

January 2025 Vista 7th & 8th Floor Rehab

Be sure to check out all our live stream options on our in-house TV station- Channel 81! Detailed descriptions of offerings are located in your Lifestyle Guide.



Life Enrichment is happy to provide the following upon request:

- Reading Materials
- Word Games
- Art Supplies
- Puzzles
- Note Cards/Stationary
- Snacks
- Pastoral Support Referral
- CCY Lifestyle Guide for in house TV programming

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>“And now, let us believe in a long year that is given to us, new, untouched, full of things that have never been.” — Rainer Maria Rilke</p>	<ul style="list-style-type: none"> 🧠 Intellectual 🎵 Music 👉 Physical ★ Purposeful † Spiritual 	<p>Individual Pursuits: Puzzles and More available in the Activity Room 1</p> <p>New Year's Day</p> <p>10:00 👉 Group Exercise w/ Therapy [8th fl]</p> <p>2:00 🧠 Body and Mind with Restorative Team [7th fl]</p>	<p>Individual Pursuits: Puzzles and More available in the Activity Room 2</p> <p>2:00 🧠 Body and Mind with Restorative Team [7th fl]</p>	<p>Individual Pursuits: Puzzles and More available in the Activity Room 3</p> <p>10:00 👉 Group Exercise w/ Therapy [8th fl]</p> <p>2:00 🧠 Body and Mind with Restorative Team [7th fl]</p>	<p>Individual Pursuits: Puzzles and More available in the Activity Room 4</p>
<p>Individual Pursuits: Puzzles and More available in the Activity Room 5</p> <p>11:00 † Worship Service live stream from The Point [CH81]</p>	<p>Individual Pursuits: Puzzles and More available in the Activity Room 6</p> <p>11:00 🧠 Room to Room Activity Cart</p> <p>2:00 ★ Welcome Visits</p>	<p>Individual Pursuits: Puzzles and More available in the Activity Room 7</p> <p>9:30 🧠 Campus News [CH81]</p> <p>2:00 🧠 Body and Mind with Restorative Team [7th fl]</p> <p>3:00 👉 In-Room Therapeutic Touch and Reiki with Anna- call 214-273-9653 to schedule a 20min session</p>	<p>Individual Pursuits: Puzzles and More available in the Activity Room 8</p> <p>10:00 👉 Group Exercise w/ Therapy [8th fl]</p> <p>1:00 🎵 Music Therapy Room Visits [7th fl]</p> <p>2:00 🧠 Body and Mind with Restorative Team [7th fl]</p> <p>2:00 🎵 Music Therapy Room Visits [8th fl]</p>	<p>Individual Pursuits: Puzzles and More available in the Activity Room 9</p> <p>12:00 🎵 Music with Don Weitz [7th fl]</p> <p>2:00 🧠 Body and Mind with Restorative Team [7th fl]</p>	<p>Individual Pursuits: Puzzles and More available in the Activity Room 10</p> <p>10:00 👉 Group Exercise w/ Therapy [8th fl]</p> <p>2:00 🧠 Body and Mind with Restorative Team [7th fl]</p>	<p>Individual Pursuits: Puzzles and More available in the Activity Room 11</p>
<p>Individual Pursuits: Puzzles and More available in the Activity Room 12</p> <p>11:00 † Worship Service live stream from The Point [CH81]</p>	<p>Individual Pursuits: Puzzles and More available in the Activity Room 13</p> <p>11:00 🧠 Room to Room Activity Cart</p> <p>2:00 ★ Welcome Visits</p> <p>3:00 🎵 Music with Mike Frankel [7th fl]</p>	<p>Individual Pursuits: Puzzles and More available in the Activity Room 14</p> <p>9:30 🧠 Campus News [CH81]</p> <p>2:00 🧠 Body and Mind with Restorative Team [7th fl]</p> <p>3:00 👉 In-Room Therapeutic Touch and Reiki with Anna- call 214-273-9653 to schedule a 20min session</p>	<p>Individual Pursuits: Puzzles and More