



**TWIN RIVERS**  
A GRACE MGMT COMMUNITY

# JANUARY 2021

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Richardson, Texas 75081  
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www.twinriversassistedliving.com



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Chris Henger.....Executive Director Sheila Ricketts....Sale/Marketing Helen Kassaye....BOD Selma Demsew..AL Coonator Chef Nach.....Culinary Director Mario Luna.....Maintenance Diane Martinez..LED Hanna Lamiso...VP Coordinator</p>	<p>Location Key AR- Activity Room DR- Dining Room MR- Media Room B- Bistro PR- Private Dining Room T- Transportation</p>		<p>Happy New Year!  We wish all of our residents and their families a wonderful year full of peace and joy. We are delighted to have you in our community!</p>		<p>1 <b>New Year's Day</b> 2</p> <p>PY 10:30 Morning Exercise SO 11:00 Name that Croon -MR SE 3:00 Painting With A Twist -AR CO 6:30 Mexican Train -B</p>	<p>10:00 Coffee &amp; Donut Social -B 2:00 Bridge Club and Card Games -AR 6:00 Mexican Train -B</p>
<p>3</p> <p>SP 11:00 Christ United Methodist Church (Live Streaming) -MR SO 12:00 Cowboys vs Giants Game (FOX) -MR SE 1:30 BINGO First Session -MR SE 2:30 BINGO Second Session -MR I 6:00 Netflix Movie ( Residence Choice) -MR</p>	<p>4</p> <p>PY 10:30 Chair Exercise First Session -MR PY 2:00 Chair Exercise second Session SO 2:30 Manipulation Card Game AR CO 6:30 Mexican Train -B</p>	<p>5</p> <p>9:00 Scheduled Appointment PY 10:30 Sit &amp; Be Fit Exercise First Session-MR PY 10:45 Walk of Out (Walking Club) PY 2:00 Sit &amp; Be Fit Exercise Second Session-MR I 2:30 Bridge Club and Cards Games-AR</p>	<p>6</p> <p>CO 10:30 Cranium Crunches Worksheet -MR SE 1:30 BINGO First Session -MR SE 2:30 BINGO Second Session-MR CO 6:30 Mexican Train -B</p>	<p>7</p> <p>9:00 Scheduled Appointment PY 10:30 Sit &amp; Be Fit Exercise First Session-MR PY 10:45 Walk of Out (Walking Club) PY 2:00 Sit &amp; Be Fit Exercise Second Session-MR I 2:30 Bridge Club and Cards Games-AR</p>	<p>8</p> <p>PY 10:30 Morning Exercise SO 11:00 Name that Croon -MR SE 3:00 Painting With A Twist -AR CO 6:30 Mexican Train -B</p>	<p>9</p> <p>SO 10:00 Coffee &amp; Donut Social -B I 2:00 Bridge Club and Card Games -AR CO 6:00 Mexican Train -B</p>
<p>10</p> <p>SP 11:00 Christ United Methodist Church (Live Streaming) -MR SE 1:30 BINGO First Session -MR SE 2:30 BINGO Second Session -MR I 6:00 Netflix Movie ( Residence Choice) -MR SO 6:30 Mexican Train or Dominoes -B</p>	<p>11</p> <p>PY 10:30 Chair Exercise First Session -MR PY 2:00 Chair Exercise second Session SO 2:30 Manipulation Card Game AR CO 6:30 Mexican Train -B</p>	<p>12</p> <p>9:00 Scheduled Appointment PY 10:30 Sit &amp; Be Fit Exercise First Session-MR PY 10:45 Walk of Out (Walking Club) PY 2:00 Sit &amp; Be Fit Exercise Second Session-MR I 2:30 Bridge Club and Cards Games-AR</p>	<p>13</p> <p>CO 10:30 Cranium Crunches Worksheet -MR SE 1:30 BINGO First Session -MR SE 2:30 BINGO Second Session-MR CO 6:30 Mexican Train -B</p>	<p>14</p> <p>9:00 Scheduled Appointment PY 10:30 Sit &amp; Be Fit Exercise First Session-MR PY 10:45 Walk of Out (Walking Club) PY 2:00 Sit &amp; Be Fit Exercise Second Session-MR I 2:30 Bridge Club and Cards Games-AR</p>	<p>15</p> <p>PY 10:30 Morning Exercise SO 11:00 Name that Croon -MR SE 3:00 Painting With A Twist -AR CO 6:30 Mexican Train -B</p>	<p>16</p> <p>SO 10:00 Coffee &amp; Donut Social -B I 2:00 Bridge Club and Card Games -AR CO 6:00 Mexican Train -B</p>
