



Calendar of Events | July 2010

The Terrace at First Colony

16900 Lexington Blvd., Sugar Land, TX 77479 Tel# 281-903-2000



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>ROOM KEY * - Bus Outing CR - Community Room DR - Dining Room DO - Doctor's Office HC - House Call L - Lounge PDR - Private Dining Room RP - Resident Programs T - Theater WC - Wellness Center</p> <p>Detailed movie descriptions are located in the Resident Programming Room or on the Theater Door.</p> <p>For more detailed information on special events please refer to the sign up/information sheets located in the Resident Programming Room.</p> <p>Trips that require a payment must be given to Lovie, Cathy or Laura by the deadline date.</p> <p>If you have any questions, please contact the Resident Programming Office at 281-903-2020</p> <p>Please note: FF - Forever Fit! LW - Live Well!</p>						
11:00 Church Service (CR) 4 2:00 Table Games (PDR) 3:30 Comedy Movie (T) 6:00 Billiards (L)	9:00 FF Sit & Fit (CR) 5 2:00 FF Line Dancing (CR) 3:30 Bingo (CR) 6:00 Poker (L)	9:30 FF Exercise-Yolanda (CR) 6 9:30 Doctor Shuttle (*) 10:00 New Res. Orient. (PDR) 10:30 LW Intro. to Mind Aerobics (CR) 2:00 Canasta (RP) 2:30 Palais Royal/Hobby Lobby, etc. (*) 3:00 FF Wii Games (L) 3:30 42 Dominoes (PDR) 4:30 FF Water Aerobics (Pool) 6:00 Movie (T) 6:00 Bunko (PDR)	9:00 FF Sit & Fit (CR) 7 10:00 Bisel Hearing Center (RP) 2:00 Rosary with Tom (L) 3:30 Bingo (CR) 4:00 LW Relax & Meditate (T) 6:00 Poker (L)	9:30 FF Exercise-Yolanda (CR) 8 9:30 Kroger/Walgreens (*) 10:30 LW Trivia-Laura (L) 1:30 Doctor Shuttle (*) 2:00 Party Bridge (CR) 4:30 FF Water Aerobics (Pool) 6:00 Movie (T)	8:50 FF Sit & Fit (CR) 9 9:20 FF Exercise-Yolanda (CR) 10:00 Bible Study-Kathy & Rick (CR) 11:30 New Resident Lunch (PDR) 2:00 Catholic Service (L) 3:30 Bingo (CR) 4:00 FF - Wii - High Rollers (L) 6:00 Poker (L)	9:00 Coffee/Donuts (DR) 3 10:00 Quilting Bee (RP) 11:00 FF "Strong for Life" Balance Video (CR) 1:15 FF Stretchercise (CR) 2:00 Table Games (PDR) 3:30 Movie (T)
11:00 Church Service (CR) 11 2:00 Table Games (PDR) 3:30 Comedy Movie (T) 6:00 Billiards (L)	9:00 FF Sit & Fit (CR) 12 2:00 FF Line Dancing (CR) 3:30 Bingo (CR) 4:00 LW Relax & Meditate (T) 6:00 Poker (L)	<i>Roundtables with Todd</i> 9:00 Vital Signs (DO) 13 9:30 FF Exercise-Yolanda (CR) 9:30 Doctor Shuttle (*) 10:30 LW Intro. to Mind Aerobics (CR) 2:00 Canasta (RP) 3:00 FF Wii Games (L) 3:30 42 Dominoes (PDR) 4:30 FF Water Aerobics (Pool) 6:00 Movie (T) 6:00 Bunko (PDR)	7:30 Res. Brd Meeting (PDR) 14 9:00 FF Sit & Fit (CR) 2:00 Rosary with Tom (L) 2:00 S.L. Fire Dept. Pres. (CR) 3:30 Bingo (CR) 4:00 LW Relax & Meditate (T) 6:00 Poker (L)	9:30 FF Exercise-Yolanda (CR) 15 9:30 Kroger/Walgreens (*) 10:30 LW Trivia-Laura (L) 1:30 Doctor Shuttle (*) 2:00 Party Bridge (CR) 2:30 Mall Shuttle/Whole Foods (*) 3:00 Birthday & Ann. Party (L) 4:30 FF Water Aerobics (Pool) 6:00 Movie (T)	8:50 FF Sit & Fit (CR) 16 9:20 FF Exercise-Yolanda (CR) 10:00 Bible Study-Kathy & Rick (CR) 2:00 Catholic Service (L) 3:30 Bingo (CR) 4:00 FF - Wii - High Rollers (L) 6:00 Poker (L)	9:00 Coffee/Donuts (DR) 17 11:00 FF "Strong for Life" Balance Video (CR) 1:15 FF Stretchercise (CR) 2:00 Table Games (PDR) 3:30 Movie (T)
