TIMELESS

AN EDITORIAL BY THE HERITAGE TOMBALL

APRIL 2024

Spring Clean & green

Be fresh as flowers and green as grass as you dust off the winter drab and go for green with a good spring clean!

Welcome New Friends!

AnnMarie Vizcarrondo
Gail Schell
Clydene Thomas
Donna Moore
Jim Maresca
Arleen Maresca
Andy Douglas

April Birthdays!

Patsy Knodel 4/5
Nancy Carpenter 4/6
Edna Hill 4/6
Agape Valdes 4/10
Darly Strangemeyer 4/11
Dell Anderson 4/14
Ruth Miller 4/14
Judith Safdia 4/15
Jerry Walkins 4/17
Gail Schell 4/24
Dorothy Larson 4/27
Gertie Chennault 4/28

April Outings!

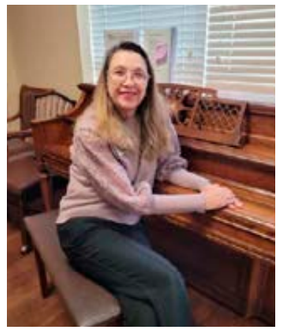
Mon., 04/01 ..... Walmart
Mon., 04/08 ..... Turquoise Boutique
Mon., 04/15 ..... Dollar Tree and Target
Mon., 04/22 ..... Park Picnic
Mon., 04/29 ..... Tomball Bowl
Wed., 04/03 ..... Harris Smoke House
Wed., 04/10 ..... Arbor Gate Nurse
Wed., 04/17 ..... Olive Garden
Wed., 04/24 ..... Benihana Steakhouse
Sat., 04/13 ..... Farmers Market

Community Spotlight!

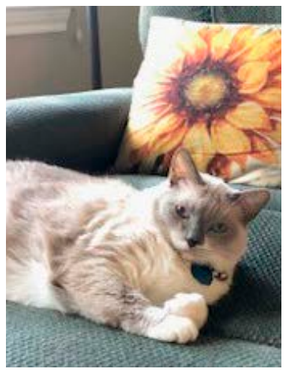
Resident Spotlight: Stanely Miller

He was in the Army for two years, stationed in Germany and is a native of Tennessee. The color that sparks joy is green, and his favorite hobby is woodworking. He began his woodworking journey in high school. Stanely has been a Tomball Heritage resident for five years. He is a papa bear to three boys and a grandpa to four grandkids. He is a retired collector of miniature piglets.

Employee of the Month: May Tabo Tabo



Meet May. She is our bubbly and loving activities assistant. She is Filipino and Irish and the mother of three: two boys and one girl. You can find her roaming the halls, dancing with the residents or drinking her coffee. One of May's most commendable qualities is her willingness to collaborate and support her colleagues. May is always ready to lend a helping hand, extremely hardworking and always goes out of her way to bring a smile to all! We are extremely blessed to have her on our team! Please join us in congratulating May on this well-deserved recognition.



Pet of the Month!

Meet Tinker, a Siamese Blue Seal Point. She is a 10-year-old beauty who loves cuddles and playtime! Her favorite activities are lying on her window throne, watching the birds fly by and soaking in the sun. Her fur-mom is June, and Tinker has been June's best friend since she was a kitten. Stop by June's home and meet Tinker if you ever feel playful.

ED Communication Bulletin!

As we move into April, I'm excited about the changes we're undertaking to improve the appearance of the community. We've upgraded the Wi-Fi and telecommunication systems and will be embarking on several other projects to improve the comfort and quality of our residents. Some of the projects include upgrading our heating and cooling systems, interior and exterior repairs, and landscaping. We are also working with our care staff to ensure we continue to provide them with training and accountability in serving our residents. We will be having a myriad of events designed for fun and entertainment over the course of spring and summer! Stay tuned for more information to come.

