

Sunday Monday Tuesday Wednesday Thursday Friday Saturday



16306 Spring Cypress Rd
Cypress, TX 77429
(281) 690-0026

<p>5</p> <p><i>Happy National Graham Cracker Day!</i></p> <p>9:30 ★ TV Church with Ed Young 10:00 ★ Good Morning Sunday Devotional! 10:15 ♥ Full Body Chair Exercise 10:45 ♀ Nat. Graham Cracker Day: Graham Crackers & Coffee! 11:00 ♀ Puzzles! 1:00 ♥ Where In The World Walking Club 2:00 ♀ Afternoon Craft: Color Me Calm! 2:45 ♀ Sing-Along with ElderSong! 3:30 ♀ Brain Games: Name That Song! 5:00 ♀ Afternoon Gameshows: Family Feud</p>	<p>6</p> <p>9:30 ♥ Full Body Chair Exercise 10:00 ♀ Balloon Volleyball! 10:00 ♀ Move-to-the-Music: Life Stations 11:00 ★ Flower Plowers: Gardening Club! 1:15 ♀ FaceTime with Families (Mon, Wed, Fri) 1:15 ♀ Spa Generations: Relax & Rejuvenate! 2:45 ♀ Sing-Along with ElderSong! 3:00 ♀ Bingo! 5:00 ♀ Afternoon Gameshows: Family Feud</p>	<p>7</p> <p><i>Happy National Strawberry Sundae Day!</i></p> <p>9:30 ♥ Full Body Chair Exercise 10:00 ♀ Brain Games: Hang-Man 10:00 ♀ Puzzles 10:45 ♀ Coffee & Conversation: Tell Me About The Time... 11:00 ♀ Color Me Calm! 1:00 ♀ Table Games! 2:00 ★ Afternoon Craft: DIY Paper Plate Sunflowers! pt. 1 2:30 ♀ Nat. Strawberry Sundae Day: Ice Cream Social! 3:00 ♀ Cranium Crunch: Spelling Bee! 5:00 ♀ Afternoon Gameshows: Family Feud 5:45 ♥ Stronger Seniors: Afternoon Stretch</p>	<p>8</p> <p><i>Happy National Freezer Pop Day!</i></p> <p>9:30 ♥ Full Body Chair Exercise 10:00 ♀ Balloon Volleyball! 10:00 ♀ Love Language: DIY Freezer Pops! 11:00 ★ Flower Plowers: Gardening Club! 1:15 ♀ FaceTime with Families (Mon, Wed, Fri) 2:00 ♀ Afternoon Sun Soaking: Freezer Pops on the Patio! 2:45 ♀ Sing-Along with ElderSong! 3:00 ♀ Bingo! 5:00 ♀ Afternoon Gameshows: Family Feud</p>	<p>9</p> <p>9:30 ♥ Full Body Chair Exercise 10:00 ♀ Brain Games: Hang-Man 10:00 ♀ Puzzles 10:45 ♀ Coffee & Conversation: Tell Me About The Time... 11:00 ♀ Color Me Calm! 1:00 ♀ Table Games! 1:15 ♀ Spa Generations: Relax & Rejuvenate! 2:00 ★ Afternoon Craft: DIY Paper Plate Sunflowers! pt. 2 3:00 ♀ Cranium Crunch: Spelling Bee! 5:00 ♀ Afternoon Gameshows: Family Feud 5:45 ♥ Stronger Seniors: Afternoon Stretch</p>	<p>10</p> <p><i>Happy National Pina Colada Day!</i></p> <p>9:30 ♥ Full Body Chair Exercise 10:00 ♀ Balloon Volleyball! 10:00 ♀ Move-to-the-Music: Life Stations 11:00 ★ Flower Plowers: Gardening Club! 1:00 ♀ Afternoon Craft: Independent Painting 1:15 ♀ FaceTime with Families (Mon, Wed, Fri) 2:00 ♀ Afternoon Sun Soaking: Pina Coladas on the Patio! 2:00 ♀ Friday Flick: O' Brother Where Art Thou 3:00 ♀ Bingo! 5:00 ♀ Afternoon Gameshows: Family Feud</p>	<p>4</p> <p><i>Happy Independence Day!</i></p> <p>Independence Day 9:30 ♥ Full Body Chair Exercise 10:00 ♀ Brain Games: Taboo 11:00 ♀ Activity Connection: Independence Day Art 1:00 ♀ Table Games! 1:15 ♀ Puzzles! 2:00 ♀ Cranium Crunch Activity Connection: Wacky Wordies! 2:30 ♀ Afternoon Movie: The King and I 3:30 ♀ Lemonade & Listening: Afternoon Sun Soaking 5:00 ♀ Afternoon Gameshows: Family Feud</p>
