

September 2021
The Reserve at North Dallas Activities Calendar

explore | Independent Living

<div></div>	<div></div> <div><p>“There is nothing in the world so irresistibly contagious as laughter and good humor.”</p><p>— <i>Charles Dickens, A Christmas Carol</i></p></div> <div><p>12271 Coit Road Dallas, TX 75251 972-866-7575</p></div>	<div><p>9:30 🗡️ *New Blood Pressure Checks 10:00 🗡️ Lets Talk W/ Kristen - AL Dining Room 10:30 🗡️ Food for Thought - AL DR 10:30 🟦 Morning Fitness - FC [FC] 11:00 🟡 Communion W/St. Paul Church</p><p>1:45 🟢 Current Events W/ Randy 2:30 🟦 Balance and Conditioning w/ Lauren - FC [FC] 6:00 🟢 Name That Tune w/Kelvin 7:00 🟦 Bingo - MDR</p></div>	<div><p>10:00 🟦 Morning Fitness - AL East 10:30 🟣 Lunch Outing - Cindy's Deli 12:30 🟡 Poker 12:30 - 3:30pm Card Room</p><p>1:00 🟢 Art Appreciation - TH 2:00 🟡 Movie Matinee - Theatre 2:00 🟢 Paint & Reflect W/Lauren</p></div>	<div><p>10:30 🟦 Morning Fitness - FC [FC] 11:30 🟢 Tech Help Class w/ Lauren</p><p>1:00 🟣 Shopping Trip 2:30 🟦 Balance and Conditioning Class with Lauren - FC [FC] 3:00 🟡 Happy Hour Show W/Andy</p></div>	<div><p>12:30 🟢 Daily Delight Activity Packets - Info Table 12:30 🟡 Poker 12:30 - 3:30pm Card Room</p><p>1:30 🟡 Movie Matinee - Theatre 2:00 🟦 Jigsaw puzzling 3rd floor 6:00 🟦 Name That Tune w/Kelvin 7:00 🟢 Bingo - MDR</p></div>		
<div><p>BIRTHDAYS THIS MONTH</p><div><p>Mary Pat 9/1 Howard H. 9/1 Jean H. 9/1 Shirley R. 9/2 Marsha S. 9/6 Thomas C. 9/7 Kay H. 9/7 Rita R. 9/8 John R. 9/8 Joyce R. 9/11 Ralph N. 9/12 Sandra B. 9/16 Bob P. 9/18 Melba S. 9/20 Liz S. 9/24 James C. 9/26 Bill H. 9/28 David F. 9/30</p></div></div>	<div><p>11:30 🟦 Zumba Chair Dance W/Brandi 12:30 🟢 Daily Delight Activity Packets - Info Table 1:00 🟦 Puzzling Out Stress - 1 - 4pm 2:00 🟡 Sunday Church Service 7:00 🟡 Sunday Night Movie</p></div>	<div><p>Labor Day 11:00 🟡 Labor Day Cook Out 11 - 1pm W/ DeeDee 5:00 🟡 Rosh Hashanah Service 6:00 🟦 Name That Tune w/Kelvin 7:00 🟡 Bingo - MDR</p></div>	<div><p>10:00 🟢 Durbin Hearing Clinic - TH 10:00 🗡️ Lets Talk W/ Kristen IL ONLY 10:00 🟦 Morning Fitness - AL East 11:30 🟡 Rosh Hashanah Gift Door Delivery 12:30 🟡 Poker 12:30 - 3:30pm Card Room</p><p>1:00 🟡 Bible Study - VH 1:30 🟣 Beaded Dreams W/Lauren 1:30 🟡 Movie Matinee - Theatre 2:00 🟢 Food for Thought - MDR</p></div>	<div><p>9:30 🗡️ *New Blood Pressure Checks 10:00 🗡️ Lets Talk W/ Kristen - AL Dining Room 10:30 🟣 Lunch Outing - Golden Corral 10:30 🟦 Morning Fitness - FC [FC] 1:45 🟢 Current Events W/ Randy 2:30 🟦 Balance and Conditioning w/ Lauren - FC [FC] 3:00 🟡 Happy Hour & Patsy Cline Show! W/Rhonda</p><p>6:00 🟢 Name That Tune w/Kelvin 7:00 🟦 Bingo - MDR</p></div>	<div><p>10:00 🟦 Morning Fitness - AL East 12:30 🟡 Poker 12:30 - 3:30pm Card Room</p><p>1:00 🟢 Art Appreciation - TH 1:00 🟢 Novin & Harris Jewelry Repair 2:00 🗡️ "Safe America" Talk W/Sgt. Mata</p><p>2:00 🟡 Movie Matinee - Theatre 2:00 🟢 Paint & Reflect W/Lauren</p></div>	<div><p>10:30 🟦 Morning Fitness - FC [FC] 11:30 🟢 Tech Help Class w/ Lauren</p><p>1:00 🟣 Shopping Trip 2:30 🟦 Balance and Conditioning Class with Lauren - FC [FC]</p></div>	<div><p>12:30 🟢 Daily Delight Activity Packets - Info Table 12:30 🟡 Poker 12:30 - 3:30pm Card Room</p><p>1:00 🟡 Patriot Day Show W/Richard 1:30 🟡 Movie Matinee - Theatre 2:00 🟦 Jigsaw puzzling 3rd floor 6:00 🟦 Name That Tune w/Kelvin 7:00 🟢 Bingo - MDR</p></div>
