

## THE VILLAGES OF WINDCREST

| Sunday   | Monday   | Tuesday  | Wednesday  | Thursday   | Friday  | Saturday   |
|--|--|--|--|--|---|--|
| DIMENSIONS OF WELLNESS   | CREATIVITY   | LEGACY   | 1  | 2  | 3   | 4  |
| <br>   |  |  | <p>ALL DAY- Creative Expression- Solvere Connection, VN<br/>           6:30-8:30am Gentle Waking-Morning Reminisce, BBO<br/>           9:30-11:30am Active Living- Tai Chi Health and Recovery FC<br/>           2:00-4:00pm- Afternoon Social-Community Planning Committee, EC<br/>           4:00-5:00pm-Transition Time-Resident Music Hour, BB<br/>           6:00-8:00pm- Community Connection- Dealer's Choice, TH</p> | <p>ALL DAY- Creative Expression- Solvere Connection, VN<br/>           6:30-8:30am Gentle Waking-Morning Reminisce, BBO<br/>           9:30-11:30am Intellectual Enlightenment: Vitalizing Stretching Techniques, Jeopardy, Pinochle, EC<br/>           2:00-4:00pm- Afternoon Social- Manicures, Hand Massages, and Aromatherapy<br/>           4:00-5:00pm-Transition Time-Resident Music Hour, BB<br/>           6:00-8:00pm- Community Connection- Game Night, BBO</p> | <p>ALL DAY- Creative Expression- Solvere Connection, VN<br/>           6:30-8:30am Gentle Waking-Morning Reminisce, BBO<br/>           9:30-11:30am Positive Socialization: Walking Club, Easter Wreaths, Active Scrabble, EC<br/>           2:00-4:00pm Afternoon Social- Happy Hour-Appetizers, drinks, and Music, AN<br/>           4:00-5:00pm-Transition Time-Resident Music Hour, BB<br/>           6:00-8:00pm- Community Connection- Intellectual Enlightenment, PT</p> | <p>ALL DAY- Creative Expression- Solvere Connection, VN<br/>           6:30-8:30am Gentle Waking-Morning Reminisce, BBO<br/>           9:30-11:30am Active Living- Coffee and Cookies on the Terrace; Rummikub, CB<br/>           2:00-4:00pm Positive Socialization: Creative Crafts, Dominoes, EC<br/>           4:00-5:00pm-Transition Time-Resident Music Hour, BB<br/>           6:00-8:00pm- Community Connection- Color to Paper, BBO</p>   |
| 5  | 6  | 7  | 8  | 9  | 10  | 11   |
| <p>ALL DAY- Creative Expression- Solvere Connection, VN<br/>           6:30-8:30am Gentle Waking-Morning Reminisce, BBO<br/>           9:30-11:30am Active Living-Create and Compose-Resident Choice, PT<br/>           3:00-5:00pm Fiesta Happy Hour, AN<br/>           4:00-5:00pm-Transition Time-Resident Music Hour, BB<br/>           6:00-8:00pm- Community Connection- Sunset on the Balcony, CB</p>   | <p>ALL DAY- Creative Expression- Solvere Connection, VN<br/>           6:30-8:30am Gentle Waking-Morning Reminisce, BBO<br/>           9:30am-11:30 Brain Fitness Cognifit Brain Fitness and Clevermind, EC<br/>           11:30am Transition Time- Lunch is Served, BBO<br/>           2:00-4:00pm- Afternoon Social- Scenic wild Flower Tour<br/>           4:00-5:00pm-Transition Time-Resident Music Hour, BB<br/>           6:00-8:00pm- Community Connection- Game Night, EC</p> | <p>ALL DAY- Creative Expression- Solvere Connection, VN<br/>           6:30-8:30am Gentle Waking-Morning Reminisce, BBO<br/>           9:30-11:30am Intellectual Enlightenment: Vitalizing Stretching Techniques, Current Events with Coffee, Dominoes, EC<br/>           2:00-4:00pm- Afternoon Social- Hot Tea, Current Events, and Trivia, EC<br/>           4:00-5:00pm-Transition Time-Resident Music Hour, BB<br/>           6:00-8:00pm- Community Connection- Puzzle Party, EC</p> | <p>ALL DAY- Creative Expression- Solvere Connection, VN<br/>           6:30-8:30am Gentle Waking-Morning Reminisce, BBO<br/>           9:30-11:30am Active Living- Tai Chi Health and Recovery FC<br/>           2:00-4:00pm- Afternoon Social-Community Planning Committee, EC<br/>           4:00-5:00pm-Transition Time-Resident