<p>12</p> <p>9:30 ★ TV Church with Ed Young 10:00 ★ Good Morning Sunday Devotional! 10:15 ♥ Full Body Chair Exercise 11:00 ♀ Puzzles! 1:00 ♥ Where In The World Walking Club 2:00 ♀ Afternoon Craft: Color Me Calm! 2:45 ♀ Sing-Along with ElderSong! 3:30 ♀ Brain Games: Name That Song! 5:00 ♀ Afternoon Gameshows: Family Feud</p>	<p>13</p> <p>9:30 ♥ Full Body Chair Exercise 10:00 ♀ Balloon Volleyball! 10:00 ♀ Move-to-the-Music: Life Stations 11:00 ★ Flower Plowers: Gardening Club! 1:15 ♀ FaceTime with Families (Mon, Wed, Fri) 1:15 ♀ Spa Generations: Relax & Rejuvenate! 2:45 ♀ Sing-Along with ElderSong! 3:00 ♀ Bingo! 5:00 ♀ Afternoon Gameshows: Family Feud</p>	<p>14</p> <p>9:30 ♥ Full Body Chair Exercise 10:00 ♀ Brain Games: Hang-Man 10:00 ♀ Puzzles 10:45 ♀ Coffee & Conversation: Tell Me About The Time... 11:00 ♀ Color Me Calm! 1:00 ♀ Table Games! 2:00 ♀ Afternoon Craft: Independent Painting 3:00 ♀ Cranium Crunch: Spelling Bee! 5:00 ♀ Afternoon Gameshows: Family Feud 5:45 ♥ Stronger Seniors: Afternoon Stretch</p>	<p>15</p> <p>9:30 ♥ Full Body Chair Exercise 10:00 ♀ Balloon Volleyball! 10:00 ♀ Move-to-the-Music: Life Stations 11:00 ★ Flower Plowers: Gardening Club! 1:15 ♀ FaceTime with Families (Mon, Wed, Fri) 2:00 ♀ Lemonade & Listening: Afternoon Sun Soaking 2:45 ♀ Sing-Along with ElderSong! 3:00 ♀ Bingo! 5:00 ♀ Afternoon Gameshows: Family Feud</p>	<p>16</p> <p>9:30 ♥ Full Body Chair Exercise 10:00 ♀ Brain Games: Hang-Man 10:00 ♀ Puzzles 10:45 ♀ Coffee & Conversation: Tell Me About The Time... 11:00 ♀ Color Me Calm! 1:00 ♀ Table Games! 1:15 ♀ Spa Generations: Relax & Rejuvenate! 2:00 ♀ Afternoon Craft: Independent Painting 3:00 ♀ Cranium Crunch: Spelling Bee! 5:00 ♀ Afternoon Gameshows: Family Feud 5:45 ♥ Stronger Seniors: Afternoon Stretch</p>	<p>17</p> <p>9:30 ♥ Full Body Chair Exercise 10:00 ♀ Balloon Volleyball! 10:00 ♀ Move-to-the-Music: Life Stations 11:00 ★ Flower Plowers: Gardening Club! 1:00 ♀ Afternoon Craft: Independent Painting 1:15 ♀ FaceTime with Families (Mon, Wed, Fri) 2:00 ♀ Friday Flick: Carousel 2:00 ♀ Lemonade & Listening: Afternoon Sun Soaking 3:00 ♀ Bingo! 5:00 ♀ Afternoon Gameshows: Family Feud</p>	<p>11</p> <p>9:30 ♥ Full Body Chair Exercise 10:00 ♀ Brain Games: Taboo 11:00 ♀ Color Me Calm! 1:00 ♀ Table Games! 1:15 ♀ Puzzles! 2:30 ♀ Afternoon Movie: The King and I 3:30 ♀ Lemonade & Listening: Afternoon Sun Soaking 5:00 ♀ Afternoon Gameshows: Family Feud</p>