April 2024 Dates to Celebrate

April Fool's Day 4/1
National Pet Day 4/11
Income Tax Day 4/15
National Volunteer Week 4/21-27
Earth Day 4/22
Passover 4/22-30
Full Moon 4/23
Arbor Day 4/26

Birthstone: Diamond | Flower: Daisy
Zodiac: Aries & Taurus

April 2024

Our Team!

William Martin
Executive Director

Ashley Bryan
Business Director

Mari Solis
Sales & Marketing Director

Treya Williams
Culinary Director

Angie Barrientos
Lifestyle Director

Candy Isom
Resident Services Director

Vera Spencer
Resident Service Coordinator

Drew Demers
Maintenance Director

Cristina Bernall
Move - In Coordinator

The HERITAGE TOMBALL

1221 Graham Dr.
Tomball, TX 77375
281-401-5400

Heritage Tomball - Memory Care

April 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:30 Daily Affirmations 9:00 Cool Beans Cafe: Coffee & News 10:00 UNO 12:30 Famous Duos 1:30 Nature Walk-Scavenger Hunt 2:30 Fluff and Fold 3:30 Book Club-Trickster Edition 4:00 Bullseye 6:00 Cherished Memory Box Talk 7:00 Wind Down Stretches	**2** 8:30 Daily Affirmations 9:00 Cool Beans Cafe: Coffee & News 10:00 Chair Yoga 11:00 Stories That Make You Smile 12:00 Picnic on the Patio 1:30 21 for Fun-Card Game 2:30 Trivia-Spring Cleaning Edition 3:30 Board Game Classics 4:30 Stretch and Reset 5:30 Relax and Reminisce 6:30 Happy Trails-Sing-Along	**3** 8:30 Daily Affirmations 9:00 Cool Beans Cafe: Coffee & News 10:00 UNO 11:00 Name in a name 1:30 Sit Fit- Work Out 2:30 Painting with a Twist 3:30 Bible Study 4:30 Bean Bag Toss 6:30 Praise and Worship 7:30 Fluff and Sort	**4** 8:30 Daily Affirmations 9:00 Cool Beans Cafe: Coffee & News 10:30 Soul Stroll-Dance through the Decades 11:30 Cranium Crunches 1:30 Bird Watching W/ Tea and Cookies 2:30 Escape Room 5:30 Bowling 6:30 Fluff and Sort 7:30 Relax and Reminisce	**5** 8:30 Daily Affirmations 9:00 Cool Beans Cafe: Coffee & News 10:00 Target Toss 11:00 Word Search 1:30 Spring Clean Up- Mobility Car Wash 2:30 Table Ping Pong 3:30 Friendship Circle 4:30 Never Have I Ever 6:30 Puzzles and Board Games 7:30 Stretch the Stress Away	**6** 8:30 Daily Affirmations 9:00 Cool Beans Cafe: Coffee & News 10:30 Table Games-Soft Music 12:00 Matinee: Movie and Popcorn 2:30 B-I-N-G-O! 3:30 Sort and Sift 5:30 Relax and Reminisce
7 8:30 Daily Affirmations 9:00 Cool Beans Cafe: Coffee & News 10:00 Church Services 12:30 Praise and Worship 1:30 Fitness Fun 2:30 Table Games 3:30 Bible Study 5:30 Relax and Reminisce	**8** 8:30 Daily Affirmations 9:00 Cool Beans Cafe: Coffee & News 10:00 Putt Putt Golf 11:00 Did You Know? Trivia 1:30 Magic Painting 2:30 Garden Club-Harvesting 3:30 Jewlery Making Class 4:30 How Much Did it Cost? 1940's 6:30 Walking