 1:30 Weekly News Challenge Test Your Knowledge of Current Events and Good News Stories GR 3:00 Happy Hour with Live Entertainment!! 6:00 Resident or Staff Pick Movie Night	B 10:15 Bistro Break Visit with neighbors, catch up on local and national news (get ready for Thursday's news challenge), start a puzzle, play cards and enjoy coffee and conversations! 1:00 Health & Fitness Class 1:45 Group Outing RSVP with Concierge 2:00 Catholic Communion 4:30 Shabbat Service	9:30 Bridge Club Everyone Welcome 9:30 Strong and Flexible 10:30 Inspiring Lives by Life Changers International Ministries Praying, Scripture and more! 10:30 Mental Fitness Packets Available at Concierge desk 1:15 Prize Bingo 1:30 Shopping Trip RSVP with Concierge 2:15 Saturday Movie Matinee GR 6:00 Houston Youth Symphony		



WEST UNIVERSITY

ASSISTED LIVING | MEMORY CARE

APRIL 2024

April 2024



	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
21		22	Passover Begins	23		24		25		26		27	
TH B B	 9:30 Church Outing RSVP: Front Desk 10:30 Mental Fitness Packets Available at Concierge desk 1:00 Sunday Catholic Mass Viewing 2:00 Sweet Treat Sunday 6:00 Cards anyone? Bridge, Uno, Hearts - you decide! 6:00 Sunday Night Movie 		9:45 Stretch & Strength 10:15 Bistro Break Visit with neighbors, catch up on local and national news (get ready for Thursday's news challenge), start a puzzle, play cards and enjoy coffee and conversations! 1:00 Health & Fitness Class 2:00 Monday's Meaningful Trivia 3:00 Bible Stories with Barbara 3:00 Flower Arranging Project 6:00 Game Night with Volunteers 6:00 Resident or Staff Pick Movie		 9:45 Walking Club 10:30 Tuesday Morning Trivia with Friends 2:00 Men's League Social 2:00 Tuesday Brain Games 3:00 A celebration of World Book Day Discussion and trivia related to our favorite authors and book characters! 6:00 Resident or Staff Pick Movie Night 	B H GR	10:15 Bistro Break Visit with neighbors, catch up on local and national news (get ready for Thursday's news challenge), start a puzzle, play cards and enjoy coffee and conversations! 1:00 Health and Fitness Class 2:00 Cranium Challenges 6:00 Resident or Staff Pick Movie Night 6:00 Special Music Performance with Lindsey's students Ends 7:30 PM		 9:45 Walking Club 10:30 Thursday Morning Trivia Time 1:30 Weekly News Challenge Test Your Knowledge of Current Events and Good News Stories 2:00 St. Mark's Episcopal Church Outreach Bible Study and Short Service 3:00 Happy Hour with Live Entertainment!! 6:00 Resident or Staff Pick Movie Night 	CL B	9:45 Chair Yoga 10:15 Bistro Break Visit with neighbors, catch up on local and national news (get ready for Thursday's news challenge), start a puzzle, play cards and enjoy coffee and conversations! 11:30 April Birthday Lunch celebration 1:00 Health & Fitness Class 1:45 Group Outing RSVP with Concierge 2:00 Catholic Communion		Welcome 9:30 Strong and Flexible 10:30 Mental Fitness Packets Available at Concierge desk
GR TH B B	9:30 Church Outing RSVP: Front Desk 10:30 Mental Fitness Packets Available at Concierge desk 11:00 Special Music Performance with Lindsey's students Ends at 12:30 PM 1:00 Sunday Catholic Mass Viewing 2:00 Sweet Treat Sunday 6:00 Cards anyone? Bridge, Uno, Hearts - you decide! 6:00 Sunday Night Movie	29 CL B B B E H	9:45 Stretch & Strength 10:15 Bistro Break Visit with neighbors, catch up on local and national news (get ready for Thursday's news challenge), start a puzzle, play cards and enjoy coffee and conversations! 1:00 Health & Fitness Class 2:00 Monday's Meaningful Trivia 3:00 Chat with Chef Jason 3:45 Flower Arranging Project 6:00 Game Night with Volunteers 6:00 Resident or Staff Pick Movie	30 UH U HH	 9:45 Walking Club 10:30 Tuesday Morning Trivia with Friends 2:00 Banned Books Discussion The Diary of Anne Frank is this month's selection 3:00 Resident Council Meeting 6:00 Resident or Staff Pick Movie Night 	Th co	theck the daily schedule for more details! he dailies will include the final and omplete schedule for each day. Copies vailable at the Concierge desk.	4/5 4/8 4/1 4/1	ril Birthdays: - Hope B Anna C. 1 - Winnie V. 3 - Harris K. 6 - Carole McC	4/1 4/2 4/2 4/2 4/2	oril Birthdays continued: 19 = Sharon P. 20 - Bebe McD. 23 - Miriam L. 27 - Rosemarie C. 29 - Jim B. 30 - Timothy C.		