

At the Library

March brings breezes loud and shrill, Stirs the dancing daffodil.
~ Sara Coleridge (1802-1852)

March winds are truly sweeping in a new program for you co-hosted by John Owens, the host of John's Choice Monthly Mystery Movies, and your Library Coordinator Sherry Adams.

John and Sherry have come up with a creative way for you to read books by the author whose book inspired the Wednesday movie once a month.

For March 1, author Donna Leon's movie is "Death at La Fenice," featuring Inspector Brunetti. The movie is in German, with English subtitles.

To tie in with the movie, the library will feature books written by Leon and they will be put on the counter in the library by the Atlases.

John's Choice on April 26 will be the movie, "The Sake of Elena," featuring Inspector Lynley and based on the book by Elizabeth George. The library has several books by her.

Meanwhile, the library has added several new books. Here are the large print ones:

Make 'Em Laugh: Short-Term Memories of Long-time Friends by Debbie Reynolds, who just passed away in December; Break-down, Jonathan Kellerman; Blood Orange, Susan Wittig Albert; and Cross the Line,

James Patterson.

Other new ones are Below the Belt, Stuart Woods; Two by Two, Nicholas Sparks; Echoes in Death, J. D. Robb; and When Breath Becomes Air, Paul Kalanithi.

Debbie Reynolds' book, co-authored with Dorian Hanaway, "continues her intimate chat with fans in this entertaining collection of anecdotes, stories, jokes, and random musings from a woman who has seen it all – and done most of it," says Barnes & Noble.

"From her acclaimed performances to her headline-making divorce from Eddie Fisher, raising a famous daughter to hitting the road with a one-woman show, Debbie Reynolds has been in the spotlight for decades.

"She's performed for the Queen of England, met presidents and partied with kings. She recalls wonderful moments with the greats of the entertainment world – Lucille Ball, Frank Sinatra, Bette Davis, Phyllis Diller and many, many more."

Nicholas Sparks is a popular and best-selling author and his Two by Two book is in that category also. His website has this to say about the book:

"At 32, Russell Green has it all: a stunning wife, a lovable six year-old daughter, a successful career as an advertising executive and an expansive home in Charlotte. He is living the dream, and his marriage to the bewitching Vivian is the center of that. But underneath the shiny surface of this perfect existence, fault lines are beginning to

appear...and no one is more surprised than Russ when he finds every aspect of the life he took for granted turned upside down.

"In a matter of months, Russ finds himself without a job or wife, caring for his young daughter while struggling to adapt to a new and baffling reality. Throwing himself into the wilderness of single parenting, Russ embarks on a journey at once terrifying and rewarding—one that will test his abilities and his emotional resources beyond anything he ever imagined."

In Stuart Woods' Below the Belt, Stone Barrington has just moved into his Santa Fe abode with a lovely female companion when he receives a call from an old friend requesting a delicate favor, says G. P. Putnam's Sons, publisher of the book.

"A situation has arisen that could escalate into an explosive quagmire, and only someone with Stone's stealth and subtlety can contain the damage. At the center of these events is an impressive gentleman whose star is on the rise, and who'd like to get Stone in his corner," the review continues.

"He's charming and ambitious and has friends in high places; the kind of man who seems to be a sure bet. But in the fickle circles of power, fortunes rise and fall on the turn of a dime, and it may turn out that Stone holds the key not just to one man's fate, but to the fate of the nation."

Walter Johns
Library Reporter

At the Towers



Houston Grand Opera



Bryan Museum



Galveston Day Trip

Devotional Speakers

Wednesdays
9:00 AM
Event Center

1- **Ash Wednesday Service**
Louise Row & Religious Activities Comm.

8 - **C. J. Miller** Resident

15 - **Rev. Carol Tomkins**
Communion Service

22 - **Rev. Blair Parker**
Bethany Christian Church

29 - **Mr. John Lemen**
Presbyterian Layman, son of Virginia Lemen, Resident)

The Banner

EVERY DAY, IN EVERY WAY, ENHANCING LIVES.



