

Inspired Times

Meaningful Days. Inspiring Care.

News, events and happenings for residents and families at *Inspired Living Sugar Land*

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**CONTACT US TODAY
FOR A TOUR!**



January 2023



Message From the Executive Director, Shandra Davis

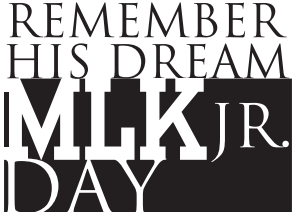



The past year seemed to fly by and it's now officially 2023. In 2022 we saw a slowing to the Covid Pandemic and were able to return to some sense of normalcy in our communities. Although we are often sad about another year closing, we have the opportunity to welcome a

new year that brings about a new start for our residents and team. This year we have plans to continue our travels around the United States and will resume embracing everything this great nation has to offer with a slight twist. We will continue to focus on the history, trivia and foods of our states but will also highlight some of the exciting events our states have to offer. This month will take us to Utah. Utah has some really exciting events during January like the Sundance Film Festival, the state's Midway Ice Castles event, and the Bluff Balloon Festival. Utah is known as the Beehive State which symbolizes the people of Utah supporting and working together to create successful industries within the state. (Message continued on Page 4)

New Director of Dining Services, Edwin Grier

We are delighted to introduce our newest member of the Management Team, Edwin Grier. Edwin is originally from Charlotte, N.C, and has recently made Houston area his new home. Edwin remains close with his large family back home in

