

APRIL SPECIAL EVENTS

BUNCO PARTY

TUESDAY, APRIL 3

3:00 (GR)

SNACKS! A FUN, EASY GAME! PRIZES!
NO EXPERIENCE NECESSARY!

LEMONADE ON THE PATIO

FRIDAY, APRIL 6

3:00 (OUTSIDE WELLNESS CENTER POOL)
ENJOY LEMONADE, COOKIES, AND
SPRINGTIME IN THE LOVELY LITTLE
SPACE BETWEEN THE WELLNESS
CENTER AND THE DINING ROOM.

OUT TO A MOVIE

"I CAN ONLY IMAGINE"

MONDAY, APRIL 9

TIME TBD (ML)

BASED ON THE INCREDIBLE
TRUE-LIFE STORY THAT INSPIRED
MERCYME LEAD SINGER BART
MILLARD TO PEN THE BELOVED,
CHART-TOPPING SONG, I CAN ONLY
IMAGINE. AMAZINGLY, THE SONG
WAS WRITTEN IN MERE MINUTES;
IN REALITY, THOSE LYRICS TOOK A
LIFETIME TO CRAFT.

APRIL CONCERT SERIES:

MARY GREEN, PIANO

TUESDAY, APRIL 10

10:00 (ML)

JOIN MARY FOR A SHORT
CONCERT OF FAMILIAR SONGS,
BOTH SPIRITUAL AND SECULAR.

THE KING'S MEN

BARBERSHOP CHORUS

WEDNESDAY, APRIL 11

10:30 (ML)

CELEBRATE NATIONAL BARBERSHOP
QUARTET DAY WITH A CONCERT BY
THE KING'S MEN.

MEET AND GREET

CONSTANCE LAFUENTE, WELLNESS DIRECTOR

FRIDAY, APRIL 13

3:00 (ML)

COME OUT AND MEET PARKWAY
PLACE'S NEW WELLNESS DIRECTOR,
CONSTANCE LAFUENTE.

OUT TO LUNCH BUNCH

LA MADELEINE

MONDAY, APRIL 16

11:00 (ML)

IT'S SPRINGTIME IN PARIS...ALMOST!
ENJOY LUNCH OUT AT A LOCAL
RESTAURANT.

APRIL CONCERT SERIES:

BETH STRAWSER, SOLO HANDBELLS

TUESDAY, APRIL 17

10:00 (ML)

IT'S NOT OFTEN YOU GET THE
CHANCE TO HEAR SOLO
HANDBELLS. BETH STRAWSER, WHO
DIRECTS PARKWAY PLACE'S HAND-
CHIMES, WILL DEMONSTRATE HER
SKILLS WITH A SHORT CONCERT.

MEET AND GREET

DR. KULIEV

WEDNESDAY, APRIL 18

2:00 (ML)

MEET THE DOCTOR WHO WILL
SOON BE PROVIDING OUR ON-SITE
CLINIC. HEAR ABOUT THE
SCHEDULE AND HOW TO GET
SIGNED UP AS A PATIENT. HE WILL
BE AVAILABLE FOR QUESTIONS.

FALL PREVENTION

WORKSHOP

WEDNESDAY, APRIL 18

3:00 (AU)

FUNCTIONAL PATHWAYS IS
SPONSORING THIS WORKSHOP
TO HELP PREVENT FALLS.

BIRTHDAY SOCIAL

FRIDAY, APRIL 20

2:30 (AU)

CELEBRATE APRIL BIRTHDAYS
WITH RODNEY RASBERRY!

SHOPPING AT

KATY MILLS MALL

MONDAY, APRIL 23

1:00 (ML)

ENJOY AN EXCURSION TO KATY
MILLS MALL FOR SHOPPING. LOTS
OF STORES TO CHOOSE FROM!

APRIL CONCERT SERIES:

LOUISE TROTTER, HARP

TUESDAY, APRIL 24

10:00 (ML)

LISTEN AS OUR VERY OWN
LOUISE TROTTER ENTERTAINS
ON HER HARP.

COUNTY BUS TRIP

ASTROS BASEBALL

WEDNESDAY, APRIL 25

11:00 (ML)

CHEER ON THE WORLD SERIES
WINNERS AS THEY START
THE SEASON!

