Vista 5 Activities



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dimensions Of Wellness Legend Emotional Physical Intellectual Social Spiritual		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.		**1** 9:00 Group Fun with Restorative 10:00 Music Therapy 10:00 OLLI-Ranch Dressing Ch.81 11:00 Puzzles to Ponder w/Ann 2:30 Throwback Thursday Film	**2** 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: Hunt for the Wilderpeople Ch. 81 2:30 Feel-Good Friday Film	**3** Daily Chronicles/Games/Puzzles available in Activity Room 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.
4 Daily Chronicles/Games/Puzzles available in Activity Room 11:00 Worship Services live Streaming from the Point Channel 81 12:00 Dallas Cowboys at Houston Texans - FOX (CH. 56,400 or 401)	**5** 9:00 Group Fun with Restorative 10:00 Brain Games with Honor 11:00 Move & Groove w/ Tammy 2:30 Musical Monday Film	**6** 9:00 Group Fun with Restorative 10:00 Art Therapy 10:00 OLLI- The Beatles in the Studio Ch.81 10:00 Happiness Program w/ Ann 11:00 Music Therapy 2:30 Romance Tuesday Film	**7** 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	**8** 9:00 Group Fun with Restorative 10:00 Music Therapy 10:00 OLLI- Contemporary Texas Novelists Ch.81 11:00 Puzzles to Ponder w/Ann 2:30 Throwback Thursday Film 7:15 Dallas Cowboys vs Tampa Bay Buccaneers - AMZN	**9** 9:00 Group Fun with Restorative 10:00 Live Entertainment Friday 11:00 Therapeutic Touch with Tammy 11:30 Chair Exercise with Tina 2:30 Feel-Good Friday Film	**10** 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	**12** 9:00 Group Fun with Restorative 10:00 Brain Games with Honor 11:00 Move & Groove w/ Tammy 2:30 Musical Monday Film	**13** 9:00 Group Fun with Restorative 10:00 Art Therapy 10:00 OLLI- Exploring Happiness 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	**14** 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	**15** 9:00 Group Fun with Restorative 10:00 Music Therapy 10:00 OLLI- The Wonderful World of Roaring 20's Ch. 81 11:00 Puzzles to Ponder w/Ann 2:30 Throwback Thursday Film	**16** 9:00 Group Fun with Restorative 10:00 Live Entertainment Friday 11:00 Therapeutic Touch with Tammy 11:30 Chair Exercise with Tina 2:30 Feel-Good Friday Film	**17** 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 7:29 Dallas Cowboys at Green Bay Packers - NBC	**19** 9:00 Group Fun with Restorative 10:00 Brain Games with Honor 11:00 Move & Groove w/ Tammy 2:30 Musical Monday Film	**20** 9:00 Group Fun with Restorative 10:00 Art Therapy 10:00 OLLI- The 2026 Midterm Elections 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	**21** 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	**22** 9:00 Group Fun with Restorative 10:00 Music Therapy 10:00 OLLI- Does Your Monster Speak Yiddish? Ch.81 11:00 Puzzles to Ponder w/Ann 2:30 Throwback Thursday Film	**23** 9:00 Group Fun with Restorative 10:00 Live Entertainment Friday 11:00 Therapeutic Touch with Tammy 11:30 Chair Exercise with Tina 2:30 Feel-Good Friday Film	**24** 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	**26** 9:00 Group Fun with Restorative 10:00 Brain Games with Honor 10:00 Dallas Cowboys at Philadelphia Eagles - ESPN (CH. 34 or 300) 11:00 Move & Groove w/ Tammy 2:30 Musical Monday Film	**27** 9:00 Group Fun with Restorative 10:00 Art Therapy 10:00 OLLI-A Tradition of Resistance 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	**28** 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	**29** 9:00 Group Fun with Restorative 10:00 Music Therapy 10:00 OLLI- History of the Vampire Ch.81 11:00 Puzzles to Ponder w/Ann 2:30 Throwback Thursday Film	**30** 9:00 Group Fun with Restorative 10:00 Live Entertainment Friday 11:00 Therapeutic Touch with Tammy 11:30 Chair Exercise with Tina 2:30 Feel-Good Friday Film	**31** Daily Chronicles/Games/Puzzles available in Activity Room 