










Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p><b>1</b></p> <p><i>National Alzheimer's Awareness Month</i></p> <p>9:30 ★ TV Church with Ed Young</p> <p>10:00 ★ Good Morning Sunday Devotional</p> <p>10:15 🦋 Facetime with Families! (Sundays)</p> <p>10:30 🧘 Full Body Chair Exercise</p> <p>11:00 🧠 Cranium Crunch: Name That Tune!</p> <p>12:45 🧘 Down-Time: Music &amp; Meditation</p> <p>1:30 ★ Afternoon Craft: Independent Painting</p> <p>2:15 🎵 Sing-Along with ElderSong</p> <p>3:30 🧘 Stronger Seniors: Afternoon Stretch</p> <p>5:00 🎲 Afternoon Gameshows: Family Feud</p> <p>5:45 🚶 Where In The World Walking Club: Evening Stroll</p>	<p><b>2</b></p> <p>9:30 🧘 Full Body Chair Exercise</p> <p>10:00 🏐 Balloon Volleyball!</p> <p>10:30 🎵 Move-to-the-Music: Life Stations</p> <p>11:00 ★ Flower Plovers: Gardening Club</p> <p>12:45 🧘 Down-Time: Music &amp; Meditation</p> <p>1:30 🦋 Spa Generations: Relax &amp; Rejuvenate!</p> <p>2:00 🦋 FaceTime with Families (Mon, Wed, Fri)</p> <p>2:15 🎵 Sing-Along with ElderSong</p> <p>3:00 🎲 Bingo!</p> <p>5:00 🎲 Afternoon Gameshows: Family Feud</p> <p>6:30 🦋 Pumpkin Spice &amp; Everything Nice: Evening Sun Soaking!</p>	<p><b>3</b></p> <p><i>Happy Birthday Miss Doris!</i></p> <p>9:30 🧘 Full Body Chair Exercise</p> <p>10:00 🧠 Brain Games: Hang-Man!</p> <p>10:45 🦋 Coffee &amp; Conversation: Tell Me About The Time...</p> <p>11:00 🧘 Color Me Calm</p> <p>12:45 🧘 Down-Time: Music &amp; Meditation</p> <p>1:30 🎲 Table Games!</p> <p>2:30 🦋 Happy Birthday Miss Doris!</p> <p>3:00 ★ Afternoon Craft: Independent Painting</p> <p>5:00 🎲 Afternoon Gameshows: Family Feud</p> <p>6:30 🧘 Stronger Seniors: Afternoon Stretch</p>	<p><b>4</b></p> <p>9:30 🧘 Full Body Chair Exercise</p> <p>10:00 🏐 Balloon Volleyball!</p> <p>10:30 🎵 Move-to-the-Music: Life Stations</p> <p>11:00 ★ Flower Plovers: Gardening Club</p> <p>12:45 🧘 Down-Time: Music &amp; Meditation</p> <p>1:30 🎲 Puzzle Pals</p> <p>2:00 🦋 FaceTime with Families (Mon, Wed, Fri)</p> <p>2:15 ★ Afternoon Craft: Popsicle Stick Scarecrow</p> <p>3:45 🎲 Bingo!</p> <p>5:00 🎲 Afternoon Gameshows: Family Feud</p> <p>6:30 🦋 Pumpkin Spice &amp; Everything Nice: Evening Sun Soaking!</p>	<p><b>5</b></p> <p><i>National Doughnut Day!</i></p> <p>9:30 🧘 Full Body Chair Exercise</p> <p>10:00 🧠 Brain Games: Hang-Man!</p> <p>10:45 🦋 Coffee &amp; Conversation: Tell Me About The Time...</p> <p>11:00 🧘 Color Me Calm</p> <p>12:45 🧘 Down-Time: Music &amp; Meditation</p> <p>1:30 🦋 Spa Generations: Relax &amp; Rejuvenate!