BOBWIRE POETRY

WITH SMOKEY CULVER

FRIDAY, APRIL 27

3:00 (ML)

COWBOY POET SMOKEY CULVER
WILL SHARE POETRY AND MUSIC
CELEBRATING THE COWBOY WAY
OF LIFE. THIS IS A RE-SCHEDULED
EVENT FROM MARCH.

ALL LOCATIONS FOR EVENTS
AND ACTIVITIES LISTED IN THIS
NEWSLETTER ARE SUBJECT
TO CHANGE. PLEASE CHECK
CHANNEL 62 FOR THE LATEST
INFORMATION. OR CALL THE
ACTIVITIES OFFICE AT 281-677-
5908 WITH ANY QUESTIONS.



THE CONSTRUCTION WORKERS
HAVE PLENTY OF SUPERVISORS.



PARKWAY
PLACE

A DISTINCTIVE SENIOR
LIFESTYLE BY BUCKNER

INDEPENDENT LIVING

APRIL
2018
ISSUE



MAKING IT WORK

WE'RE ALL IN THIS TOGETHER.

As our construction adventure continues,
events and activities must be relocated –
sometimes at the last minute! In some cases,
the new space is quickly becoming our
preferred space! Thank you all for being
flexible and understanding when plans
change. Be sure to check Channel 62, as we
try to provide the latest information. And
watch for signs throughout the buildings!



INDEPENDENT
LIVING STAFF

Executive Director
Susan Phelps
281-677-5904

Director of
Administrative Services
Shima Reddy
281-677-5903

Chaplain
John Bender
281-677-5927

Executive Chef
Derone Martin
281-677-5916

Director of
Environmental Services
Dragoslav Lukic
281-556-9200

Director of
Independent Living
Linda Fitzhugh
281-677-5910

Director of
IL Marketing
Lulu VanZandt
281-677-5912

Life Enrichment
Coordinator
Mary Green
281-677-5908



BOX MAKING WITH VIOLA!

Viola Chien learned to make boxes out of greeting cards when she was aboard ship during one of her many cruises. She gladly shared her expertise with her fellow residents and staff. It was a fun afternoon!

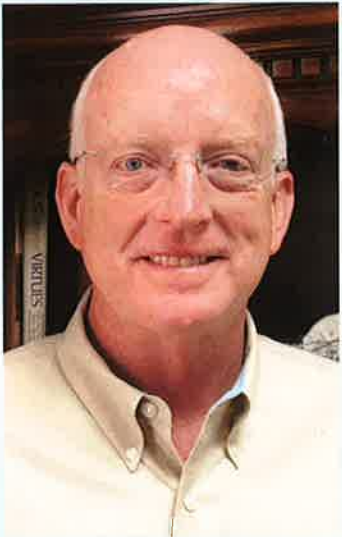


TRIP TO THE HOUSTON AQUARIUM



CHAPLAIN JOHN

Has God blessed you? As we ponder that question, we look back and see God's hand in our lives. We see places where He walked with us and places where He carried us. We also look back and see wonderful physical blessings – family, finances, business, friends, etc. Have you observed all of His spiritual blessings? Ephesians 1.3 says, "Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly places in Christ." Spiritual blessings? Scripture says He is rich in grace, mercy, wisdom, and goodness. And since we are, by faith, a member of His family, these riches belong to us. Light travels fast – 186,000 miles per second. Look outside tonight at the stars. The light you now see has been traveling since before you were born. We see rays released years ago. Spiritual blessings are all around us. God has already released them. They are ours, now. Our faith reaches and receives what God has given and promised. Who are you in Christ, according to His spiritual blessings? Here's a list - You are accepted and worthy; You are adequate; You have all the boldness/confidence you need; You have all the hope you need; You are unique and special to God; You have all the faith you need; You are strong in Christ; You are victorious; You have God's comfort; You are loved; You are totally forgiven; You are a saint; You have direct access to God; You are not condemned; You have been created to fulfill God's special place for your life; You are clean and forgiven. Remember and live through your spiritual blessings.



