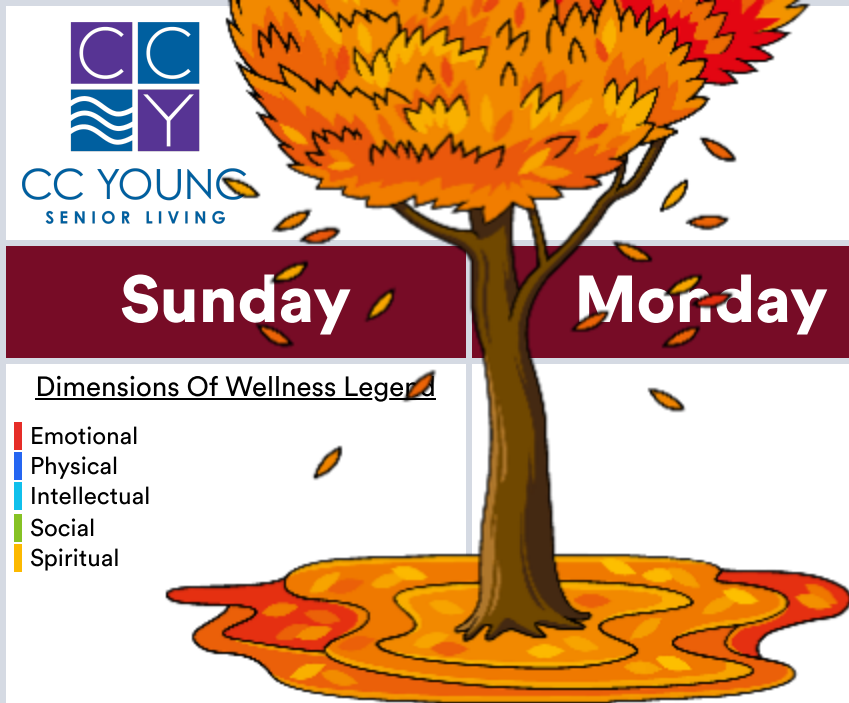




Vista 5 Activities



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dimensions Of Wellness Legend Emotional Physical Intellectual Social Spiritual		9:00 Group Fun with Restorative 10:00 Art Therapy 10:00 OLLI- Iconoclast of Modern Art Ch.81 10:00 Happiness Program w/ Ann 11:00 Music Therapy 2:30 Romance Tuesday Film 1	9:00 Group Fun with Restorative 10:30 Devotionals with Ministry Team 11:00 Art from the Heart w/ Honor 2:30 Wholesome Wednesday Film 2	9:00 Group Fun with Restorative 10:00 Music Therapy 11:00 Puzzles to Ponder w/Ann 2:30 Throwback Thursday Film 3	9:00 Group Fun with Restorative 10:00 Live Entertainment Friday 11:00 Therapeutic Touch with Tammy 11:30 Chair Exercise with Tina 1:30 Movie Matinee: Project Hail Mary Ch. 81 2:30 Feel-Good Friday Film 4	Daily Chronicles/Games/Puzzles available in Activity Room 5
Daily Chronicles/Games/Puzzles available in Activity Room 11:00 Worship Services live Streaming from the Point Channel 81	Labor Day 9:00 Group Fun with Restorative 10:00 Brain Games with Honor 11:00 Move & Groove w/ Tammy 2:30 Musical Monday Film	9:00 Group Fun with Restorative 10:00 Art Therapy 10:00 OLLI- Dress at the Intersections of Quilting Ch. 81 10:00 Happiness Program w/ Ann 11:00 Music Therapy 2:30 Romance Tuesday Film	9:00 Group Fun with Restorative 10:30 Devotionals with Ministry Team 11:00 Art from the Heart w/ Honor 2:30 Wholesome Wednesday Film	9:00 Group Fun with Restorative 10:00 Music Therapy 10:00 OLLI- Iwo Jima - Jerry Davis Ch. 81 11:00 Puzzles to Ponder w/Ann 2:30 Throwback Thursday Film	9:00 Group Fun with Restorative 10:00 Live Entertainment Friday 11:00 Therapeutic Touch with Tammy 11:30 Chair Exercise with Tina 1:30 Movie Matinee: You, Me & Tuscany Ch.81 2:30 Feel-Good Friday Film	Daily Chronicles/Games/Puzzles available in Activity Room 12
Daily Chronicles/Games/Puzzles available in Activity Room Grandparents Day 11:00 Worship Services live Streaming from the Point Channel 81 7:20 Cowboys at New York Giants - NBC	9:00 Group Fun with Restorative 10:00 Brain Games with Honor 11:00 Move & Groove w/ Tammy 2:30 Musical Monday Film	9:00 Group Fun with Restorative 10:00 Art Therapy 10:00 OLLI- What Is Artificial Intelligence? Ch. 81 10:00 Happiness Program w/ Ann 11:00 Music Therapy 2:00 In-Room Reiki Sessions with Anna – Call 972-977-7012 to Schedule 2:30 Romance Tuesday Film	9:00 Group Fun with Restorative 10:30 Devotionals with Ministry Team 11:00 Art from the Heart w/ Honor 2:30 Wholesome Wednesday Film	9:00 Group Fun with Restorative 10:00 Music Therapy 10:00 OLLI- Casablanca Ch.81 11:00 Puzzles to Ponder w/Ann 2:30 Throwback Thursday Film	9:00 Group Fun with Restorative 10:00 Live Entertainment Friday 11:00 Therapeutic Touch with Tammy 11:30 Chair Exercise with Tina 1:30 Movie Matinee: Leatherheads Ch.81 2:30 Feel-Good Friday Film	Daily Chronicles/Games/Puzzles available in Activity Room 19
