

The Wesleyan at Estrella
139 Estrella Crossing
Georgetown, TX 78628
(512)-863-2528
www.wesleyanhomes.org

THE WESLEYAN

139 Estrella Crossing * Georgetown, TX 78628 * (512) 863-2528

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THE WESLEYAN

December 2017

We are here for you!

Becky Folta-May, Executive Director
Stephanie Hernandez, Assistant Administrator

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Cristy Schuler, Marketing Counselor

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Life Enrichment
Lisa Shockey, Life Enrichment Assistant

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Spencer Kraemer, Maintenance Supervisor ILE

Nora Alcala, Director of Housekeeping

Transportation
Karin Helmreich, Driver
Jorge Arellano, Driver

Becky Montgomery, Salon Director

Reception
West Building
Mon – Friday 7:30am – 4:00pm Deborah Basquez
Sat/Sunday 7:30am – 3:30pm Joan Gingras

East Building
Mon – Friday 7:30am – 4:00pm Alheli Solis
Sat/Sunday 7:30am – 3:30pm Sherri Brauer

Dear Residents,

I hope you had a wonderful Thanksgiving with family and friends. Even if we don't have tons of friends, wealth and we're not as young as we used to be, we should count our blessings. One of the residents gave me an email that we thought would be great to share with you this time of year.

It reads: *We have all been blessed in countless ways and this is a good time to thank God for His providential love. The holidays are a good time for family, food and football but may it also be a time in which we show our gratitude to God and pay forward to the world around us the many gifts we have received.*

Even the things in our life which we might view as obstacles, challenges and inconveniences mask what are, in fact, gifts from God.

I am thankful for the mess to clean up after a party because it means I have been surrounded by family and friends.

I am thankful for the clothes that fit a little snug because it means I have had enough to eat.

I am thankful for my shadow that watches me work because it means I am out in the sunshine.

I am thankful for the noises of my neighbors because it means I have people close by and a warm, dry place to live.

I am thankful for all of the complaining I do about the government because it means that I have freedom of speech.

I am thankful for the parking space at the end of the lot because it means I'm capable of walking.

I am thankful for the lady who sings off key in Church because it means I can hear.

I am thankful for the weariness and aching muscles at the end of the day because it means I have been productive.

I am thankful for the garbage truck that wakes me early in the morning because it means I'm alive.

The point is this: EVERYTHING is grace, everything is a gift from God! And amongst the greatest blessings is YOU!

Blessings to you and yours,



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December

Sign up for day trips in the sign up book. Only trips that say pay by a certain date need to be paid for in advance.

Sunday December 3rd

3:15 pm
Georgetown Symphony
 Georgetown Symphony Annual Holiday Concert "Winter Wonderland" with The Temple Symphony Orchestra. Tickets are \$25 , please sign up in the sign-up book and pay the front desk by **November 30th.**

Tuesday December 5th

6:00 pm
The Sun City Singers Annual Christmas Concert
"Our Gift to You"
 ~free~

Thursday December 7th

10:00 am
Coffee Shop With Assisted Living *
 Lets go visit our friends at Estrella Assisted Living.

Monday December 11th

6:00 pm/West 7:30 pm/ East
Holiday Lights Tour
 Get in the holiday spirit and enjoy the lights of the Georgetown with your Estrella friends. Were headed out to see the Christmas lights around Georgetown and Sun City.

Saturday December 16th

2:30 pm
Christmas Concert
 The Song Heard Round The World a Cantata for Christmas—The Worship Place Choir.
 ~free~

Friday December 22nd

8:30 am
The Bob Bullock Museum-Lunch and Tour of The Driskill Hotel
 We will start our trip to the Bullock Museum to get an insider's look at Texas History. Next we are headed to The Driskill Hotel to enjoy their beautiful decorations and enjoy lunch at the 1886 Café & Bakery.

Friday December 29th

Time- TBA
Movie Bunch
We are headed to City Lights Theatre to see The Greatest Showman.
 Inspired by the imagination of P.T. Barnum, The Greatest Showman is an original musical that celebrates the birth of show business & tells of a visionary who rose from nothing to create a spectacle that became a worldwide sensation

Activity Suggestion Cards
 Do you have an idea for a fun trip or a great restaurant you want us to try? How about a new game you think everyone would enjoy? Write down your suggestion on one of our Activity Suggestion cards and turn it in to the front desk.

Tech Time
Monday December 11th -6:00 pm
Cyber Cafe
Tuesday December 19th- 6:00 pm
East Morton King Library
 AARP Mentor Up 4-H Tech Wizard program brings youth and adults together to share their knowledge and enthusiasm about technology. Bring your phone, tablet, E reader, and your questions.

Sundays at 2:00 pm
Masterpiece Classic: Little Dorrit by Charles Dickens
 In this rags-to-riches miniseries based on Charles Dickens's epic novel, Claire Foy stars as the titular Amy Dorrit, a poor girl who follows her father out of debtors' prison when they learn the family is entitled to a life-changing fortune.

Thursday Night "Oldies But Goodies" Movies



December 7th - The Holiday
14th -The Preachers Wife
21st - The Holiday Inn
28th - The Poseidon Adventure



Friday Matinee
2:00 pm
Friday December 15th
"It's A Wonderful Life"

Lights* Camera* Action

Whether you're a fan of classic films, or you're eager to take in the latest releases, you're in luck at Estrella.

