

Please note that additional charges may apply to activities and all activities are subject to change.



# SAMPLE

## INDEPENDENT LIVING ACTIVITIES



Outings (labeled in red) require sign-up in the Activities Binder and you must be signed up 48 hours before the outing.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
13	14	15	16	17	18	19
<p>8:30 Water Aerobics (Pool)</p> <p>10:00 Yoga with Kaye (TH)</p> <p>10:00 Sign Language Class (L)</p> <p>10:00 Pre Pinnacle Council Meeting (OPR)</p> <p>11:00 Chair Exercise (TH)</p> <p>11:00 Shopping at Walmart-- Meet in lobby at 10:45</p> <p>12:45 2nd Monday Book Club (FHL)</p> <p>1:00 FUN Art (OPR)</p> <p>2:00 Mexican Train (FHL)</p> <p>2:00 42 (FIT)</p> <p>2:00 Advanced Line Dancing (TH)</p> <p>4:30 Dinner at Chuy's Mexican Restaurant Load time 4:00 PM</p>	<p>10:00 Strong and Steady (TH)</p> <p>10:00 American Sign Language Class (OPR)</p> <p>11:00 Brain Games (L)</p> <p>1:00 Water Aerobics (Pool)</p> <p>2:00 Rosary Service (CH)</p> <p>2:30 Reader's Theatre (FIT)</p> <p>3:00 Historian Tom Jackson Presents: The History of Scotland (TH)</p> <p>7:00 Bunco (FHL).</p>	<p>9:00 Pinnacle Council Meeting (TH)</p> <p>10:00 Yoga with Luanne (TH)</p> <p>11:00 Chair Exercise (TH)</p> <p>12:00 Dementia Caregivers Support Group (TH)</p> <p>1:00 Chair Volleyball (CH)</p> <p>1:00 Men's Poker (OPR)</p> <p>2:00 Costco Run Load time 1:30 PM</p> <p>2:00 B-I-N-G-O (TH)</p> <p>3:00 Scrabble (GP)</p> <p>6:00 Super Duper Samba (FHL)</p>	<p>9:00 Seekers and Sponges Study Group (FHL)</p> <p>9:30 Shopping at HEB -- Meet in the lobby at 9:15</p> <p>10:00 Strong and Steady (TH)</p> <p>10:00 Sign Language (OPR)</p> <p>11:00 Brain Games (L)</p> <p>1:00 Water Aerobics (Pool)</p> <p>1:15 Bible Study led by Bill Eubank (FHL)</p> <p>2:00 Gals and Games (FHL)</p> <p>2:00 Friendly Chess Club (OPR)</p> <p>2:00 Advanced Line Dancing (TH)</p> <p>3:00 Coloring &amp; Conversation (L)</p> <p>6:00 Phase 10 (FHL)</p>	<p>8:30 Water Aerobics (Pool)</p> <p>9:00 Men's Stretch with Caleb (TH)</p> <p>10:00 Yoga with Luanne (TH)</p> <p>10:00 Sign Language (OPR)</p> <p>11:00 Chair Exercise (TH)</p> <p>1:00 FUN Art (OPR)</p> <p>1:00 Chair Volleyball (CH)</p> <p>1:30 Mexican Train (FHL)</p> <p>2:00 B-I-N-G-O (TH)</p> <p>3:30 Happy Hour BYOB (GP)</p> <p>6:00 Samba (FHL)</p> <p>6:00 Bridge (OPR)</p>	<p>10:30 Gruene Market Days Load time 10:00 with Lunch after at Grist Mill.</p> <p>1:30 Pay the Man (FHL)</p> <p>4:00 Catholic Mass with Father Mike Pinemann (CH)</p>	<p>10:00 Sunday Worship Service (CH)</p>
<p><b>KEY</b></p> <p>Red: Outings Blue: Staff-led            Black: Resident-led -Closed Group            Yellow: Resident-led Open Group</p> <p>FIT= Fitness Room TH= Town Hall            GP=Gathering Place BP=Bistro Patio            OPR= Opportunities Room CH=Chapel            FHL= Foothills Lounge L=Library</p>						

