Daily Schedule

Monday, Wednesday, Thursday, & Friday

11:30AM Smart Balance Machine Open Play-FC



December 2018



10:15AM St Patrick's Catholic Svc - TC 10:30AM Lake Highlands united Methodist Church - OS 11:00AM Sunday Brunch- T 2:00PM Non-Denominational Svc - TC 3:00PM Resident Game Pick - GR 7:00PM Game Night-CL 7:15PM Rook-GR

В

ВН

BR

CC

FC

GR

AR

BC

Bistro

Bistro Hallway

Billiard Room

Care Concierge

Fitness Center

Buisness Center

Game Room

Art Room

8:30AM Shopping Loop - OS 10:30AM Strength Training - MR 11:00AM Balance 101-FC 1:00PM Bridge-GR 2:00PM Embrace The New Normal -TC 3:30PM Movie Matinee-TC 4:30PM Happy Hour-CL

Multipurpose Room

Pool

Trattoria

Tuscan Room

Theatre Central

Wellness Center

4th Floor Library

Off-site Transportation

os

TR

TC

wc

7:15PM Movie Night- TC

7:15PM Game of 42 - CL

Every Tuesday 9:00AM Wellness Walking Club - OS 9:30AM Walk Strong With Sara-OS 10:45AM Chair Yoga with Heather - MR 11:30AM Fitness Center Orientation - FC 1:00PM Wii Sports & Bowling - MR 1:00PM Bridge - GR 2:00PM Sharing our Faith - TC

7:15PM Movie Night- TC

7:15PM Game of 42 - CL

Every Wednesda 9:45AM Chair Tai Chi - MR 10:30AM Strength Training-MR 11:05AM Chair Aerobics - MR 1:00PM Bridge-GR 2:30PM Movie Matinee-TC 7:15PM Joker-CL 7:15PM Movie Night- TC

Every Thursday 10:00AM Silver Sneakers Stability - MR 10:45AM Silver Sneakers Pilates - MR 1:00PM Wii Sports & Bowling - MR 1:15PM Bridge - GR 3:30PM Poker - Dealers Choice - GR 7:15PM Spinner Dominoes - CL 7:15pm Movie Night-TC

9:45AM Chair Tai Chi - MR 10:30AM Strength Training - MR 11:00AM Stretch To Your Health-MR 1:00PM Wii Sports & Bowling-MR 1:00PM Bridge-GR 3:00PM Bingo-CL 4:30PM Happy Hour-CL 7:15PM Scrabble-CL 7:15PM Movie Night-TC

9:45AM Silver Sneakers Circuit - MR Training 10:30AM Wii Bowling - MR 1:00PM Spinner Dominoes - GR 2:30PM Movie Matinee-TC 7:00PM LCR - CL 7:15PM Movie Night-TC

MONTHLY SCHEDULE



214-734-1076

214-221-3285

214-343-6401 FAX **EMERGENCY MEDICAL** Grace Home Health 469-326-1700 911 TRATTORIA DINING ROOM **CHEF HOTLINE**

214-343-6400 MAIN

214-270-2215

Helen Knight 4-Dec 5-Dec Jack Martin 7-Dec **Nell Davis** Svl Hoefler 11-Dec 12-Dec **Travis Harris** LP Webb 14-Dec Patsy Williamson 15-Dec 18-Dec Dawn Bonham

19-Dec Christine Sefcik 20-Dec Charlene Lee 28-Dec Dale Williams

Movies with NCC means Captions/subtitiles OFF Movies with CC means Captions/subtitles ON **RSVP Required**