Please note movies can change due to availability from Netflix. Check Touchtown for updates.

All movies are at 7:00 pm

Movies in the Balcones Theatre include popcorn and drinks.

Friday December 1st and Saturday December 2nd "All Is Lost" Rated PG 13

In this harrowing drama -- which has no dialogue -- Robert Redford portrays a man stranded alone at sea, courageously battling a ferocious storm as he struggles to survive with just a sextant and maritime maps to guide him.

Monday December 4th and Tuesday December 5th "Florence Foster Jenkins" Rated PG13

Despite her horrid singing voice, New York City heiress Florence Foster Jenkins is certain she can become an opera star. Her partner and manager, St Clair Bayfield, does all he can to shield Florence from the truth, but his task may prove impossible.

Friday December 8th and Saturday December 9th "American Assassin" Rated R

When Mitch Rapp's action-packed life moves from heroics as a college athlete to becoming a covert ops recruit, he's tasked with combating a wave of terrorist attacks. But his hunt for the perpetrators soon turns into a crusade for vengeance.

Monday December 11th and Tuesday December 12th "On The Wings of Eagles" Rated PG13

In this biographical drama, we follow Scotland's most famous athlete, and first gold medal Olympian to be born in China, Eric Liddell, on his return to China and through the community outreach that would be the focus for the rest of his life there.

Friday December 15th and Saturday December 16th "Pottersville" NR

Maynard, a beloved local businessman who is mistaken for the legendary Bigfoot during an inebriated romp through town in a makeshift gorilla costume. The sightings set off an international Bigfoot media spectacle and a windfall of tourism dollars for a simple American town hit by hard times. A fresh take on the same town from "It's a Wonderful Life"!

Monday December 18th and Tuesday December 19th "All Saint's" Rated PG

In this uplifting true story, pastor Michael Spurlock receives a directive to close tiny All Saints Church, which can't pay its mortgage. Instead, he turns to a group of Southeast Asian refugees to help create a working farm that will pay the bills.

Friday December 22nd and Saturday December 23rd "The Kings Choice"

When the Nazis invaded Norway on April 9, 1940, the country's king -- Haakon VII -- was given an ultimatum: surrender or die. When Haakon answered that he would abdicate before appointing the German-approved government, the bombing began.

Monday December 25th and Tuesday December 26th "Victoria and Abdul" Rated PG13

In this historical drama, young Indian clerk Abdul Karim journeys to Britain to participate in the celebration of Queen Victoria's 50th year on the throne. In the process, he unexpectedly forms a deep friendship with the monarch.

Friday December 29th and Saturday December 30th "Dunkirk" Rated PG 13

This action-thriller chronicles the epic battle to evacuate more than 300,000 Allied soldiers who find themselves

Calling All Reporters!

Do you enjoy interviewing and reporting? If so, we need your help! Each month we will feature a staff member in the newsletter called, "Staff Spotlight" (or whatever we want to call it). The reporter will interview a staff member each month and write a feature story about them. If you are interested, please contact Michelle, Director of Life Enrichment.



Gingerbread Houses with Carol Monday December 11th 2:00-3:30

East Dining Room



Let your creative juices flow and come decorate a Gingerbread house with Dining Room manager Carol. We will use these houses as decorations for the Estrella Christmas party and then you can take them back to your apartment.

Thursdays at 2:00 pm in the Theatre

Estrella College: The Great Courses-
"America in the Gilded Age and Progressive Era",

In **America in the Gilded Age and Progressive Era**, you'll contemplate profound shifts in American society that marked what is arguably the most significant period of change in our history. These compelling lectures vividly reveal the thinking, the struggles, the conquests, and the triumphs that made the United States the global force

Language Classes with Kay Walker West Private Dining Room

Cancelled for December!

WOW Bookmobile Schedule!

West Tuesday December 5th -4:00 pm

East Thursday December 7th 9:30 am

The WOW! Words on Wheels Bookmobile will be parked out front for all your reading needs!

Memoir Writing Group Friday December 1st and 15th at 3:15 pm/Festival Room -West Leave a legacy!

In our later decades, we reflect back on the journey of our lives and the experiences along the way that gave each of us our own unique humanity. This class will be a time to share and discuss and encourage each



'Tis The Season

Friday December 1st

9:00 am

Donuts & Coffee /Cyber Café & Bistro

Stop by the Cyber Café or the Bistro

10:30 am

WWII Veterans Reception/Chapel

The Williamson County Daughters of the American Revolution will be hosting a presentation for the Estrella WWII veterans.

Saturday December 2nd

2:00 pm

Bunco/West Dining Room

Join your friends for a fun dice game! Prizes and refreshments and fun!

Saturday December 2nd

4:30 West 5:00 East

The Liberty Hill Cub Scouts will be Christmas Caroling in the lobby.

Saturday December 9th

3:00 pm

Singing Women of Central Texas Christmas Concert/HCR

You don't want to miss this group of amazingly talented women!

Sunday December 10th

4:00 West 4:30 East

The Georgetown 4H will be Christmas Caroling in the lobby.

