

BLACK WHITE BALL



Celebrating Seniors

SATURDAY SEPTEMBER 28TH

3:00 PM



BakerRipley
SOUTHPARK

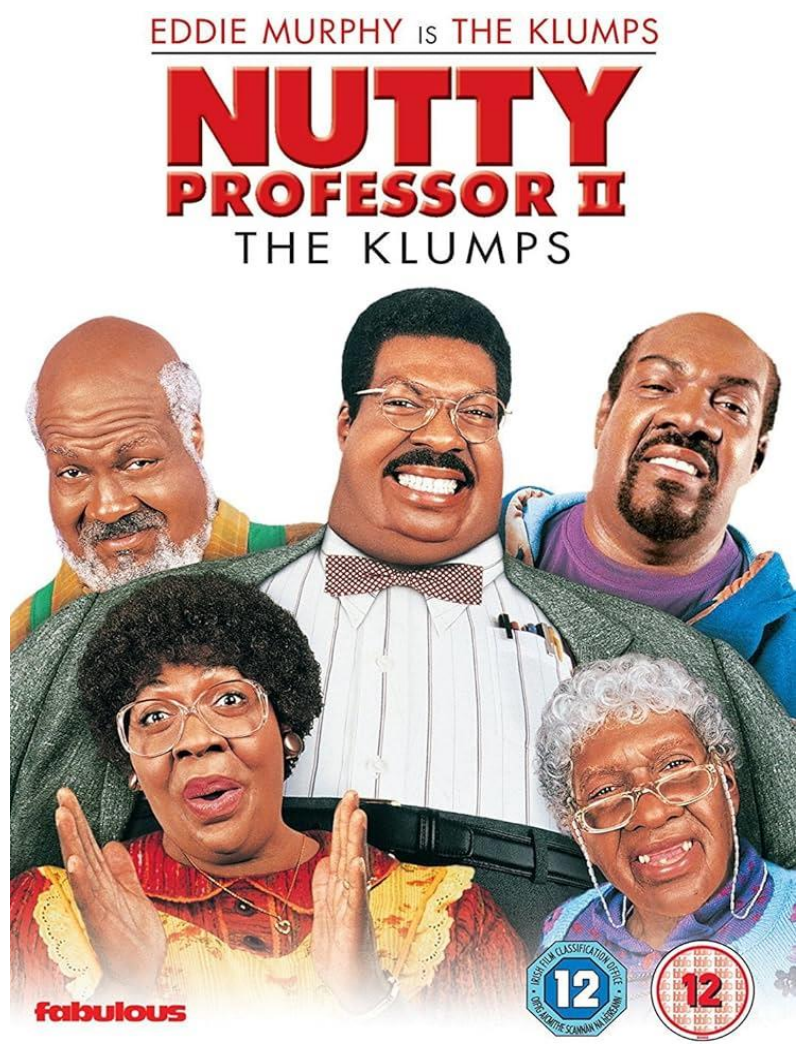
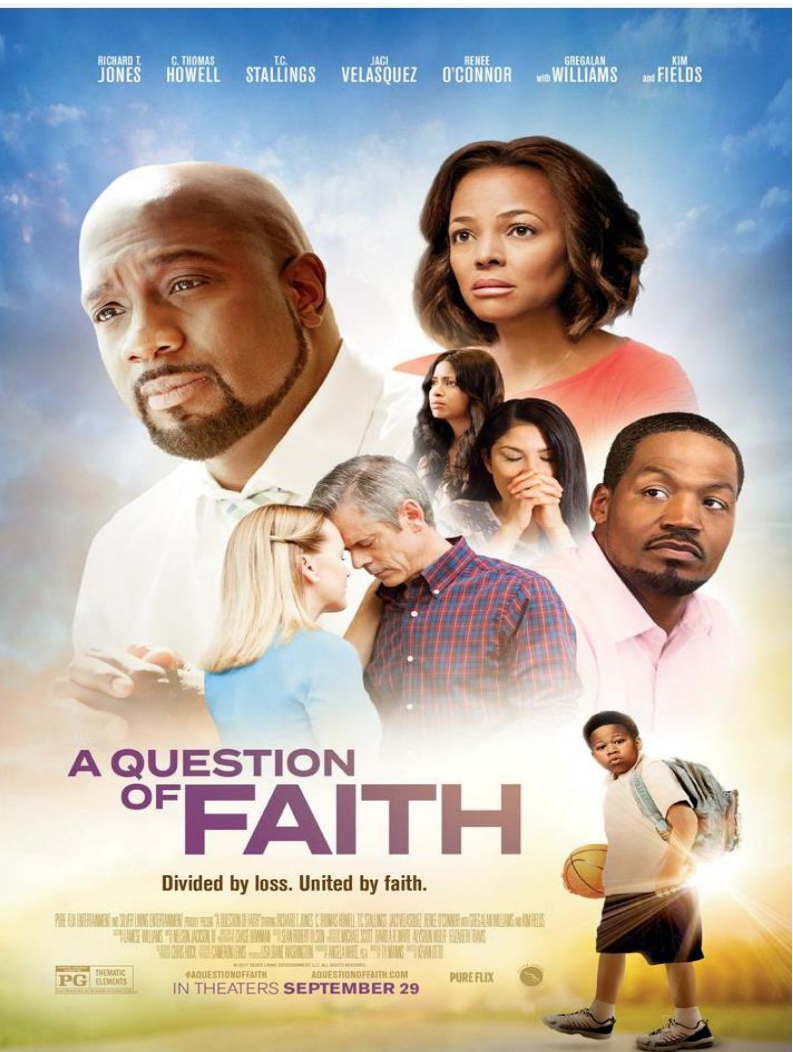
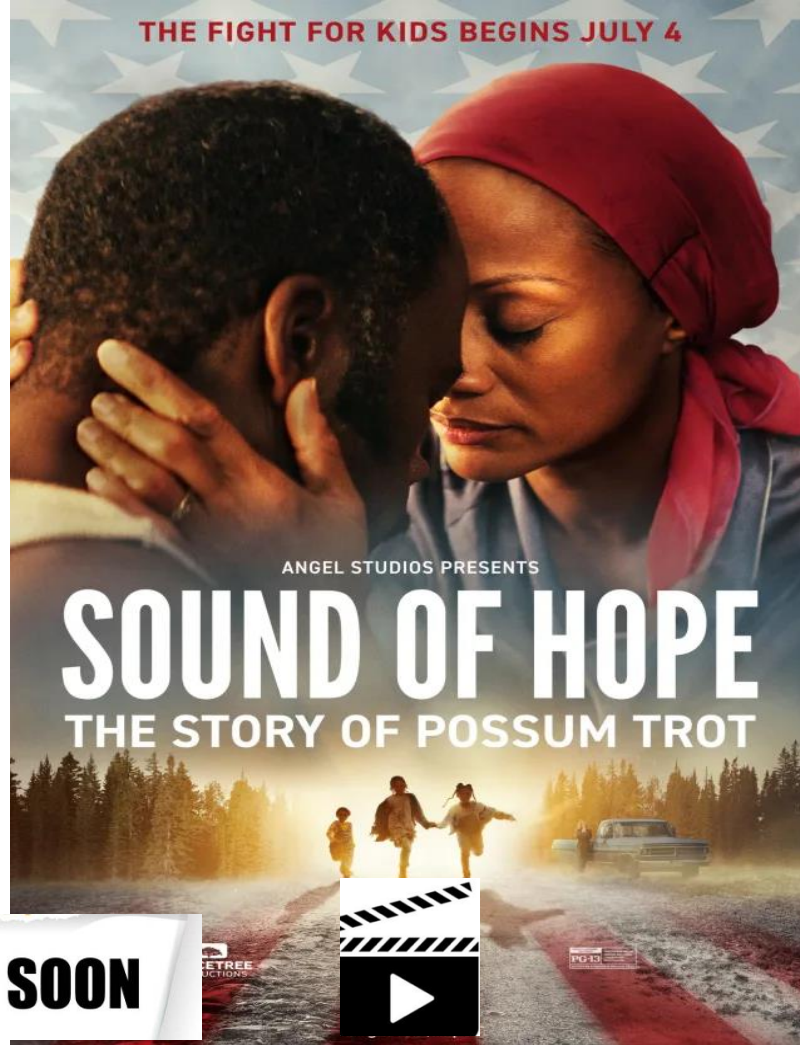
Calendar
AUGUST 2024