<p>19</p> <p><i>National Ice Cream Day!</i></p> <p>9:30 ★ TV Church with Ed Young 10:00 ★ Good Morning Sunday Devotional! 10:15 ♥ Full Body Chair Exercise 11:00 ♀ Puzzles! 1:00 ♥ Where In The World Walking Club 2:00 ♀ Afternoon Craft: Color Me Calm! 2:30 ♀ Nat. Ice Cream Day: Ice Cream Social! 2:45 ♀ Sing-Along with ElderSong! 3:30 ♀ Brain Games: Name That Song! 5:00 ♀ Afternoon Gameshows: Family Feud</p>	<p>20</p> <p>9:30 ♥ Full Body Chair Exercise 10:00 ♀ Balloon Volleyball! 10:00 ♀ Move-to-the-Music: Life Stations 11:00 ★ Flower Plowers: Gardening Club! 1:15 ♀ FaceTime with Families (Mon, Wed, Fri) 1:15 ♀ Spa Generations: Relax & Rejuvenate! 2:45 ♀ Sing-Along with ElderSong! 3:00 ♀ Bingo! 5:00 ♀ Afternoon Gameshows: Family Feud</p>	<p>21</p> <p>9:30 ♥ Full Body Chair Exercise 10:00 ♀ Brain Games: Hang-Man 10:00 ♀ Puzzles 10:45 ♀ Coffee & Conversation: Tell Me About The Time... 11:00 ♀ Color Me Calm! 1:00 ♀ Table Games! 2:00 ♀ Afternoon Craft: Independent Painting 3:00 ♀ Cranium Crunch: Spelling Bee! 5:00 ♀ Afternoon Gameshows: Family Feud 5:45 ♥ Stronger Seniors: Afternoon Stretch</p>	<p>22</p> <p><i>Happy National Hot Dog Day!</i></p> <p>9:30 ♥ Full Body Chair Exercise 10:00 ♀ Balloon Volleyball! 10:00 ♀ Move-to-the-Music: Life Stations 11:00 ★ Flower Plowers: Gardening Club! 1:15 ♀ FaceTime with Families (Mon, Wed, Fri) 2:00 ♀ Lemonade & Listening: Afternoon Sun Soaking 2:45 ♀ Sing-Along with ElderSong! 3:00 ♀ Bingo! 4:30 ♀ Love Language: Nat. Hotdog Day! 5:00 ♀ Afternoon Gameshows: Family Feud</p>	<p>23</p> <p><i>National Gorgeous Grandma Day!</i></p> <p>9:30 ♥ Full Body Chair Exercise 10:00 ♀ Brain Games: Hang-Man 10:00 ♀ Nat. Gorgeous Grandma Day: Glam-Ma Photoshoot! 10:45 ♀ Coffee & Conversation: Tell Me About The Time... 11:00 ♀ Color Me Calm! 1:00 ♀ Table Games! 1:15 ♀ Spa Generations: Relax & Rejuvenate! 2:00 ♀ Afternoon Craft: Independent Painting 3:00 ♀ Cranium Crunch: Spelling Bee! 5:00 ♀ Afternoon Gameshows: Family Feud 5:45 ♥ Stronger Seniors: Afternoon Stretch</p>	<p>24</p> <p>9:30 ♥ Full Body Chair Exercise 10:00 ♀ Balloon Volleyball! 10:00 ♀ Move-to-the-Music: Life Stations 11:00 ★ Flower Plowers: Gardening Club! 1:00 ♀ Afternoon Craft: Independent Painting 1:15 ♀ FaceTime with Families (Mon, Wed, Fri) 2:00 ♀ Friday Flick: Carousel 2:00 ♀ Lemonade & Listening: Afternoon Sun Soaking 3:00 ♀ Bingo! 5:00 ♀ Afternoon Gameshows: Family Feud</p>	<p>18</p> <p>9:30 ♥ Full Body Chair Exercise 10:00 ♀ Brain Games: Taboo 11:00 ♀ Color Me Calm! 1:00 ♀ Table Games! 1:15 ♀ Puzzles! 2:30 ♀ Afternoon Movie: The King and I 3:30 ♀ Lemonade & Listening: Afternoon Sun Soaking 5:00 ♀ Afternoon Gameshows: Family Feud</p>