Tuesday December 12th

5:30-7:00pm

Estrella Christmas Village Tour

Join your Estrella neighbors as you take a tasty tour through Estrella's Christmas Village! Grab a map and enjoy culinary treats in the East and West buildings. Santa will be available for pictures in the Hewlett Room. Christmas Carolers will be performing in the East Dining Room at 5:30, Hewlett Room at 6:00 and West library at 6:30. RSVP for guests at the front

Wednesday December 13th

10:00 am

Gateway High School Holiday Concert/HCR

2:00 pm

Birthday and Newcomers Party/HCR

Come meet your new neighbors and celebrate our December birthdays! Entertainment will be The Sunshine Christmas Variety Show and a few surprises!

Thursday December 14th

3:30 pm

Estrella Choir Concert/CR

Our own Estrella Choir will be performing a Christmas Concert!

Friday December 15th

10:00 am

McCoy Music Express/HCR

Join the choir from McCoy Elementary School for a Holiday Concert.

Saturday December 16th

2:00 pm

Christmas Piano Recital/HCR

Come enjoy an afternoon concert of Christmas Carols.

Tuesday December 19th

2:30 pm

Christmas Tea Party/HCR

Join your friends for a Christmas Tea with music on the Harp by our own Estrella resident, Nancy Spivey.

Sunday December 31st

2:00 pm

New Year's Eve Concert /HCR

Symphony of Soul entertainers will be performing.

New Years Eve Dinner/DR

Dinner will be at the regular time. We will have a special dinner to celebrate New Year's Eve. Join us in the candlelight dining room for a dinner.



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Religious Services

Sundays

10:00 am Sunday School/Chapel

4:00 pm Devotional Service/Hewlett Community Room

6:00pm Devotional Service/CR

Wednesdays

6:00pm Devotional Service/CR

Devotionals with Chaplain Gary Whitbeck are held on Sunday and Wednesday evenings.

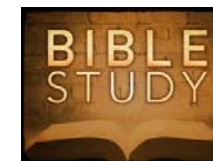
Tuesdays

3:00 pm

In the Wendland Chapel

Advent Bible Study with Chaplain Gary Whitbeck will be teaching an Advent Bible Study during December. The study is called "Not a Silent Night."

Please come and join us. Both Estrella East and West will meet together. Bring your Bible and enjoy an hour of prayer, study and fellowship.



Mondays in the Moody Game Room

Women's Bible Study

"Twelve Women of the Bible" Life changing stories for women today. 10:00 am in the Moody Game Room. This is a 12 week Bible Study.

Dean Hamilton Prayer Garden

Meditative Walking Trail

Take time for quiet meditation and prayer along the labyrinth of the Dean Hamilton Prayer garden. This garden is located between the East and West buildings outside of the Chapel.

Take time for a self-led opportunity for reflection.

Chaplain's Chat

Merry Christmas...well almost. Would you like to prepare yourself this year for Christmas with an Advent Study? I am offering a 4 week study on Tuesdays at 3:00 in the Chapel, designed for 45 minutes per session.

We will study Adam Hamilton's book, "Not A Silent Night." This is a study from Mary's point of view. It begins at the end of her life and looks back at the Crucifixion and Resurrection and travels back in time as she witnesses Jesus' life and ministry, and ends at the stable with the Birth of the Christ Child.

This will be a discussion type class with a short video to start each class.

Please sign up at either desk or just show up starting December 5th. Anyone is welcome including teammates of the Wesleyan staff.

This is going to be a wonderful Christmas season at the Wesleyan. Many activities, worship and study experiences are planned. What a special way to celebrate a major Christian holy day.

Our Sunday and Wednesday services continue to be running at capacity. It's the place to be on those days at 4:00 and 6:00. We have been blessed with great pianists and favorite hymns. Come sing the carols of the season with us.

Growing Older Gracefully Group

"Interested in exploring spirituality? Want to share with others what life is all about and where God fits in? Join us as Mary Pat Morris, begins a new discussion, in the chapel, each Monday, from 10:00 to 11:00, using the book: THE BOOK OF JOY, LASTING HAPPINESS IN A CHANGING WORLD, a discussion by Desmond Tutu and the Dalai Lama with some practical help on incorporating joy in our lives. If you are interested in joining these stimulating discussions contact Mary Pat, 512-869-8761, or just drop in and see what it's all about and meet the others involved." Hope to see you there. Mary Pat Morris

Celebrating Birthdays



Celebrate with us!
Birthday and Newcomers party/HCR
Wednesday December 13th – 2:00 pm

See you at the party!

West Building

7th Lou Knudsen
 10th Mary Loescher
 14th John Miller
 26th Al Greenberg
 26th Betty Williams
 29th Patricia Gannon

East Building

6th Mary Stevens
 12th Mimi Boney
 12th Esther Gooderl
 13th Alex Munson
 17th Jeannene Carmichael
 20th Doris Proctor
 25th Joyce Linder-Hale
 25th Lou Magel
 26th Patricia Gannon
 27th Wanda Hale
 28th Ileana Katz



West Building

206 Buddy Sutton
 # 216 Madeline Guandango
 #314 Russell Hollier

East Building

#1306 Lydia Rives
 #1307 Mary Wesso

Good Bye's

West

Agnes Corbin– Estrella Assisted Living
 Jane Finch– Sun City

Happy Holidays!

