




# Happy Valentine's Day



# February 2010

## Assisted Living Calendar of Events



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9:30 Day at San Jacinto Trip 9:30 Sit & Stretch -2TV 10:15 Current Events -2TV 11:00 Dominoes & Fun -1AR 2:00 Jumbo Crosswords-1 AR 3:30 Bunco-1AR 6:30 Rummikub w/ Laura -1AR	2 <b>Groundhog Day</b> 9:30 Sit & Stretch -2TV 10:15 Weather Trivia-2TV 11:00 Racket Game -2TV 2:00 Bridge -1AR & 3 TV 3:30 <b>Gail Best Performs -LR</b> 3:30 Catholic Devotional-2TV 6:30 Classic Movie -2 TV	3 9:30 Sit & Stretch -2TV 10:30 Bible Study w/Bro.Vine-2 11:00 Casino Games -1AR 2:00 <b>Lifestyles Mtg. w/Devona-1</b> 3:00-5:00 Wednesday Wii Games-2TV 6:30 Arts & Crafts -1AR	4 9:30 Sit & Stretch -2TV 9:45 Grocery Shopping Trip-L 10:15 Current Events -2TV 11:15 Jumbo Sequence 1AR 1:00-3:00 <b>Art Class w/Pablo -1AR</b> 3:30 Bingo -1 AR	5 <b>Go Red for Women Day</b> 9:30 Sit & Stretch -2TV 10:15 Brain Teasers -2 TV 11:00 Radio Spirits -1AR 2:00 Bridge 01 AR & 2 TV 3:00-5:00 <b>Sports on the Wii-2TV</b>	6 9:30 Sittercise -2 TV 10:00 Coffee Cart -2TV 11:00 \$1 Card Bingo -1AR 2:00 Matinee Movie -2TV 4:00 Residents Choice -1AR
7 <b>SUPER BOWL SUNDAY</b> 9:30 Sittercise - 2TV 10:00 Coffee & Trivia - 2TV 11:00 Scrabble - 1AR 1:30 20 Questions - 1AR 3:15 Sunday Service - DR 5:30 Super Bowl Watch	8 9:30 Sit & Stretch -2 TV 10:15 Current Events -2TV 11:00 Birthday JINGO-1 AR 2:30 <b>Birthday Bash w/ Music by Ivory Touch-LR</b> 4:00 Table Games -1AR 6:30 Apples to Apples -1AR	9 9:30 Sit & Stretch -2TV 10:30 <b>Catholic Mass -2TV</b> 11:00 Tuesday Trivia-2TV 2:00 Bridge -1AR & 3 TV 3:30 <b>Ganoderma Coffee Social-LR</b> 3:30 Catholic Devotional-2TV 4:00 Pokeno -1AR	10 9:30 Sit & Stretch -2TV 10:30 Bible Study w/Bro.Vine-2 11:00 Skip Bo -1AR 2:00 Residents Choice -1AR 3:00-5:00 Wednesday Wii Games-2TV 6:30 Mardi Gras Craft -1AR	11 9:30 Sit & Stretch -2TV 9:45 Grocery Shopping Trip-L 10:15 Current Events -2TV 11:15 Card Games- 1AR 1:00-3:00 <b>Art Class w/Pablo -1AR</b> 3:30 Bingo -1 AR	12 <b>Lincoln's Birthday</b> 9:30 Sit & Stretch -2TV 10:15 Trivia for a Buck-2TV 11:00 Memory Lane Songs-1AR 2:00 Bridge 01 AR & 2 TV 3:00-5:00 <b>Sports on the Wii-2TV</b>	13 9:30 Sittercise -2 TV 10:00 Coffee Cart -2TV 11:00 \$1 Card Bingo -1AR 12:00 <b>Sweetheart Luncheon-DR</b> 2:00 <b>Faithful Paws Visit -1AR</b> 3:00 Matinee Movie -2TV