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Outings (labeled in red) require sign-up in the Activities Binder and you must be signed up 48 hours before the outing.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
20	21	22	23	24	25	26
<p>8:30 Water Aerobics (Pool)</p> <p>10:00 Yoga with Kaye (TH)</p> <p>10:00 American Sign Language Class (OPR)</p> <p>11:00 Chair Exercise (TH)</p> <p>11:00 Shopping at Walmart-- Meet in lobby at 10:45</p> <p>1:00 FUN Art (OPR)</p> <p>1:30 Mexican Train (FHL)</p> <p>2:00 Advanced Line Dancing (TH)</p> <p>2:00 42 (FIT)</p> <p>3:30 Village Meet and Greet (TH)</p>	<p>9:30 Pickleball Load time 9:00</p> <p>10:00 Strong and Steady (TH) <b>Cancelled</b></p> <p>10:00 Village Council Meeting (CH)</p> <p>10:00 American Sign Language Class (OPR)</p> <p>11:00 Brain Games (L)</p> <p>1:00 Mahjong (FHL)</p> <p>1:00 Water Aerobics (Pool)</p> <p>2:00 Rosary Service (CH)</p> <p><b>2:00 Therapy Talks: Dementia &amp; Speech Therapy (TH)</b></p> <p>2:30 Reader's Theatre (FIT)</p>	<p>9:00 Pinnacle Council Meeting (TH)</p> <p>10:00 Yoga with Luanne (TH)</p> <p>11:00 Chair Exercise (TH)</p> <p>1:00 Men's Poker (OPR)</p> <p>1:00 Chair Volleyball (CH)</p> <p>2:00 B-I-N-G-O (TH)</p> <p>3:00 Scrabble (GP)</p> <p><b>3:00 Family Tree: Introduction to Case Management (TH)</b></p> <p>6:00 Super Duper Samba (FHL)</p>	<p>9:00 Seekers and Sponges Study Group (FHL)</p> <p>10:00 Sign Language Class (OPR)</p> <p>9:30 Shopping at HEB -- Meet in the lobby at 9:15</p> <p>10:00 Strong and Steady (TH)</p> <p>11:00 Brain Fitness (L)</p> <p>1:00 Water Aerobics (Pool)</p> <p>1:15 Bible Study led by Bill Eubank (FHL)</p> <p>2:00 Friendly Chess (OPR)</p> <p>2:00 Advanced Line Dancing (TH)</p> <p>3:00 Coloring &amp; Conversation (L)</p> <p>6:00 Phase 10 (FHL)</p>	<p>8:30 Water Aerobics (Pool)</p> <p>9:00 Men's Stretch with Caleb (TH)</p> <p>10:00 Yoga with Luanne (TH)</p> <p>10:00 Rio Mobile from the New Braunfels Library (GP)</p> <p>10:00 Sign Language (OPR)</p> <p>11:00 Chair Exercise (TH)</p> <p>1:00 Chair Volleyball (CH)</p> <p>1:00 FUN Art (OPR)</p> <p>1:30 Mexican Train (FHL)</p> <p>2:00 B-I-N-G-O (TH)</p> <p>3:30 Happy Hour BYOB (GP)</p> <p>6:00 Samba (FHL)</p> <p>6:00 Bridge (OPR)</p>	<p>1:30 Pay the Man (FHL)</p> <p>4:00 Catholic Communion by Deacon Ben Wehman (CH)</p>	<p>10:00 Sunday Worship Service (CH)</p>
<p><b>KEY</b></p> <p>Red: Outings Blue: Staff-led            Black: Resident-led -Closed Group            Yellow: Resident-led Open Group</p> <p>FIT= Fitness Room TH= Town Hall            GP=Gathering Place BP=Bistro Patio            OPR= Opportunities Room CH=Chapel            FHL= Foothills Lounge L=Library</p>						

# SAMPLE

## CHUY'S

Your either hungry or you are about to be. The menu at Chuy's is the newest Tex-Mex restaurant in New Braunfels. The Chuy's restaurant chain began in Austin, Tx in 1982. They pride themselves on the eclectic decor and take the food very seriously. I highly recommend the deluxe tomatillo sauce. The happy hour specials Join us on Monday, May 15th at 4:30 PM.