From the makers of WAR ROOM, OVERCOMER and COURAGEOUS



COMING SOON



BakerRipley SouthPark

WELCOME TO WELLNESS

5830 Van Fleet Building A Houston, TX 77033

713-644-1252

Senior Health & Wellness Center

Upcoming Events Spot Light

SENIOR'S FESTIVAL THURSDAY-SEPTEMBER 19th

BIRTHDAY CELEBRATION WEDNESDAY-SEPTEMBER 25th

HOUSTON FOOD BANK APPLE BOX COMING BACK IN OCTOBER

Monday

10:00 AM

10:30 AM

Bingo

Motivational Monday

Gospel Walk

Tuesday

10:00 AM

10:45 AM

Chair Volleyball

Price is Right

Wednesdays

10:00 AM

Line Dancing 2nd & 4th Wednesdays

My Walk is my Witness

Thursdays

10:00 AM

Keep Moving with "Ruthie" Chair Exercise

Gospel Walk

Volleyball Re-Match Optional

10:30 AM

Password Table Teams

Friday

10:00 AM

10:30 AM

TAI CHI

Family Feud



Our Affirmations for Aging Positively

Affirmations for Seniors

The first step on the road to positivity is to choose an uplifting affirmation that resonates well. The affirmation may likely change as you go through life and milestones. Here are some examples of daily affirmations for seniors to repeat out loud every day:

- “My life is taking place here right now.”
- “Every day I find happiness and comfort, even in the littlest things.”
- “I release any negative thoughts that do not serve me.”
- “I accept what I cannot change.”
- “I believe in myself and take the necessary steps to fulfill my goals.”