</p> <p>2:30 🦋 National Doughnut Day: Doughnuts &amp; Coffee Social</p> <p>3:00 ★ Crafting with Clay-Dough</p> <p>5:00 🎲 Afternoon Gameshows: Family Feud</p> <p>6:30 🧘 Stronger Seniors: Afternoon Stretch</p>	<p><b>6</b></p> <p>9:30 🧘 Full Body Chair Exercise</p> <p>10:00 ★ Morning Craft: Paper Plate Pumpkins</p> <p>10:30 🎵 Move-to-the-Music: Life Stations</p> <p>11:00 ★ Flower Plovers: Gardening Club</p> <p>12:45 🧘 Down-Time: Music &amp; Meditation</p> <p>1:30 🎲 Table Games!</p> <p>2:00 🦋 FaceTime with Families (Mon, Wed, Fri)</p> <p>2:00 🦋 Friday Flick: The Sound of Music</p> <p>3:45 🎲 Bingo!</p> <p>5:00 🎲 Afternoon Gameshows: Family Feud</p> <p>6:30 🦋 Pumpkin Spice &amp; Everything Nice: Evening Sun Soaking!</p>	<p><b>7</b></p> <p>9:30 🧘 Full Body Chair Exercise</p> <p>10:00 🧠 Brain Games: Taboo</p> <p>10:45 🧠 Wordsearch with Friends</p> <p>12:45 🧘 Down-Time: Music &amp; Meditation</p> <p>1:30 🎲 Puzzle Pals</p> <p>2:30 🎲 Afternoon Matinee: O' Brother Where Art Thou</p> <p>3:45 🏐 Fall Fun: Outdoor Sports</p> <p>5:00 🎲 Afternoon Gameshows: Family Feud</p> <p>6:30 🚶 Where In The World Walking Club: Evening Stroll!</p>	
<p><b>8</b></p> <p>9:30 ★ TV Church with Ed Young</p> <p>10:00 ★ Good Morning Sunday Devotional</p> <p>10:15 🦋 Facetime with Families! (Sundays)</p> <p>10:30 🧘 Full Body Chair Exercise</p> <p>11:00 🧠 Cranium Crunch: Name That Tune!</p> <p>12:45 🧘 Down-Time: Music &amp; Meditation</p> <p>1:30 ★ Afternoon Craft: Independent Painting</p> <p>2:15 🎵 Sing-Along with ElderSong</p> <p>3:30 🧘 Stronger Seniors: Afternoon Stretch</p> <p>5:00 🎲 Afternoon Gameshows: Family Feud</p> <p>5:45 🚶 Where In The World Walking Club: Evening Stroll</p>	<p><b>9</b></p> <p>9:30 🧘 Full Body Chair Exercise</p> <p>10:00 🏐 Balloon Volleyball!</p> <p>10:30 🎵 Move-to-the-Music: Life Stations</p> <p>11:00 ★ Flower Plovers: Gardening Club</p> <p>12:45 🧘 Down-Time: Music &amp; Meditation</p> <p>1:30 🦋 Spa Generations: Relax &amp; Rejuvenate!</p> <p>2:00 🦋 FaceTime with Families (Mon, Wed, Fri)</p> <p>2:15 🎵 Sing-Along with ElderSong</p> <p>3:00 🎲 Bingo!</p> <p>5:00 🎲 Afternoon Gameshows: Family Feud</p> <p>6:30 🦋 Pumpkin Spice &amp; Everything Nice: Evening Sun Soaking!</p>	<p><b>10</b></p> <p><i>National Sundaes Day!</i></p> <p>9:30 🧘 Full Body Chair Exercise</p> <p>10:00 🧠 Brain Games: Hang-Man!</p> <p>10:45 🦋 Coffee &amp; Conversation: Tell Me About The Time...</p> <p>11:00 🧘 Color Me Calm</p> <p>12:45 🧘 Down-Time: Music &amp; Meditation</p> <p>1:30 🎲 Table Games!</p> <p>2:30 🦋 National Sundaes Day: Sundae Social!