







Vista 5 Activities



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Dimensions Of Wellness Legend</p> <ul style="list-style-type: none"> ■ Social ■ Physical ■ Emotional ■ Intellectual ■ Spiritual 	<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>9:00 Group Exercise with Restorative 1</p> <p>10:00 St. Thomas Aquanis 2nd Grade Singers</p> <p>11:00 Therapeutic Touch with Tammy</p> <p>1:30 Movie Matinee "Lion" Channel 81</p> <p>2:30 Feel-Good Friday Film</p> <p>3:00 Afternoon Fun w/ CNA's</p>	<p>Daily Chronicles/Games/Puzzles available in Activity Room 2</p> <p>Kentucky Derby Run for the Roses NBC</p> 
<p>Daily Chronicles/Games/Puzzles available in Activity Room 3</p> <p>11:00 Worship Services live Streaming from the Point Channel 81</p> <p>1:30 Landefeld Music Student Recital</p>	<p>9:00 Group Exercise with Restorative 4</p> <p>10:00 Brain Games with Honor</p> <p>11:00 Crafty Corner w/Ann</p> <p>2:30 Musical Monday Film</p> <p>3:00 Afternoon Fun w/ CNA's</p>	<p>Cinco de Mayo 5</p> <p>9:00 Group Exercise with Restorative</p> <p>10:00 Art Therapy</p> <p>10:00 Happiness Program w/ Ann</p> <p>11:00 Music Therapy</p> <p>2:00 Active Afternoons</p> <p>2:30 Romance Tuesday Film</p> <p>3:00 Afternoon Fun w/ CNA's</p> 	<p>6</p> <p>9:00 Group Exercise with Restorative</p> <p>10:00 Brain Games w/Ann</p> <p>10:30 Devotionals with Ministry Team</p> <p>11:00 Exercise with Heidi</p> <p>2:30 Wholesome Wednesday Film</p> <p>3:00 Afternoon Fun w/ CNA's</p>	<p>7</p> <p>9:00 Group Exercise with Restorative</p> <p>10:00 Music Therapy</p> <p>10:00 OLLI Summer Kick Off Channel 81</p> <p>11:00 Puzzles to Ponder w/Ann</p> <p>2:30 Throwback Thursday Film</p> <p>3:00 Afternoon Fun w/ CNA's</p>	<p>8</p> <p>9:00 Group Exercise with Restorative</p> <p>10:00 Live Entertainment-5th floor</p> <p>11:00 Therapeutic Touch with Tammy</p> <p>1:30 Movie Matinee Channel 81 "Back To The Future"</p> <p>2:30 Feel-Good Friday Film</p> <p>3:00 Afternoon Fun w/ CNA's</p>	<p>Daily Chronicles/Games/Puzzles available in Activity Room 9</p>
<p>Mother's Day 10</p> <p>Daily Chronicles/Games/Puzzles available in Activity Room</p> <p>11:00 Worship Services live Streaming from the Point Channel 81</p> 	<p>11</p> <p>9:00 Group Exercise with Restorative</p> <p>10:00 Brain Games with Honor</p> <p>11:00 Crafty Corner w/ Ann</p> <p>2:30 Musical Monday Film</p> <p>3:00 Afternoon Fun w/ CNA's</p>	<p>12</p> <p>9:00 Group Exercise with Restorative</p> <p>10:00 Art Therapy</p> <p>10:00 Happiness Program w/ Honor</p> <p>11:00 Music Therapy</p> <p>2:00 In Room Reiki Sessions with Anna-972-977-7012 to schedule</p> <p>2:30 Romance Tuesday Film</p> <p>3:00 Afternoon Fun w/ CNA's</p>	<p>13</p> <p>9:00 Group Exercise with Restorative</p> <p>10:00 Brain Games w/Ann</p> <p>10:30 Devotionals with Ministry Team</p> <p>11:00 Exercise with Heidi</p> <p>2:30 Wholesome Wednesday Film</p> <p>3:00 Afternoon Fun w/ CNA's</p>	<p>14</p> <p>9:00 Group Exercise with Restorative</p> <p>10:00 Music Therapy</p> <p>11:00 Puzzles to Ponder w/Ann</p> <p>2:30 Throwback Thursday Film</p> <p>3:00 Afternoon Fun w/ CNA's</p>	<p>15</p> <p>9:00 Group Exercise with Restorative</p> <p>10:00 Live Entertainment-5th floor</p> <p>11:00 Therapeutic Touch with Tammy</p> <p>1:30 Movie Matinee Channel 81 "Remarkably Bright Creatures"</p> <p>2:30 Feel-Good Friday Film</p> <p>3:00 Afternoon Fun w/ CNA's</p>	<p>Daily Chronicles/Games/Puzzles available in Activity Room 16</p>