Club-Off to the Library 7:30 Guided Meditation	**9** 8:30 Daily Affirmations 9:00 Cool Beans Cafe: Coffee & News 10:00 Dream Boards-Scrap Booking 11:00 Music Circle 1:30 Ring Toss 2:30 Power Couples-Trivia 3:30 Natural Cleaning Demo 4:30 Name That Sound 6:30 Yoga 7:30 Cherished Memories Show and Talk	**10** 8:30 Daily Affirmations 9:00 Cool Beans Cafe: Coffee & News 10:30 B-I-N-G-O 11:30 Bible Study 1:30 Book Club Discussion 2:30 Table Top Shuffle Board 3:30 Praise and Worship 5:30 Prayer Partners 6:30 Evening Stroll in the Garden 7:30 Guided Meditation	**11** 8:30 Daily Affirmations 9:00 Cool Beans Cafe: Coffee & News 10:00 Hair Care and Aroma Therapy 11:00 Name That Tune 1:00 Stretch and Flex 2:00 Scattagories 3:00 Name That State 4:00 In The Bucket- Toss Across 6:00 Stories that Make You Smile 7:00 Stretch and reminisce	**12** 8:30 Daily Affirmations 9:00 Cool Beans Cafe: Coffee & News 10:30 Music Therapy-W/ Megan 1:30 Noodle Baseball 2:30 20 Question Trivia 3:30 Happy Hour-Mocktails 3:30 Word Search 4:30 50's Slang Words 6:30 Spring Clean Your Brain-Guided Meditation 7:30 Stretch and Reminisce	**13** 8:30 Daily Affirmations 9:00 Cool Beans Cafe: Coffee & News 10:30 Table Games-Soft Music 12:00 Matinee: Movie and Popcorn 2:30 B-I-N-G-O! 3:30 Sort and Sift 5:30 Relax and Reminisce
14 8:30 Daily Affirmations 9:00 Cool Beans Cafe: Coffee & News 10:00 Church Services 12:30 Praise and Worship 1:30 Fitness Fun 2:30 Table Games 3:30 Bible Study 5:30 Relax and Reminisce	**15** 8:30 Daily Affirmations 9:00 Cool Beans Cafe: Coffee & News 10:30 Flower Arraigning 11:30 Table Pong 1:30 Scavenger Hunt 2:30 Trash to Treasure Art Project 3:30 Missing Vowel 4:30 What am I-Guessing Game 6:30 What's in the box? 7:30 Chair Yoga	**16** 8:30 Daily Affirmations 9:00 Cool Beans Cafe: Coffee & News 10:30 Grocery List Collage 11:30 How Much Did it Cost? 1:30 Tug-O-War 2:30 Umbrella Word Roulette 3:30 Wild Flower Walk 4:30 Imagine That! Trivia 5:30 Sit Fit 6:30 Aroma therapy 7:30 Cherished Memory Show and Tell	**17** 8:30 Daily Affirmations 9:00 Cool Beans Cafe: Coffee & News 10:00 Audio Book Club 11:00 Bible Study 1:00 Worship Sing-along 2:00 Walking Club-Community Walk 3:00 Prayer Circle 4:00 Mighty Blessings-Pen Pals 6:00 Tai Chi 7:00 Remember When? Trivia	**18** 8:30 Daily Affirmations 9:00 Cool Beans Cafe: Coffee & News 10:00 Match Box Car Racing 11:00 Friendship Circle 1:30 This or That? 2:30 Bowling 3:30 Baking Club-Cake Pop's 4:30 UNO 6:30 The History of Spring Cleaning-Documentary 7:30 Stretch and Unwind	**19** 8:30 Daily Affirmations 9:00 Cool Beans Cafe: Coffee & News 10:00 Circle Volley Ball 11:00 Vocab Challenge, A-Z 1:30 Leap Frog Lily Pad Toss 2:30 Find the Rhyme 3:30 Tie Dye T-Shirts 4:30 Fluff and Fold 5:00 Dinner on the Patio 6:30 Night Stroll Through the Park 7:30 Relax and Reminisce	**20** 8:30 Daily Affirmations 9:00 Cool Beans Cafe: Coffee & News 10:30 Table Games-Soft Music 12:00 Matinee: Movie and Popcorn 2:30 B-I-N-G-O! 3:30 Sort and Sift 5:30 Relax and Reminisce
