


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>ROOM KEY</b> AR - Activity Room 1st flr. - bldg. 3 CR - Community Room 1st flr. - bldg.4 DR - Dining Room 3rd flr. - bldg. 2 & 3 DO - Doctors Office Apt. # 4331 LB - Library 3rd flr. - bldg. 3 LG - Lounge 1st flr. - bldg1	PG - Putting Green 1st flr. - # 2 South Ctyd. *** - Terrace Transportation ^^ - Transportation is Courtesy of Facilitator WR - Web Room 2nd flr. - bldg.4	Community Supportive Services: *Home Health Resources (Vital Signs) 713-668-0003 or #3220 *Dr. Owens (Vision) 713-838-2020 *Vicki Flynn (Hearing and Balance) 713-223-1800 *Home Foot Care (Podiatry) (House calls) 713-621-3338 *Home Health Resources Therapy 713-838-0668 or #4331 *Dr. Bavary - General Practitioner *Dr. Ho - Podiatrist (House calls) *Dr. John Shay - Accupunturist Every 2nd & 4th Monday at 10:30am (House call appointments only) 832-455-8242	<b>Have a Happy July 4th</b> 	9:15 DPS (***) 9:30 ForeverFit! Chair Tai Chi (CR) <b>1</b> 1:00 Mahjong's (LG) 1:30 Duplicate Bridge (CR) 2:15 99 Cent Store/ Ross (***) 4:00 Bingo (DR) 5:00 Strong for Life! Water Aerobics Class (Swimming Pool)	10:15 ForeverFit! Chair Exercise (CR) <b>2</b> 2:00 Line Dancing: Basic (AR) 3:15 ForeverFit! Chair Yoga (AR) <b>4:00 Independence Day Celebration (DR)</b> 4:30 Card Games (DR)	9:00 Coffee & Donuts (AR) <b>3</b> 10:30 Vital Signs (DO) 12:30 Independence Day Concert (DR) 1:30 Dominoes (DR) 3:00 Bingo (DR) 5:00 Movie Night (CR) 6:30 Chess & Checkers (DR)
<b>Independence Day</b> 8:45 West University Baptist Shuttle (^^^) 2:30 Protestant Church Service (CR) 4:00 Coupon Buddies (AR) 4:00 Resident Putting Practice (PG) <b>4</b>	<b>Offices Closed and No Medical Shuttle</b> 9:30 ForeverFit! Exercise (CR) <b>5</b> 1:00 Arts & Crafts (AR) 4:00 BINGO (DR) 6:00 Scrabble (DR) <b>6:00 "A Patriots Heart" by actress and author Mary Mann (CR)</b>	9:15 Kroger Grocery (***) <b>6</b> 10:45 Sisterhood Emanu El Lunch and Show (***\$6) 2:15 Wesleyan Plaza (***) 3:00 StrongForLife! Balance Class (CR) 5:00 Strong for Life! Water Aerobics Class (Swimming Pool)	9:00 Computer Instr. (WR) <b>7</b> 9:30 ForeverFit! Exercise (CR) 10:30 Mind Aerobics (Activity Room) 2:00 Handcrafting Corner w/ Yarn (LG) 3:00 Poetry & Prose (LB) 6:00 Scrabble (DR)	9:15 Wal-Mart Superstore/ Spec's (***) <b>8</b> 9:30 ForeverFit! Chair Tai Chi (CR) 10:30 Catholic Mass (CR) 1:00 Mahjong's (LG) 2:15 Bank Run (***) 4:00 Bingo (DR) 5:00 Strong for Life! Water Aerobics Class (Swimming Pool)	9:30 LiveWell! Leadership Forum Committee Meeting (Activity Room) <b>9</b> 10:15 ForeverFit! Chair Exercise (CR) 2:30 Rest Relaxation Spa Presentaion w/ Beauty Consultant Cheryl List (CR) 3:00 Game Hour (AR) 3:00 Birthday Party (CR) 4:30 Card Games (DR)	9:00 Coffee & Donuts (AR) <b>10</b> 11:30 AARP-Defensive Driving Course (CR) 1:30 Dominoes (DR) 3:00 Bingo (DR) 5:00 Movie Night (CR) 6:30 Chess & Checkers (DR)
8:45 West University Baptist Shuttle (^^^) 2:30 Protestant Church Service (CR) <b>11</b> 4:00 Coupon Buddies (AR) 4:00 Resident Putting Practice (PG)	9:30 ForeverFit! Exercise (CR) <b>12</b> 10:30 LiveWell Educational Series: St. Lukes Health & Wellness Presentation w/ Sarah Livesay 1:00 Arts & Crafts (AR) 2:15 Walgreens (***) 4:00 BINGO (DR) 6:00 Scrabble (DR) 6:00 "A Cup of Conversation" (LB)	9:15 HEB Grocery (***) <b>13</b> 2:15 Target- Meyerland (***) 3:00 StrongForLife! Balance Class (CR) 5:00 Strong for Life! Water Aerobics Class (Swimming Pool)	<b>Bastille Day</b> 