When choosing positive words for aging to repeat to yourself every day, you need to remember one thing: The affirmation should empower you to achieve a goal or overcome an internal roadblock. It should focus on your strengths and help you feel more relaxed and confident.

Affirmations for Caregivers

Positive words for aging can certainly boost a senior’s overall well-being, but affirmations are not just for older adults. Are you currently caring for an elderly parent or loved one? While the work is rewarding, it is also extremely draining. If you feel like your mental health is taking a beating, consider repeating one of these affirmations for caregivers on a daily basis:

- “I play a vital role in my loved one’s health and what I do is important.”
- “I am strong and courageous and can overcome challenges.”
- “I will focus on the things that bring me joy and let go of negative thoughts.”
- “I’m allowed to tend to my emotional, mental, and physical well-being without feeling guilty because it makes me a better caregiver when I do.”
- “I am allowed to ask for help. It only makes me stronger.”

BakerRipleySouthPark

Welcome



September 6th

Oak Street Health Chefs For Seniors
Nutritional Class

September 16th

Motivational Monday & Bible Study
Nutritional Class

September 30th

Special Behemoth Bingo
Nutritional Class



**THURSDAY
SEPT 19TH**

JOIN US FOR OUR MONTHLY

A HEALTHIER YOU

BOOTCAMP

- SUPER BINGO & PRIZES
- LINE DANCING WITH LIVE DJ
- STRENGTH TRAINING
- KICKBOXING
- YOGA
- NUTRITION COURSE & LUNCH



BAKER RIPLEY SOUTH PARK

5830 VAN FLEET STREET, HOUSTON, TX 77033

OCHS helping you become a healthier you.

(for transportation please call 866-669-6247) Please RSVP

visit us online @ www.OCHS.life



Wellness Check

CHECK ALL THAT APPLY

WELCOME TO WELLNESS

EMOTIONAL

- Am I satisfied with how my life is turning out?
- How well do I manage my stress levels?
- Am I happy and content most days?

PHYSICAL

- Do I eat healthy and nutritious food?
- What kinds of physical activities do I do?
- Am I as healthy as other people my age?

INTELLECTUAL

- How often do I try to learn new things?
- What do I do to stay mentally stimulated?
- Do I attend cultural or educational events?

SOCIAL

- How often do I socialize with friends?
- Are my relationships a source of satisfaction?
- Do I invite guests to my home semiregularly?

OCCUPATIONAL

- Do I share my knowledge with others?
- How often do I volunteer or work?
- Am I bored or do I use my time wisely?

SPIRITUAL

- How often do I meditate, or reflect?
- Do I have a sense of purpose and meaning?
- Do I feel in harmony with my surroundings?

SEPTEMBER 2024

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 LABOR DAY CLOSED	3 10AM Chair Volleyball 10:45 AM Price is Right	4 CORN HOLE TOSS	5 Keep Moving with "Ruthie" Gospel Walk Password Table Teams	6 10AM TAI CHI 10:30 AM OAKSTREET CHEF	7
8	9 Bingo Motivational Monday Gospel Walk	10 10AM Chair Volleyball 10:45 AM Price is Right	11 Line Dancing 2nd & 4th Wednesdays My <u>Walk</u> is my <u>Witness</u>	12 Keep Moving with "Ruthie" Gospel Walk Password Table Teams	13 10AM TAI CHI 10:30 AM Family Feud TRIVIA PURSUIT	14
15	16 Bingo Motivational Monday Gospel Walk	17 10AM Chair Volleyball 10:45 AM Price is Right	18 CORN HOLE TOSS	19 NUTRITION BOOT CAMP	20 10AM TAI CHI 10:30 AM Family Feud TRIVIA PURSUIT	21
22	23 Bingo Motivational Monday Gospel Walk	24 10AM Chair Volleyball 10:45 AM Price is Right	25 Line Dancing 2nd & 4th Wednesdays My <u>Walk</u> is my <u>Witness</u>	26 Keep Moving with "Ruthie" Gospel Walk Password Table Teams	27 10AM TAI CHI 10:30 AM Family Feud TRIVIA PURSUIT	28 BLACK AND WHITE BALL
29	30 Behemoth Bingo Motivational Monday Gospel Walk					

OCTOBER 2024

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		