

October Happenings

...mark your calendar!

Tuesday's Happy Hour

3th, 10th, 17th, 24th

Espresso Yourself

4th, 11th, 18th, 25th



Live every moment,
Laugh every day,
Love beyond words.



October Birthdays!

No October Birthdays!



ELLA SPRINGS

SENIOR LIVING COMMUNITY

16700 Ella Blvd Spring, TX 77090

www.EllaSprings.com

October 2017



Come join us

Welcome!

Reba George (AL)

Kevin Barnes (AL)

Department Heads

Executive Director—*Wendy Robbins*

Sales & Marketing Director—*Amanda T.*

Wellness Director—*Kathy H.*

Business Office Manager—*Miranda R.*

Life Engagement Director—*EnChantise B.*

Maintenance Director—*Carlos S.*

Executive Chef—*David N.*

Memory Care Coordinator—*TBD*

Quote of the Month!

Live Life to the Fullest, and focus
on the positive.

— Matte Cameron

Sales & Marketing Director's Article

Hello Ella Springs Residents, Family Members and Friends,

My name is Amanda Thompson, and I am the Sales and Marketing Director here at Ella Springs Senior Living Community! I absolutely love meeting new people every day and have a genuine passion for helping others.

I received my Bachelor of Arts degree in Public Relations from Texas Tech University in Lubbock, Texas (Gun's up!) While I started my marketing career in the wedding and events industry, I believe I have found my true place by being in the senior living industry. I am blessed that each day I get to show off our beautiful community to new residents and families, helping them to find the best senior living resources our North Houston area has to offer.

Each of you have a unique story to share and I am honored that we get the opportunity to immediately meet with each other at the beginning of your journey.

When I am not working you will find me spending time with my family and friends. I have a wonderful husband, whom is my high school sweet heart, and two rambunctious doggies! I have a love of dancing (ballet and tap), all things Louisiana and any Cajun food, and relax by picking up a good novel or by watching one of my many favorite tv shows.

I believe in always providing the utmost customer service to our residents, families and community members. I have an open-door policy, always, so please never hesitate to reach out to me or stop by my office at any time if I can be of assistance to you.



