


May 2021
Hillside, Vista 3, and Vista 9

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>4847 West Lawther Drive Suite 100 Dallas, TX 75214 214-827-8080</p>	<p>May cont'd 30</p> <p>8:15 → Chair Aerobics - Ch. 81</p> <p>8:45 † Church Service w/ Rev. Kellie-In Person [MP]</p> <p>10:00 † Worship Service - Ch. 81</p>	<p>Memorial Day 31</p> <p>9:15 → Balance Class - Ch. 80</p> <p>9:30 † Pause with Rev. Kellie - Ch. 81</p> <p>1:00 → New Parkinson's Exercise Class [MP]</p> <p>1:00 → Sit & Get Fit -Ch. 80</p> <p>4:00 → Seated Tai Chi -Ch. 81</p>		<p>Location Keys HDR-Hillside Dining Rm MPR-Multi-Purpose Rm AR-Activity Rm P-Point Ch.80&81-TV@</p>	<p>HAPPY BIRTHDAY!</p> <p>5/4 DONNA R 5/22 JOE K 5/23 PATSY D 5/27 GLORIA B 5/29 MARY K</p>	<p>🎨 Creative 🧠 Intellectual 🎵 Music 👉 Physical 🚩 Purposeful 👥 Social ✝️ Spiritual</p>	<p>8:15 → Chair Aerobics - Ch. 81</p> <p>1</p>
<p>"We must not allow the clock and the calendar to blind us to the fact that each moment of life is a miracle and mystery." — H.G. Wells</p>	<p>2</p> <p>8:15 → Chair Aerobics - Ch. 81</p> <p>10:00 † Worship Service - Ch. 81</p>	<p>3</p> <p>9:15 → Balance Class - Ch. 80</p> <p>9:30 → Morning Exercise [MP]</p> <p>9:30 † Pause with Rev. Kellie - Ch. 81</p> <p>10:00 → Mental Mondays-Brain Fitness [DR]</p> <p>1:00 → New Parkinson's Exercise Class [MP]</p> <p>1:00 → Sit & Get Fit -Ch. 80</p> <p>2:00 → Bingo! [DR]</p> <p>3:15 † FUMC Worship Service - Ch. 81</p> <p>4:00 → Seated Tai Chi -Ch. 81</p>	<p>4</p> <p>9:30 → Morning Exercise [MP]</p> <p>9:30 † Pause with Rev. Kellie - Ch. 81</p> <p>10:00 → Making Paper Flowers [V/H]</p> <p>1:00 → Sit & Get Fit -Ch. 80</p> <p>2:00 → Group Art Project [MP]</p> <p>4:00 → Seated Yoga - Ch. 81</p>	<p>5</p> <p>Cinco de Mayo</p> <p>9:15 → Balance Class - Ch. 80</p> <p>9:30 → Morning Exercise [MP]</p> <p>9:30 † Pause with Rev. Kellie - Ch. 81</p> <p>10:00 → Wii Bowling [MP]</p> <p>12:00 → First Lunch Out-White Rock Lake Picnic</p> <p>3:00 → Knit Wits [SLR]</p> <p>4:00 † Catholic Mass Rebroadcast - Ch. 81</p>	<p>6</p> <p>9:30 → Morning Exercise [MP]</p> <p>9:30 † Pause with Rev. Kellie - Ch. 81</p> <p>10:00 → Flower Power Tea [V/H]</p> <p>11:30 → Men's Group-Lunch out- Ex Fenix</p> <p>1:00 → Sit & Get Fit -Ch. 80</p> <p>1:30 → Scenic Relaxation with Calming Music - Ch. 80</p> <p>2:30 → Moving to Heal w/ Jewel [MP]</p> <p>3:00 → Helping Hands-AR</p> <p>4:00 → Seated Yoga - Ch. 81</p>	<p>7</p> <p>8:15 → Chair Aerobics - Ch. 81</p> <p>9:30 → Morning Exercise [MP]</p> <p>10:00 → Chair Volleyball is Back [MP]</p> <p>11:00 → Calendar Planning</p> <p>1:00 → Sit & Get Fit - Ch. 81</p> <p>1:30 → Happy Snack Hour</p> <p>1:30 → Movie Matinee -Ch. 80 [CH80]</p> <p>2:00 → Fireside Chats w/ Emory-AR</p> <p>4:00 → Seated Tai Chi -Ch. 81</p> <p>5:30 → Let's Play 42 [DR-H]</p>	<p>8:15 → Chair Aerobics - Ch. 81</p> <p>8</p>