4141 S. Braeswood Blvd.
Houston, TX 77025
713-666-2651

Highlights

- 2 Draper & Damon
- 3 Grillin with Steve
- 3 Go Texan Day
- 6 Azalea Tour
- 7 To the Movies
- 8 Candlelight Dinner
- 10 Red Hatters
- 13 Meyerland Shopping
- 14 HSO
- 16 Birthday Dinner
- 17 St. Patrick's Day
- 20 Opera Night
- 22 HMNS - IMAX
- 31 Wine Social

Birthdays

- 3 Fran Avera
- 3 Florence Kusnetz
- 6 Uma Monga
- 7 Mary Prats
- 7 Marijke Velzeboer
- 9 Harriet Mason
- 11 Toto Mc GeHee
- 11 Connie Koomey
- 15 Shirley Kennedy
- 16 Wilson Boots
- 16 Lucy Scarr
- 24 Ava Laing
- 28 Kirby Sternfels
- 30 Robert Row
- 31 Anna Bruner

Lifestyle Director
Deborah Mahrt
713-660-5009



March 2017

A Message From The Resident Presidents

Do you remember the Sydney, Australia Harbor puzzle that I promised that we would complete (a post campaign promise)- but we didn't. It was a very difficult puzzle and about 35 of us struggled in vain for maybe 6 months. With sad hearts and deflated egos we delegated the "almost finished" work of art to the "Lonesome Dove" downstairs to be viewed by posterity as a symbol of our suddenly unwelcomed but attained humility, all 35 of us.

In an effort to regain some sense of our damaged egos I asked my son-in-law, John Henry Childs to research "flawed or unfinished art". Here is his reply.

On the subject of unfinished art, here are two of the most famous examples.

Perhaps the best-known work by the early -American painter Gilbert Stuart is his unfinished portrait of George Washington. "The Athenaeum", as it is sometimes called, began on a large canvas and was intended to be a 3/4 composition. Stuart had only completed the head and shoulders of the Father of our Country and roughed-in the upper right corner of the canvas before dying in 1828, age 72. Stuart had completed numerous portraits of Washington, but it is this unfinished work, commissioned by Martha Washington, that has become the most famous. This is the likeliness of Washington on

which the engraved image on the one dollar bill was based.

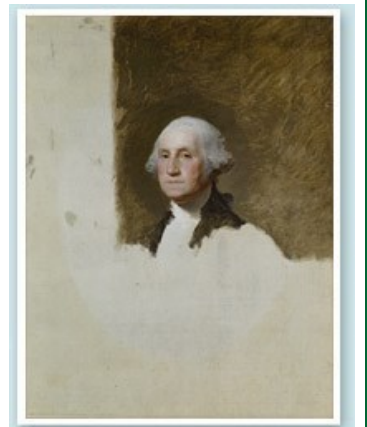
Now, as for inadvertent mistakes by famous artists, I found this example the most curious. Here is a Norman Rockwell painting that appeared on the cover of a Saturday Evening Post. You see a small group of people and a dog, looking at a posting of stock market quotes. But look closely and you'll see that the guy on the left with the apron apparently has three legs. From behind you can see the back of his trouser legs. But I guess that N.R. wanted to have him supporting himself with his hands on his knees. Problem is, when one's legs are straight that's not possible. So Rockwell didn't realize this until it was pointed out to him years later, but I find it hard to believe that someone with keen understanding of the human figure wouldn't have seen the error. I'm thinking that it's more likely he was facing a deadline and hadn't an opportunity to correct the mistake. Probably got caught up in smoking his pipe and petting his dog and lost track of time.

Well, we tried hard! Be a part of posterity and view "the almost work of art" downstairs in the "Lonesome Dove" pool room and art gallery. You might even have a beer and shoot a game of pool.