	<div><p>12:30 🟢 Daily Delight Activity Packets - Info Table 1:00 🟦 Puzzling Out Stress - 1 - 4pm 7:00 🟡 Sunday Night Movie</p></div>	<div><p>9:00 🗡️ Podiatrist - 3rd Floor Game Room 9 - 5pm 10:30 🟦 Morning Fitness - FC [FC] 11:00 🟦 Brain Teasers 1:00 🟢 Famous Hispanic Americans in History Presentation 2:30 🟦 Balance and Conditioning W/ Lauren - FC 3:00 🟡 Live Show W/Toni Macaroni 6:00 🟦 Name That Tune w/Kelvin 7:00 🟡 Bingo - MDR</p></div>	<div><p>10:00 🗡️ Lets Talk W/ Kristen IL ONLY 10:00 🟦 Morning Fitness - AL East 10:30 🟣 Lunch Outing - Dunstons Steak House 11:00 🗡️ Resident Council 11:30 🟡 Live Show W/Bobby - AL Dining 12:30 🟡 Poker 12:30 - 3:30pm Card Room</p><p>1:00 🟡 Bible Study - VH 1:30 🟡 Movie Matinee - Theatre</p></div>	<div><p>9:30 🗡️ *New Blood Pressure Checks 10:00 🗡️ Lets Talk W/ Kristen - AL Dining Room 10:30 🟦 Morning Fitness - FC [FC] 1:45 🟢 Current Events W/ Randy 2:30 🟦 Balance and Conditioning w/ Lauren - FC [FC] 5:00 🟡 Yom Kippur Service 6:00 🟢 Name That Tune w/Kelvin 7:00 🟦 Bingo - MDR</p></div>	<div><p>9:00 🟡 Break The Fast! 9-11am 10:00 🟦 Morning Fitness - AL East 12:30 🟡 Poker 12:30 - 3:30pm Card Room</p><p>1:00 🟢 Art Appreciation - TH 1:00 🟣 Spectacular Follies - Outing 2:00 🟡 Movie Matinee - Theatre 2:00 🟢 Paint & Reflect W/Lauren</p></div>	<div><p>10:30 🟦 Morning Fitness - FC [FC] 11:30 🟢 Tech Help Class w/ Lauren</p><p>1:00 🟣 Shopping Trip 2:30 🟦 Balance and Conditioning Class with Lauren - FC [FC] 3:00 🟡 Party With Marty</p></div>	<div><p>12:30 🟢 Daily Delight Activity Packets - Info Table 12:30 🟡 Poker 12:30 - 3:30pm Card Room</p><p>1:30 🟡 Movie Matinee - Theatre 2:00 🟦 Jigsaw puzzling 3rd floor 6:00 🟦 Name That Tune w/Kelvin 7:00 🟢 Bingo - MDR</p></div>
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<div><p>SENIOR LIFESTYLE</p><p><i>Come grow with us!</i></p></div>	<div><p>12:30 🟢 Daily Delight Activity Packets - Info Table 1:00 🟦 Puzzling Out Stress - 1 - 4pm 7:00 🟡 Sunday Night Movie</p></div>	<div><p>10:30 🟦 Morning Fitness - FC [FC] 11:00 🟦 Brain Teasers - Hispanic American Culture 2:30 🟦 Balance and Conditioning W/ Lauren - FC 2:30 🟡 Live Piano Show! W/Don 6:00 🟦 Name That Tune w/Kelvin 7:00 🟡 Bingo - MDR</p></div>	<div><p>7:00 🟢 VH Room Training Event 7am - 6pm 10:00 🗡️ Lets Talk W/ Kristen IL ONLY 10:00 🟦 Morning Fitness - AL East 10:00 🗡️ Shot Clinic 10 - 2pm [GR] 10:30 🟣 Outing - Dallas Museum of Art 12:30 🟡 Poker 12:30 - 3:30pm Card Room</p><p>1:00 🟡 Bible Study - VH 1:30 🟡 Movie Matinee - Theatre 4:30 🟡 Monthly Birthday Dinner</p></div>	<div><p>9:30 🗡️ *New Blood Pressure Checks 10:00 🗡️ Lets Talk W/ Kristen - AL Dining Room 10:30 🟦 Morning Fitness - FC [FC] 1:45 🟢 Current Events W/ Randy 2:30 🟦 Balance and Conditioning w/ Lauren - FC [FC] 6:00 🟢 Name That Tune w/Kelvin 7:00 🟦 Bingo - MDR</p></div>	<div><p>10:00 🟦 Morning Fitness - AL East 12:30 🟡 Poker 12:30 - 3:30pm Card Room</p><p>1:00 🟢 Art Appreciation - TH 2:00 🟡 Movie Matinee - Theatre 2:00 🟢 Paint & Reflect W/Lauren 3:00 🟡 Live Show W/Norris Hosted by Absolute Angels</p></div>	<div></div>	<div></div>
<div><p>WWW.Seniorlifestyle.com</p><p><i>Activities are subject to change</i></p></div>							