</p> <p>3:00 ★ Afternoon Craft: Independent Painting</p> <p>5:00 🎲 Afternoon Gameshows: Family Feud</p> <p>6:30 🧘 Stronger Seniors: Afternoon Stretch</p>	<p><b>11</b></p> <p><i>Veterans Day</i></p> <p>9:30 🧘 Full Body Chair Exercise</p> <p>10:00 🏐 Balloon Volleyball!</p> <p>10:30 🎵 Move-to-the-Music: Life Stations</p> <p>11:00 ★ Flower Plovers: Gardening Club</p> <p>12:45 🧘 Down-Time: Music &amp; Meditation</p> <p>1:30 🎲 Puzzle Pals</p> <p>2:00 🦋 FaceTime with Families (Mon, Wed, Fri)</p> <p>2:15 ★ Afternoon Craft: Foxy Hands</p> <p>3:45 🎲 Bingo!</p> <p>5:00 🎲 Afternoon Gameshows: Family Feud</p> <p>6:30 🦋 Pumpkin Spice &amp; Everything Nice: Evening Sun Soaking!</p>	<p><b>12</b></p> <p>9:30 🧘 Full Body Chair Exercise</p> <p>10:00 🧠 Brain Games: Hang-Man!</p> <p>10:45 🦋 Coffee &amp; Conversation: Tell Me About The Time...</p> <p>11:00 🧘 Color Me Calm</p> <p>12:45 🧘 Down-Time: Music &amp; Meditation</p> <p>1:30 🦋 Spa Generations: Relax &amp; Rejuvenate!</p> <p>2:00 ★ Crafting with Clay-Dough</p> <p>4:15 🎲 Dinner Time: Patio Picnic!</p> <p>5:00 🎲 Afternoon Gameshows: Family Feud</p> <p>6:30 🧘 Stronger Seniors: Afternoon Stretch</p>	<p><b>13</b></p> <p>9:30 🧘 Full Body Chair Exercise</p> <p>10:00 🏐 Balloon Volleyball!</p> <p>10:30 🎵 Move-to-the-Music: Life Stations</p> <p>11:00 ★ Flower Plovers: Gardening Club</p> <p>12:45 🧘 Down-Time: Music &amp; Meditation</p> <p>1:30 🎲 Table Games!</p> <p>2:00 🦋 FaceTime with Families (Mon, Wed, Fri)</p> <p>2:00 🦋 Friday Flick: The Women</p> <p>3:45 🎲 Bingo!</p> <p>5:00 🎲 Afternoon Gameshows: Family Feud</p> <p>6:30 🦋 Pumpkin Spice &amp; Everything Nice: Evening Sun Soaking!</p>	<p><b>14</b></p> <p><i>Fight to End Alzheimer's!</i></p> <p>9:30 🧘 The Houston Walk to End Alzheimer's</p> <p>10:00 🦋 Post-Walk: Patio Party!</p> <p>12:45 🧘 Down-Time: Music &amp; Meditation</p> <p>1:30 🎲 Puzzle Pals</p> <p>2:30 🎲 Afternoon Matinee: Carousel</p> <p>3:45 🏐 Fall Fun: Outdoor Sports</p> <p>3:45 🧠 Wordsearch with Friends!</p> <p>5:00 🎲 Afternoon Gameshows: Family Feud</p> <p>6:30 🚶 Where In The World Walking Club: Evening Stroll!</p>	
<p><b>15</b></p> <p>9:30 ★ TV Church with Ed Young</p> <p>10:00 ★ Good Morning Sunday Devotional</p> <p>10:15 🦋 Facetime with Families! (Sundays)</p> <p>10:30 🧘 Full Body Chair Exercise</p> <p>11:00 🧠 Cranium Crunch: Name That Tune!</p> <p>12:45 🧘 Down-Time: Music &amp; Meditation</p> <p>1:30 ★ Afternoon Craft: Independent Painting</p> <p>2:15 🎵 Sing-Along with ElderSong</p> <p>3:30 🧘 Stronger Seniors: Afternoon Stretch</p> <p>5:00 🎲 Afternoon Gameshows: Family Feud</p> <p>5:45 🚶 Where In The World Walking Club: Evening Stroll</p>	<p><b>16</b></p> <p>9:30 🧘 Full Body Chair Exercise</p> <p>10:00 🏐 Balloon Volleyball!