






Vista 5 Activities



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Dimensions Of Wellness Legend</u></p> <ul style="list-style-type: none"> ■ Social ■ Physical ■ Intellectual ■ Emotional ■ Spiritual 	<p>9:00 Group Fun with Restorative 10:00 Brain Games with Honor 10:50 Chair-A-Cize 2:30 Musical Monday Film 4:00 Afternoon Fun w/ CNA's</p>	<p>9:00 Group Fun with Restorative 10:00 Art Therapy 10:00 OLLI Class Channel 81 "Picasso" 10:00 Happiness Program w/ Ann 11:00 Music Therapy 2:30 Romance Tuesday Film 4:00 Afternoon Fun w/ CNA's</p>	<p>9:00 Group Fun with Restorative 10:00 Brain Games w/Ann 10:30 Devotionals with Ministry Team 11:00 Exercise with Heidi 2:30 Wholesome Wednesday Film 4:00 Afternoon Fun w/ CNA's</p>	<p>9:00 Group Fun with Restorative 10:00 Music Therapy 10:00 OLLI Channel 81 "Planning Ahead" 11:00 Puzzles to Ponder w/Ann 2:30 Throwback Thursday Film 4:00 Afternoon Fun w/ CNA's</p>	<p>9:00 Group Fun with Restorative 10:00 Live Entertainment Friday: Sammy Baker 11:00 Therapeutic Touch with Tammy 1:30 Movie Matinee: Worth Ch.81 2:30 Feel-Good Friday Film 4:00 Afternoon Fun w/ CNA's</p>	<p>Daily Chronicles/Games/Puzzles available in Activity Room</p>
<p>Daily Chronicles/Games/Puzzles available in Activity Room 11:00 Worship Services live Streaming from the Point Channel 81</p>	<p>9:00 Group Fun with Restorative 10:00 Brain Games with Honor 11:00 Move & Groove w/ Tammy 2:30 Musical Monday Film 4:00 Afternoon Fun w/ CNA's</p>	<p>9:00 Group Fun with Restorative 10:00 Art Therapy 10:00 OLLI Class Channel 81 "Film Soundtracks" 10:00 Happiness Program w/ Ann 11:00 Music Therapy 2:30 Romance Tuesday Film 4:00 Afternoon Fun w/ CNA's</p>	<p>9:00 Group Fun with Restorative 10:00 Brain Games w/Ann 10:30 Devotionals with Ministry Team 11:00 Exercise with Heidi 2:30 Wholesome Wednesday Film 4:00 Afternoon Fun w/ CNA's</p>	<p>9:00 Group Fun with Restorative 10:00 Music Therapy 10:00 OLLI Channel 81 "Film Soundtracks" 11:00 Puzzles to Ponder w/Ann 2:30 Throwback Thursday Film 4:00 Afternoon Fun w/ CNA's</p>	<p>9:00 Group Fun with Restorative 10:00 Live Entertainment Friday: Joley Renee 11:00 Therapeutic Touch with Tammy 1:30 Movie Matinee: Chef Ch.81 2:30 Feel-Good Friday Film 4:00 Afternoon Fun w/ CNA's</p>	<p>Daily Chronicles/Games/Puzzles available in Activity Room</p>
<p>Daily Chronicles/Games/Puzzles available in Activity Room 11:00 Worship Services live Streaming from the Point Channel 81</p>	<p>9:00 Group Fun with Restorative 10:00 Brain Games with Honor 10:50 Chair-A-Cize 2:30 Musical Monday Film 4:00 Afternoon Fun w/ CNA's</p>	<p>9:00 Group Fun with Restorative 10:00 Art Therapy 10:00 Happiness Program w/ Ann 10:00 OLLI Class Channel 81 "Can Computers Think?" 