Monday December 25th

On behalf of the Wesleyan staff , we want to wish you a very Merry Christmas!

On Christmas Day, we will serve our traditional Christmas feast during the lunch hour. Please advise the front desk whether or not you will be here that day. All family and friends are welcome. Please tell the front desk how many guests you will have by December 17th.

Menu: Roasted turkey, pit ham, mashed potatoes and gravy, sweet potato casserole, creamed corn, green beans, stuffing, wheat yeast rolls, and cranberry sauce. Desserts: Assorted pies.

Fun and Games

Dominoes /PIP

Monday 12:30pm / Poker Table
 Saturday 12:30pm/ CGR and Cactus Den
 Monday–Saturday 5:45pm / LOR
 Wednesday 6:45pm/ LOR
 Friday 6:30pm/ LOR

Monday, Tuesday and Thursday– Cactus Den
 5:45pm

Mexican Train

Tuesday 1:00pm– CGR
 Thursday 1:00pm –MGR

Sunday 12:30pm– CGR & MGR

Bridge

Monday 6:00 pm–CGR

Wednesday 2:00 pm–LOR (1st & 3rd)

Please sign up to play on Wednesday in the Sign Up Book.

Thursday 6:00pm–CGR & MGR

Mah Jongg

Monday 1:00 pm/ MGR
 Friday 1:00 pm/ LOR
 Saturday 1:00 pm/ LOR

Canasta

Monday & Thursday 12:30pm/ LOR
 and Cactus Den

Poker

Wednesdays- 6:30 pm Cactus Den
 Friday– 6:30pm/ 2nd floor poker table
 and Cactus Den

Scrabble

Fridays at 10:00am/ LOR and Moody Game Room

Bingo

Every Tuesday & Saturday –10:00 am/ LOR
New Time! 6:30 pm Wednesdays/MGR

Men's Domino Group

Every Tuesday & Saturday – 1:30 Cactus Den

First Monday Bunco– 7:00 pm/MGR

JOIN
THE
CLUB

1st Monday Bunco Club

Join this group the first Monday of the month at 7:00pm for Bunco in the Moody Game Room

Book Club

Thursday November 30th - 10:30 am
Moody Game Room

The Book Club will not meet in December.

Theatre Club

Tuesdays 2:00 pm

Hewlett Community Room

The Theatre Club will not meet in December.

Men's Club

Every Wednesday 3:00 /Cactus Den

The Estrella Men's Club provides an opportunity for men to gather to discuss current events to catch the latest sporting event on the big screen and enjoy friendship and conversation.

The Low Vision Group

Lunch group meeting December 5th -CR

Regular meeting Thursday, December 14th -10:00 am/CR

Duplicate Bridge Club

2nd and 4th Fridays

1:00 pm –3:00 pm/Moody Game Room

Please sign up to play on Friday in the Sign Up Book.

Fun Bridge Club

1:00 -1st and 3rd Fridays /MGR

Estrella Woodshop Club

Tuesdays and Thursdays

8:00 am – 10:00 am

The Woodshop is located in the Cottage # 263 Garage. Calling all wood shop enthusiasts including those wanting to learn! A safety orientation is required to use the wood shop. All work in the wood shop is supervised for safety and to ensure you get the most out of using the new wood work equipment!

Estrella Chorale

Tuesdays 4:00 pm /CR

Attention all song-birds. We move, we laugh, we sing our hearts out. No previous musical experience or



Activities in the Ames Art Studio

Come express your creativity with us! The Studio is open every day of the week. There is open painting time and certain times that are scheduled for classes. Basic supplies provided. Extra supplies at your own expense.

**Wesleyan Art Club meeting
Friday December 1st
10:00 am -Ames Art Studio.**

Open Painting Time

The Art Studio is open for open painting whenever a class is not in session.
Monday 8:00-12:00
Tuesday– Thursday all day
Friday after 12:00 noon
Saturday and Sunday all day

Art Classes

Classes will resume in January.

**Fiber and Fabric in the
Chisholm Game Room**

Mondays /CGR

9:00 am– 2:00 pm

Estrella Sewing and Quilting Group

The Sewing and quilting group will meet every Monday morning to work on projects. We will have time after lunch to finish up projects we are

Thursdays

3:00 pm

**“The Susan Smith Knitting and
Crochet Group” CGR**

*** Needles and Things ***

Bring your needlepoint, cross stitch, embroidery, knitting, or crochet projects. Join our group!

working on.

Thank you from Wesleyan Homes



Thank you to the talented Craft and Art Clubs for a successful Estrella Bazaar and Craft Sale and your generous contribution to the Benevolent Fund!

Training Zone will now just be on Fridays and by appointment. Please sign up at the Bonner Fitness Studio desk if you would like instruction on the machines.