Music Hour, BB<br/>           6:00-8:00pm- Community Connection- Dealer's Choice, TH</p> | <p>ALL DAY- Creative Expression- Solvere Connection, VN<br/>           6:30-8:30am Gentle Waking-Morning Reminisce, BBO<br/>           9:30-11:30am Intellectual Enlightenment: Vitalizing Stretching Techniques, Jeopardy, Pinochle, EC<br/>           2:00-4:00pm- Afternoon Social- Manicures, Hand Massages, and Aromatherapy<br/>           4:00-5:00pm-Transition Time-Resident Music Hour, BB<br/>           6:00-8:00pm- Community Connection- Game Night, BBO</p> | <p>ALL DAY- Creative Expression- Solvere Connection, VN<br/>           6:30-8:30am Gentle Waking-Morning Reminisce, BBO<br/>           9:30-11:30am Positive Socialization: Walking Club, Easter Wreaths, Active Scrabble, EC<br/>           2:00-4:00pm Afternoon Social- Happy Hour-Appetizers, drinks, and Music, AN<br/>           4:00-5:00pm-Transition Time-Resident Music Hour, BB<br/>           6:00-8:00pm- Community Connection- Intellectual Enlightenment, PT</p> | <p>ALL DAY- Creative Expression- Solvere Connection, VN<br/>           6:30-8:30am Gentle Waking-Morning Reminisce, BBO<br/>           9:30-11:30am Active Living- Coffee and Cookies on the Terrace; Rummikub, CB<br/>           2:00-4:00pm Positive Socialization: Creative Crafts, Dominoes, EC<br/>           4:00-5:00pm-Transition Time-Resident Music Hour, BB<br/>           6:00-8:00pm- Community Connection- Color to Paper, BBO</p>   |
| 12   | 13   | 14   | 15   | 16   | 17  | 18   |
| <p>ALL DAY- Creative Expression- Solvere Connection, VN<br/>           6:30-8:30am Gentle Waking-Morning Reminisce, BBO<br/>           9:30-11:30am Active Living-Create and Compose-Resident Choice, PT<br/>           11:30am Mother's Brunch, PFD<br/>           2:00-4:00pm- Weekend Leisure- Sundae Funday, AN<br/>           4:00-5:00pm-Transition Time-Resident Music Hour, BB<br/>           6:00-8:00pm- Community Connection- Sunset on the Balcony, CB</p>   | <p>ALL DAY- Creative Expression- Solvere Connection, VN<br/>           6:30-8:30am Gentle Waking-Morning Reminisce, BBO<br/>           9:30am-11:30 Brain Fitness Cognifit Brain Fitness and Clevermind, EC<br/>           11:30am Transition Time- Lunch is Served, BBO<br/>           2:00-4:00pm- Afternoon Social- Scenic wild Flower Tour<br/>           4:00-5:00pm-Transition Time-Resident Music Hour, BB<br/>           6:00-8:00pm- Community Connection- Game Night, EC</p> | <p>ALL DAY- Creative Expression- Solvere Connection, VN<br/>           6:30-8:30am Gentle Waking-Morning Reminisce, BBO<br/>           9:30-11:30am Intellectual Enlightenment: Vitalizing Stretching Techniques, Current Events with Coffee, Dominoes, EC<br/>           2:00-4:00pm- Afternoon Social- Hot Tea, Current Events, and Trivia, EC<br/>           4:00-5:00pm-Transition Time-Resident Music Hour, BB<br/>           6:00-8:00pm- Community Connection- Puzzle Party, EC</p> | <p>ALL DAY- Creative Expression- Solvere Connection, VN<br/>           6:30-8:30am Gentle Waking-Morning Reminisce, BBO<br/>           9:30-11:30am Active Living- Tai Chi Health and Recovery FC<br/>           2:00-4:00pm- Afternoon Social-Community Planning Committee, EC<br/>           4:00-5:00pm-Transition Time-Resident Music Hour, BB<br/>           6:00-8:00pm- Community Connection- Dealer's Choice, TH</p> | <p>ALL DAY- Creative Expression- Solvere Connection, VN<br/>           6:30-8:30am Gentle Waking-Morning Reminisce, BBO<br/>           9:30-11:30am Intellectual Enlightenment: Vitalizing Stretching Techniques, Jeopardy, Pinochle, EC<br/>           2:00-4:00pm- Afternoon Social- Manicures, Hand Massages, and Aromatherapy<br/>           4:00-5:00pm-Transition Time-Resident Music Hour, BB<br/>           