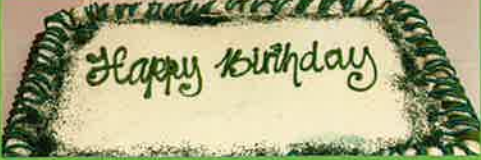
MARCH BIRTHDAY SOCIAL



CONSTRUCTION CORNER

- Progress is being made!!
- In April, you should see the following (and more):
- Installation of lighting and ceilings, as well as painting, in all apartment hallways
 - Installation and painting of hand rails and chair rails
 - Completion of installation of pilasters in apartment hallways
 - Framework in Café, next to the Cabana Room
 - Framework and electrical wiring in hallway leading to Wellness Center
 - Installation of vinyl and tile flooring in common areas and offices
 - Completion of fire wall framework between Arts & Crafts room and guest room

Thank you for your patience as these improvements continue!



APRIL BIRTHDAYS

- April 3.....Bryant Brunson
- April 6.....Ray Vigneault
- April 7.....Fred Spence
- April 10.....Marjorie Kelley
- April 11.....Emma Sullinger
- April 13.....Ann Brumby
- April 13.....Neal Onstot
- April 15.....Jerry Gibbs
- April 15.....Carolyn Randall
- April 17.....Harry Carter
- April 17.....Margaret Parker
- April 18.....Viola Chien
- April 22.....Mary Jane Bender
- April 23.....Margery Ambrose
- April 23.....Christine Gardner
- April 24.....Bill Krause
- April 24.....Paul Smith
- April 24.....George Soutter
- April 25.....Mie Hall
- April 29.....Linda Stedman
- April 30.....Sandy Wurth