**Brain Fitness Class
Mondays 3:15 pm -
Cyber Café**
Let's start the week off with a mind challenge!
We will meet for 15 minutes to discuss different ways you can

Blood Pressure Checks
Sponsored by Wesleyan Home Health.
*Pick up a number at the front desk.
**Wednesday December 13th and 27th
1:00 West Lobby**
**Thursday December 14th and 28th
1:00 East Lobby**

**Wednesday December 6th -9:30 am
Fitness Center West Orientation**
Which class should I choose? Which class is right for me? Get answers to all these questions at Fitness Center Orientation. Come to the Fitness Center orientation to get a refresher on the exercise equipment

Open Putting
Join your friends out on the putting green--
8:30 am Putting
Wednesday and Friday
Evening Putting Tuesday and Thursday
3:45pm sign in / 4:00pm Putting
GOLF

Bean Bag Baseball
Join the Bean Bag Baseball Craze!
Easy to learn and tons of fun!
Monday 2:00 pm HCR
Wednesday 10:00 am CR
Saturday 10:00 am CR



Podiatry Visit
Tuesday December 5th
Sign up in the Sign up Book for an appointment!
Please check for forms at the front desk if you have never seen the doctor!

Fitness Classes at Estrella

Easy Does It- Seated Exercise-Monday through Saturday at 8:00 & 8:30 am /CR
Sit and be fit!" Light stretching and muscle conditioning with bands. A class for everyone!

Aerobics- M/ W/ F 9:00am /CR T/TH/Sat 9:00 BFC
This class is for all ability levels. Class includes a warm-up, aerobic movement, upper body strength with weights, leg and balance exercises.

Training Zone -10:00- 11:00 am Friday. Want to learn more about The Bonner Fitness Center? Join Michelle and Lisa for help with any questions about how to properly and safely use the equipment. We can also help with set up a personal exercise schedule at this time.

Balanced Bodies- M/W/1:30 pm /CR Tuesday and Friday/1:30 pm BFC
We will work on strength, balance and stretching. Balance training classes may help to prevent falls, can increase whole body wellness and increase confidence. The class will focus on strengthening the muscles and bones.

East and West Fitness Centers- Treadmills, bicycles, weight stations, and more are here for your enjoyment and convenience. Look for information from the National Institute on Aging. Pick up pamphlets on osteoporosis, sleep, depression, and much more... Come take a look.

Ageless Yoga - w/ Michelle- M/TH 3:30pm /CR
Yoga improves balance by strengthening the body and gives you an over-all sense of health and happiness.

Horse Shoes - Fridays at 10:30 am/ Back Patio

Balance and Barre Class- Barre-based classes use a combination of postures inspired by ballet and other disciplines like yoga and Pilates. The barre is used as a prop to balance while doing exercises that focus on isometric strength training. Barre strengthening for men and women, Isometric strength training to improve walking and balance. Thursdays at 1:30 pm /BFC

Line Dancing- Exercise never felt like such fun! Benefits include increased flexibility, brain enhancement, better balance and stronger muscles. All levels are welcome. **Cancelled for December.**

Table Tennis-Table tennis is a sport that can be enjoyed by individuals of any age and physical ability. Playing table tennis is a great way to stimulate the brain and promote quick thinking while improving hand-eye coordination.

The Dr. Eunice Blair Walking Train -This trail is on the Cottage side of Estrella East and West. The trail has

Water Classes at Estrella

**Water Aerobics is cancelled November 1st- April 1st (weather dependent)
The pool will be heated to 86 degrees for lap swimmers and water walkers.**

Lap Swimming: 8:00-9:00 am and 2:00 -4:00 pm Monday - Sunday

Open Water Walking: 9:00 -10 am and 4:00 -6:00 pm Monday-Sunday

No Life guard on duty. Swim at your own risk.

Pool open dawn to dusk.

Noodles, exercise gloves and pool items available in the storage bin on the patio.



**Family Swim Times
Saturday and Sunday
10:00 am- 2:00 pm**

**Red Poppy Salon
(West Building)**



SALON HOURS

Monday 10 am-5 pm
Tuesday 10 am-5 pm
Thursday 10 am-5 pm
Friday 10 am-5 pm
Saturday 10 am-5 pm

Appointments and
Walk-ins welcome
Hair cuts, perms, sets,
eyebrow waxing & dyes,
manicures and pedicures.

**Bluebonnet Salon
(East Building)**



**Blue Hole Cyber Café and
East Building Library**

*The computers
are always on!*



Activity Hotline

Call the front desk, 863-2528
and be put through to a
prerecording of the current
day's activities, birthdays and
important Estrella
information.

Guest Apartment

We now have guest apartments
available to rent when you have
guest' in town! Apartment # 2005
and #237 are available for \$70
dollars a night plus \$10 dollars
per additional guest and includes
one meal a day per guest. Call the
front desk to make a reservation.

Dining Room Hours
Breakfast

West Dining Room ONLY
7:00 am-9:00 am

Lunch
11:15 am-1:00 pm

Supper
4:30 pm-6:30 pm
Alternative menu available.

Sunday Lunch
11:15 am-1:30 pm

Bistro Hours
East Building
Monday-Friday
7:00 am-3:00 pm

**FYI....Did you
know the East
Building front
office has it's
own direct line!
512-573-7944**

Holiday Safety

Injuries can happen anywhere, and some often occur around the holidays. Use step stools instead of climbing on furniture when hanging decorations. Most residential fires occur during the winter months. Remember we do not allow live Christmas trees or burning candles. Never leave food cooking on the stove unattended. Do not overload your electrical outlets and use surge protectors.