Resident President,
Bill Bomar



Sydney Harbor Puzzle



"The Athenaeum"
Gilbert Stuart



"Saturday Evening Post"
Norman Rockwell

Tune to Channel 103 for daily and upcoming events



InPower, Brazos Tower at Bayou Manor's approach to wellness, encourages residents to LIVE MORE. Our philosophy addresses every area of health and well being – Mind, Body, Heart and Soul – and creates a customized program for individual preferences.

We begin to InPower you by listening. We'll learn about your life, your activities and interests and your hopes and dreams. Our experienced staff will explore with you how to develop a plan to InPower your life.

InPower is an expression of our commitment to inspire our residents to live the rich and fulfilling lives they desire.

Through a carefully tailored mix of intellectual stimulation, physical optimization, social engagement and spiritual fulfillment, InPower at Brazos Towers at Bayou Manor will help residents to LIVE MORE.



InPower your MIND

An active mind is the cornerstone of any fulfilling life. InPower creates opportunities for residents to consistently challenge their intellect, strengthen and expand their personal relationships and explore their inherent creativity.



InPower your BODY

Physical well-being is as important as an active mind. InPower helps to maintain or even improve residents' health and vitality through programs and activities that address fitness, sleep and relaxation, pharmacology and nutrition.



InPower your HEART

People are at the heart of any life well lived. InPower encourages residents to fully engage with those around them including friends, family and those who are new to them. Programs that nurture mentoring, volunteerism, community and celebration ensure residents' experience the richness of human interaction so important all of us.



InPower your SOUL

A life with purpose leads to joyful, contented enlightenment. InPower enables residents – through worship, prayer, meditation, reflection or visualization – to identify or simply endorse their purpose. InPower helps them to find meaning in their lives and to celebrate their essence – what makes them, them.

At The Towers

Leaving Your Legacy

A two-session workshop to enable you to share your values, wisdom, beliefs, experience, love. Create a legacy letter for Births, Bar/Bat Mitzvahs, Confirmations, Graduations, Weddings, or as a keepsake for your descendants.

Session 1 - Tuesday, March 21

Session 2 - Tuesday, March 28

3:00 to 5:00 PM - Event Center

\$10

Thelma Zirkelbach, Presenter

Please sign up in the mail room.

Go Texan Dance



BTBM presents
**Country Jim and his
Band of All Stars
Country & Western
Dance Night
Friday, March 3rd
7:00 PM ~ EC**

Dance all night to this talented bunch of guys who've played with so many country greats between all of them. Sit back and enjoy the music and the history of the song. Or just come to meet the boys in the band.

Houston Symphony

Brazos Towers at Bayou Manor welcomes the **Houston Symphony Community Outreach Program** presenting an oboe and piano duo of Anne Leek, oboe and Molly Hammond, piano, also bassoon and piano duo of Eric A. Arbiter on Tuesday, March 14 at 7:00 PM in the Event Center .

Anne Leek, oboe, was educated at Juilliard where she received her bachelor of music, master of music and doctor of musical arts degrees.

Anne is currently teaching at the University of Houston. As a recital soloist and chamber musician, she has appeared in numerous major cities across the world.



MIDWEEK MEDLEY

Covering a wide range of topics, this six-week lecture series will examine a different subject at every session. Outstanding Rice University faculty and other experts from the arts, humanities and sciences will share insights on topics ranging from Hinduism to the neuroscience of creativity. This series offers lifelong learners a unique opportunity to learn from some of Houston's most exceptional scholars and creative professionals.

Course Details: SECTION DATES: Six Wednesdays, March 22-April 26, 1:30-3 p.m. FEE: \$125, CEUs: 0.9

Course Schedule:

MARCH 22. Understanding Buddhism. Sravana Borkatakya-Varma, Ph.D., adjunct faculty member in the Department of Religious Studies at Rice University.

MARCH 29. Wolfgang Amadeus Mozart. Carlos Andrés Botero, musical ambassa-

dor and assistant conductor, Houston Symphony.

APRIL 5. Albert Einstein and Relativity. Christopher Johns-Krull, Ph.D., professor in the Department of Physics and Astronomy at Rice University.