available in the Activity Room 15</p> <p>10:00 👉 Group Exercise w/ Therapy [8th fl]</p> <p>1:00 🎵 Music Therapy Room Visits [7th fl]</p> <p>2:00 🧠 Body and Mind with Restorative Team [7th fl]</p> <p>2:00 🎵 Music Therapy Room Visits [8th fl]</p>	<p>Individual Pursuits: Puzzles and More available in the Activity Room 16</p> <p>2:00 🧠 Body and Mind with Restorative Team [7th fl]</p>	<p>Individual Pursuits: Puzzles and More available in the Activity Room 17</p> <p>10:00 👉 Group Exercise w/ Therapy [8th fl]</p> <p>2:00 🧠 Body and Mind with Restorative Team [7th fl]</p>	<p>Individual Pursuits: Puzzles and More available in the Activity Room 18</p>
<p>Individual Pursuits: Puzzles and More available in the Activity Room 19</p> <p>11:00 † Worship Service live stream from The Point [CH81]</p>	<p>Individual Pursuits: Puzzles and More available in the Activity Room 20</p> <p>Martin Luther King, Jr. Day</p> <p>11:00 🧠 Room to Room Activity Cart</p> <p>2:00 ★ Welcome Visits</p>	<p>Individual Pursuits: Puzzles and More available in the Activity Room 21</p> <p>9:30 🧠 Campus News [CH81]</p> <p>2:00 🧠 Body and Mind with Restorative Team [7th fl]</p> <p>3:00 👉 In-Room Therapeutic Touch and Reiki with Anna- call 214-273-9653 to schedule a 20min session</p>	<p>Individual Pursuits: Puzzles and More available in the Activity Room 22</p> <p>10:00 👉 Group Exercise w/ Therapy [8th fl]</p> <p>1:00 🎵 Music Therapy Room Visits [7th fl]</p> <p>2:00 🧠 Body and Mind with Restorative Team [7th fl]</p> <p>2:00 🎵 Music Therapy Room Visits [8th fl]</p>	<p>Individual Pursuits: Puzzles and More available in the Activity Room 23</p> <p>2:00 🧠 Body and Mind with Restorative Team [7th fl]</p>	<p>Individual Pursuits: Puzzles and More available in the Activity Room 24</p> <p>10:00 👉 Group Exercise w/ Therapy [8th fl]</p> <p>1:00 🎵 Mike Frankel Strolling Accordion [8th fl]</p> <p>2:00 🧠 Body and Mind with Restorative Team [7th fl]</p>	<p>Individual Pursuits: Puzzles and More available in the Activity Room 25</p>
<p>Individual Pursuits: Puzzles and More available in the Activity Room 26</p> <p>11:00 † Worship Service live stream from The Point [CH81]</p>	<p>Individual Pursuits: Puzzles and More available in the Activity Room 27</p> <p>11:00 🧠 Room to Room Activity Cart</p> <p>2:00 ★ Welcome Visits</p>	<p>Individual Pursuits: Puzzles and More available in the Activity Room 28</p> <p>9:30 🧠 Campus News [CH81]</p> <p>2:00 🧠 Body and Mind with Restorative Team [7th fl]</p> <p>3:00 👉 In-Room Therapeutic Touch and Reiki with Anna- call 214-273-9653 to schedule a 20min session</p>	<p>Individual Pursuits: Puzzles and More available in the Activity Room 29</p> <p>10:00 👉 Group Exercise w/ Therapy [8th fl]</p> <p>1:00 🎵 Music Therapy Room Visits [7th fl]</p> <p>2:00 🧠 Body and Mind with Restorative Team [7th fl]</p> <p>2:00 🎵 Music Therapy Room Visits [8th fl]</p>	<p>Individual Pursuits: Puzzles and More available in the Activity Room 30</p> <p>2:00 🧠 Body and Mind with Restorative Team [7th fl]</p>	<p>Individual Pursuits: Puzzles and More available in the Activity Room 31</p> <p>10:00 👉 Group Exercise w/ Therapy [8th fl]</p> <p>2:00 🧠 Body and Mind with Restorative Team [7th fl]</p>	<p>Activities are subject to change. The most up to date activities will be found on your in-room electronic whiteboard.</p>