21 8:30 Daily Affirmations 9:00 Cool Beans Cafe: Coffee & News 10:00 Church Services 12:30 Praise and Worship 1:30 Fitness Fun 2:30 Table Games 3:30 Bible Study 5:30 Relax and Reminisce	**22** 8:30 Daily Affirmations 9:00 Cool Beans Cafe: Coffee & News 9:30 Garden Club-Veggies and Fruit 10:30 Ring Toss 1:30 Guided Meditation with Light Massage 2:30 Hot Potato 3:30 Name That Animal 4:30 Stories That Make You Smile 6:30 Sort and Sift 7:30 Shake it off-Stretches	**23** 8:30 Daily Affirmations 9:00 Cool Beans Cafe: Coffee & News 9:30 Name That Smell 10:30 Seated Ballet 1:30 Plinko 2:30 60's Slang Words 3:30 Speed Gaming 4:30 Riddles 6:30 Glow Aerobics 7:30 Favorite Places-Remenince	**24** 8:30 Daily Affirmations 9:00 Cool Beans Cafe: Coffee & News 9:30 Bible Documentary 10:30 Bible Study 1:00 80's Step Aerobics 2:30 A Game of Telephone 3:30 Prism Art 5:30 Hidden Pictures-Game 6:30 Drum Circle 7:30 Cherished Memory Show and Tell	**25** 9:00 Cool Beans Cafe: Coffee & News 9:30 Fishing 10:30 21 for fun-Card Game 11:30 Poems and Sonnets 1:30 The Power of Spring Cleaning-Documentary 2:30 Broom Ball 3:30 Painting with a Twist 6:00 Old Western Sing-along 7:00 I remember when-Guided Reminiscing	**26** 8:30 Daily Affirmations 9:00 Cool Beans Cafe: Coffee & News 9:30 Fact or Ficton 10:30 Baking Club-Berry Trifle 1:00 Square Dancing 2:00 Suduku 3:00 Chinese Fan Decorating 6:00 Tai Chi 7:00 Cherished Memories Show and Tell	**27** 8:30 Daily Affirmations 9:00 Cool Beans Cafe: Coffee & News 10:30 Table Games-Soft Music 12:00 Matinee: Movie and Popcorn 2:30 B-I-N-G-O! 3:30 Sort and Sift 5:30 Relax and Reminisce
28 8:30 Daily Affirmations 9:00 Cool Beans Cafe: Coffee & News 10:00 Church Services 12:30 Praise and Worship 1:30 Fitness Fun 2:30 Table Games 3:30 Bible Study 5:30 Relax and Reminisce	**29** 8:30 Daily Affirmations 9:00 Cool Beans Cafe: Coffee & News 9:30 I SPY-Nature 10:30 Outside Water Balloon Toss 11:30 Mindful Meditation 1:30 Jenga 2:30 Fluff and Fold 3:30 Cranium-Brain Games 6:00 Rubber Band Exercises 7:00 70's Slang	**30** 9:00 Cool Beans Cafe: Coffee & News 9:30 Finish My Sentence 10:30 Flower Arraigning 12:30 Hula Hoop Race 1:30 Book Club-Audio Read 2:30 Scrabble 3:30 Sit Fit 5:30 Fact or Fiction-Trivia 6:30 Guided Meditation 7:30 Cherished Memories Show and Tell				