</p> <p>10:30 🎵 Move-to-the-Music: Life Stations</p> <p>11:00 ★ Flower Plovers: Gardening Club</p> <p>12:45 🧘 Down-Time: Music &amp; Meditation</p> <p>1:30 🦋 Spa Generations: Relax &amp; Rejuvenate!</p> <p>2:00 🦋 FaceTime with Families (Mon, Wed, Fri)</p> <p>2:15 🎵 Sing-Along with ElderSong</p> <p>3:00 🎲 Bingo!</p> <p>5:00 🎲 Afternoon Gameshows: Family Feud</p> <p>6:30 🦋 Pumpkin Spice &amp; Everything Nice: Evening Sun Soaking!</p>	<p><b>17</b></p> <p>9:30 🧘 Full Body Chair Exercise</p> <p>10:00 🧠 Brain Games: Hang-Man!</p> <p>10:45 🦋 Coffee &amp; Conversation: Tell Me About The Time...</p> <p>11:00 🧘 Color Me Calm</p> <p>12:45 🧘 Down-Time: Music &amp; Meditation</p> <p>1:30 🎲 Table Games!</p> <p>3:00 ★ Afternoon Craft: Independent Painting</p> <p>5:00 🎲 Afternoon Gameshows: Family Feud</p> <p>6:30 🧘 Stronger Seniors: Afternoon Stretch</p>	<p><b>18</b></p> <p>9:30 🧘 Full Body Chair Exercise</p> <p>10:00 🏐 Balloon Volleyball!</p> <p>10:30 🎵 Move-to-the-Music: Life Stations</p> <p>11:00 ★ Flower Plovers: Gardening Club</p> <p>12:45 🧘 Down-Time: Music &amp; Meditation</p> <p>1:30 🎲 Puzzle Pals</p> <p>2:00 🦋 FaceTime with Families (Mon, Wed, Fri)</p> <p>2:15 ★ Afternoon Craft: Sunflower Cards</p> <p>3:45 🎲 Bingo!</p> <p>5:00 🎲 Afternoon Gameshows: Family Feud</p> <p>6:30 🦋 Pumpkin Spice &amp; Everything Nice: Evening Sun Soaking!</p>	<p><b>19</b></p> <p>9:30 🧘 Full Body Chair Exercise</p> <p>10:00 🧠 Brain Games: Hang-Man!</p> <p>10:45 🦋 Coffee &amp; Conversation: Tell Me About The Time...</p> <p>11:00 🧘 Color Me Calm</p> <p>12:45 🧘 Down-Time: Music &amp; Meditation</p> <p>1:30 🦋 Spa Generations: Relax &amp; Rejuvenate!</p> <p>2:00 ★ Crafting with Clay-Dough</p> <p>5:00 🎲 Afternoon Gameshows: Family Feud</p> <p>6:30 🧘 Stronger Seniors: Afternoon Stretch</p>	<p><b>20</b></p> <p>9:30 🧘 Full Body Chair Exercise</p> <p>10:00 🏐 Balloon Volleyball!</p> <p>10:30 🎵 Move-to-the-Music: Life Stations</p> <p>11:00 ★ Flower Plovers: Gardening Club</p> <p>12:45 🧘 Down-Time: Music &amp; Meditation</p> <p>1:30 🎲 Table Games!</p> <p>2:00 🦋 FaceTime with Families (Mon, Wed, Fri)</p> <p>2:00 🦋 Friday Flick: Grease 2</p> <p>3:45 🎲 Bingo!</p> <p>5:00 🎲 Afternoon Gameshows: Family Feud</p> <p>6:30 🦋 Pumpkin Spice &amp; Everything Nice: Evening Sun Soaking!</p>	<p><b>21</b></p> <p>9:30 🧘 Full Body Chair Exercise</p> <p>10:00 🧠 Brain Games: Taboo</p> <p>12:45 🧘 Down-Time: Music &amp; Meditation</p> <p>1:30 🎲 Puzzle Pals</p> <p>2:30 🎲 Afternoon Matinee: Holes</p> <p>3:45 🏐 Fall Fun: Outdoor Sports</p> <p>3:45 🧠 Wordsearch with Friends!</p> <p>5:00 🎲 Afternoon Gameshows: Family Feud</p> <p>6:30 🚶 Where In The World Walking Club: Evening Stroll!</p>	