11:00 Music Therapy 2:00 In Room Reiki Sessions with Anna-972-977-7012 to schedule 2:30 Romance Tuesday Film 4:00 Afternoon Fun w/ CNA's</p>	<p>9:00 Group Fun with Restorative 10:00 Brain Games w/Ann 10:30 Devotionals with Ministry Team 11:00 Exercise with Heidi 2:30 Wholesome Wednesday Film 4:00 Afternoon Fun w/ CNA's</p>	<p>9:00 Group Fun with Restorative 10:00 Music Therapy 10:00 OLLI Channel 81 "Can Computer Think?" 11:00 Puzzles to Ponder w/Ann 2:30 Throwback Thursday Film 4:00 Afternoon Fun w/ CNA's</p>	<p>9:00 Group Fun with Restorative 10:00 Live Entertainment Friday: Ron Sexton 11:00 Therapeutic Touch with Tammy 1:30 Movie Matinee: Nuremberg Ch.81 2:30 Feel-Good Friday Film 4:00 Afternoon Fun w/ CNA's</p> 	<p>Daily Chronicles/Games/Puzzles available in Activity Room</p>
<p>Father's Day First Day of Summer 11:00 Worship Services live Streaming from the Point Channel 81</p> 	<p>9:00 Group Fun with Restorative 10:00 Brain Games with Honor 11:00 Move & Groove w/ Tammy 2:30 Musical Monday Film 4:00 Afternoon Fun w/ CNA's</p>	<p>9:00 Group Fun with Restorative 10:00 Art Therapy 10:00 Happiness Program w/ Ann 10:00 OLLI Class Channel 81 "Social Media Paradox" 11:00 Music Therapy 2:00 In Room Reiki Sessions with Anna-972-977-7012 to schedule 2:30 Romance Tuesday Film 4:00 Afternoon Fun w/ CNA's</p>	<p>9:00 Group Fun with Restorative 10:30 Devotionals with Ministry Team 11:00 Exercise with Heidi 2:30 Wholesome Wednesday Film 4:00 Afternoon Fun w/ CNA's</p>	<p>9:00 Group Fun with Restorative 10:00 Music Therapy 10:00 OLLI Channel 81 "Mystery of the Parthenon" 11:00 Puzzles to Ponder w/Ann 2:30 Throwback Thursday Film 4:00 Afternoon Fun w/ CNA's</p>	<p>9:00 Group Fun with Restorative 10:00 Live Entertainment Friday: Jennifer Emard 11:00 Therapeutic Touch with Tammy 1:30 Movie Matinee: Honest Thief Ch.81 2:30 Feel-Good Friday Film 4:00 Afternoon Fun w/ CNA's</p>	<p>Daily Chronicles/Games/Puzzles available in Activity Room</p>
<p>Daily Chronicles/Games/Puzzles available in Activity Room 11:00 Worship Services live Streaming from the Point Channel 81</p>	<p>9:00 Group Fun with Restorative 10:00 Brain Games with Honor 10:50 Chair-A-Cize 2:30 Musical Monday Film 4:00 Afternoon Fun w/ CNA's</p>	<p>9:00 Group Fun with Restorative 10:00 Art Therapy 10:00 Happiness Program w/ Ann 10:00 OLLI Class Channel 81 "Medicare 101" 11:00 Music Therapy 2:00 In Room Reiki Sessions with Anna-972-977-7012 to schedule 2:30 Romance Tuesday Film 4:00 Afternoon Fun w/ CNA's</p>	<p>Activities are subject to change. If you have any questions or concerns regarding the calendar, please contact the Life Enrichment Manager at 214-273-9653.</p>		<p><i>Reiki Session with Anna</i> Offered the last three Tuesdays of each month Call 972-977-7012 to schedule</p> 	<p>Be sure to explore all of our live-stream options available on our in-house TV station, Channel 81! For detailed descriptions of each offering, please refer to your Lifestyle Guide.</p> <p>OLLI Classes every Tuesday & Thursday at 10:00 AM streaming live on Channel 81.</p>