

			BE VIBRAINT. BE TOU.	
Sunday	Monday	Tuesday	Wednesday	Thursday
SPRING CYPRESS ASSISTED LIVING AND MEMORY CARE	16306 Spring Cypress Rd Cypress, TX 77429 (281) 690-0026		Happy Birthday Louie Johnson! 1 9:00 P Morning Packet: Exercises and Puzzles 1 10:00 ♥ Morning Motivational Walk! 1 11:30 ● Dana's Activity Snack Cart! 1 1:00 FaceTime with Families! 2 2:00 @ Gardening 3:00 ● 3:00 ● Trivia: Brain Exercise 6:00 ★ Evening Stroll through the courtyard	9:00 P Morning Packet: Exercises and Puzzles 10:00 ♥ Morning Motivational Walk! 10:05 ♥ Hallway BINGO: [Rooms 201-215] 11:00 ♥ Hallway BINGO: [Rooms 217-238] 1:00 ♥ FaceTime with Families! 2:00 @ Gardening 3:00 ● Trivia: Brain Exercise 6:00 ★ Evening Stroll through the courtyard 6:00 ★
9:00 P Morning Packet: Exercises and Puzzles 10:00 ♥ Morning Motivational Walk! 1:00 ¥ FaceTime with Families! 1:30 ♥ Sit and be Fit Exercise: 1st Floor 2:00 @ Gardening 2:30 ¥ Lemonade in the shade! 3:00 ● Trivia: Brain Exercise 6:00 ★ Evening Stroll through the courtyard	9:00 P Morning Packet: Exercises and Puzzles 6 10:00 ♥ Morning Motivational Walk! 10:05 # Hallway BINGO: [Rooms 115-127] 11:00 ♥ Hallway BINGO: [Rooms 101-113] 1:00 ¥ FaceTime with Families! 2:00 © Gardening 3:00 ♥ Osteo Stretch and Strength: Exercise 1st Floor 6:00 ★ Evening Stroll through the courtyard	9:00 P Morning Packet: Exercises and Puzzles 10:00 ♥ Morning Motivational Walk! 11:00 ♥ Exercise with Denise [Rooms 222-238] 1:00 ♥ EaceTime with Families! 1:30 ♥ Exercise with Denise [Rooms 201-215] 2:00 @ Gardening 6:00 ★ Evening Stroll through the courtyard	9:00 P Morning Packet: Exercises and Puzzles 10:00 ♥ Morning Motivational Walk! 11:30 ● Dana's Activity Snack Cart! 1:00 署 FaceTime with Families! 2:00 @ Gardening 6:00 ★ Evening Stroll through the courtyard	9:00 Image: Morning Packet: Exercises and Puzzles 9:00 9:00 10:00 10:00 Morning Motivational Walk! 10:00 10:00 10:05 11:00 Hallway BING0: [Rooms 201-215] 10:05 11:00 11:00 1:00 FaceTime with Families! 1:00 11:00 11:00 2:00 Gardening 1:30 1:30 1:30 6:00 Evening Stroll through the courtyard 2:00 6:00 1
Happy Birthday Rolf Wallenstrom! 9:00 P Morning Packet: Exercises and Puzzles 10:00 ♥ Morning Motivational Walk! 1:00 肇 FaceTime with Families! 1:30 ♥ Sit and be Fit Exercise: 1st Floor 2:00 @ Gardening 2:30 ♥ Lemonade in the shade! 6:00 ★ Evening Stroll through the courtyard	9:00 P Morning Packet: Exercises and Puzzles 133 10:00 Morning Motivational Walk! 10:05 Hallway BINGO: [Rooms 115-127] 11:00 Hallway BINGO: [Rooms 101-113] 1:00 FaceTime with Families! 2:00 Gardening 3:00 Osteo Stretch and Strength: Exercise 1st Floor 6:00 ★ Evening Stroll through the courtyard	9:00 P Morning Packet: Exercises and Puzzles 10:00 ♥ Morning Motivational Walk! 11:00 ♥ Exercise with Denise [Rooms 222-238] 1:00 ♥ FaceTime with Families! 