Daily Chronicles/Games/Puzzles available in Activity Room 11:00 Worship Services live Streaming from the Point Channel 81 3:25 Dallas Cowboys vs Washington Commanders - FOX (CH. 56,400 or 401)	9:00 Group Fun with Restorative 10:00 Brain Games with Honor 11:00 Move & Groove w/ Tammy 2:30 Musical Monday Film	First Day of Fall 9:00 Group Fun with Restorative 10:00 Art Therapy 10:00 OLLI- Poetry Villanelles Ch. 81 10:00 Happiness Program w/ Ann 11:00 Music Therapy 2:00 In-Room Reiki Sessions with Anna – Call 972-977-7012 to Schedule 2:30 Romance Tuesday Film	9:00 Group Fun with Restorative 10:30 Devotionals with Ministry Team 11:00 Art from the Heart w/ Honor 2:30 Wholesome Wednesday Film	9:00 Group Fun with Restorative 10:00 Music Therapy 10:00 OLLI- A Daughter's Life in the Shadow of the Holocaust Ch.81 11:00 Puzzles to Ponder w/Ann 2:30 Throwback Thursday Film	9:00 Group Fun with Restorative 10:00 Live Entertainment Friday 11:00 Therapeutic Touch with Tammy 11:30 Chair Exercise with Tina 1:30 Movie Matinee: Voicemails for Isabelle Ch.81 2:30 Feel-Good Friday Film	Daily Chronicles/Games/Puzzles available in Activity Room 26 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.
Daily Chronicles/Games/Puzzles available in Activity Room 11:00 Worship Services live Streaming from the Point Channel 81 3:25 Dallas Cowboys vs Baltimore Ravens - CBS (Ch. 315)	9:00 Group Fun with Restorative 10:00 Brain Games with Honor 11:00 Move & Groove w/ Tammy 2:30 Musical Monday Film	9:00 Group Fun with Restorative 10:00 Art Therapy 10:00 OLLI- The Future of NASA Ch.81 10:00 Happiness Program w/ Ann 11:00 Music Therapy 2:00 In-Room Reiki Sessions with Anna – Call 972-977-7012 to Schedule 2:30 Romance Tuesday Film	9:00 Group Fun with Restorative 10:30 Devotionals with Ministry Team 11:00 Art from the Heart w/ Honor 2:30 Wholesome Wednesday Film	Reiki Session with Anna Offered the last three Tuesdays of each month Call 972-977-7012 to schedule	Be sure to explore all of our livestream options available on our inhouse TV station, Channel 81! For detailed descriptions of each offering, please refer to your Lifestyle Guide. OLLI Classes every Tuesday & Thursday at 10:00 AM streaming live on Channel 81.	