<p>26</p> <p>9:30 ★ TV Church with Ed Young 10:00 ★ Good Morning Sunday Devotional! 10:15 ♥ Full Body Chair Exercise 11:00 ♀ Puzzles! 1:00 ♥ Where In The World Walking Club 2:00 ♀ Afternoon Craft: Color Me Calm! 2:45 ♀ Sing-Along with ElderSong! 3:30 ♀ Brain Games: Name That Song! 5:00 ♀ Afternoon Gameshows: Family Feud</p>	<p>27</p> <p>9:30 ♥ Full Body Chair Exercise 10:00 ♀ Balloon Volleyball! 10:00 ♀ Move-to-the-Music: Life Stations 11:00 ★ Flower Plowers: Gardening Club! 1:15 ♀ FaceTime with Families (Mon, Wed, Fri) 1:15 ♀ Spa Generations: Relax & Rejuvenate! 2:45 ♀ Sing-Along with ElderSong! 3:00 ♀ Bingo! 5:00 ♀ Afternoon Gameshows: Family Feud</p>	<p>28</p> <p><i>Happy National Milk Chocolate Day!</i></p> <p>9:30 ♥ Full Body Chair Exercise 10:00 ♀ Brain Games: Hang-Man 10:00 ♀ Puzzles 10:45 ♀ Coffee & Conversation: Tell Me About The Time... 11:00 ♀ Color Me Calm! 1:00 ♀ Table Games! 2:00 ♀ Afternoon Craft: Independent Painting 3:00 ♀ Cranium Crunch: Spelling Bee! 5:00 ♀ Afternoon Gameshows: Family Feud 5:45 ♥ Stronger Seniors: Afternoon Stretch</p>	<p>29</p> <p>9:30 ♥ Full Body Chair Exercise 10:00 ♀ Balloon Volleyball! 10:00 ♀ Move-to-the-Music: Life Stations 11:00 ★ Flower Plowers: Gardening Club! 1:15 ♀ FaceTime with Families (Mon, Wed, Fri) 2:00 ♀ Lemonade & Listening: Afternoon Sun Soaking 2:45 ♀ Sing-Along with ElderSong! 3:00 ♀ Bingo! 5:00 ♀ Afternoon Gameshows: Family Feud</p>	<p>30</p> <p>9:30 ♥ Full Body Chair Exercise 10:00 ♀ Brain Games: Hang-Man 10:00 ♀ Puzzles 10:45 ♀ Coffee & Conversation: Tell Me About The Time... 11:00 ♀ Color Me Calm! 1:00 ♀ Table Games! 1:15 ♀ Spa Generations: Relax & Rejuvenate! 2:00 ♀ Afternoon Craft: Independent Painting 3:00 ♀ Cranium Crunch: Spelling Bee! 5:00 ♀ Afternoon Gameshows: Family Feud 5:45 ♥ Stronger Seniors: Afternoon Stretch</p>	<p>31</p> <p>9:30 ♥ Full Body Chair Exercise 10:00 ♀ Balloon Volleyball! 10:00 ♀ Move-to-the-Music: Life Stations 11:00 ★ Flower Plowers: Gardening Club! 1:00 ♀ Afternoon Craft: Independent Painting 1:15 ♀ FaceTime with Families (Mon, Wed, Fri) 2:00 ♀ Friday Flick: Carousel 2:00 ♀ Lemonade & Listening: Afternoon Sun Soaking 3:00 ♀ Bingo! 5:00 ♀ Afternoon Gameshows: Family Feud</p>	<p>25</p> <p>9:30 ♥ Full Body Chair Exercise 10:00 ♀ Brain Games: Taboo 11:00 ♀ Color Me Calm! 1:00 ♀ Table Games! 1:15 ♀ Puzzles! 2:30 ♀ Afternoon Movie: The King and I 3:30 ♀ Lemonade & Listening: Afternoon Sun Soaking 5:00 ♀ Afternoon Gameshows: Family Feud</p>
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