Let's have a safe holiday Season!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>IL East Abbreviations 1st Floor DR: North Fork Dining Room CD: Cactus Den HCR The Hewlett Community Room MKL: Morton King Library Art Studio: Ames Art Studio Chapel: Wendland Chapel WGR: Williamson Game Room 2nd Floor</p>	<p>IL West Abbreviations- 1st Floor DR: San Gabriel Dining BT: Balcones Theatre ML: Main Lobby FR: Festival Room 2nd Floor LOR: Live Oak Room BH: Blue Hole Cyber Café LIB: Library PT: Poker Table</p>	<p>3rd Floor CGR: Chisholm Game Room CR: Chautauqua Room</p> <p>Outings off campus are in red. * Please sign up at least 48 hours in advance. Four or more residents needed to make a trip. Fees may apply. Check page 2 for descriptions. Wellness Classes are in blue. No Water Aerobics during the cold months. The pool will be heated to 86 for lap swimmers and water</p>			<p>8:00 & 8:30 Seated Exercise/CR 1 8:15 Putting/PG 9:00 Aerobics/CR 9:00 Coffee and Donuts/CC & Bistro 10:00 Art Studio Meeting/Art Studio 10:00 -11:00 Training Zone/BFC 10:30 WWII Reception/Chapel 10:00 Scrabble Challenge/LOR &MGR 1:00 Mah Jongg/LOR 1:00 Hand & Foot/West Poker Table 1:00 Fun Bridge/MGR 1:30 Balance/BFC 2:00 Hand and Foot/Cactus Den 3:15 Memoir Writing/FR 6:30 84/LOR 6:30 Poker/PT and CD</p>	<p>8:00 & 8:30 Seated Exercise/CR 2 9:00 Aerobics/BFC 10:00 BINGO/LOR 10:00 Bean Bag Baseball /CR 12:30 Dominoes-42/CGR and CD 1:00 Mahjong/LOR 1:00 Billiard Games/ Pool Tables 1:30 Men's Domino Group/Cactus Den 2:00 BUNCO/West Dining Room 4:30 Christmas Carolers—West lobby 5:00 Christmas Carolers East 5:45 PIP/LOR and MK Library 7:00 Movie "All Is Lost"/BT</p>
<p>10:00 Sunday School/Chapel 3 1:00 Mexican Train/CGR and MGR 2:00 Little Dorrit Series/BT 4:00 Devotional/HCR 6:00 Devotional/CR TRIP! Symphony*</p>	<p>8:00 & 8:30 Seated Exercise/CR 4 9:00 Sewing Group/CGR 9:00 Aerobics/CR 10:00 Women's Bible Study/MGR 10:00 Growing Older/Chapel 12:30 Canasta/LOR and Cactus Den 1:00 Mah Jongg/MGR 1:30 Balance Class/CR 2:00 Bean Bag BB/HCR 3:15 Brain Fitness/Cyber Café 3:30 Yoga/CR 5:45 PIP/LOR 6:00 Bridge/CGR 7:00 Movie "Florence Foster Jenkins"/BT</p>	<p>8:00 & 8:30 Seated Exercise/CR 5 8:15 Strength /BFC 9:00 Aerobics/BFC 10:00 BINGO/LOR 12:30 Beginner Bridge/ LOR 1:00 Mexican Train/CGR 1:30 Men's Domino Group/Cactus Den 1:30 Balance Class/BFC 3:00 Bible Study/Chapel 3:45 Putting/Putting Green 4:00 Estrella Chorale Practice/CR 5:45 PIP/LOR 7:00 Movie "Florence Foster Jenkins" BT TRIP! Concert* Bookmobile West 4:00</p>	<p>8:00 & 8:30 Seated Exercise/ CR 6 8:30 Putting/Putting Green 9:00 Aerobics/CR 9:30 Fitness Center Orientation/FC 10:00 Bean Bag Baseball /CR 1:30 Balance Class/CR 2:00 Wednesday Bridge/LOR and MGR 3:00 Men's Club/Den 6:00 Devotional/CR 6:30 BINGO/MGR 6:30 Shanghai/Bistro 6:30 Poker/Cactus Den 6:45 PIP/LOR</p>	<p>8:00 & 8:30 Seated Exercise/CR 7 8:15 Strength /BFC 9:00 Aerobics/BFC 12:30 Shanghai/Den 1:00 Mexican Train/MGR 1:30 Balance Barre/BFC 2:00 Estrella College/BT 3:00 Needles and Things/CGR 3:30 Yoga/CR 3:45 Putting/PG 5:45 PIP/LOR 6:00 Bridge/CGR and MGR 7:00 "The Holiday"/BT Bookmobile East- 9:30am TRIP!