<p><b>22</b></p> <p>9:30 ★ TV Church with Ed Young</p> <p>10:00 ★ Good Morning Sunday Devotional</p> <p>10:15 🦋 Facetime with Families! (Sundays)</p> <p>10:30 🧘 Full Body Chair Exercise</p> <p>11:00 🧠 Cranium Crunch: Name That Tune!</p> <p>12:45 🧘 Down-Time: Music &amp; Meditation</p> <p>1:30 ★ Afternoon Craft: Independent Painting</p> <p>2:15 🎵 Sing-Along with ElderSong</p> <p>3:30 🧘 Stronger Seniors: Afternoon Stretch</p> <p>5:00 🎲 Afternoon Gameshows: Family Feud</p> <p>5:45 🚶 Where In The World Walking Club: Evening Stroll</p>	<p><b>23</b></p> <p>9:30 🧘 Full Body Chair Exercise</p> <p>10:00 🏐 Balloon Volleyball!</p> <p>10:30 🎵 Move-to-the-Music: Life Stations</p> <p>11:00 ★ Flower Plovers: Gardening Club</p> <p>12:45 🧘 Down-Time: Music &amp; Meditation</p> <p>1:30 🦋 Spa Generations: Relax &amp; Rejuvenate!</p> <p>2:00 🦋 FaceTime with Families (Mon, Wed, Fri)</p> <p>2:15 🎵 Sing-Along with ElderSong</p> <p>3:00 🎲 Bingo!</p> <p>5:00 🎲 Afternoon Gameshows: Family Feud</p> <p>6:30 🦋 Pumpkin Spice &amp; Everything Nice: Evening Sun Soaking!</p>	<p><b>24</b></p> <p>9:30 🧘 Full Body Chair Exercise</p> <p>10:00 🧠 Brain Games: Hang-Man!</p> <p>10:45 🦋 Coffee &amp; Conversation: Tell Me About The Time...</p> <p>11:00 🧘 Color Me Calm</p> <p>12:45 🧘 Down-Time: Music &amp; Meditation</p> <p>1:30 🎲 Table Games!</p> <p>3:00 ★ Afternoon Craft: Independent Painting</p> <p>5:00 🎲 Afternoon Gameshows: Family Feud</p> <p>6:30 🧘 Stronger Seniors: Afternoon Stretch</p>	<p><b>25</b></p> <p>9:30 🧘 Full Body Chair Exercise</p> <p>10:00 🏐 Balloon Volleyball!</p> <p>10:30 🎵 Move-to-the-Music: Life Stations</p> <p>11:00 ★ Flower Plovers: Gardening Club</p> <p>12:45 🧘 Down-Time: Music &amp; Meditation</p> <p>1:30 🎲 Puzzle Pals</p> <p>2:00 🦋 FaceTime with Families (Mon, Wed, Fri)</p> <p>2:15 🎵 Sing-a-long with Eldersong</p> <p>3:00 🎲 Bingo!</p> <p>5:00 🎲 Afternoon Gameshows: Family Feud</p> <p>6:30 🦋 Pumpkin Spice &amp; Everything Nice: Evening Sun Soaking!</p>	<p><b>26</b></p> <p><i>Happy Thanksgiving!</i></p> <p>9:30 🧘 Full Body Chair Exercise</p> <p>10:00 ★ Morning Craft: Thanksgiving Turkey Crowns</p> <p>10:45 🦋 Coffee &amp; Conversation: Tell Me About The Time...</p> <p>11:00 🧘 Color Me Calm</p> <p>12:45 🧘 Down-Time: Music &amp; Meditation</p> <p>1:30 🦋 Spa Generations: Relax &amp; Rejuvenate!