



# Watercrest @ Shadow Creek Ranch May 2025 Events

Friday, May 2, 4:00 pm – **Sam Houston Race Park** Horse racing. For more info on the venue and events: [www.shrp.com](http://www.shrp.com) (TRIP) - Sign up with Activities or register on Life Loop.

Saturday, May 3, beginning at 11 am - **Watercrest Funfest Carnival**  
Enjoy a Bounce House, Face Painting, Petting Zoo, Games, Prizes, Cotton Candy, Funnel Cakes, Hamburger baskets \$10, lots of fun!!  
**Bring the family and friends!! (CY)**

Monday, May 5, 7:30 am – **Men's Breakfast** at Busy Bee Café  
**TRIP) - Sign up with Activities or register on Life Loop.**

Monday, May 5, 11:30 am – **Cinco de Mayo** with Margaritas.  
Cinco de Mayo, or the fifth of May, is a holiday that celebrates the date of the Mexican army's 1862 victory over France at the Battle of Puebla during the Franco-Mexican War. Today, it honors Mexican culture and heritage. It is celebrated in the US in cities with significant Mexican-American communities. The first celebrations did not include margaritas, since they weren't invented until the 1940's. (DH)

Wednesday, May 7, 10:45 am – **A Little Day Music** - free concert at the Wortham Center. Features a variety of chamber music and jazz, presented in an accessible, one-hour concert format. Audiences are invited to enjoy their lunch while listening to the music. Order a sack lunch from Watercrest chicken salad on croissant, chips, fruit cup and cookie for \$6 or bring your own. (TRIP) - Sign up with Activities or register on Life Loop.

Wednesday, May 7, 4:00 pm – **Mother's Day Tea Party** (DH)

**Free – Ladies only – light meal served with hot and cold teas and a fancy dessert. Sign up with Activities or register on Life Loop.**

Thursday, May 8, 2:00 pm - **Chef Talk** with Rashard (SL)

Friday, May 9, 12:00 pm – **Birrieria & Micheladas #3** Mexican cuisine with a trip to the owners small farm / petting zoo. It's a unique experience. (TRIP) - Sign up with Activities or register on Life Loop.

Friday, May 9, 1:30 pm – **Women's Health** by Select Rehab (MR)

Friday, May 9, 6:00 pm – **Pasadena Little Theater** – "Four Old BROADS on the High Seas". A Sassy Seniors cruise to the Bahamas. Beatrice is determined to have her pick of ALL the eligible men on the ship, but Maude, fresh from her win at The Miss Magnolia Senior Citizen Pageant, plans on being her biggest competition. Wedding bells are ringing for Sam and Imogene, maybe. And Eddy just wants to know

what all the fuss is about up on the topless sun deck. Throw in a murder mystery, a fabulous drag queen and a crazy costume party, and you're in for a laugh-a-minute, side-splitting laugh-out-loud night of fun. \$14.00 (TRIP) - Sign up with Activities or register on Life Loop.

Saturday, May 10, 9:00 am – **Veterans' Breakfast**. Come and swap stories. All branches of the service are welcome (PD) Free

Monday, May 12, 10:00 am – **Painting with Freddie** (CR)

Wednesday, May 14, 10:30 am – **Catholic Mass** (SL)

Wednesday, May 14, 4:30 pm – **Couples' Night Out** – Saltgrass Steak House (TRIP) - Sign up with Activities or register on Life Loop.

Thursday, May 15, 2:30 pm – **Health Talk** with Select Rehab (MR)

Friday, May 16, 8:30 am – **USS Ellisa, Dolphin Tour** with lunch at Fisherman's Wharf. (1) The tall ship Elissa is a three-masted barque based in Galveston and is one of the oldest ships sailing today. Launched in 1877, she is now a museum ship at the Galveston Historic Seaport. (2) Dolphin Tour lasting 45 minutes lets you spot dolphins in their natural habitat. The guide knows the best spots to look. \$20 (3) Fisherman's Wharf has been a legacy since 1940 of great seafood with great views of the bay and of the ship Elissa. (TRIP) - Sign up with Activities or register on Life Loop.