APRIL 12. Music and Community: The Music of Our Childhoods and Families. Nancy Gisbrecht Bailey, Ph.D., instructor in Rice University's Master of Liberal Studies program.

APRIL 19. Prehistoric Life in the Amazon. Dirk Van Tuerenhout, Ph.D., curator of anthropology at the Houston Museum of Natural Science.

APRIL 26. Contemporary Cuban Culture. Luis Duno-Gottberg, Ph.D., associate professor of Caribbean and film studies at Rice University.

We will provide transportation departing on Wednesdays at **12:45 PM**. Please sign up in the Excursion Book.

You may register online or call 713-348-4803, credit card accepted.

Red Hatters dine at The Dunlavy

and treated by former Astros player, coach and manager Bo Porter and wife Stacy



Join the *Red Hatters* in March when they tour the Maritime Museum and lunch out.



Out and About

Shop Draper & Damon
Thursday, March 2
1:00 PM depart

Ladies don't miss this 20/50% closeout sale. Sign up in the mailroom.

Trailriders on Parade
Friday, March 3
9:45 AM depart

We venture over to Stella Link and Linkwood to welcome Trail Boss Rosetta Gray and the Southwestern Riders from West Columbia. The Southwestern Riders were established in January of 1973 and they consist of 250 riders and ten wagons. They began the ride on February 24th, traveling 100 miles to the Houston Livestock Show and Rodeo. Put on your cowboy duds and come celebrate Go Texan Day!

Houston Symphony
Sunday, 5th
1:15 PM depart
Bruckner
Season ticket holders

Please sign up for transportation in the Excursion and Event binder in the mailroom.

Spring has Sprung and the city is in bloom. Join us for a leisure riding tour of River Oaks on Monday, March 6th at 10:00 am for a 2 hour tour.

To The Movies, is scheduled for Tuesday 7th. Watch for the feature and time to be announced on the bulletin board.

Red Hatters
Maritime Museum & Lunch
Friday, 10th/10:00 AM
Tickets \$ 5.00 at the door

Baroque Trio Concert
Violin/Viola/Harpichord
 Elizabeth Blumenstock, Mary Springfels and Matthew Dirst
 Saturday, 10th
 6:30 PM depart
 St. Philip Presbyterian
 Free will offering.

La Traviata
Sat. March 11th
10:55 AM
The Met's Live in HD movie-theater transmissions at Edward's Theater. We depart at 10:55 AM for this 3 hour 45 minute live performance in Live in HD. Tickets are \$26.00. Please sign up for transportation.

Meyerland Shopping
 Monday, 13th
 10:00 AM depart
 Tell the driver your shopping destination for this 2 hour excursion.

Stage's
Repertory Theater
Saturday, March 18
1:15 PM depart
"Til Death Do Us Part"

Greenbriar Consortium
"Song of the Earth"
Tuesday, 21st
6:30 PM depart

Come meet this group of musicians and artists performing the chamber version of **Mahler's Das Lied von der Erde**. Your donation is the price of the ticket. Performed at Salem Evangelical Lutheran Church.

HMNS - IMAX
Dream Big 3D
Wednesday 22
10:00 AM
Tickets \$ 9.00 at the door



Around the world, engineers are pushing the limits of ingenuity and innovation in unexpected, imaginative and amazing ways. *Dream Big* will take viewers on a journey of discovery from the world's tallest building to a bridge higher than the clouds and a solar car race across Australia. Along the way the audience will witness how today's engineers are shaping the world of tomorrow.



Friday, 24th
6:30 PM depart
 The Music Box Theater is covering everything from Gershwin to Hamilton in their all new musical review, "The Music Box Does Broadway". There's something for every musical lovers palate in this concert of non-stop Broadway tunes including a brand new quintessential Music Box treat, the hilarious "7-minute musical". Don't miss the talented Music Box cast doing what they do best!