6:00-8:00pm- Community Connection- Game Night, BBO</p> | <p>ALL DAY- Creative Expression- Solvere Connection, VN<br/>           6:30-8:30am Gentle Waking-Morning Reminisce, BBO<br/>           9:30-11:30am Positive Socialization: Walking Club, Easter Wreaths, Active Scrabble, EC<br/>           2:00-4:00pm Afternoon Social- Happy Hour-Appetizers, drinks, and Music, AN<br/>           4:00-5:00pm-Transition Time-Resident Music Hour, BB<br/>           6:00-8:00pm- Community Connection- Intellectual Enlightenment, PT</p> | <p>ALL DAY- Creative Expression- Solvere Connection, VN<br/>           6:30-8:30am Gentle Waking-Morning Reminisce, BBO<br/>           9:30-11:30am Active Living- Coffee and Cookies on the Terrace; Rummikub, CB<br/>           2:00-4:00pm Positive Socialization: Creative Crafts, Dominoes, EC<br/>           4:00-5:00pm-Transition Time-Resident Music Hour, BB<br/>           6:00-8:00pm- Community Connection- Color to Paper, BBO</p>   |
| 19   | 20   | 21   | 22   | 23   | 24  | 25   |
| <p>ALL DAY- Creative Expression- Solvere Connection, VN<br/>           6:30-8:30am Gentle Waking-Morning Reminisce, BBO<br/>           9:30-11:30am Active Living-Create and Compose-Resident Choice, PT<br/>           2:00-4:00pm- Weekend Leisure- Sundae Funday, AN<br/>           4:00-5:00pm-Transition Time-Resident Music Hour, BB<br/>           6:00-8:00pm- Community Connection- Sunset on the Balcony, CB</p>   | <p>ALL DAY- Creative Expression- Solvere Connection, VN<br/>           6:30-8:30am Gentle Waking-Morning Reminisce, BBO<br/>           9:30am-11:30 Brain Fitness Cognifit Brain Fitness and Clevermind, EC<br/>           11:30am Transition Time- Lunch is Served, BBO<br/>           2:00-4:00pm- Afternoon Social- Scenic wild Flower Tour<br/>           4:00-5:00pm-Transition Time-Resident Music Hour, BB<br/>           6:00-8:00pm- Community Connection- Game Night, EC</p> | <p>ALL DAY- Creative Expression- Solvere Connection, VN<br/>           6:30-8:30am Gentle Waking-Morning Reminisce, BBO<br/>           9:30-11:30am Intellectual Enlightenment: Vitalizing Stretching Techniques, Current Events with Coffee, Dominoes, EC<br/>           2:00-4:00pm- Afternoon Social- Hot Tea, Current Events, and Trivia, EC<br/>           4:00-5:00pm-Transition Time-Resident Music Hour, BB<br/>           6:00-8:00pm- Community Connection- Puzzle Party, EC</p> | <p>ALL DAY- Creative Expression- Solvere Connection, VN<br/>           6:30-8:30am Gentle Waking-Morning Reminisce, BBO<br/>           9:30-11:30am Active Living- Tai Chi Health and Recovery FC<br/>           2:00-4:00pm- Afternoon Social-Community Planning Committee, EC<br/>           4:00-5:00pm-Transition Time-Resident Music Hour, BB<br/>           6:00-8:00pm- Community Connection- Dealer's Choice, TH</p> | <p>ALL DAY- Creative Expression- Solvere Connection, VN<br/>           6:30-8:30am Gentle Waking-Morning Reminisce, BBO<br/>           9:30-11:30am Intellectual Enlightenment: Vitalizing Stretching Techniques, Jeopardy, Pinochle, EC<br/>           2:00-4:00pm- Afternoon Social- Manicures, Hand Massages, and Aromatherapy<br/>           4:00-5:00pm-Transition Time-Resident Music Hour, BB<br/>           6:00-8:00pm- Community Connection- Game Night, BBO</p> | <p>ALL DAY- Creative Expression- Solvere Connection, VN<br/>           6:30-8:30am Gentle Waking-Morning Reminisce, BBO<br/>           9:30-11:30am Positive Socialization: Walking Club, Easter Wreaths, Active Scrabble, EC<br/>           2:00-4:00pm Afternoon Social- Happy Hour-Appetizers, drinks, and Music, AN<br/>           4:00-5:00pm-Transition Time-Resident Music Hour, BB<br/>           6:00-8:00pm- Community Connection- Intellectual Enlightenment</p>     | <p>ALL DAY- Creative Expression- Solvere Connection, VN<br/>           6:30-8:30am Gentle Waking-Morning Reminisce, BBO<br/>           9:30-11:30am Active Living- Coffee and Cookies on the Terrace; Rummikub, CB<br/>           2:00-4:00pm Positive Socialization: Creative Crafts, Dominoes, EC<br/>           4:00-5:00pm-Transition Time-Resident Music Hour, BB<br/>           6:00-8:00pm- Community Connection- Color to Paper, BBO</p>   |