<p>BUS TRIPS PLEASE SIGN UP FOR ALL TRIPS. SIGN UP BOOK IS LOCATED IN HILLSIDE DINING ENTRANCE UNDER TV.</p>	<p>Mother's Day 9</p> <p>8:15 → Chair Aerobics - Ch. 81</p> <p>8:45 † Church Service w/ Rev. Kellie-In Person [MP]</p> <p>10:00 † Worship Service - Ch. 81</p>	<p>10</p> <p>9:15 → Balance Class - Ch. 80</p> <p>9:30 → Morning Exercise [MP]</p> <p>9:30 † Pause with Rev. Kellie - Ch. 81</p> <p>10:00 → Mental Mondays-Brain Fitness [DR]</p> <p>1:00 → New Parkinson's Exercise Class [MP]</p> <p>1:00 → Sit & Get Fit -Ch. 80</p> <p>2:00 → Bingo! [DR]</p> <p>3:15 † FUMC Worship Service - Ch. 81</p> <p>4:00 → Seated Tai Chi -Ch. 81</p>	<p>11</p> <p>9:30 → Morning Exercise [MP]</p> <p>9:30 † Pause with Rev. Kellie - Ch. 81</p> <p>10:00 → Weights & More [MP]</p> <p>11:30 → Trip to Arboretum/ Lunch</p> <p>1:00 → Sit & Get Fit -Ch. 80</p> <p>2:00 → Group Art Project [MP]</p> <p>4:00 → Seated Yoga - Ch. 81</p>	<p>12</p> <p>9:15 → Balance Class - Ch. 80</p> <p>9:30 → Morning Exercise [MP]</p> <p>9:30 † Pause with Rev. Kellie - Ch. 81</p> <p>10:00 → Wii Bowling [MP]</p> <p>1:00 → Sit & Get Fit -Ch. 80</p> <p>1:30 → Manicures [MP]</p> <p>3:00 → Knit Wits [SLR]</p> <p>4:00 † Catholic Mass Rebroadcast - Ch. 81</p>	<p>13</p> <p>9:30 → Morning Exercise [MP]</p> <p>9:30 † Pause with Rev. Kellie - Ch. 81</p> <p>10:00 → Flower Power Tea-AR</p> <p>10:00 → Resident Council Meeting-All Hillside/Vista [MP]</p> <p>1:00 → Sit & Get Fit -Ch. 80</p> <p>1:30 → Scenic Relaxation with Calming Music - Ch. 80</p> <p>2:00 → Men's Social-AR</p> <p>2:30 → Moving to Heal w/ Jewel [MP]</p> <p>3:00 → Helping Hands-AR</p> <p>4:00 → Seated Yoga - Ch. 81</p>	<p>14</p> <p>8:15 → Chair Aerobics - Ch. 81</p> <p>9:30 → Morning Exercise [MP]</p> <p>10:00 → Chair Volleyball is Back [MP]</p> <p>1:00 → Sit & Get Fit - Ch. 81</p> <p>1:30 → Happy Snack Hour</p> <p>1:30 → Movie Matinee -Ch. 80 [CH80]</p> <p>2:00 → Fireside Chats w/ Emory-Dining Room</p> <p>4:00 → Seated Tai Chi -Ch. 81</p> <p>5:30 → Let's Play 42 [DR-H]</p>	<p>8:15 → Chair Aerobics - Ch. 81</p> <p>15</p>
<p>WELCOME NEW RESIDENTS RITA B-VISTA 3&9 BILL & RUBY F ROY R PAUL V JOE K BOBBIE B MARY R</p>	<p>16</p> <p>8:15 → Chair Aerobics - Ch. 81</p> <p>8:45 † Church Service w/ Rev. Kellie-In Person [MP]</p> <p>10:00 † Worship Service - Ch. 81</p>	<p>17</p> <p>9:15 → Balance Class - Ch. 80</p> <p>9:30 → Morning Exercise [MP]</p> <p>9:30 † Pause with Rev. Kellie - Ch. 81</p> <p>10:00 → Mental Mondays-Brain Fitness [DR]</p> <p>1:00 → New Parkinson's Exercise Class [MP]</p> <p>1:00 → Sit & Get Fit -Ch. 80</p> <p>2:00 → Bingo! [DR]</p> <p>3:15 † FUMC Worship Service - Ch. 81</p> <p>4:00 → Seated Tai Chi -Ch. 81</p>	<p>18</p> <p>9:30 → Morning Exercise [MP]</p> <p>9:30 † Pause with Rev. Kellie - Ch. 81</p> <p>10:00 → Weights & More [MP]</p> <p>1:00 → Sit & Get Fit -Ch. 80</p> <p>2:00 → Group Art Project [MP]</p> <p>4:00 → Seated Yoga - Ch. 81</p>	<p>19</p> <p>9:15 → Balance Class - Ch. 80</p> <p>9:30 → Morning Exercise [MP]</p> <p>9:30 † Pause with Rev. Kellie - Ch. 81</p> <p>10:00 → Wii