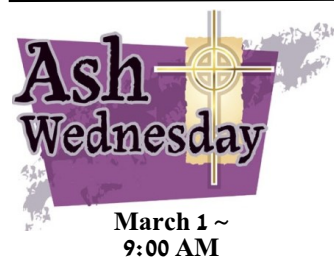
Mozart's ~ Idomeneo
Sat. March 25th
10:55 AM depart
The Met's Live in HD movie-theater transmissions at Edward's Theater. We depart at 10:55 AM for this live performance in Live in HD. Tickets are \$26.00. Please sign up for transportation.

Houston Symphony
Sunday, 26th
1:15 PM depart
Beethoven 6 & 7
Season ticket holders

Please sign up for transportation in the Excursion and Event binder in the mailroom.

Holly Hall Book Review
 Wednesday, March 29
 9:30 AM depart
 Tickets \$12.00
 Destiny in the Republic: A Tale of Madness, Medicine, and the Murder of a President by Candice Millard, Reviewer: Colleen Boudreaux.

This is a spirited tale that intertwines murder, politics and the mysteries of medicine in the late 19th century and how our 20th president, James Garfield, who never meant to seek the presidency, found himself swept into the White House.



An Ash Wednesday service, including the Imposition of Ashes for those who wish it, will be held in the Event Center on March 1, at 9:00 A.M. This is an ecumenical service to which all are invited and welcome. We ask those attending to enter and leave the service in silence.

Tune to Channel 103
for daily and
upcoming events

Live 2B Healthy by Mark Templeton

The 4 Most Important Types of Exercise (Part 2): Strength Training



According to the Harvard Health Newsletter, we should all be doing aerobics, stretching, strengthening, and balance exercises.

In an interview for Harvard Health, Rachel Wilson, a physical therapist at Harvard-affiliated Brigham and Women's Hospital said that, "People do what they enjoy, or what feels the most effective, so some aspects of exercise and fitness are ignored." Unfortunately, we often tend to limit ourselves to one or two types of activity.

So, this series of articles presents information about each of the four most important types of exercise. Last month, you read about how aerobics is one of the most important types of exercise - especially when it comes to heart health. This month we talk about another of the most important types of exercise: strength.

As we age, we lose muscle mass. Strength training builds it back. "Regular strength training will help you feel more confident and capable of daily tasks like carrying groceries, gardening, and lifting heavier objects around the house. Strength training will also help you stand up from a chair, get up off the floor, and go up stairs," says Wilson.

Strength training is also important for one spouses who are primary caretakers of their husband or wife and my find the need to do a lot of lifting.

Strengthening your mus-

cles not only makes you stronger, but also stimulates bone growth, lowers blood sugar, assists with weight control, improves balance and posture, and reduces stress and pain in the lower back and joints.

A personal trainer or a physical therapist can design a strength training program that you can do two to three times a week at a gym, at home, or at work. It will likely include body weight exercises like squats, push-ups, and lunges, and exercises involving resistance from a weight, a band, or a weight machine.

"Remember, it's important to feel some muscle fatigue at the end of the exercise to make sure you are working or training the muscle group effectively," Wilson says.

One of the most important types of strength training is a squat.

Starting position: Stand with your feet shoulder-width apart, arms at your sides.

Movement: Slowly bend your hips and knees, lowering your buttocks about eight inches, as if you're sitting back into a chair. Let your arms swing forward to help you balance. Keep your back straight. Slowly return to the starting position. Repeat 8-12 times.

Make it easier: Sit on the edge of a chair with your feet hip-width apart and arms crossed over your chest. Tighten your abdominal muscles and

stand up. Slowly sit down with control.

Make it harder: Lower farther, but not past your thighs being parallel to the floor.

IMPORTANT: If you have trouble doing squats on land, try them in the water. Water not only makes exercise easier to do; it also helps to practice and maintain correct form and start building up your strength for land-based exercises.

Come by talk about strength exercises or schedule a free assessment our full-time wellness coordinator: Mark Templeton. He can be reached at in-house ext. 2318 or on his mobile phone: 713-557-0433).