</p>	<p>8:00 & 8:30 Seated Exercise/CR 8 8:30 Putting/ PG 9:00 Aerobics/CR 10:00 -11:00 Training Zone/BFC 10:00 Scrabble Challenge/LOR &MGR 1:00 Duplicate Bridge/MGR 1:00 Mah Jongg/LOR 1:00 Hand & Foot/West Poker Table 1:30 Balance Class/BFC 2:00 Hand and Foot/Cactus Den 6:30 84/LOR 6:30 Poker/PT and CD 7:00 Movie "American Assassin"/BT</p>	<p>8:00 & 8:30 Seated Exercise/CR 9 9:00 Aerobics/BFC 10:00 BINGO/LOR 10:00 Bean Bag Baseball /CR 12:30 Dominoes-42/CGR and CD 1:00 Mahjong/LOR 1:00 Billiard Games/ Pool Tables 1:30 Men's Domino Group/Cactus Den 3:00 Singing Women of Central Texas/HCR 7:00 Movie "American Assassin"/BT</p>
<p>10:00 Sunday School/Chapel 10 1:00 Mexican Train/CGR and MGR 2:00 Little Dorrit Series/BT 4:00 Devotional with First United Methodist Church/HCR 4:00 Christmas Carolers—West lobby 4:30 Christmas Carolers East lobby 6:00 Devotional/CR</p>	<p>8:00 & 8:30 Seated Exercise/CR 11 9:00 Aerobics/CR 10:00 GOG/Chapel 10:00 Bible Study/MGR 12:30 Canasta/LOR&CD 1:00 Mah Jongg/MGR 1:30 Balance/CR 2:00 Gingerbread Houses with Carol/EDR 2:00 Bean Bag Baseball/HCR 3:15 Brain Fitness/Cyber Café 3:30 Yoga/CR 5:45 PIP/LOR 6:00 Tech Time/CC 6:00 Bridge/CGR and MGR 7:00 Movie "Wings of Eagles"/BT</p>	<p>8:00 & 8:30 Seated Exercise/CR 12 8:15 Strength /BFC 9:00 Aerobics/BFC 10:00 BINGO/LOR 12:30 Beginner Bridge/ LOR 1:00 Mexican Train/CGR 1:30 Balance Class/BFC 3:00 Bible Study/Chapel 3:45 Putting/Putting Green 4:00 Estrella Chorale Practice/CR 5:45 PIP/LOR 7:00 Movie "Wings of Eagles" /BT Estrella Christmas</p>	<p>8:00 & 8:30 Seated Exercise/ CR 13 8:30 Putting/Putting Green 9:00 Aerobics/CR 10:00 Gateway High School Christmas Concert/HCR 10:00 Bean Bag Baseball /CR 1:30 Balance Class/CR 2:00 Table Tennis/WGR 2:00 Birthday & Newcomers Party/HCR 3:00 Men's Club/Den 5:45 Putting/Putting Green 6:00 Devotional/CR 6:30 BINGO/MGR 6:30 Shanghai/Bistro 6:30 Poker/Cactus Den 6:45 PIP/LOR</p>	<p>8:00 & 8:30 Seated Exercise/CR 14 8:15 Strength /BFC 9:00 Aerobics/BFC 12:30 Shanghai/Den 1:00 Mexican Train/MGR 1:30 Balance Barre/BFC 2:00 Estrella College/BT 3:00 Needles and Things/CGR 3:30 Estrella Choir Concert/CR 3:45 Putting/Putting Green 5:45 PIP/LOR and 6:00 Bridge/CGR and MGR 7:00 "The Preachers Wife"/BT Blood Pressure Checks Today! EAST</p>	<p>8:00 & 8:30 Seated Exercise/CR 15 8:30 Putting /PG 9:00 Aerobics/CR 10:00 McCoy Express Concert/HCR 10:00 -11:00 Training Zone/BFC 10:00 Scrabble Challenge/LOR &MGR 1:00 Mah Jongg/LOR 1:00 Hand & Foot/West Poker Table 1:00 Fun Bridge/MGR 1:30 Balance Class/BFC 2:00 Hand and Foot/Cactus Den 2:00 Movie Matinee/BT 3:15 Memoir Writing /FR 5:45 PIP/LOR 6:30 84/LOR 6:30 Poker/PT and CD</p>	<p>8:00 & 8:30 Seated Exercise/CR 16 9:00 Aerobics/BFC 10:00 BINGO/LOR 10:00 Bean Bag Baseball/CR 12:30 Dominoes-42/CGR and CD 1:00 Mahjong/LOR 1:00 Billiard Games/ Pool Tables 2:00 Piano Recital/HCR 5:45 PIP/LOR 7:00 Movie "Pottersville"/BT TRIP! Concert*</p>