11:00 Church Service (CR) 18 2:00 Table Games (PDR) 3:30 Comedy Movie (T) 6:00 Billiards (L)	9:00 FF Sit & Fit (CR) 19 2:00 FF Line Dancing (CR) 3:30 Bingo (CR) 4:00 LW Relax & Meditate (T) 6:00 Poker (L)	9:30 FF Exercise-Yolanda (CR) 20 9:30 Doctor Shuttle (*) 2:00 Canasta (RP) 3:00 FF Wii Games (L) 3:30 42 Dominoes (PDR) 4:30 FF Water Aerobics (Pool) 6:00 Movie (T) 6:00 Bunko (L)	9:00 FF Sit & Fit (CR) 21 10:00 Resident Assoc. Mtg (CR) 1:00 Dr. Ho Podiatrist (HC) 2:00 Rosary with Tom (L) 3:30 Bingo (CR) 4:00 LW Relax & Meditate (T) 6:00 Poker (L)	9:30 FF Exercise-Yolanda (CR) 22 9:30 Kroger/Walgreens (*) 10:30 LW Trivia-Laura (L) 1:30 Doctor Shuttle (*) 2:00 Party Bridge (CR) 4:30 FF Water Aerobics (Pool) 6:00 Movie (T)	8:50 FF Sit & Fit (CR) 23 9:20 FF Exercise-Yolanda (CR) 10:00 Bible Study-Kathy & Rick (CR) 2:00 Catholic Service (L) 4:00 FF - Wii - High Rollers (L) 6:00 Poker (L)	9:00 Coffee/Donuts (DR) 24 11:00 FF "Strong for Life" Balance Video (CR) 1:15 FF Stretchercise (CR) 2:00 Table Games (PDR) 3:30 Movie (T)
11:00 Church Service (CR) 25 2:00 Table Games (PDR) 3:30 Comedy Movie (T) 6:00 Billiards (L)	9:00 FF Sit & Fit (CR) 26 2:00 FF Line Dancing (CR) 2:30 Wal-mart (*) 2:30 Terrace Book Club (L) 3:30 Bingo (CR) 4:00 LW Relax & Meditate (T) 5:30 Olive Garden (*) 6:00 Poker (L)	9:00 Vital Signs (DO) 27 9:00 FF Wellness Center (WC) 9:30 FF Exercise-Yolanda (CR) 9:30 Prayer Chain (L) 9:30 Doctor Shuttle (*) 10:30 LW Intro. to Mind Aerobics (CR) 2:00 Canasta (RP) 2:30 Get To Know Your Neighbor (DR) 3:00 FF Wii Games (L) 3:30 42 Dominoes (PDR) 4:30 FF Water Aerobics (Pool) 6:00 Movie (T) 6:00 Bunko (PDR)	9:00 FF Sit & Fit (CR) 28 10:00 Cell Phone 101 (RP) 1:00 SL Natural Science Museum (*) 2:00 Rosary with Tom (L) 3:30 Bingo (CR) 4:00 LW Relax & Meditate (T) 6:00 Poker (L)	9:30 FF Exercise-Yolanda (CR) 29 9:30 Kroger/Walgreens (*) 10:30 LW Tournament of Champions Trivia with Laura (CR) 1:30 Doctor Shuttle (*) 2:00 Party Bridge (CR) 2:00 Domino/Mexican Train (PDR) 4:30 FF Water Aerobics (Pool) 6:00 Movie (T)	8:50 FF Sit & Fit (CR) 30 9:20 FF Exercise-Yolanda (CR) 9:30 Bank Run (*) 10:00 Bible Study-Kathy & Rick (CR) 2:00 Catholic Service (L) 3:30 Bingo (CR) 4:00 FF - Wii - High Rollers (L) 6:00 Celebrate America with Barbara Jennings (CR) 6:00 Poker (L)	9:00 Coffee/Donuts (DR) 31 11:00 FF "Strong for Life" Balance Video (CR) 1:15 FF Stretchercise (CR) 2:00 Table Games (PDR) 3:30 Movie (T) 6:30 So You Know You Can Dance Event (CR)