<p>Daily Chronicles/Games/Puzzles available in Activity Room 17</p> <p>11:00 Worship Services live Streaming from the Point Channel 81</p>	<p>18</p> <p>9:00 Group Exercise with Restorative</p> <p>10:00 Brain Games w/ Ann</p> <p>10:50 Chair-A-Cize</p> <p>2:30 Friendly Visits with Ann</p> <p>2:30 Musical Monday Film</p> <p>3:00 Afternoon Fun w/ CNA's</p>	<p>19</p> <p>9:00 Group Exercise with Restorative</p> <p>10:00 Art Therapy</p> <p>10:00 Happiness Program w/ Ann</p> <p>11:00 Music Therapy</p> <p>2:00 In Room Reiki Sessions with Anna-972-977-7012 to schedule</p> <p>2:30 Romance Tuesday Film</p> <p>3:00 Afternoon Fun w/ CNA's</p>	<p>20</p> <p>9:00 Group Exercise with Restorative</p> <p>10:00 Brain Games w/Ann</p> <p>10:30 Devotionals with Ministry Team</p> <p>11:00 Exercise with Heidi</p> <p>2:30 Wholesome Wednesday Film</p> <p>3:00 Afternoon Fun w/ CNA's</p>	<p>Happy Birthday Jane D. 21</p> <p>9:00 Group Exercise with Restorative</p> <p>10:00 Music Therapy</p> <p>11:00 Puzzles to Ponder w/Ann</p> <p>2:30 Throwback Thursday Film</p> <p>3:00 Afternoon Fun w/ CNA's</p> 	<p>22</p> <p>9:00 Group Exercise with Restorative</p> <p>10:00 Live Entertainment-5th floor</p> <p>11:00 Balloon Ball w/Ann</p> <p>2:30 Feel-Good Friday Film</p> <p>3:00 Afternoon Fun w/ CNA's</p>	<p>Daily Chronicles/Games/Puzzles available in Activity Room 23</p>
<p>Daily Chronicles/Games/Puzzles available in Activity Room 24</p> <p>11:00 Worship Services live Streaming from the Point Channel 81</p>	<p>Memorial Day 25</p> <p>9:00 Group Exercise with Restorative</p> <p>10:00 Brain Games with Honor</p> <p>11:00 Crafty Corner w/ Ann</p> <p>2:00 Active Afternoons</p> <p>2:30 Musical Monday Film</p> <p>3:00 Afternoon Fun w/ CNA's</p>	<p>26</p> <p>9:00 Group Exercise with Restorative</p> <p>10:00 Art Therapy</p> <p>10:00 Happiness Program w/ Ann</p> <p>11:00 Music Therapy</p> <p>2:00 In Room Reiki Sessions with Anna-972-977-7012 to schedule</p> <p>2:30 Romance Tuesday Film</p> <p>3:00 Afternoon Fun w/ CNA's</p>	<p>27</p> <p>9:00 Group Exercise with Restorative</p> <p>10:00 Brain Games w/Ann</p> <p>10:30 Devotionals with Ministry Team</p> <p>11:00 Exercise with Heidi</p> <p>2:30 Wholesome Wednesday Film</p> <p>3:00 Afternoon Fun w/ CNA's</p>	<p>Happy Birthday Eloise F. 28</p> <p>9:00 Group Exercise with Restorative</p> <p>10:00 Music Therapy</p> <p>11:00 Puzzles to Ponder w/Ann</p> <p>2:30 Throwback Thursday Film</p> <p>3:00 Afternoon Fun w/ CNA's</p> 	<p>29</p> <p>9:00 Group Exercise with Restorative</p> <p>10:00 Live Entertainment-5th floor</p> <p>11:00 Therapeutic Touch with Tammy</p> <p>1:30 Movie Matinee "Faith In Flames" Channel 81</p> <p>2:00 Active Afternoons: Lemonade Social</p> <p>2:30 Feel-Good Friday Film</p> <p>3:00 Afternoon Fun w/ CNA's</p>	<p>Daily Chronicles/Games/Puzzles available in Activity Room 30</p>
<p>Daily Chronicles/Games/Puzzles available in Activity Room 31</p> <p>11:00 Worship Services live Streaming from the Point Channel 81</p>		<p>Reiki Session with Anna</p> <p>Offered the last three Tuesdays of each month</p> <p>Call 972-977-7012 to schedule</p>	<p>JOKE OF THE Month</p> <p>Q: Can February March?</p> <p>A: No but April May!</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>	