| 26   | 27   | 28   | 29   | 30   | 31  | MEETING PLACES   |
| <p>ALL DAY- Creative Expression- Solvere Connection, VN<br/>           6:30-8:30am Gentle Waking-Morning Reminisce, BBO<br/>           9:30-11:30am Active Living-Create and Compose-Resident Choice, PT<br/>           10:00am Joyce Meyer Online, PT<br/>           2:00-4:00pm- Weekend Leisure- Sundae Funday, AN<br/>           4:00-5:00pm-Transition Time-Resident Music Hour, BB<br/>           6:00-8:00pm- Community Connection- Sunset on the Balcony, CB</p> | <p>ALL DAY- Creative Expression- Solvere Connection, VN<br/>           6:30-8:30am Gentle Waking-Morning Reminisce, BBO<br/>           9:30am-11:30 Brain Fitness Cognifit Brain Fitness and Clevermind, EC<br/>           11:30am Transition Time- Lunch is Served, BBO<br/>           2:00-4:00pm- Afternoon Social- Scenic wild Flower Tour<br/>           4:00-5:00pm-Transition Time-Resident Music Hour, BB<br/>           6:00-8:00pm- Community Connection- Game Night, EC</p> | <p>ALL DAY- Creative Expression- Solvere Connection, VN<br/>           6:30-8:30am Gentle Waking-Morning Reminisce, BBO<br/>           9:30-11:30am Intellectual Enlightenment: Vitalizing Stretching Techniques, Current Events with Coffee, Dominoes, EC<br/>           2:00-4:00pm- Afternoon Social- Hot Tea, Current Events, and Trivia, EC<br/>           4:00-5:00pm-Transition Time-Resident Music Hour, BB<br/>           6:00-8:00pm- Community Connection- Puzzle Party, EC</p> | <p>ALL DAY- Creative Expression- Solvere Connection, VN<br/>           6:30-8:30am Gentle Waking-Morning Reminisce, BBO<br/>           9:30-11:30am Active Living- Tai Chi Health and Recovery FC<br/>           2:00-4:00pm- Afternoon Social-Community Planning Committee, EC<br/>           4:00-5:00pm-Transition Time-Resident Music Hour, BB<br/>           6:00-8:00pm- Community Connection- Dealer's Choice, TH</p> | <p>ALL DAY- Creative Expression- Solvere Connection, VN<br/>           6:30-8:30am Gentle Waking-Morning Reminisce, BBO<br/>           9:30-11:30am Intellectual Enlightenment: Vitalizing Stretching Techniques, Jeopardy, Pinochle, EC<br/>           2:00-4:00pm- Afternoon Social- Manicures, Hand Massages, and Aromatherapy<br/>           4:00-5:00pm-Transition Time-Resident Music Hour, BB<br/>           6:00-8:00pm- Community Connection- Game Night, BBO</p> | <p>ALL DAY- Creative Expression- Solvere Connection, VN<br/>           6:30-8:30am Gentle Waking-Morning Reminisce, BBO<br/>           9:30-11:30am Positive Socialization: Walking Club, Easter Wreaths, Active Scrabble, EC<br/>           2:00-4:00pm Afternoon Social- Happy Hour-Appetizers, drinks, and Music, AN<br/>           4:00-5:00pm-Transition Time-Resident Music Hour, BB<br/>           6:00-8:00pm- Community Connection- Intellectual Enlightenment, PT</p> | <p>VN - Valeo Neighborhood<br/>           BBO - Blue Bonnet Dining Room<br/>           LBC - Library Business Center<br/>           BB - Blue Sage Bistro<br/>           EC - Event Center<br/>           TH - Texas hold'em Lounge<br/>           FC - Fitness Center<br/>           VOW - Villages of Windcrest<br/>           AN - Admiral Nimitz Lounge<br/>           PT - Palace Theater<br/>           CB - central Balcony<br/>           PFD - Prince Frederick Dining Room</p> |