9:30 ForeverFit! Exercise (CR) <b>14</b> 10:30 Mind Aerobics (Activity Room) 1:00 Vital Signs Check (DO) 2:00 Handcrafting Corner w/ Yarn (LG) 3:00 Poetry & Prose (LB) 3:00 New Resident Orientation (DR) 6:00 Scrabble (DR)	9:30 ForeverFit! Chair Tai Chi (CR) <b>15</b> 9:30 Memorial City Mall (***) 10:30 Episcopal Service (CR) 1:00 Mahjong's (LG) 1:30 Duplicate Bridge (CR) 2:15 Whole Foods (***) 4:00 Bingo (DR) 4:00 Dining Out at Brenner's Original Steakhouse (***) 5:00 Strong for Life! Water Aerobics Class (Swimming Pool)	9:30 Welcome Ambassadors Club Meeting (Activity Room) <b>16</b> 10:15 ForeverFit! Chair Exercise (CR) 2:00 Line Dancing: Basic (AR) 3:15 ForeverFit! Chair Yoga (AR) 3:45 Home Health Presentation (CR) 4:30 Card Games (DR)	9:00 Coffee & Donuts (AR) <b>17</b> 1:30 Dominoes (DR) 3:00 Bingo (DR) 5:00 Movie Night (CR) 6:30 Chess & Checkers (DR)
8:45 West University Baptist Shuttle (^^^) 2:30 Protestant Church Service (CR) <b>18</b> 4:00 Coupon Buddies (AR) 4:00 Resident Putting Practice (PG)	9:30 ForeverFit! Exercise (CR) <b>19</b> 10:30 LiveWell! Educational Series Helpful tips for those with Low Vision (CR) 1:00 Arts & Crafts (AR) 2:15 Walgreens (***) 4:00 BINGO (DR) 6:00 Scrabble (DR) 6:00 "A Cup of Conversation" (LB)	9:15 Kroger Grocery (***) <b>20</b> 2:15 Wesleyan Plaza (***) 3:00 StrongForLife! Balance Class (CR) 3:45 Town Hall Meeting (CR) 5:00 Strong for Life! Water Aerobics Class (Swimming Pool)	9:00 Computer Instr. (WR) <b>21</b> 9:30 ForeverFit! Exercise (CR) 10:30 Mind Aerobics (Activity Room) 1:00 Vital Signs Check (DO) 2:00 Handcrafting Corner w/ Yarn (LG) 3:00 Poetry & Prose (LB) <b>4:30 New Resident &amp; Monthly July Birthdays Social (Community Room)</b> 6:00 Scrabble (DR)	9:30 ForeverFit! Chair Tai Chi (CR) <b>22</b> 9:30 Historic Heights Tour (Houston Heights) 10:30 Catholic Mass (CR) 1:00 Mahjong's (LG) 4:00 Bingo (DR) 5:00 Strong for Life! Water Aerobics Class (Swimming Pool)	10:15 ForeverFit! Chair Exercise (CR) <b>23</b> 3:00 Game Hour (AR) 4:30 Card Games (DR) 5:00 The Terrace at West University Guided Walking Tour (LG)	9:00 Coffee & Donuts (AR) <b>24</b> 1:30 Dominoes (DR) 3:00 Bingo (DR) 5:00 Movie Night (CR) 6:30 Chess & Checkers (DR)
8:45 West University Baptist Shuttle (^^^) 2:30 Protestant Church Service (CR) <b>25</b> 4:00 Coupon Buddies (AR) 4:00 Resident Putting Practice (PG)	9:30 ForeverFit! Exercise (CR) <b>26</b> 1:00 Arts & Crafts (AR) 2:15 Walgreens (***) 4:00 BINGO (DR) 6:00 Scrabble (DR) 6:00 "A Cup of Conversation" (LB)	9:15 HEB Grocery (***) <b>27</b> 2:15 Super Target (***) 3:00 StrongForLife! Balance Class (CR) 3:00 Food Committee Meeting (Dining Room) 5:00 Strong for Life! Water Aerobics Class (Swimming Pool)	9:30 ForeverFit! Exercise (CR) <b>28</b> 10:30 Mind Aerobics (Activity Room) 1:00 Vital Signs Check (DO) 2:00 Handcrafting Corner w/ Yarn (LG) 3:00 Poetry & Prose (LB) 6:00 Scrabble (DR) <b>7:00 The Terrace at West University Black &amp; White Anniversary Party (DR)</b>	9:30 ForeverFit! Chair Tai Chi (CR) <b>29</b> 1:00 Mahjong's (LG) 2:15 Fiesta Grocery (***) 4:00 Bingo (DR) 5:00 Strong for Life! Water Aerobics Class (Swimming Pool)	10:15 ForeverFit! Chair Exercise (CR) <b>30</b> 2:00 Line Dancing: Basic (AR) 3:15 ForeverFit! Chair Yoga (AR) 4:30 Card Games (DR)	9:00 Coffee & Donuts (AR) <b>31</b> 1:30 Dominoes (DR) 1:30 Houston Tidelanders Chorus Annual Show (***\$40) deadline to pay July 15th) 3:00 Bingo (DR) 5:00 Movie Night (CR) 6:30 Chess & Checkers (DR)