Vista 5 Activities

November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Daily Chronicles/Games/Puzzles available in Activity Room 11:00 Worship Services live Streaming from the Point Channel 81 12:00 Dallas Cowboys vs Arizona Cardinals - FOX (CH. 56, 400 or 401)	**2** 9:00 Group Fun with Restorative 10:00 Brain Games with Kenja 10:00 Brain Games with Kenja 11:00 Move & Groove w/ Tammy 2:30 Musical Monday Film	**3** 9:00 Group Fun with Restorative 10:00 Art Therapy 10:00 OLLI- From Names to Narratives 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	**4** 9:00 Group Fun with Restorative 10:30 Devotionals with Ministry Team 11:00 Art from the Heart w/ Kenja 2:30 Wholesome Wednesday Film	**5** 9:00 Group Fun with Restorative 10:00 Music Therapy 10:00 OLLI- Writing Your Own Songs Ch.81 11:00 Puzzles to Ponder w/Ann 2:30 Throwback Thursday Film	**6** 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	**7** Daily Chronicles/Games/Puzzles available in Activity Room 
8 Daily Chronicles/Games/Puzzles available in Activity Room 11:00 Worship Services live Streaming from the Point Channel 81 12:00 Dallas Cowboys at Indianapolis Colts - FOX (CH. 56,400 or401)	**9** 9:00 Group Fun with Restorative 10:00 Brain Games with Kenja 10:00 Brain Games with Kenja 11:00 Move & Groove w/ Tammy 2:30 Musical Monday Film	**10** 9:00 Group Fun with Restorative 10:00 Art Therapy 10:00 OLLI- Inside the Band 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	**11** 9:00 Group Fun with Restorative 10:30 Devotionals with Ministry Team 11:00 Art from the Heart w/ Kenja 2:30 Wholesome Wednesday Film 2:30 One on One Visits "Dunkirk" *Adult Theme	**12** 9:00 Group Fun with Restorative 10:00 Music Therapy 10:00 OLLI-U.S. Navy Submarine Operations Ch.81 11:00 Puzzles to Ponder w/Ann 2:30 Throwback Thursday Film	**13** 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	**14** Daily Chronicles/Games/Puzzles available in Activity Room
15 Daily Chronicles/Games/Puzzles available in Activity Room 11:00 Worship Services live Streaming from the Point Channel 81 3:25 Dallas Cowboys vs San Francisco 49ers - FOX (CH. 56, 400 or 401)	**16** 9:00 Group Fun with Restorative 10:00 Brain Games with Kenja 10:00 Brain Games with Kenja 11:00 Move & Groove w/ Tammy 2:30 Musical Monday Film	**17** 9:00 Group Fun with Restorative 10:00 Art Therapy 10:00 OLLI- Contemporary Trends in Antisemitism 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 2:00 Bingo Blitz! 2:30 Romance Tuesday Film	**18** 9:00 Group Fun with Restorative 10:30 Devotionals with Ministry Team 11:00 Art from the Heart w/ Kenja 2:30 Wholesome Wednesday Film	**19** 9:00 Group Fun with Restorative 10:00 Music Therapy 10:00 OLLI-William Cowper Brann and "The Iconoclast" Ch. 81 11:00 Puzzles to Ponder w/Ann 2:30 Throwback Thursday Film	**20** 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	**21** Daily Chronicles/Games/Puzzles available in Activity Room
22 Daily Chronicles/Games/Puzzles available in Activity Room 11:00 Worship Services live Streaming from the Point Channel 81 12:00 Dallas Cowboys vs Tennessee Titans- FOX (CH.56, 400 or 401)	**23** 9:00 Group Fun with Restorative 10:00 Brain Games with Kenja 10:00 Brain Games with Kenja 11:00 Move & Groove w/ Tammy 2:30 Musical Monday Film	**24** 9:00 Group Fun with Restorative 10:00 Art Therapy 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	**25** 9:00 Group Fun with Restorative 10:30 Devotionals with Ministry Team 11:00 Art from the Heart w/ Kenja 2:30 Wholesome Wednesday Film	**26** Happy Thanksgiving 9:00 Group Fun with Restorative 10:00 Music Therapy 11:00 Puzzles to Ponder w/Ann 2:30 Throwback Thursday Film 3:30 Cowboys vs Philadelphia Eagles - FOX (CH.56 ,400 or 401) 	**27** 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	**28** Daily Chronicles/Games/Puzzles available in Activity Room
29 Daily Chronicles/Games/Puzzles available in Activity Room 11:00 Worship Services live Streaming from the Point Channel 81	**30** 9:00 Group Fun with Restorative 10:00 Brain Games with Kenja 10:00 Brain Games with Kenja 11:00 Move & Groove w/ Tammy 2:30 Musical Monday Film		**Be sure to explore all of our livestream 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 AM streaming live on Channel 81.**	**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.**	Dimensions Of Wellness Legend Emotional Physical Intellectual Social Spiritual	