PARKWAY PLACE

APRIL 2018

INDEPENDENT LIVING ACTIVITIES



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 12:00-1:30 Rodney Rasberry(ML) 3:00 Vespers Service (CH) 4:00 Coffee & Chatter (AC) HAPPY EASTER!	2 9-12 Dr Ho 9:00/9:45/10:30 Kroger (ML) 10:00 Strength & Stretch (WC) 10:00 Iris Cards (AC) 3:00 Bingo Shop (GR) 6:30 Rummikub (GR)	3 10:00 Cardio & Balance (WC) 10:00 Quilting (AC) 1:45 Catholic Service (AL) 2:00 Giant Crossword (GR) 2:30 Mah Jong (C-3rd floor) 3:00 Bunco Party (AU) 6:00 Bingo (AC)	4 10:00 Strength & Stretch (WC) 10:00 Iris Cards (AC) 2:00 Singalong (GR) 6:30 Rummikub (GR)	5 9:30 Blood Pressure (AC) 10:00 Cardio & Balance (WC) 2:00 Bible Study with Charles Blansit (PDR) 3:15 Games (GR) 3:30 Handchimes (AU) 6:00 Bingo (AC)	6 10:00 Strength & Stretch (WC) 10:00 Women's Bible Study (AC) 10:00 Men's Activity Club (GR) 1:00 Catholic Service (GR) 2:00 Bank/Walgreens (ML) 3:00 Lemonade on the Patio (Outside Wellness Center Pool) 6:30 Rummikub (GR)	7 10:00 Coffee & Donuts (AC) 6:00 Bingo (AC)
8 12:00-1:30 Rodney Rasberry(ML) 3:00 Vespers Service (CH) 4:00 Coffee & Chatter (AC)	9 9:00/9:45/10:30 Kroger (ML) 10:00 Strength & Stretch (WC) 10:00 Iris Cards (AC) TBD Out to a Movie: I Can Only Imagine (ML) 6:30 Rummikub (GR)	10 10:00 Cardio & Balance (WC) 10:00 Quilting (AC) 10:00 April Concert Series: Mary Green, piano (ML) 1:45 Catholic Service (AL) 2-4 My Gait (L) 2:00 Food Discussion (AU) 2:30 Mah Jong (C-3rd floor) 3:00 Wheel of Fortune (GR) 6:00 Bingo (AC)	11 10:00 Strength & Stretch (WC) 10:00 Iris Cards (AC) 10:30 The King's Men Barbershop Chorus (ML) 2:00 Singalong (GR) 3:00 Chair Volleyball (AU) 6:30 Rummikub (GR)	12 9:30 Blood Pressure (AC) 10:00 Cardio & Balance (WC) 2:00 Bible Study with Charles Blansit (PDR) 3:15 Games (GR) 3:30 Handchimes (AU) 6:00 Bingo (AC)	13 10:00 Strength & Stretch (WC) 10:00 Women's Bible Study (AC) 10:00 Men's Activity Club (GR) 2:00 Bank/Walgreens (ML) 3:00 Meet & Greet: Constance Lafuente, Wellness Director (ML) 6:30 Rummikub (GR)	14 10:00 Coffee & Donuts (AC) 6:00 Bingo (AC)
15 12:00-1:30 Rodney Rasberry(ML) 3:00 Vespers Service (CH) 4:00 Coffee & Chatter (AC)	16 9:00/9:45 Kroger (ML) 10:00 Strength & Stretch (WC) 10:00 Iris Cards (AC) 11:00 Out to Lunch Bunch La Madeleine (ML) 3:00 Art with Eleanor (AC) 6:30 Rummikub (GR)	17 10:00 Cardio & Balance (WC) 10:00 Quilting (AC) 10:00 April Concert Series: Bethel Strawser, solo handbells (ML) 1:45 Catholic Service (AL) 2:00 Singalong with Tim Holder (AU) 2:30 Mah Jong (C-3rd floor) 6:00 Bingo (AC) QUANTUM PEST CONTROL 'B'	18 10:00 Strength & Stretch (WC) 10:00 Iris Cards (AC) 2:00 Meet and Greet Dr. Kuliev (ML) 3:00 Fall Prevention Workshop(AU) 6:30 Rummikub (GR)	19 9:30 Blood Pressure (AC) 10:00 Cardio & Balance (WC) 2:00 Bible Study with Charles Blansit (PDR) 3:15 Episcopal Service (C-2nd Floor) 3:15 Games (GR) 3:30 Handchimes (AU) 6:00 Bingo (AC)	20 10:00 Strength & Stretch (WC) 10:00 Women's Bible Study (AC) 10:00 Men's Activity Club (GR) 11:00 Book Club (L) 2:00 Bank/Walgreens (ML) 2:30 Birthday Social (AU) 6:30 Rummikub (GR)	21 10:00 Coffee & Donuts (AC) 6:00 Bingo (AC)
22 12:00-1:30 Rodney Rasberry(ML) 3:00 Vespers Service (CH) 4:00 Coffee & Chatter (AC)	23 9:00/9:45/10:30 Kroger (ML) 10:00 Strength & Stretch (WC) 10:00 Iris Cards (AC) 1:00 Shopping at Katy Mills Mall (ML) 6:30 Rummikub (GR)	24 10:00 Cardio & Balance (WC) 10:00 Quilting (AC) 10:00 April Concert Series: Louise Trotter, harp (ML) 1:45 Catholic Service (AL) 2:00 Prize Bingo (AC) 2:30 Mah Jong (C-3rd floor) 3:00 Resident Association Meeting (AU) 6:00 Bingo (AC)	25 10:00 Strength & Stretch (WC) 10:00 Iris Cards (AC) 11:00 County Bus Trip Astros Baseball (ML) 2:00 Singalong (GR) 3:00 Chair Volleyball (AU) 6:30 Rummikub (GR)	26 9:30 Blood Pressure (AC) 10:00 Cardio & Balance (WC) 2:00 Bible Study with Charles Blansit (PDR) 3:15 Games (GR) 3:30 Handchimes (AU) 6:00 Bingo (AC)	27 10:00 Strength & Stretch (WC) 10:00 Women's Bible Study (AC) 10:00 Men's Activity Club (GR) 2:00 Bank/Walgreens (ML) 3:00 Bobwire Poetry with Smokey Culver (ML) 6:30 Rummikub (GR)	28 10:00 Coffee & Donuts (AC) 6:00 Bingo (AC)
29 12:00-1:30 Rodney Rasberry(ML) 3:00 Vespers Service (CH) 4:00 Coffee & Chatter (AC)	30 9:00/9:45 Kroger (ML) 10:00 Strength & Stretch (WC) 10:00 Iris Cards (AC) 11:00 Lunch at Fadi's (ML) 6:30 Rummikub (GR)		Wii Bowling Teams: Monday @ 10:30 = Bowling Belles Tuesday @ 11 = Bowling Grandmas Tuesday @ 1 = Holy Rollers Wednesday @ 11 = Jaguars Wednesday @ 1 = R-n-R Group Thursday @ 11 = Pinheads Friday @ 1 = Alley Cats	A,B,C--Individual Buildings AC--Arts & Crafts AL--Assisted Living AU--Auditorium CH--Chapel CR--Cabana Room DR--Dining Room GR--Game Room L--Library ML--Main Lobby P--Pool PDR--Private Dining Room WC--Wellness Center		If you would like someone to pray for you or a friend, fill out a prayer request and leave it in the prayer box near Linda Fitzhugh's office.