Charlotte, where he has a twin brother, and is Dad to 3 children. He enjoys fishing, hunting, horseback riding and is an avid PC Gamer. He attended University at Central Piedmont. When he isn't busy being a Chef, Dad, and family man, he enjoys driving his luxury Sports Car. Welcome, Edwin!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
New Year's Day 1 9:30 PH Morning Exercise 9:30 I News & Weather Watch 10:30 SO Organic Juice Break 11:00 I Jeopardy with Alex Trebec 1:00 SP Sing Along to Hymns 1:30 SO Movie Matinee & Snack 3:30 PH Whack-a-Doodle 4:00 I Puzzle Time 5:30 P Magazine Scavenger Hunt: Snowy Wonderland Collage	2 9:30 PH Morning Exercise 10:00 SO Coffee Break 10:30 O Ring Toss 11:00 I Wheel of Fortune Game 1:30 I Bingo 1:30 IJ History Documentary: Utah's Scenic Moab Valley 3:00 SO Handwriting Practice 4:00 P Eye-Hand Coordination Teamwork 5:30 E Calming Teatime & Jazz	3 9:30 SP Devotional with Pastor Webster 10:00 PH Morning Exercise 10:30 SO Hydration Station Flavored Water 10:30 P Word in a Word 11:00 PH Bowling 1:00 I YouTube Trivia Quiz 2:00 E Creative Crafts 4:00 PH Bucket Ball 5:30 P Moisturizing Hand Massages	4 9:30 PH Morning Exercise 10:00 SO Coffee Break 10:30 SP Devotional Time 11:00 PH Whack-a-Doodle Game 1:00 E Vintage TV Shows: The Carol Burnett Show 2:30 SO Ice Cream Social 3:30 SP Happy Days Sing-Along 5:30 I Checkers	5 9:30 PH Morning Exercise 10:00 SO Hydration Station Flavored-water Break 10:30 I Rummikub Game 11:00 E Tongue Twisters & Jokes 1:00 P News & Weather Watch 1:30 P Basketball Hoops Practice 2:00 SO Hollywood Movie & Popcorn 4:00 Hokey Pokey Dance Party 5:30 SO Ladies Night Pretty Nails Manicures	6 9:30 PH Morning Exercise 10:00 SO Coffee Break 10:30 I The Price is Right Game Show 10:45 P Cleaning & Dusting Living Room 11:00 I Word Search Puzzles 1:00 SO Movie Matinee 2:30 SP Club MC Happy Hour 3:30 E Beanbag Toss 5:30 SO Caroling around the Christmas Tree	7 9:30 P News & Weather 10:00 PH Morning Exercise 10:30 SO Coffee Break 11:00 O Bowling 1:30 I Prize Bingo 2:30 SO Hydration Station Punch & Ring Toss 3:30 PH Dominoes 4:00 P Floral Arranging 5:30 P Folding Laundry
8 9:30 PH Morning Exercise 9:30 I News & Weather Watch 10:30 SO Organic Juice Break 11:00 I Jeopardy with Alex Trebec 1:00 SP Sing Along to Hymns 1:30 SO Movie Matinee & Snack 3:30 PH Whack-a-Doodle 4:00 I Puzzle Time 5:30 P Magazine Scavenger Hunt: Hot Air Balloon Collage	9 9:30 PH Morning Exercise 10:00 SO Coffee Break 10:30 O Ring Toss 11:00 I Wheel of Fortune Game 1:30 I Bingo 1:30 IJ History Documentary: Utah's Bluff Balloon Festival 3:00 SO Handwriting Practice 4:00 P Eye-Hand Coordination Teamwork 5:30 E Calming Teatime & Jazz	10 Men's Day Out to Star Cinema Grill 9:30 SP Devotional with Pastor Webster 10:00 PH Morning Exercise 10:30 SO Hydration Station Flavored Water 10:30 P Word in a Word 11:00 PH Bowling 1:00 I YouTube Trivia Quiz 1:30 E Creative Crafts 2:00 O Men's outing to Movie Theater 4:00 PH Bucket Ball 5:30 P Moisturizing Hand Massages	11 9:30 PH Morning Exercise 10:00 SO Coffee Break 10:30 SP Devotional Time 11:00 PH Whack-a-Doodle Game 1:00 E Vintage TV Shows: The Carol Burnett Show 2:30 SO Ice Cream Social 3:30 SP Happy Days Sing-Along 5:30 I Checkers	12 9:30 PH Morning Exercise 10:00 SO Hydration Station Flavored-water Break 10:30 I Rummikub Game 11:00 E Tongue Twisters & Jokes 1:00 P News & Weather Watch 1:30 P Basketball Hoops Practice 2:00 SO Hollywood Movie & Popcorn 4:00 Hokey Pokey Dance Party 5:30 SO Ladies Night Pretty Nails Manicures	13 9:30 PH Morning Exercise 10:00 SO Coffee Break 10:30 I The Price is Right Game Show 10:45 P Cleaning & Dusting Living Room 11:00 I Word Search Puzzles 1:00 SO Movie Matinee 2:30 SP Club MC Happy Hour 3:30 E Beanbag Toss	14 9:30 P News & Weather 10:00 PH Morning Exercise 10:30 SO Coffee Break 11:00 O Bowling 1:30 I Prize Bingo 2:30 SO Hydration Station Punch & Ring Toss 3:30 PH Dominoes 4:00 P Floral Arranging 5:30 P Folding Laundry
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22 Chinese New Year Jan 22nd 9:30 PH Morning Exercise 9:30 I News & Weather Watch 10:30 SO Organic Juice Break 11:00 I Jeopardy with Alex Trebec 1:00 SP Sing Along to Hymns 1:30 SO Movie Matinee & Snack 3:30 PH Whack-a-Doodle 4:00 I Puzzle Time 5:30 P Magazine Scavenger Hunt: Chinese New Year Collage	23 9:30 PH Morning Exercise 10:00 SO Coffee Break 10:30 O Ring Toss 11:00 I Wheel of Fortune Game 1:30 I Bingo 1:30 IJ History Documentary: Utah's Ice Sculpture Festival 3:00 SO Handwriting Practice 4:00 P Eye-Hand Coordination Teamwork 5:30 E Calming Teatime & Jazz	24 9:30 SP Devotional with Pastor Webster 10:00 PH Morning Exercise 10:30 SO Hydration Station Flavored Water 10:30 P Word in a Word 11:00 PH Bowling 1:00 I YouTube Trivia Quiz 2:00 E Creative Crafts 4:00 PH Bucket Ball 5:30 P Moisturizing Hand Massages	25 9:30 PH Morning Exercise 10:00 SO Coffee Break 10:30 SP Devotional Time 11:00 PH Whack-a-Doodle Game 1:00 E Vintage TV Shows: The Carol Burnett Show 2:30 SO Ice Cream Social 3:30 SP Happy Days Sing-Along 5:30 I Checkers	26 Inspired Destination Dinner: Snowy Wonderland 9:30 PH Morning Exercise 10:00 SO Hydration Station Flavored-water Break 10:30 I Rummikub Game 11:00 E Tongue Twisters & Jokes 1:00 P News & Weather Watch 1:30 P Basketball Hoops Practice 2:00 SO Hollywood Movie & Popcorn 4:30 IJ Inspired Destination Dinner 5:30 SO Ladies Night Pretty Nails Manicures	27 9:30 PH Morning Exercise 10:00 SO Coffee Break 10:30 I The Price is Right Game Show 10:45 P Cleaning & Dusting Living Room 11:00 I Word Search Puzzles 1:00 SO Movie Matinee 2:30 SP Club MC Happy Hour 3:30 E Beanbag Toss	28 9:30 P News & Weather 10:00 PH Morning Exercise 10:30 SO Coffee Break 11:00 O Bowling 1:30 I Prize Bingo 2:30 SO Hydration Station Punch & Ring Toss 3:30 PH Dominoes 4:00 P Floral Arranging 5:30 P Folding Laundry
29 9:30 PH Morning Exercise 9:30 I News & Weather Watch 10:30 SO Organic Juice Break 11:00 I Jeopardy with Alex Trebec 1:00 SP Sing Along to Hymns 1:30 SO Movie Matinee & Snack 3:30 PH Whack-a-Doodle 4:00 I Puzzle Time 5:30 P Magazine Scavenger Hunt: Animal Life	30 9:30 PH Morning Exercise 10:00 SO Coffee Break 10:30 O Ring Toss 11:00 I Wheel of Fortune Game 1:30 I Bingo 1:30 IJ History Documentary: Four Corner's Destination 3:00 SO Handwriting Practice 4:00 P Eye-Hand Coordination Teamwork 5:30 E Calming Teatime & Jazz	31 9:30 SP Devotional with Pastor Webster 10:00 PH Morning Exercise 10:30 SO Hydration Station Flavored Water 10:30 P Word in a Word 11:00 PH Bowling 1:00 I YouTube Trivia Quiz 2:00 E Creative Crafts 4:00 PH Bucket Ball 5:30 P Moisturizing Hand Massages	Martin Luther King Jr Day Jan 16th 	Inspired Destination Dinner: Snowy Wonderland 	January Resident Birthday Party- Jan 19th 	Chinese New Year Party-Jan 20th 