**HAPPY HOUR** NEW  
**WEEKDAYS 3-6PM**  
**\$5 CHIPS 'N' DIPS**  
**QUESO** - Our signature recipe  
**COMPUESTO** - Queso with ground beef, guac & pico  
**LIL' CHUY GOOEY** - Layered with refried beans, Queso, lettuce, pico, ground beef & topped with sour cream, guac & jalapenos  
**BOOM-BOOM POW** - Layered with refried beans, Boom-Boom, lettuce, pico & topped with sour cream, guac & jalapenos

**DRINK SPECIALS**  
**HOUSE 'RITAS**  
 Grande & Regular  
**\$1.50 OFF**  
**HOUSE TEXAS 'TINIS, DOMESTIC BEERS & GLASSES OF WINE**  
**\$1 OFF**

**\$1 FLOATERS**

## History of Scotland

There is so much to know about Scotland and our Historian Tom Jackson would love to share it with you. Join him as he presents the history of Scotland Tuesday, May 14th, at 3:00 in Town Hall. If you have a scottish outfit please feel free to wear.



## Costco Run

Tuesday May 15, 2:00pm Load time 1:30. Please sign up at Concierge desk

## Market Days and Lunch outing in Gruene

Saturday, May 18 at 10:30am. Load Time 10:00am.

It's never too early to start your Christmas shopping. Enjoy a fun day at Gruene Market Days. There are so many hand crafted items and one of a kind gifts. Take pleasure in a hour and a half shopping excursion, then have lunch at the Gristmill. We anticipate returning around 2:30-3 in the afternoon. Be sure to bring water, sunscreen and maybe a hat.



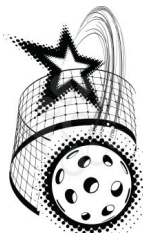
# SAMPLE

## Pickleball

Tuesday, May 21 at 9:30am

Load Time 9:00am

Great exercise while having fun.  
Please sign up at Concierge desk



## Coming soon...save the date...

June 7th Blanco Lavender Festival  
August 3rd Wimberley Market Days  
Day Trip to Kerrville TBD



## Village Meet and Greet

*Always a good time at the Village Meet and Greet. Enjoy fellowship, snacks and learn new things about your neighbors.*

Monday, May 20 at 3:30pm in Town Hall.



## Therapy and Talks: Dementia & Speech Therapy

May is Better Speech and Hearing Month, and we're excited to invite you to a special event on Tuesday, May 21st. Join us to learn about the amazing benefits of Speech Therapy and how it can help you. You'll also get the opportunity to discover more about dementia and the Global Dementia Staging here at EdenHill, with Teresa Jimenez, PT from Select Rehab. And as a bonus, we'll be discussing the powerful benefits of Occupational Therapy. Don't miss out on this incredible opportunity to learn and grow. Join us on Tuesday, May 21st at 2:00 PM in Town Hall.

## Family Tree Private Care

Caring for an aging parent or loved one can be overwhelming. At Family Tree, we provide one-on-one support to seniors facing medical, legal, financial, and personal challenges. Our geriatric care managers work with your loved ones, your family, and third-party providers to ensure they receive the care they need. Let us help you ensure the well-being of those you love. EdenHill would like to introduce our residents to this private service. You are welcome to invite your family members to learn about the benefits along with you. Meet the Family Tree team on Wednesday, May 22nd at 3:00 PM in Town Hall.



“May your actions inspire others to dream more, learn more, do more, and become more.” - John Quincy Adams