

# November 2024

## Vista 7th & 8th Floor Rehab

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Be sure to check out all our live stream options on our in-house TV station- Channel 81! Detailed descriptions of offerings are located in your Lifestyle Guide.</p>		<p>Activities are subject to change. The most up to date activities will be found on your in-room electronic whiteboard.</p>	<ul style="list-style-type: none"> <li>🧠 Intellectual</li> <li>🎵 Music</li> <li>👉 Physical</li> <li>★ Purposeful</li> <li>🍷 Snack</li> <li>✝️ Spiritual</li> </ul>		<p><b>Music Therapy Room Visits</b>  <b>Wednesday</b>                      7th Floor 1:00pm                      8th Floor 2:00pm</p> <p>If you would like a visit, let a teammate Know</p>	<p><b>Individual Pursuits: Puzzles and More available in the Activity Room</b> <b>1</b></p> <p>10:00 🔄 Group Exercise w/ Therapy [8th fl]                      2:00 🧠 Body and Mind with Restorative Team [7th fl]</p>	<p><b>Individual Pursuits: Puzzles and More available in the Activity Room</b> <b>2</b></p>
	<p><b>Individual Pursuits: Puzzles and More available in the Activity Room</b> <b>3</b></p> <p>11:00 ✝️ Worship Service live stream from The Point [CH81]</p>	<p><b>Individual Pursuits: Puzzles and More available in the Activity Room</b> <b>4</b></p> <p>11:00 🍷 Room to Room Activity Cart                      2:00 ★ Welcome Visits</p>	<p><b>Individual Pursuits: Puzzles and More available in the Activity Room</b> <b>5</b></p> <p>9:30 🧠 Campus News [CH81]                      2:00 🧠 Body and Mind with Restorative Team [7th fl]                      3:00 🔄 In-Room Therapeutic Touch and Reiki with Anna- call 214-273-9653 to schedule a 20min session</p>	<p><b>Individual Pursuits: Puzzles and More available in the Activity Room</b> <b>6</b></p> <p>10:00 🔄 Group Exercise w/ Therapy [8th fl]                      1:00 🎵 Music Therapy Room Visits [7th fl]                      2:00 🧠 Body and Mind with Restorative Team [7th fl]                      2:00 🎵 Music Therapy Room Visits [8th fl]</p>	<p><b>Individual Pursuits: Puzzles and More available in the Activity Room</b> <b>7</b></p> <p>10:00 🧠 Olli: Jane Austen's Sense and Sensibility [CH81]                      2:00 🧠 Body and Mind with Restorative Team [7th fl]</p>	<p><b>Individual Pursuits: Puzzles and More available in the Activity Room</b> <b>8</b></p> <p>10:00 🔄 Group Exercise w/ Therapy [8th fl]                      11:00 🎵 Mike Frankel Strolling Accordion                      2:00 🧠 Body and Mind with Restorative Team [7th fl]</p>	<p><b>Individual Pursuits: Puzzles and More available in the Activity Room</b> <b>9</b></p>
	<p><b>Individual Pursuits: Puzzles and More available in the Activity Room</b> <b>10</b></p> <p>11:00 ✝️ Worship Service live stream from The Point [CH81]</p>	<p><b>Individual Pursuits: Puzzles and More available in the Activity Room</b> <b>11</b></p> <p>11:00 🍷 Room to Room Activity Cart                      2:00 ★ Welcome Visits</p>	<p><b>Individual Pursuits: Puzzles and More available in the Activity Room</b> <b>12</b></p> <p>9:30 🧠 Campus News [CH81]                      10:00 🧠 Olli: Vexillology of Old Glory [CH81]                      2:00 🧠 Body and Mind with Restorative Team [7th fl]                      3:00 🔄 In-Room Therapeutic Touch and Reiki with Anna- call 214-273-9653 to schedule a 20min session</p>	<p><b>Individual Pursuits: Puzzles and More available in the Activity Room</b> <b>13</b></p> <p>10:00 🔄 Group Exercise w/ Therapy [8th fl]                      1:00 🎵 Music Therapy Room Visits [7th fl]                      2:00 🧠 Body and Mind with Restorative Team [7th fl]                      2:00 🎵 Music Therapy Room Visits [8th fl]</p>	<p><b>Individual Pursuits: Puzzles and More available in the Activity Room</b> <b>14</b></p> <p>10:00 🧠 Olli: Vexillology of the Lone Star Flag [CH81]                      2:00 🧠 Body and Mind with Restorative Team [7th fl]</p>	<p><b>Individual Pursuits: Puzzles and More available in the Activity Room</b> <b>15</b></p> <p>10:00 🔄 Group Exercise w/ Therapy [8th fl]                      2:00 🧠 Body and Mind with Restorative Team [7th fl]</p>	<p><b>Individual Pursuits: Puzzles and More available in the Activity Room</b> <b>16</b></p>