After a fitness assessment, Mark will help you get started with an exercise program or help you find a class that perfectly suits you.

Joint-Friendly Exercise Equipment Is Waiting For You In Our Wellness Center

A well-known fact among wellness pros is how important it is to keep joints moving - for everyone - even when someone is dealing with pain from arthritis or overuse injury.

Harvard Health thinks some exercises are great, joint-friendly options: an elliptical trainer; a recumbent or upright stationary bike; tai chi; swimming and other water exercise - like aerobics or walking in the water; a rowing exercises; and short walks throughout the day, instead of a long walk.

All of those options are available in our wellness cen-

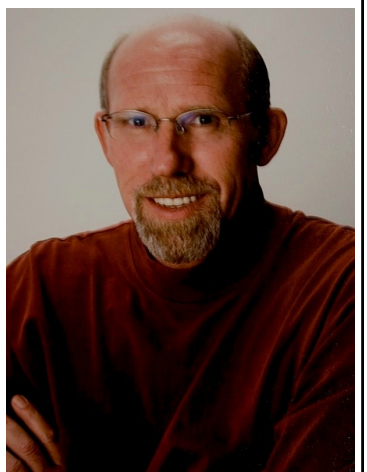
ter. In the Fitness Center we have three treadmills, an elliptical machine, an upright cross-trainer, two recumbent cross-trainers, and two recumbent exercise bikes.

Then, of course, there's the pool. In the pool you can do a great deal of cardio, whether it is with water aerobics or swimming. And, you can also do a great deal of lower impact exercise.

These are especially great options with our weather. This season has been very warm and the prospects are that the weather will only get warmer. But, in our wellness center, hot weather (or any other type of weather) isn't something you have to worry about.

Feel free to stop by and get an orientation on one or more pieces of our equipment. Just call Mark and he'll make sure you understand exactly how each piece of equipment can benefit you.