Transportation

Schedule

Tuesday & Thursday
Scheduled Doctor's
Appointment
Transportation
9:00-2:30

Destinations

A = Activity Room

D = Dining Room

L = Living Room

C = Courtyard


S = Snack Shack

B = Bistro

T= Theatre Room

\$ = Cost associated with this

activity

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 9:00 Sunday Cardio D 10:00 Art to Music A 1:30 Sunday's Sundae A 3:00 Hymn Singers D 4:00 Uplifting Stories L 6:00 Sunday Meditation L	2 9:00 All About Exercise D 10:00 Old Fashion Choir D 1:30 Reminiscing A 3:00 Stained Glass Jar L 4:00 Root Beer Floats C 6:00 Hand Massages L	3 9:00 Tai Chi D 10:00 Reading & Coffee A 1:30 Songs from the Past A 3:00 Tuesday Happy Hour A 4:00 BINGO A 6:00 Magazine Talk L	4 9:00 Yoga D 10:00 Morning Chitchat C 1:30 Espresso Yourself A 3:00 Coloring Session A 4:00 Community Walk C 6:00 Reminiscing L	5 9:00 Sit and Fit D 10:00 Creative Hands A 1:30 Creative Painting A 3:00 Oldie Dancing D 4:00 BINGO A 6:00 Short Stories L	6 9:00 Upbeat Exercise D 11:00 BINGO A 1:30 Ball Movement A 3:00 Matinee Movie D 4:00 Broken Puzzle D 6:00 Night Laughs L	7 9:00 Morning Stroll D 11:00 Monopoly A 2:00 Artful Expressions A 3:00 BINGO A 4:00 Trivia Testers A 6:00 Relaxation Music L	
8 9:00 Sunday Cardio D 10:00 Art to Music A 1:30 Sunday's Sundae A 3:00 Hymn Singers D 4:00 Uplifting Stories L 6:00 Sunday Meditation L	9 9:00 All About Exercise D 10:00 Old Fashion Choir D 1:30 Halloween Word Search A 3:00 Halloween Bag A 4:00 Root Beer Floats C 6:00 Hand Massages L	10 9:00 Tai Chi D 10:00 Reading & Coffee A 1:30 Songs from the Past A 3:00 Tuesday Happy Hour A 4:00 BINGO A 6:00 Magazine Talk L	11 9:00 Yoga D 10:00 Morning Chitchat C 1:30 Espresso Yourself A 3:00 Coloring Session A 4:00 Community Walk C 6:00 Reminiscing L	12 9:00 Sit and Fit D 10:00 Creative Hands A 1:30 Creative Painting B 3:00 Oldie Dancing D 4:00 BINGO A 6:00 Short Stories L	13 9:00 Upbeat Exercise D 11:00 BINGO A 1:30 Game of LIFE A 3:00 Matinee Movie D 4:00 Broken Puzzle D 6:00 Night Laughs L	14 9:00 Morning Stroll D 11:00 Card Games A 2:00 Artful Expressions A 3:00 BINGO A 4:00 Trivia Testers A 6:00 Relaxation Music L	
15 9:00 Sunday Cardio D 10:00 Art to Music A 1:30 Sunday's Sundae A 3:00 Hymn Singers D 4:00 Uplifting Stories L 6:00 Sunday Meditation L	16 9:00 All About Exercise D 10:00 Old Fashion Choir D 1:30 Cooking w/ David A 3:00 Skeleton Craft L 4:00 Root Beer Floats C 6:00 Hand Massages L	17 9:00 Tai Chi D 10:00 Reading & Coffee A 1:30 Songs from the Past A 3:00 Tuesday Happy Hour A 4:00 BINGO A 6:00 Magazine Talk L	18 9:00 Yoga D 10:00 Morning Chitchat C 1:30 Espresso Yourself A 3:00 Coloring Session A 4:00 Community Walk C 6:00 Reminiscing L	19 9:00 Sit and Fit D 10:00 Creative Hands A 1:30 Creative Painting B 3:00 Oldie Dancing D 4:00 BINGO A 6:00 Short Stories L	20 9:00 Upbeat Exercise D 11:00 BINGO A 1:30 Game of Sorry A 3:00 Matinee Movie D 4:00 Broken Puzzle D 6:00 Night Laughs L	21 9:00 Morning Stroll D 11:00 Balloon Volleyball A 2:00 Artful Expressions A 3:00 BINGO A 4:00 Trivia Testers A 6:00 Relaxation Music L	
22 9:00 Sunday Cardio D 10:00 Art to Music A 1:30 Sunday's Sundae A 3:00 Hymn Singers D 4:00 Uplifting Stories L 6:00 Sunday Meditation L	23 9:00 All About Exercise D 10:00 Old Fashion Choir D 1:30 Hand Massages A 3:00 Haunted House Craft A 4:00 Root Beer Floats C 6:00 Hand Massages L	24 9:00 Tai Chi D 10:00 Reading & Coffee A 1:30 Songs from the Past A 3:00 Tuesday Happy Hour D 4:00 BINGO A 6:00 Magazine Talk L	25 9:00 Yoga D 10:00 Morning Chitchat C 1:30 Espresso Yourself A 3:00 Coloring Session A 4:00 Community Walk C 6:00 Reminiscing L	26 9:00 Sit and Fit D 10:00 Creative Hands A 1:30 Creative Painting A 3:00 Oldie Dancing D 4:00 BINGO A 6:00 Short Stories L	27 9:00 Upbeat Exercise D 11:00 BINGO A 1:30 Game of Trouble A 3:00 Matinee Movie D 4:00 Broken Puzzle D 6:00 Night Laughs L	28 9:00 Morning Stroll D 11:00 Monopoly A 2:00 Artful Expressions A 3:00 BINGO A 4:00 Trivia Testers A 6:00 Relaxation Music L	
29 9:00 Sunday Cardio D 10:00 Art to Music A 1:30 Sunday's Sundae A 3:00 Hymn Singers D 4:00 Uplifting Stories L 6:00 Sunday Meditation L	30 9:00 All About Exercise D 10:00 Old Fashion Choir D 1:30 Hand Massages A 3:00 Tissue Box Craft A 4:00 Root Beer Floats C 6:00 Hand Massages L	31 9:00 Tai Chi D 10:00 Reading & Coffee A 1:30 Halloween Painting A 3:00 Tuesday Happy Hour D 4:00 BINGO A 6:00 Magazine Talk L	<p>Dinning Room Hours : Breakfast 7:00– 8:30 Lunch 11:30—1:00 Dinner 4:30—6:00</p> <p>**Activities are Subject to Change**</p>			 <p>Come join us</p>	