

APRIL 2024

MORNINGSTAR RIVER OAKS REFLECTIONS

MorningStarSeniorLiving.com



Recurring

Aromatherapy (Daily)
11:45am and 4:45pm

Daily Dance Party (Daily)
11:30am

Saturday Walk and Strolls
3pm– Community

SPECIAL EVENTS

Houston Fire Department: Fire Safety Speaker
11am—Theatre

Champagne and Afternoon Tea
1:30pm—1st Floor Patio

Casting a new light

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	 <p>1 April Fools Day 9:30am: Morning Workout 10am Today in History and Prayer 10:30am Table Top Games 11am IN2L Games 2pm Reflective Discussions 2:30pm Word Lovers Book Club 3pm Sing Along 4pm Evening Devotion</p>	<p>2 9:30am Silver Sneakers Exercise 10am Today in History and Prayer 10:30 Walking Club 1pm– <i>Pet visits w/ Leslie (Rose's Dog)– Community</i> 2:00 Creative Crafters 3pm Beach Ball Toss 4:30pm Evening Devotion</p>	<p>3 9:30am Balloon Fitness 10am Today in History and Prayer 10:30am Just Baking Memories 1:30pm Tasting Memories 2pm Miles of Memories: Smoothie King 3:30pm Jewelry Making 4:30pm Evening Devotion</p>	<p>4 9:30am Move and Groove Fitness 10am Today in History and Prayer 10:30am Paint Party 1:30pm: Music Therapy w/ Angel 2:30pm Mini Golf 3pm Movie Matinee 4:30pm Evening Devotion</p>	<p>5 9:30am Stretch and Flex 10am Today in History and Prayer 10:30: Table Top Games 2pm Fancy Nails 2:30pm Garden Party 3pm TGIF Happy Hour-Bistro 4:30pm Evening Devotion</p>	<p>6 9:30am Seated Fitness 10am Today in History and Prayer 10:30am Color Me Calm 2pm Patio Refreshments and Chat 3pm Saturday Strolls 4:00: Evening Devotion– Theatre</p>	
	<p>7 10am Today in History and Prayer 10:15am Communion and Prayers w/ St. Anne Catholic Church 11am Stretch and Flex 1pm Movie Matinee 3pm Walk and Stroll 3:30pm Dominoes and Cards 4:30 Evening Devotion</p>	<p>8 9:30am: Morning Workout 10am Today in History and Prayer 10:30am Table Top Games 11am IN2L Games 1:20pm Solar Eclipse Begins 2pm Reflective Discussions 2:30pm Word Lovers Book Club 3pm Sing Along 4pm Evening Devotion 5pm Couples Date Night– Front Lobby</p>	<p>9 9:30am Silver Sneakers Exercise 10am Today in History and Prayer 10:30 Walking Club 2:00 Creative Crafters 3pm Rock N Bowl 4:30pm Evening Devotion 5pm Reflections Family Council– Theatre</p>	<p>10 9:30am Balloon Fitness 10am Today in History and Prayer 10:30am Just Baking Memories 10:45am Lunch Bunch: Torchy's Tacos– Front Lobby 1:30pm Tasting Memories 2pm Miles of Memories: Smoothie King 3:30pm Jewelry Making</p>	<p>11 9:30am Move and Groove Fitness 10am Today in History and Prayer 10:30am Paint Party 1pm Music w/ Jim Conners– Theatre 3pm Movie Matinee 4:30pm Evening Devotion</p>	<p>12 9:30am Stretch and Flex 10am Today in History and Prayer 10:30: Table Top Games 2pm Fancy Nails 2:30pm Garden Party 3pm TGIF Happy Hour-Bistro 4:30pm Evening Devotion</p>	<p>13 9:30am Seated Fitness 10am Today in History and Prayer 10:30am Color Me Calm 2pm Patio Refreshments and Chat 3pm Saturday Strolls 4:00: Evening Devotion– Theatre</p>