1:30 ♥ Exercise with Denise [Rooms 201-215] 2:00 @ Gardening 6:00 ★ Evening Stroll through the courtyard	9:00 P Morning Packet: Exercises and Puzzles 10:00 ♥ Morning Motivational Walk! 11:30 ● Dana's Activity Snack Cart! 1:00 署 FaceTime with Families! 2:00 @ Gardening 6:00 ★ Evening Stroll through the courtyard	9:00 P Morning Packet: Exercises and Puzzles 16 9:00 P 10:00 Morning Motivational Walk! 10:00 10:00 10:05 10:05 10:05 10:05 10:05 10:05 10:05 11:00 11:00 11:00 11:00 11:00 11:00 11:00 11:00 11:00 11:00 11:00 11:00 11:00 11:00 11:00 11:00 11:00 11:00 11:00 10:05 11:00 11:00 11:00 11:00 10:05 11:00 11:00 11:00 11:00 11:00 10:05 11:00 11:00 10:05 11:00 10:05 11:00 11:00 11:00 10:05 11:00 11
9:00 P Morning Packet: Exercises and Puzzles 10:00 ♥ Morning Motivational Walk! 1:00 FaceTime with Families! 1:30 ♥ Sit and be Fit Exercise: 1st Floor 2:00 會 Gardening 2:30 ♥ Lemonade in the shade! 6:00 ★ Evening Stroll through the courtyard	9:00 P Morning Packet: Exercises and Puzzles 200 10:00 > Morning Motivational Walk! 10:05 + Hallway BINGO: [Rooms 115-127] 11:00 > Hallway BINGO: [Rooms 101-113] 1:00 * FaceTime with Families! 2:00 © Gardening 3:00 > Osteo Stretch and Strength: Exercise 1st Floor 6:00 ★ Evening Stroll through the courtyard	Happy Birthday Mary Mitchell! 21 9:00 P Morning Packet: Exercises and Puzzles 2 10:00 S Morning Motivational Walk! 2 11:00 S Exercise with Denise [Rooms 222-238] 2 1:00 S EaceTime with Families! 2 1:30 S Exercise with Denise [Rooms 201-215] 2 2:00 S Gardening 6 6:00 ★ Evening Stroll through the courtyard	9:00 P Morning Packet: Exercises and Puzzles 10:00 ♥ Morning Motivational Walk! 11:30 ● Dana's Activity Snack Cart! 1:00 響 FaceTime with Families! 2:00 @ Gardening 6:00 ★ Evening Stroll through the courtyard	9:00 Image: Morning Packet: Exercises and Puzzles 23 10:00 Morning Motivational Walk! 9:00 10:05 Hallway BING0: [Rooms 201-215] 10:00 11:00 Hallway BING0: [Rooms 217-238] 10:05 1:00 FaceTime with Families! 11:00 2:00 Gardening 1:00 6:00 Evening Stroll through the courtyard 1:30
9:00 P Morning Packet: Exercises and Puzzles 10:00 ♥ Morning Motivational Walk! 1:00 聲 FaceTime with Families! 1:30 ♥ Sit and be Fit Exercise: 1st Floor 2:00 窗 Gardening 2:30 ♥ Lemonade in the shade! 6:00 ★ Evening Stroll through the courtyard	9:00 P Morning Packet: Exercises 227 10:00 Morning Motivational Walk! 10:05 Hallway BINGO: [Rooms 115-127] 11:00 Hallway BINGO: [Rooms 101-113] 1:00 FaceTime with Families! 2:00 Gardening 3:00 Osteo Stretch and Strength: Exercise 1st Floor 6:00 ★ Evening Stroll through the courtyard	9:00 P Morning Packet: Exercises and Puzzles 28 10:00 Morning Motivational Walk! 11:00 Exercise with Denise [Rooms 222-238] 1:00 Exercise with Denise [Rooms 201-215] 2:00 Gardening 6:00 Evening Stroll through the courtyard	9:00 P Morning Packet: Exercises and Puzzles 10:00 ♥ Morning Motivational Walk! 11:30 ● Dana's Activity Snack Cart! 1:00 聲 FaceTime with Families! 