<p>17</p> <p>SP 11:00 Christ United Methodist Church (Live Streaming) -MR SE 1:30 BINGO First Session -MR SE 2:30 BINGO Second Session -MR I 6:00 Netflix Movie ( Residence Choice) -MR SO 6:30 Mexican Train or Dominoes -B</p>	<p>18 <b>Martin Luther King Day</b></p> <p>PY 10:30 Chair Exercise First Session -MR PY 2:00 Chair Exercise second Session SO 2:30 Manipulation Card Game AR CO 6:30 Mexican Train -B</p>	<p>19</p> <p>9:00 Scheduled Appointment PY 10:30 Sit &amp; Be Fit Exercise First Session-MR PY 10:45 Walk of Out (Walking Club) PY 2:00 Sit &amp; Be Fit Exercise Second Session-MR I 2:30 Bridge Club and Cards Games-AR</p>	<p>20 <b>Inauguration Day</b></p> <p>CO 10:30 Cranium Crunches Worksheet -MR SE 1:30 BINGO First Session -MR SE 2:30 BINGO Second Session-MR CO 6:30 Mexican Train -B</p>	<p>21</p> <p>9:00 Scheduled Appointment PY 10:30 Sit &amp; Be Fit Exercise First Session-MR PY 10:45 Walk of Out (Walking Club) PY 2:00 Sit &amp; Be Fit Exercise Second Session-MR I 2:30 Bridge Club and Cards Games-AR</p>	<p>22</p> <p>PY 10:30 Morning Exercise SO 11:00 Name that Croon -MR SE 3:00 Painting With A Twist -AR CO 6:30 Mexican Train -B</p>	<p>23</p> <p>SO 10:00 Coffee &amp; Donut Social -B I 2:00 Bridge Club and Card Games -AR CO 6:00 Mexican Train -B</p>
<p>24</p> <p>SP 11:00 Christ United Methodist Church (Live Streaming) -MR SE 1:30 BINGO First Session -MR SE 2:30 BINGO Second Session -MR I 6:00 Netflix Movie ( Residence Choice) -MR SO 6:30 Mexican Train or Dominoes -B</p>	<p>25</p> <p>PY 10:30 Chair Exercise First Session -MR PY 2:00 Chair Exercise second Session SO 2:30 Manipulation Card Game AR CO 6:30 Mexican Train -B</p>	<p>26</p> <p>9:00 Scheduled Appointment PY 10:30 Sit &amp; Be Fit Exercise First Session-MR PY 10:45 Walk of Out (Walking Club) PY 2:00 Sit &amp; Be Fit Exercise Second Session-MR I 2:30 Bridge Club and Cards Games-AR</p>	<p>27</p> <p>CO 10:30 Cranium Crunches Worksheet -MR SE 1:30 BINGO First Session -MR SE 2:30 BINGO Second Session-MR CO 6:30 Mexican Train -B</p>	<p>28</p> <p>9:00 Scheduled Appointment PY 10:30 Sit &amp; Be Fit Exercise First Session-MR PY 10:45 Walk of Out (Walking Club) PY 2:00 Sit &amp; Be Fit Exercise Second Session-MR I 2:30 Bridge Club and Cards Games-AR</p>	<p>29</p> <p>PY 10:30 Morning Exercise SO 11:00 Name that Croon -MR SE 3:00 Painting With A Twist -AR CO 6:30 Mexican Train -B</p>	<p>30</p> <p>SO 10:00 Coffee &amp; Donut Social -B I 2:00 Bridge Club and Card Games -AR CO 6:00 Mexican Train -B</p>
<p>31</p> <p>SP 11:00 Christ United Methodist Church (Live Streaming) -MR SE 1:30 BINGO First Session -MR SE 2:30 BINGO Second Session -MR I 6:00 Netflix Movie ( Residence Choice) -MR SO 6:30 Mexican Train or Dominoes -B</p>	<p>Office Hours Sunday-Saturday.....7:00am-5:00pm  Dining Room Hours Breakfast.....8:00am-9:00am Lunch.....12:00pm-1:00pm Dinner.....5:00pm-6:00pm</p>		<p>What's Lucky in January?  Lucky Color: Silver Lucky Animal: Kangaroo Lucky Letters: J and Y Lucky Day: Friday Lucky Plant: Delphinium</p>	<p>Happy Birthday to all in January!!  Nicky K. 1/2 Dorothy P. 1/9 Yoriko I. 1/10 Dorothy S. 1/13 Marion C. 1/21 Doris B. 1/27</p>	<p>Medical Appointments Tuesday -Thursday 8am-12pm See Concierge to sign up. Appointments must be made at least 48 hours in advance.</p>	<p>CO - Cognitive I - Intergenerational PY - Physical SE - Sensory SO - Social SP - Spiritual</p>

Events are Subject to Change.