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ACTIVITIES ARE SUBJECT TO CHANGE

SSL-TOMBALL - MEMCA

COMMUNITY EVENTS AT A GLANCE!

Bloom Plant Event!

Please take me home and let love grow! We invite you to our Bloom Plant Event on Friday, April 6, between 1:00 PM and 2:00 PM for our plant event in the Independent Living lobby. Stop by the lobby and grab a plant you can take home to watch grow. The event is a while supply lasts, and all residents get an opportunity to get one plant to shower with love. A "Take a Plant Home" event is a fantastic way to promote green living, connect with nature, and allow attendees to enhance their living spaces with plants.

Walk, Run or Ride! Flex Those Shoes at our Earth 1k Community Walk!

You are invited to join us for some fun under the sun as we celebrate National Walking Day with our first annual Earth 5 K Community Walk on Wednesday, April 3, between 10:30 AM and 11:00 AM. We will meet at both lobby entrances and walk at our own pace. Soaking the sun and getting our bodies moving is the main goal!

Bloom Renewal!

Join us as we clean up our garden on Sunday, April 14, between 1:00 - 2:00 PM in the community garden. Join us as we gather and clean up our community garden and dig our fingers in some soil, which has been shown to have many benefits! A garden clean-up activity can be both productive and enjoyable, providing an opportunity to beautify our community while engaging in physical activity. We are excited to get rid of the old and bloom the new! We hope to foster a sense of community, promote environmental stewardship, and create a beautiful and welcoming outdoor space for everyone to enjoy.

Purple Fashion Show!

National Purple Day is on Monday, April 15. Show off your love for purple at our Royalty Fashion Show & Popcorn Social. The fashion show will be hosted in the Independent Living Dining Room between 2:30 - 3:00 PM. If you would like to participate, all you have to do is show up in purple!

Community Vendor Yard Sale!

Join us for a fantastic yard sale event on Thursday, April 18, from 1:00 PM to 3:00 PM. We're clearing out our closets and selling a wide variety of items at unbeatable prices! We will also have a grand selection of different vendors from our local farmers market joining for our event!

Clothes | Shoes | Books
Home Decor Toys | Furniture
and much more!

Suitable Clothes Swap! Swap, Don't Shop.

You are invited to our first annual clothes swap event on Saturday, April 20, between 2:00 PM – 3:00 PM. This is a fun and suitable way to refresh your wardrobe and reduce clothing waste. For all who are interested in participating, please visit our Concierge for more information. All extra clothes will be donated to the Mission of Yahweh a local women's shelter.

COMMUNITY EVENTS AT A GLANCE!

Planet Earth Documentary Film Festival!

We celebrate Earth Day on Monday, April 22. You are invited to our Planet Earth Documentary Film Festival on Sunday, April 21, between 2:00 PM and 3:30 PM in the theater room. A film festival is both an engaging and an educational way to raise awareness about environmental issues and promote sustainability.

Birthday Packages - Shhhh… It's a Birthday Surprise.

Surprise someone with a special birthday treat! Now available for purchase, the floral arrangements can be delivered on someone's special day! The cost is $30, along with a birthday card and a small bear. Pay in cash with the concierge or add to your resident account.

Poetry Slam

We invite all the residents to our first poetry slam event on Sunday, April 28th @ 2:30 PM in the Independent Living Dining Room. Share and read your favorite poems in front of all. The event will be hosted by our very own Executive Director, William Martin.

New Activities!

- Uno with Beverly
- Unwind & Stretch
- Health & Wellness
- Brainiac Trivia
- Ribbon Flow Fitness
- Watch & Learn - Ted Talks
- Review & Reflect Journaling
- Drum Circle
- Painting w/ Peggy
- Tuesday - Movie Night - Resident Choice
- Name That Tune
- Vinyl Music Therapy
- Cornhole with Friends
- Wii Games

Special Announcements!

Tuesday, April 2nd
Wear PURPLE for Autism Awareness Day!

Monday, April 8th,
is the solar eclipse! We invite you to pick up a pair of glasses from the Independent concierge to watch it.

Thursday, April 11th,
is National Pet Day. To celebrate, submit a photo of you and your pet to Angie, Lifestyle Director.

Spirit Week!
Monday, April 22nd - Friday, April 26th

Monday, April 22nd
Earth Day - Wear Green

Tuesday, April 23rd
Crazy hair, hat or socks day!

Wednesday, April 24th
Decade day. Dress in your favorite decade outfit!

Thursday, April 25th
Dress as your favorite Disney character!

Friday, April 26th
Wear your favorite team gear!

New Activities:

Painting with Peggy, Tea O'Clock & Rummikub with Friends!