	<p>14 10am Today in History and Prayer 10:15am Communion and Prayers w/ St. Anne Catholic Church 11am Stretch and Flex 11:30am Sunday Brunch 12:30pm St. Peters United Church Music Ensemble 1pm Movie Matinee 3pm Walk and Stroll 3:30pm Dominoes and Cards 4:30 Evening Devotion</p>	<p>15 9:30am: Morning Workout 10am Today in History and Prayer 10:30am Table Top Games 11am IN2L Games 2pm Reflective Discussions 2:30pm Word Lovers Book Club 3pm Sing Along w/ Michael Gee– Front Lobby 4pm Evening Devotion</p>	<p>16 9:30am Silver Sneakers Exercise 10am Today in History and Prayer 10:30 Walking Club 2:00 Creative Crafters 3pm Popsicles on the Patio– 1st Floor Patio 4:30pm Evening Devotion</p>	<p>17 9:30am Balloon Fitness 10am Today in History and Prayer 10:30am Just Baking Memories 1:30pm Tasting Memories 2pm Miles of Memories: Downtown Houston 3:30pm Jewelry Making 4:30pm Evening Devotion</p>	<p>18 9:30am Move and Groove Fitness 10am Today in History and Prayer 10:30am Paint Party 11am Houston Fire Department Safety Speaker– Theatre 2pm Music w/ Tony Mac– Bistro/Lounge 3pm Movie Matinee 4:30pm Evening Devotion</p>	<p>19 9:30am Stretch and Flex 10am Today in History and Prayer 10:30: Table Top Games 2pm Fancy Nails 2:30pm Garden Party 3pm TGIF Happy Hour w/ Herman Less-Bistro 4:30pm Evening Devotion</p>	<p>20 9:30am Seated Fitness 10am Today in History and Prayer 10:30am Color Me Calm 2pm Patio Refreshments and Chat 3pm Saturday Strolls 4:00: Evening Devotion– Theatre</p>
	<p>21 10am Today in History and Prayer 10:15am Communion and Prayers w/ St. Anne Catholic Church 11am Stretch and Flex 1pm Movie Matinee 3pm Walk and Stroll 3:30pm Dominoes and Cards 4:30 Evening Devotion</p>	<p>22 Passover & Earth Day 9:30am: Morning Workout 10am Today in History and Prayer 10:30am Table Top Games 11am IN2L Games 1:30pm Music Therapy w/ Angel 2pm Reflective Discussions 2:30pm Word Lovers Book Club 3pm Sing Along 4pm Evening Devotion</p>	<p>23 9:30am Silver Sneakers Exercise 10am Today in History and Prayer 10:30 Walking Club 2:00 Creative Crafters 3pm Rock N Bowl 4:30pm Evening Devotion</p>	<p>24 9:30am Balloon Fitness 10am Today in History and Prayer 10:30am Just Baking Memories 1:30pm Tasting Memories 10:45am Lunch Bunch: Cleburne's Cafeteria– Front Lobby 2pm Miles of Memories: Downtown Houston 3:30pm Jewelry Making</p>	<p>25 9:30am Move and Groove Fitness 10am Today in History and Prayer 10:30am Paint Party 2pm Music w/ Rodney Raspberry– Bistro/Lounge 3pm Movie Matinee 4:30pm Evening Devotion</p>	<p>26 9:30am Stretch and Flex 10am Today in History and Prayer 10:30: Table Top Games 2pm Fancy Nails 2:30pm Garden Party 3pm April Birthdays Happy Hour w/ Julia-Bistro 4:30pm Evening Devotion</p>	<p>27 9:30am Seated Fitness 10am Today in History and Prayer 10:30am Color Me Calm 2pm Patio Refreshments and Chat 3pm Music w/ Shevon 4:00: Evening Devotion– Theatre</p>
	<p>28 10am Today in History and Prayer 10:15am Communion and Prayers w/ St. Anne Catholic Church 11am Stretch and Flex 11:30am Sunday Brunch 1pm Movie Matinee 1:30pm Champagne and Afternoon Tea– 1st Floor Patio 3pm Walk and Stroll 3:30pm Dominos and Cards</p>	<p>29 9:30am: Morning Workout 10am Today in History and Prayer 10:30am Table Top Games 11am IN2L Games 2pm Reflective Discussions 2:30pm Word Lovers Book Club 3pm Sing Along w/ Michael Gee– Front Lobby 4pm Evening Devotion</p>	<p>30 9:30am Silver Sneakers Exercise 10am Today in History and Prayer 10:30 Walking Club 2:00 Creative Crafters 3pm Root Beer Floats w/ Rose-Bistro 4:30pm Evening Devotion</p>		<p>Birthdays:</p> <p>Leilani H. 04/04 Martha R. 04/19 Sandra G. 04/25 Patricia M. 04/28</p>	<p>Key:</p> <p>AR– Art Room CR– Club Room (6th Floor) Fitness Center (6th Floor)</p>	

Please sign up for activities listed in **RED**. Activities listed in **BLUE** are Entertainers. Activities in **GREEN** are led by a volunteer or outside agency.