

# Vista 7 & 8 Activities

 January 2026  
**CC Young**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Puzzles and More Available at <b>1</b> South End Puzzle Station and By Request	Puzzles and More Available at <b>2</b> South End Puzzle Station and By Request 10:00 Group Exercise with Therapy 10:00 Mobile Activity Cart	Puzzles and More Available at <b>3</b> South End Puzzle Station and By Request
Puzzles and More Available at <b>4</b> South End Puzzle Station and By Request 9:30 Worship Service 11:00 Worship Services live Streaming from the Point Channel 81	Puzzles and More Available at <b>5</b> South End Puzzle Station and By Request 1:00 One on One Visits	Puzzles and More Available at <b>6</b> South End Puzzle Station and By Request 10:00 Mobile Activity Cart 2:00 In Room Reiki Sessions with Anna- 214-273-9653 to schedule 3:30 Music Therapy Room Visits- 7th Floor	Puzzles and More Available at <b>7</b> South End Puzzle Station and By Request 10:00 Group Exercise with Therapy 10:00 Mobile Activity Cart	Puzzles and More Available at <b>8</b> South End Puzzle Station and By Request 10:00 Strolling Flutist-7th floor 11:00 Strolling Flutist- 8th floor	Puzzles and More Available at <b>9</b> South End Puzzle Station and By Request 10:00 Group Exercise with Therapy 10:00 Mobile Activity Cart	Puzzles and More Available at <b>10</b> South End Puzzle Station and By Request
Puzzles and More Available at <b>11</b> South End Puzzle Station and By Request 9:30 Worship Service 11:00 Worship Services live Streaming from the Point Channel 81	Puzzles and More Available at <b>12</b> South End Puzzle Station and By Request 1:00 One on One Visits 3:00 Strolling Accordion	Puzzles and More Available at <b>13</b> South End Puzzle Station and By Request 10:00 Mobile Activity Cart 2:00 In Room Reiki Sessions with Anna- 214-273-9653 to schedule 3:30 Music Therapy Room Visits- 7th Floor	Puzzles and More Available at <b>14</b> South End Puzzle Station and By Request 10:00 Group Exercise with Therapy 10:00 Mobile Activity Cart	Puzzles and More Available at <b>15</b> South End Puzzle Station and By Request 2:30 Bingo With Brittany - 7th Fl	Puzzles and More Available at <b>16</b> South End Puzzle Station and By Request 10:00 Group Exercise with Therapy 10:00 Mobile Activity Cart 2:30 Bingo With Brittany - 8th Fl 3:30 Me Stephen Pre	Puzzles and More Available at <b>17</b> South End Puzzle Station and By Request
Puzzles and More Available at <b>18</b> South End Puzzle Station and By Request 9:30 Worship Service 11:00 Worship Services live Streaming from the Point Channel 81	Puzzles and More Available at <b>19</b> South End Puzzle Station and By Request 1:00 One on One Visits	Puzzles and More Available at <b>20</b> South End Puzzle Station and By Request 10:00 Mobile Activity Cart 2:00 In Room Reiki Sessions with Anna- 214-273-9653 to schedule 3:30 Music Therapy Room Visits- 7th Floor	Puzzles and More Available at <b>21</b> South End Puzzle Station and By Request 10:00 Group Exercise with Therapy 10:00 Mobile Activity Cart	Puzzles and More Available at <b>22</b> South End Puzzle Station and By Request	Puzzles and More Available at <b>23</b> South End Puzzle Station and By Request 10:00 Group Exercise with Therapy 10:00 Mobile Activity Cart 1:00 Strolling Accordion with Mike Frankel	Puzzles and More Available at <b>24</b> South End Puzzle Station and By Request
Puzzles and More Available at <b>25</b> South End Puzzle Station and By Request 9:30 Worship Service 11:00 Worship Services live Streaming from the Point Channel 81	Puzzles and More Available at <b>26</b> South End Puzzle Station and By Request 1:00 One on One Visits	Puzzles and More Available at <b>27</b> South End Puzzle Station and By Request 10:00 Mobile Activity Cart 2:00 In Room Reiki Sessions with Anna- 214-273-9653 to schedule 3:30 Music Therapy Room Visits- 7th Floor	Puzzles and More Available at <b>28</b> South End Puzzle Station and By Request 10:00 Group Exercise with Therapy 10:00 Mobile Activity Cart	Puzzles and More Available at <b>29</b> South End Puzzle Station and By Request 2:30 Bingo With Brittany-7th Fl	Puzzles and More Available at <b>30</b> South End Puzzle Station and By Request 10:00 Group Exercise with Therapy 10:00 Mobile Activity Cart 2:30 Bingo With Brittany - 8th Fl	Puzzles and More Available at <b>31</b> South End Puzzle Station and By Request