2:00 @ Gardening 6:00 ★ Evening Stroll through the courtyard	Happy Birthday Jeannie Rieke! 300 9:00 ₱ 9:00 ₱ Morning Packet: Exercises and Puzzles 10:00 ♥ 10:00 ♥ Morning Motivational Walk! 10:05 ♥ 10:05 ♥ Hallway BINGO: [Rooms 201-215] 11:00 ♥ 11:00 ♥ Hallway BINGO: [Rooms 217-238] 1:00 ♥ 1:00 ♥ FaceTime with Families! 2:00 ₪ 6:00 ★ Evening Stroll through the courtyard 6:00 ★

July 2020 Assisted Living

Friday	Saturday
Morning Packet: Exercises and Puzzles Morning Motivational Walk! Exercise with Denise [Rooms 101-113] Exercise with Denise [Rooms 115-127] FaceTime with Families! Happy Hour: Time for Quarantini's! Gardening Trivia: Brain Exercise Evening Stroll through the courtyard	Happy July 4th! 4 9:00 P Morning Packet: Exercises and Puzzles 10:00 ♥ Morning Motivational Walk! 1:00 P FaceTime with Families! 1:30 ♥ Sit and be Fit Exercise: 2nd Floor 2:00 IS Gardening 3:00 ● July 4th Trivia! 6:00 ★ Evening Stroll through the courtyard
Morning Packet: Exercises and Puzzles Morning Motivational Walk! Exercise with Denise [Rooms 101-113] Exercise with Denise [Rooms 115-127] FaceTime with Families! Happy Hour: Time for Quarantini's! Gardening Evening Stroll through the courtyard	9:00 P Morning Packet: Exercises and Puzzles 11 10:00 ✓ Morning Motivational Walk! 1:00 1:00 Sit and be Fit Exercise: 2nd Floor 2:00 Gardening 6:00 ★ Evening Stroll through the courtyard
Morning Packet: Exercises and Puzzles Morning Motivational Walk! Exercise with Denise [Rooms 101-113] Exercise with Denise [Rooms 115-127] FaceTime with Families! Happy Hour: Time for Quarantini's! Gardening Evening Stroll through the courtyard	9:00 P Morning Packet: Exercises and Puzzles 10:00 ♥ Morning Motivational Walk! 1:00 響 FaceTime with Families! 1:30 ♥ Sit and be Fit Exercise: 2nd Floor 2:00 @ Gardening 6:00 ★ Evening Stroll through the courtyard
tthday Vince Koncir! Morning Packet: Exercises and Puzzles Morning Motivational Walk! Exercise with Denise [Rooms 101-113] Exercise with Denise [Rooms 115-127] FaceTime with Families! Happy Hour: Time for Quarantini's! Gardening Evening Stroll through the courtyard	9:00 P Morning Packet: Exercises 25 10:00 ♥ Morning Motivational Walk! 1:00 ♥ FaceTime with Families! 1:30 ♥ Sit and be Fit Exercise: 2nd Floor 2:00 @ Gardening 6:00 ★ Evening Stroll through the courtyard
Morning Packet: Exercises and Puzzles Morning Motivational Walk! Exercise with Denise [Rooms 101-113] Exercise with Denise [Rooms 115-127] FaceTime with Families! Happy Hour: Time for Quarantini's! Gardening Evening Stroll through the courtyard	 Be Adventurous Be Challenged Be Connected Be Family Be Inspired Be Social Be Well