Weekly Activities

Scheduled Doctor Appointments:

Tuesday and Thursday - City Wide

Tuesday through Friday - Memorial City/West Houston

To place food orders,
call 281-677-5938.

WELLNESS & YOU HIGHLIGHTS

THE IMPORTANCE OF TIME OUTDOORS

Humans crave a connection with nature. From gardening and horticulture to walking through a park or hiking through the mountains, people have found peace in nature. But with a shortage of open spaces and a culture of technology-based professional and leisure time, American life can be punctuated by nature deprivation and a disconnect with the world.

Traditionally, the healing power of nature has been defined as an internal healing response designed to restore health. In 1914, biologist Sir John Arthur Thompson maintained that human evolutionary connections to natural environments were being eroded by modernization. In his view, individuals were contending with stressors of the urban-built environment while missing a layer of mental health resiliency otherwise provided by mindful awareness of nature.

BENEFITS OF TIME OUTDOORS

Here are some reasons to make the great outdoors a part of daily life:

Boost Creativity and Focus – Research published in the Journal of Experimental Psychology found that taking a walk increases creative production. And while walking anywhere, whether through the woods or in a mall, prompts creativity, researchers found that spending time outside also influences novelty. Plus, all of that fresh air is a quick way to kick your brain into high gear.

Reduce Stress – More than 100 research studies have shown that outdoor recreation reduces stress. By observing the ever-changing environments in nature, individuals cultivate a positive attitude, renewed attention, mindfulness, and sensory awareness. Renowned naturalist and essayist John Burroughs shared, “I go to nature to be soothed and healed, and to have my senses put in order.”

Improve Mood and Self-esteem – A series of experiments at the University of Rochester found spending time outside in green, natural environments can boost your vitality, a feeling of physical and mental energy, by nearly 40%. One meta-analysis of 10 studies found that physical activity outdoors for as little as five minutes leads to measurable improvements in mood and self-esteem.

April 2018 Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
	Water Arthritis Class 8:30 - 9am Pool		Water Arthritis Class 8:30 - 9am Pool	
Strength & Stretch with Sandra Levels 2 & 3 10-11am Auditorium	Cardio & Balance with Sandra Levels 2 & 3 10-11am Auditorium	Strength & Stretch with Sandra Levels 2 & 3 10-11am Auditorium	Cardio & Balance with Sandra Levels 2 & 3 10-11am Auditorium	Strength & Stretch with Sandra Levels 2 & 3 10-11am Auditorium
Stretch & Balance All Levels 2-2:30pm Aerobics Room	Aqua Fit Levels 2 & 3 9:15-10am Pool		Aqua Fit Levels 2 & 3 9:15-10am Pool	Stretch & Balance All Levels 2-2:30pm Aerobics Room

If you don't know what level you are, sign up for Consultation in the Wellness Center. Classes are limited in space and require registration in advance.

Increase Your Vitamin D Levels – It is estimated that over 95% of seniors in the U.S. may be deficient in Vitamin D. Increasing your vitamin D levels is important, as researchers have pointed out that increasing levels of vitamin D3 among the general population could prevent chronic diseases that claim nearly one million lives throughout the world each year.

Enjoy a walk around Parkway Place's campus this month. There's lots to see.

SAVE
THESE
DATES!

CHAIR
VOLLEYBALL

WEDNESDAYS
APRIL 11 & 25

3PM

AUDITORIUM

MEET & GREET:
CONSTANCE LAFUENTA,
WELLNESS DIRECTOR

FRIDAY
APRIL 13

3PM

MAIN LOBBY