2023
HAPPY NEW YEAR

Welcome New Plant Operations Director, Gerardo Vazquez

I'm sure many of you have met Gerardo, who prefers to go by "Jerry." He began his new job as Director of Plant Operations last month and hit the floor running, along with his trusty assistant, Walter. Jerry also manages Housekeeping services.

Jerry is from Pasadena and is newly married as of September.

He is the father of two, a girl and a boy, and enjoys horseback riding when he has the chance.

We are happy to have Jerry join the ILSL Team!

Board Games and the Brain

Besides being fun, board games also benefit the brain. The strategy and problem-solving skills involved in playing board games engages the parts of the brain that control memory and complex thinking. Research shows that participating in non-digital games helps keep the mind sharp, even for people who waited until their later years to start playing regularly. We accept donated games you are no longer using.

Come join our Residents for some FUN & GAMES!

Happy New Year from all of us at HealthPRO Rehabilitation! Come see us and discover how we can help you and your loved ones live a better life in 2023

The landscape of Utah is made up of mountains, high plateaus, and deserts. At the Four Corners, in the southeast portion of the state, it meets Colorado, New Mexico and Arizona. Utah became the 45th member of the United States on January 4, 1896 and will also celebrate an anniversary this month. The state capital is in Salt Lake City, and Utah has some of the best skiing in the country. The mountains near Salt Lake City receive an average of 500 inches of snow per year. It will be great fun exploring this state's snowy landscape and experiencing this winter wonderland. Please join us at our Inspired Destinations dinner the last Thursday of the month and help us celebrate Utah!

Highlights for January 2023!

January 1 New Year's Day Black-eyed Peas & Cornbread

January 10 Men's Day out to Star Cinema Theater

January 16 Martin Luther King Jr. Day & Program

January 19 Resident Birthday Party - Pat Eison 2:30 PM

January 20 Celebrating Chinese New Year 2023

January 26 Utah's Inspired Destination Dinner: Snowy Wonderland

MC Ice Cream Social every Wednesday at 2:30 PM

MC Happy Hour - Friday, 2:30 PM, plus Chinese New Year Party on Jan 20th

Please come and join our Residents for any and all activities!