14 <b>Valentine's Day</b> 9:30 Sittercise - 2TV 10:00 Coffee & Trivia - 2TV 11:00 Heximos - 1AR 1:30 Poker - 1AR 3:15 Sunday Service - DR	15 9:30 Sit & Stretch -2 TV 10:15 Current Events -2TV 11:00 Mexican Train-1 AR 1:30 Men's Hour w/Kerry-1AR 2:00 Ladies Tea-3TV 3:30 Blockus & Heximos -1AR 6:30 Scrabble Teams-1AR	16 <b>Mardi Gras</b> 9:30 Sit & Stretch -2TV 10:15 About Mardi Gras-2TV 10:30 <b>Listen Group w/Robin-2TV</b> 2:00 Bridge -1AR & 3 TV 2:30 <b>Mardi Gras Mambo &amp; King Cake -DR</b> 3:30 Catholic Devotional-2TV	17 <b>Ash Wednesday</b> 9:30 Sit & Stretch -2TV 10:30 Bible Study w/Bro.Vine-2 11:00 Games of 21 -1AR 2:00 Big Band Songs -1AR 3:30 <b>Resident Council -2 TV</b> 3:30 <b>Houston Grand Opera-ST</b> 6:30 <b>Wine Social w/Curtis-LR</b>	18 9:30 Sit & Stretch -2TV 9:45 Grocery Shopping Trip-L 10:15 Current Events -2TV 11:15 Kings on the Corner-1AR 1:00-3:00 <b>Art Class w/Pablo -1AR</b> 3:30 Bingo -1 AR	19 <b>Chocolate Mint Day</b> 9:30 Sit & Stretch -2TV 10:30 <b>Lv. for Parkinson's Lunch</b> 11:00 Residents Choice -1AR 2:00 Bridge -1AR & 2 TV 3:00-4:00 <b>Chocolate Mint Ice Cream Social-LR</b>	20 9:30 Sittercise -2 TV 10:00 Coffee Cart -2TV 11:00 \$1 Card Bingo -1AR 1:30 <b>Gloria's Guitar -2HC</b> 2:00 Dominoes -1AR 3:00 Matinee Movie -2TV
21 9:30 Sittercise - 2TV 10:00 Coffee & Trivia - 2TV 11:00 Sequence Game - 1AR 1:30 Blockus - 1AR 3:15 Sunday Service - DR	22 <b>Washington's Birthday</b> 9:30 Sit & Stretch -2 TV 10:15 Current Events -2TV 11:00 Roll It Tic Tac Toe-1 AR 1:30 <b>Shopping at Target</b> 2:00 Matinee Movie-2TV	23 <b>Nat'l Candy Month</b> 9:30 Sit & Stretch -2TV 10:30 Health Update w/Liz-2TV 11:15 Tuesday Trivia -1AR 2:00 Bridge -1AR & 3 TV 3:30 Catholic Devotional-2TV 3:30 <b>Chef Wayne's Demo-LR</b>	24 <b>Tortilla Chip Day</b> 9:30 Sit & Stretch -2TV 10:30 Bible Study w/Bro.Vine-2 11:00 Table Games -1AR 2:00 <b>Country Store-1AR</b> 3:30 <b>Nachos on the Go-LR</b> 6:30 Expressive Art-1AR	25 <b>Nat'l Chili Dog Day</b> 9:30 Sit & Stretch -2TV 9:45 Grocery Shopping Trip-L 10:15 Current Events -2TV 11:15 Apples to Apples- 1AR 1:00-3:00 <b>Art Class w/Pablo -1AR</b>	26 <b>Go Texan Day</b> 9:30 Sit & Stretch -2TV 10:15 Brain Teasers -2 TV 11:00 Texas Two Stepping -2TV 2:00 Bridge -1AR & 2 TV 3:00-4:00 <b>Western Round Up &amp; Music by Rodney Rasberry -LR</b>	27 9:30 Sittercise -2 TV 10:00 Coffee Cart -2TV 11:00 \$1 Card Bingo -1AR 2:00 Matinee Movie -2TV 4:00 Residents Choice -1AR
28 9:30 Sittercise - 2TV 10:00 Coffee & Trivia - 2TV 11:00 Scrabble - 1AR 1:30 20 Questions - 1AR 3:15 Sunday Service - DR	<b>Activity Location Key</b>			 Senior Quality Lifestyles Corporation		<b>THE PLAZA</b> <small>ASSISTED LIVING SERVICES AT THE REGENT SQUARE</small> <b>8550 Woodway</b> <b>Houston, Texas 77063</b> <b>713.979.3777</b>