<p>10:00 Sunday School/Chapel 17 1:00 Mexican Train/CGR and MGR 2:00 Little Dorrit Series/BT 4:00 Devotional/HCR 6:00 Devotional/CR</p>	<p>8:00 & 8:30 Seated Exercise/CR 18 9:00 Aerobics/CR 9:00 Sewing /CGR 10:00 Bible Study/MGR 10:00 Growing Old Gracefully/Chapel 12:30 Canasta/LOR and Cactus Den 1:00 Mah Jongg/MGR 1:30 Balance/CR 2:00 Bean Bag Baseball/HCR 3:15 Brain Fitness/Cyber Café 3:30 Yoga/CR 5:45 PIP/LOR</p>	<p>8:00 & 8:30 Seated Exercise/CR 19 8:15 Strength /BFC 9:00 Aerobics/BFC 10:00 BINGO/LOR 12:30 Beginner Bridge/ LOR 1:00 Mexican Train/CGR 1:30 Men's Domino Group/Cactus Den 1:30 Balance Class/BFC 2:30 Christmas Tea/HCR 3:00 Bible Study/Chapel 3:45 Putting/Putting Green 5:45 PIP/LOR</p>	<p>8:00 & 8:30 Seated Exercise/ CR 20 8:30 Putting/Putting Green 9:00 Aerobics/CR 10:00 Bean Bag Baseball /CR 1:30 Balance Class/CR 2:00 Table Tennis/WGR 3:00 Men's Club/Den 5:45 Putting/Putting Green 6:00 Devotional/CR 6:30 BINGO/MGR 6:30 Shanghai/Bistro 6:30 Poker/Cactus Den 6:45 PIP/LOR</p>	<p>8:00 & 8:30 Seated Exercise/CR 21 8:15 Strength /BFC 9:00 Aerobics/BFC 12:30 Shanghai/Den 1:00 Mexican Train/MGR 1:30 Balance Barre/BFC 2:00 Estrella College/BT 3:00 Needles and Things/CGR 3:30 Yoga/CR 3:45 Putting/Putting Green 5:45 PIP/LOR and 6:00 Bridge/CGR and MGR</p>	<p>8:00 & 8:30 Seated Exercise/CR 22 8:30 Putting /PG 9:00 Aerobics/CR 10:00 -11:00 Training Zone/BFC 10:00 Scrabble Challenge/LOR &MGR 1:00 Duplicate Bridge/MGR 1:00 Mah Jongg/LOR 1:00 Hand & Foot/West Poker Table 1:30 Balance Class/BFC 2:00 Hand and Foot/Cactus Den 5:45 PIP/LOR 6:30 84/LOR 6:30 Poker/PT and CD</p>	<p>8:00 & 8:30 Seated Exercise/CR 23 9:00 Aerobics/BFC 10:00 BINGO/CGR 10:00 Bean Bag Baseball/CR 12:30 Dominoes-42/CGR and CD 1:00 Mahjong/MGR 1:30 Men's Domino Group/Cactus Den 1:00 Billiard Games/ Pool Tables 5:45 PIP/LOR 7:00 Movie "The Kings Choice"/BT</p>
<p>24/31 10:00 Sunday School/Chapel 1:00 Mexican Train/CGR and MGR 2:00 Little Dorrit Series/BT 4:00 Devotional/HCR 6:00 Devotional/CR 2:00 December 31st New Year's Eve Concert/HCR Special New Year's Eve Dinner tonight!</p>	<p>25 5:45 PIP/LOR 6:00 Bridge/CGR and MGR 7:00 Movie "Victoria & Abdul"/BT </p>	<p>8:00 & 8:30 Seated Exercise/CR 26 8:15 Strength /BFC 9:00 Aerobics/BFC 10:00 BINGO/LOR 12:30 Bridge/LOR 1:00 Mexican Train/CGR 1:30 Men's Domino Group/Cactus Den 1:30 Balance Class/BFC 3:00 Bible Study/Chapel 3:45 Putting/Putting Green 5:45 PIP/LOR 7:00 Movie "Victoria & Abdul"/BT</p>	<p>8:00 & 8:30 Seated Exercise/ CR 27 8:30 Putting/Putting Green 9:00 Aerobics/CR 10:00 Bean Bag Baseball /CR 1:30 Balance Class/CR 2:00 Table Tennis/WGR 3:00 Men's Club Den 5:45 Putting/Putting Green 6:00 Devotional/CR 6:00 Shanghai/Bistro 6:30 Poker/Cactus Den 6:45 PIP/LOR</p>	<p>8:00 & 8:30 Seated Exercise/CR 28 8:15 Strength /BFC 9:00 Aerobics/BFC 12:30 Shanghai/Den 1:00 Mexican Train/MGR 1:30 Balance Barre/BFC 2:00 Estrella College/BT 3:00 Needles and Things/CGR 3:30 Yoga/CR 3:45 Putting/Putting Green 5:45 PIP/LOR 6:00 Bridge/CGR and MGR</p>	<p>8:00 & 8:30 Seated Exercise/CR 29 8:30 Putting /PG 9:00 Aerobics/CR 10:00 -11:00 Training Zone/BFC 10:00 Scrabble Challenge/LOR &MGR 1:00 Duplicate Bridge/MGR 1:00 Mah Jongg/LOR 1:00 Hand & Foot/West Poker Table 1:30 Balance Class/BFC 2:00 Hand and Foot/Cactus Den 2:00 Movie Matinee/BT 5:45 PIP/LOR 6:30 84/LOR</p>	<p>8:00 & 8:30 Seated Exercise/CR 30 9:00 Aerobics/BFC 10:00 BINGO/CGR 10:00 Bean Bag Baseball/CR 12:30 Dominoes-42/CGR and CD 1:00 Mahjong/MGR 1:30 Men's Domino Group/Cactus Den 1:00 Billiard Games/ Pool Tables 5:45 PIP/LOR 7:00 Movie "Dunkirk"/BT</p>