	<p><b>Individual Pursuits: Puzzles and More available in the Activity Room</b> <b>17</b></p> <p>11:00 ✝️ Worship Service live stream from The Point [CH81]</p>	<p><b>Individual Pursuits: Puzzles and More available in the Activity Room</b> <b>18</b></p> <p>11:00 🍷 Room to Room Activity Cart                      12:00 🎵 Music with Don Weitz [8th fl]                      2:00 ★ Welcome Visits</p>	<p><b>Individual Pursuits: Puzzles and More available in the Activity Room</b> <b>19</b></p> <p>9:30 🧠 Campus News [CH81]                      10:00 🧠 Olli: Precisionism in America [CH81]                      2:00 🧠 Body and Mind with Restorative Team [7th fl]                      3:00 🔄 In-Room Therapeutic Touch and Reiki with Anna- call 214-273-9653 to schedule a 20min session</p>	<p><b>Individual Pursuits: Puzzles and More available in the Activity Room</b> <b>20</b></p> <p>10:00 🔄 Group Exercise w/ Therapy [8th fl]                      1:00 🎵 Music Therapy Room Visits [7th fl]                      2:00 🧠 Body and Mind with Restorative Team [7th fl]                      2:00 🎵 Music Therapy Room Visits [8th fl]</p>	<p><b>Individual Pursuits: Puzzles and More available in the Activity Room</b> <b>21</b></p> <p>10:00 🧠 Olli: The Monuments Men and Women of WW11...Recovery and Restitution [CH81]                      2:00 🧠 Body and Mind with Restorative Team [7th fl]</p>	<p><b>Individual Pursuits: Puzzles and More available in the Activity Room</b> <b>22</b></p> <p>10:00 🔄 Group Exercise w/ Therapy [8th fl]                      1:00 🎵 Mike Frankel Strolling Accordion [7th fl]                      2:00 🧠 Body and Mind with Restorative Team [7th fl]</p>	<p><b>Individual Pursuits: Puzzles and More available in the Activity Room</b> <b>23</b></p>
<p>Life Enrichment is happy to provide the following upon request:</p> <ul style="list-style-type: none"> <li>Reading Materials</li> <li>Word Games</li> <li>Art Supplies</li> <li>Puzzles</li> <li>Note Cards/Stationary</li> <li>Snacks</li> <li>Pastoral Support Referral</li> <li>CCY Lifestyle Guide for in house TV programming</li> </ul> <p>Call: 469-828-3454</p>	<p><b>Individual Pursuits: Puzzles and More available in the Activity Room</b> <b>24</b></p> <p>11:00 ✝️ Worship Service live stream from The Point [CH81]</p>	<p><b>Individual Pursuits: Puzzles and More available in the Activity Room</b> <b>25</b></p> <p>11:00 🍷 Room to Room Activity Cart                      2:00 ★ Welcome Visits</p>	<p><b>Individual Pursuits: Puzzles and More available in the Activity Room</b> <b>26</b></p> <p>9:30 🧠 Campus News [CH81]                      2:00 🧠 Body and Mind with Restorative Team [7th fl]                      3:00 🔄 In-Room Therapeutic Touch and Reiki with Anna- call 214-273-9653 to schedule a 20min session</p>	<p><b>Individual Pursuits: Puzzles and More available in the Activity Room</b> <b>27</b></p> <p>10:00 🔄 Group Exercise w/ Therapy [8th fl]                      1:00 🎵 Music Therapy Room Visits [7th fl]                      2:00 🧠 Body and Mind with Restorative Team [7th fl]                      2:00 🎵 Music Therapy Room Visits [8th fl]</p>	<p><b>Individual Pursuits: Puzzles and More available in the Activity Room</b> <b>28</b></p> <p>2:00 🧠 Body and Mind with Restorative Team [7th fl]</p>	<p><b>Individual Pursuits: Puzzles and More available in the Activity Room</b> <b>29</b></p> <p>10:00 🔄 Group Exercise w/ Therapy [8th fl]                      2:00 🧠 Body and Mind with Restorative Team [7th fl]</p>	<p><b>Individual Pursuits: Puzzles and More available in the Activity Room</b> <b>30</b></p>