</p> <p>2:00 ★ Crafting with Clay-Dough</p> <p>4:15 🎲 Dinner Time: Thanksgiving Feast!</p> <p>5:00 🎲 Afternoon Gameshows: Family Feud</p> <p>6:30 🧘 Stronger Seniors: Afternoon Stretch</p>	<p><b>27</b></p> <p>9:30 🧘 Full Body Chair Exercise</p> <p>10:00 🏐 Balloon Volleyball!</p> <p>10:30 🎵 Move-to-the-Music: Life Stations</p> <p>11:00 ★ Flower Plovers: Gardening Club</p> <p>12:45 🧘 Down-Time: Music &amp; Meditation</p> <p>1:30 🎲 Table Games!</p> <p>2:00 🦋 FaceTime with Families (Mon, Wed, Fri)</p> <p>2:00 🦋 Friday Flick: Jumanji</p> <p>3:45 🎲 Bingo!</p> <p>5:00 🎲 Afternoon Gameshows: Family Feud</p> <p>6:30 🦋 Pumpkin Spice &amp; Everything Nice: Evening Sun Soaking!</p>	<p><b>28</b></p> <p>9:30 🧘 Full Body Chair Exercise</p> <p>10:00 🧠 Brain Games: Taboo</p> <p>12:45 🧘 Down-Time: Music &amp; Meditation</p> <p>1:30 🎲 Puzzle Pals</p> <p>2:30 🎲 Afternoon Matinee: The Prince &amp; Me</p> <p>3:45 🏐 Fall Fun: Outdoor Sports</p> <p>3:45 🧠 Wordsearch with Friends!</p> <p>5:00 🎲 Afternoon Gameshows: Family Feud</p> <p>6:30 🚶 Where In The World Walking Club: Evening Stroll!</p>	
<p><b>29</b></p> <p>9:30 ★ TV Church with Ed Young</p> <p>10:00 ★ Good Morning Sunday Devotional</p> <p>10:15 🦋 Facetime with Families! (Sundays)</p> <p>10:30 🧘 Full Body Chair Exercise</p> <p>11:00 🧠 Cranium Crunch: Name That Tune!</p> <p>12:45 🧘 Down-Time: Music &amp; Meditation</p> <p>1:30 ★ Afternoon Craft: Independent Painting</p> <p>2:15 🎵 Sing-Along with ElderSong</p> <p>3:30 🧘 Stronger Seniors: Afternoon Stretch</p> <p>5:00 🎲 Afternoon Gameshows: Family Feud</p> <p>5:45 🚶 Where In The World Walking Club: Evening Stroll</p>	<p><b>30</b></p> <p>9:30 🧘 Full Body Chair Exercise</p> <p>10:00 🏐 Balloon Volleyball!</p> <p>10:30 🎵 Move-to-the-Music: Life Stations</p> <p>11:00 ★ Flower Plovers: Gardening Club</p> <p>12:45 🧘 Down-Time: Music &amp; Meditation</p> <p>1:30 🦋 Spa Generations: Relax &amp; Rejuvenate!</p> <p>2:00 🦋 FaceTime with Families (Mon, Wed, Fri)</p> <p>2:15 🎵 Sing-Along with ElderSong</p> <p>3:00 🎲 Bingo!</p> <p>5:00 🎲 Afternoon Gameshows: Family Feud</p> <p>6:30 🦋 Pumpkin Spice &amp; Everything Nice: Evening Sun Soaking!</p>	 <p>SPRING CYPRESS ASSISTED LIVING AND MEMORY CARE</p>  <p>GENERATIONS Honor the past, connect with the present, inspire the future.</p>					<ul style="list-style-type: none"> <li> Be Adventurous</li> <li> Be Challenged</li> <li> Be Connected</li> <li> Be Family</li> <li> Be Inspired</li> <li> Be Social</li> <li> Be Well</li> </ul>