Bowling [MP]</p> <p>1:00 → Sit & Get Fit -Ch. 80</p> <p>1:15 → Movie: "The Gardener" [CH81]</p> <p>1:30 → Manicures [MP]</p> <p>3:00 → Knit Wits [SLR]</p> <p>4:00 † Catholic Mass Rebroadcast - Ch. 81</p>	<p>20</p> <p>9:30 → Morning Exercise [MP]</p> <p>9:30 † Pause with Rev. Kellie - Ch. 81</p> <p>10:00 → Flower Power Tea</p> <p>1:00 → Sit & Get Fit -Ch. 80</p> <p>1:30 → Scenic Relaxation with Calming Music - Ch. 80</p> <p>2:00 → Men's Social-AR</p> <p>2:30 → Moving to Heal w/ Jewel [MP]</p> <p>3:00 → Helping Hands-AR</p> <p>4:00 → Seated Yoga - Ch. 81</p>	<p>21</p> <p>8:15 → Chair Aerobics - Ch. 81</p> <p>9:30 → Morning Exercise [MP]</p> <p>10:00 → Chair Volleyball is Back [MP]</p> <p>1:00 → Sit & Get Fit - Ch. 81</p> <p>1:30 → Happy Snack Hour</p> <p>1:30 → Movie Matinee -Ch. 80 [CH80]</p> <p>1:30 → Trip to Trader Joe's</p> <p>2:00 → Fireside Chats w/ Emory-AR</p> <p>4:00 → Seated Tai Chi -Ch. 81</p> <p>5:30 → Let's Play 42 [DR-H]</p>	<p>8:15 → Chair Aerobics - Ch. 81</p> <p>22</p>
<p>MARY R CARMELLA Mc-HILLSIDE PATRICIA B MARION A JOAN S NORMA W LILY C</p>	<p>23</p> <p>8:15 → Chair Aerobics - Ch. 81</p> <p>8:45 † Church Service w/ Rev. Kellie-In Person [MP]</p> <p>10:00 † Worship Service - Ch. 81</p>	<p>24</p> <p>9:15 → Balance Class - Ch. 80</p> <p>9:30 → Morning Exercise [MP]</p> <p>9:30 † Pause with Rev. Kellie - Ch. 81</p> <p>10:00 → Mental Mondays-Brain Fitness [DR]</p> <p>1:00 → New Parkinson's Exercise Class [MP]</p> <p>1:00 → Sit & Get Fit -Ch. 80</p> <p>2:00 → Bingo! [DR]</p> <p>3:15 † FUMC Worship Service - Ch. 81</p> <p>4:00 → Seated Tai Chi -Ch. 81</p>	<p>25</p> <p>9:30 → Morning Exercise [MP]</p> <p>9:30 † Pause with Rev. Kellie - Ch. 81</p> <p>10:00 → Weights & More [MP]</p> <p>1:00 → Sit & Get Fit -Ch. 80</p> <p>2:00 → Stretching and Balance [MP]</p> <p>3:30 → Richard Stanford Hour! [CH81]</p>	<p>26</p> <p>9:15 → Balance Class - Ch. 80</p> <p>9:30 → Morning Exercise [MP]</p> <p>9:30 † Pause with Rev. Kellie - Ch. 81</p> <p>10:00 → Wii Bowling [MP]</p> <p>1:00 → Sit & Get Fit -Ch. 80</p> <p>1:30 → Manicures [MP]</p> <p>3:00 → Knit Wits [SLR]</p> <p>4:00 † Catholic Mass Rebroadcast - Ch. 81</p>	<p>27</p> <p>9:30 → Morning Exercise [MP]</p> <p>9:30 † Pause with Rev. Kellie - Ch. 81</p> <p>10:00 → Flower Power Tea</p> <p>1:00 → Sit & Get Fit -Ch. 80</p> <p>1:30 → Scenic Relaxation with Calming Music - Ch. 80</p> <p>2:00 → Men's Social-AR</p> <p>2:30 → Moving to Heal w/ Jewel [MP]</p> <p>3:00 → Helping Hands-AR</p> <p>4:00 → Seated Yoga - Ch. 81</p>	<p>28</p> <p>8:15 → Chair Aerobics - Ch. 81</p> <p>9:30 → Morning Exercise [MP]</p> <p>10:00 → Chair Volleyball is Back [MP]</p> <p>1:00 → Sit & Get Fit - Ch. 81</p> <p>1:30 → Happy Snack Hour</p> <p>1:30 → Movie Matinee: "Military Wives" -Ch. 81 [CH81]</p> <p>2:00 → Fireside Chats w/ Emory-Dining Room</p> <p>4:00 → Seated Tai Chi -Ch. 81</p> <p>5:30 → Let's Play 42 [DR-H]</p>	<p>8:15 → Chair Aerobics - Ch. 81</p> <p>29</p>

Continued at top