

Vista 5 Activities



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Dimensions Of Wellness Legend</u> Social Physical Emotional Intellectual Spiritual	<i>Reiki Session with Anna</i> Offered the last three Tuesdays of each month Call 972-977-7012 to schedule	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. OLLI Classes every Tuesday & Thursday at 10:00 AMstreaming live on Channel 81.	9:00 Group Fun with Restorative 10:00 Stars, Stripes and Sparkle- 250 Years of Freedom 10:30 Devotionals with Ministry Team 11:00 Exercise with Heidi 2:30 Wholesome Wednesday Film 4:00 Afternoon Fun w/ CNA's	9:00 Group Fun with Restorative 10:00 Music Therapy 10:00 OLLI Class "Hwaet!" Channel 81 11:00 Puzzles to Ponder w/Ann 2:30 Throwback Thursday Film 4:00 Afternoon Fun w/ CNA's	9:00 Group Fun with Restorative 10:00 Live Entertainment Friday 11:00 Therapeutic Touch with Tammy 2:30 Feel-Good Friday Film 4:00 Afternoon Fun w/ CNA's	Daily Chronicles/Games/Puzzles available in Activity Room Independence Day
Daily Chronicles/Games/Puzzles available in Activity Room 11:00 Worship Services live Streaming from the Point Channel 81	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	9:00 Group Fun with Restorative 10:00 Art Therapy 10:00 Happiness Program w/ Ann 10:00 OLLI Class "Great Waltezes" Channel 81 11:00 Music Therapy 2:30 Romance Tuesday Film 4:00 Afternoon Fun w/ CNA's	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	9:00 Group Fun with Restorative 10:00 Music Therapy 10:00 OLLI Class "Turkey Vultures" Channel 81 11:00 Puzzles to Ponder w/Ann 2:30 Throwback Thursday Film 4:00 Afternoon Fun w/ CNA's	9:00 Group Fun with Restorative 10:00 Live Entertainment Friday 11:00 Therapeutic Touch with Tammy 2:30 Feel-Good Friday Film 4:00 Afternoon Fun w/ CNA's	Daily Chronicles/Games/Puzzles available in Activity Room 11
Daily Chronicles/Games/Puzzles available in Activity Room 11:00 Worship Services live Streaming from the Point Channel 81	9:00 Group Fun with Restorative 10:00 Brain Games with Honor 2:30 Musical Monday Film 4:00 Afternoon Fun w/ CNA's	9:00 Group Fun with Restorative 10:00 Art Therapy 10:00 Happiness Program w/ Ann 10:00 OLLI Class "The History of the White House" Channel 81 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	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	9:00 Group Fun with Restorative 10:00 Music Therapy 10:00 OLLI Class "Jane Austen's" Channel 81 11:00 Puzzles to Ponder w/Ann 2:30 Throwback Thursday Film 4:00 Afternoon Fun w/ CNA's	9:00 Group Fun with Restorative 10:00 Live Entertainment Friday 11:00 Therapeutic Touch with Tammy 2:30 Feel-Good Friday Film 4:00 Afternoon Fun w/ CNA's	Daily Chronicles/Games/Puzzles available in Activity Room 18
Daily Chronicles/Games/Puzzles available in Activity Room 11:00 Worship Services live Streaming from the Point Channel 81	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	9:00 Group Fun with Restorative 10:00 Art Therapy 10:00 Happiness Program w/ Ann 10:00 OLLI Class "The Doolittle" Channel 81 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	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	9:00 Group Fun with Restorative 10:00 Music Therapy 10:00 OLLI Class "Matilda" Channel 81 11:00 Puzzles to Ponder w/Ann 2:30 Throwback Thursday Film 4:00 Afternoon Fun w/ CNA's	9:00 Group Fun with Restorative 10:00 Live Entertainment Friday 11:00 Therapeutic Touch with Tammy 2:30 Feel-Good Friday Film 4:00 Afternoon Fun w/ CNA's	Daily Chronicles/Games/Puzzles available in Activity Room 25
Daily Chronicles/Games/Puzzles available in Activity Room 11:00 Worship Services live Streaming from the Point Channel 81	9:00 Group Fun with Restorative 10:00 Brain Games with Honor 2:30 Musical Monday Film 4:00 Afternoon Fun w/ CNA's	9:00 Group Fun with Restorative 10:00 Art Therapy 10:00 Happiness Program w/ Ann 10:00 OLLI Class "Artificial Intelligence" Channel 81 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	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	9:00 Group Fun with Restorative 10:00 Music Therapy 10:00 OLLI Class "Presidential Trivia" Channel 81 11:00 Puzzles to Ponder w/Ann 2:30 Throwback Thursday Film 4:00 Afternoon Fun w/ CNA's	9:00 Group Fun with Restorative 10:00 Live Entertainment Friday 11:00 Therapeutic Touch with Tammy 2:30 Feel-Good Friday Film	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.