Mark can be reached at in-house extension 2318 or on his mobile phone: 713-557-0433.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>March 2017</h1>			1 7:30 Water Exercise 9:00 Devotions/Lenten 1:00 Mah Jongg L 2:00 Balance & Flex 3:00 Water Exercise 3:00 John's Choice EC "Skinwalkers"	2 9:00 Exercise 10:30 Choir Rehearsal HCL 1:00 Draper & Damon 2:00 Strength Training	3 Go Texan Day 7:30 Water Exercise 9:00 Exercise 9:00 Bisel Hearing Aids WC 9:45 Trail Riders on parade 11:00 Grillin' w/ Steve 3:00 Water Exercise 2:00 Strength Training 7:00 Country All Stars Band	4 1:00 Popcorn L 1:15 Movie Matinee EC 1:30 Canasta L 4:15 Savitski Studio Recital 5:45 Savitski Studio Recital 7:00 NO BINGO
Events may be rescheduled or cancelled due to low turnout, inclement weather or changes in staffing.						
5 10:00 Devotional 2HC 1:15 HSO ~ Bruckner 2:00 Baboo 3 IL	6 7:30 Water Exercise 9:00 Exercise 10:00 Azalea Tour RO 1:00 Needle Group L 2:00 Balance & Flex 3:00 Water Exercise 3:00 Line Dance 4:30 Brown Bag Concert 7:00 Book Club	7 9:00 Balance & Flex 10:00 Kroger's TBA To the Movies 2:00 Strength Training TBA Cooking w/Bela E3	8 7:30 Water Exercise 9:00 Devotions 1:00 Mah Jongg L 2:00 Balance & Flex 3:00 Water Exercise 3:00 John's Choice EC "La Traviata 2nd half" 5:00 Candlelight Dinner 7:00 Scrabble L	9 9:00 Exercise 10:00 Episcopal Worship PR 10:30 Choir Rehearsal HCL 2:00 Strength Training	10 7:30 Water Exercise 9:00 Exercise 10:00 Red Hatters Lunch Maritime Museum 1:00 Water Exercise 2:00 Strength Training 3:00 Shabbat 6:30 Baroque Trio Concert 7:00 Movie: Atonement	11 10:55 The Met Live HD "La Traviata" 1:00 Popcorn L 1:15 Movie Matinee EC 1:30 Canasta L 7:00 Bingo
12 10:00 Devotional 2HC 2:00 Baboo 3 IL	13 7:30 Water Exercise 9:00 Exercise 10:00 Meyerland Plaza 1:00 Needle Group L 2:00 Balance & Flex 3:00 Water Exercise 3:00 Line Dance	14 9:00 Balance & Flex 10:00 HEB 2:00 Strength Training 7:00 HSO EC Oboe & Bassoon	15 7:30 Water Exercise 9:00 Devotions 10:00 Caring Friends 1:00 Mah Jongg L 2:00 Balance & Flex 3:00 Water Exercise 3:00 John's Choice EC "Alfie Boe at Royal Festival"	16 9:00 Exercise 10:30 Choir Rehearsal HCL 2:00 Strength Training 5:00 Birthday Dinner EC	17 St. Patrick's Day 7:30 Water Exercise 9:00 Exercise 1:00 Water Exercise 2:00 Strength Training 3:30 St. Pat's Sing Along L 7:00 Classic Movie EC <i>Mr. Hobbs Takes a Vacation</i>	18 1:00 Popcorn L 1:15 Stages Theater <i>Til Death Do Us Part</i> 1:15 Movie Matinee EC 1:30 Canasta L 7:00 Bingo
19 10:00 Devotional 2HC 3:30 Song & Wine Louise Frowe Piano	20 1st Day of Spring 7:30 Water Exercise 9:00 Exercise 1:00 Needle Group L 1:00 Water Exercise 2:00 Balance & Flex 3:00 Line Dance 7:00 Opera Night	21 9:00 Balance & Flex 10:00 Kroger's 2:00 Strength Training 3:00 Legacy Letters EC 6:30 Mahler Greenbriar Consortium	22 7:30 Water Exercise 9:00 Devotions 10:00 HMNS - Dream Big 3D 1:00 Mah Jongg L 12:45 Rice Lecture Series 2:00 Balance & Flex 3:00 Water Exercise 3:00 John's Choice EC Delibes: Coppelia Ballet 7:00 Scrabble L	23 9:00 Exercise 10:30 Choir Rehearsal HCL 2:00 Strength Training	24 7:30 Water Exercise 9:00 Exercise 1:00 Water Exercise 2:00 Strength Training 4:00 Shabbat 6:30 Music Box Theater 7:00 Movie: The Great Race	25 10:55 The Met Live HD "Idomeneo" 1:00 Popcorn L 1:15 Movie Matinee EC 1:30 Canasta L 7:00 Bingo
26 10:00 Devotional 2HC 1:15 HSO ~ Beethoven 2:00 Baboo 3 IL	27 7:30 Water Exercise 9:00 Exercise 1:00 Needle Group L 1:00 Water Exercise 2:00 Balance & Flex 3:00 Line Dance	28 9:00 Balance & Flex 10:00 HEB 2:00 Strength Training 3:00 Legacy Letters EC	29 7:30 Water Exercise 9:00 Devotions 9:30 Holly Hall Book Review 1:00 Mah Jongg L 12:45 Rice Lecture Series 2:00 Balance & Flex 3:00 Water Exercise 3:00 John's Choice EC Gala of Richard Rodgers	30 9:00 Exercise 10:00 Round Table 10:30 Choir Rehearsal HCL 2:00 Strength Training 3:00 Dining Forum 4:00 Round Table	31 7:30 Water Exercise 9:00 Exercise 1:00 Water Exercise 2:00 Strength Training 3:30 Wine Social	<p>"Every day, in every way, enhancing lives."</p>  <p>BRAZOS TOWERS AT BAYOU MANOR</p> <p>4141 S. Braeswood Blvd. Houston, TX 77025 713-666-2651</p>