Friday, May 16, 1:30 pm – **Pain Management** by Biotronik (MR)

Saturday, May 17, 8:00 am – **Golden Nugget Casino**, Casino resort in Lake Charles, LA. Over 1,600 slots, 87 table games, seven live-action poker tables, numerous restaurants. (TRIP) - Sign up with Activities or register on Life Loop.

Sunday, May 18, 2:00 pm – **Book Club** (SL)

Monday, May 19, 1:30 pm – **Spa Day** Sign up with Activities or register on Life Loop (CR)

Tuesday, May 20, 3:00 pm – **Birthday Celebrations** (DH)

Wednesday, May 21, 7:30 am - **Ladies' Breakfast**, Busy Bee Café  
**TRIP) - Sign up with Activities or register on Life Loop.**

Wednesday, May 21, 9:00-11:30 am - **Dr Griert, Podiatrist**. Sign up with concierge. (DR)

Wednesday, May 21, 4:30 pm – **Men's Night Out** – Boogie's BBQ .  
(TRIP) - Sign up with Activities or register on Life Loop.

Thursday, May 22, 2:00 pm – **Town Hall Meeting (DH)**. Get updates, ask questions, and discuss happenings at Watercrest. (DH)

Friday, May 23, 1:30 pm – Wellness Presentation by George - **Meditation** Meditation is 4,000 to 6,000 years old and is a part of all world religions. Scientific research indicates that meditation has many health benefits: stress and anxiety reduction, improved sleep, eases chronic pain, lowers blood pressure and improves heart health, boosts the immune system and lung function, reduces drug usage, makes beneficial changes in the brain. The bottom line is that meditation has many benefits at little financial cost. About 14% of the USA population meditates. The Wellness presentation is an introduction to meditation so you can decide if it is a practice you wish to pursue. (MR)

Friday, May 23, 6:00 pm – **Pasadena Hometown Opry**  
Country music, gospel, awesome band, many talented entertainers.  
(TRIP) Sign up with Activities or on Life Loop \$12

Saturday, May 24, 9:30 am – **Brunch** – menu will be posted that week.  
Sign up with Life Loop or with Activities (DH) \$21

Sunday, May 25, 5:00 pm – **Pot Luck Dinner** – Sign up to bring a dish that you have prepared or purchased (DH)

Monday, May 26, 2:00 pm – **Patriotic Music** by Cindy St Cyr (DH)

Wednesday, May 28, 4:00 pm – **Wednesday Night Dinner** Bar B que brisket , sausage, potato salad, baked beans and more. Sign up with Activities or with Life Loop (DH) \$18

Thursday, May 29, 1:30 pm – **Health Talk** with Select Rehab (MR)

Friday, May 30, 10:00 am – 2:00 pm - **Kathy's Blouses** 3 for \$45  
**CASH** Pop-up shop. Blouses, jewelry, purses, other misc (CA)

### Bingo at Watercrest

New residents are sometimes hesitant to drop in because they don't know how much it will cost or how the game is handled at Watercrest. Rest assured a few dollars can keep you entertained for the session. Cards are \$1 each and most residents choose to play 3 cards. That investment will let you play all the rounds (about 1 hour). All the money goes back to the winners.

Other players at your table are willing to explain each variation of the game and are supportive of newcomers.

Regular games are at 6:30 pm Tuesdays and 3 pm Thursdays. There are occasional games on Saturday or other occasions. These will be listed in your weekly schedule that is put in your cubbies; you can also check Life Loop and flyers in the elevators and by the mailboxes.

It is important that you come early to get a good seat and get your cards so that calling can begin on time. Latecomers may miss the first round.

**Bunco** is another game that many residents enjoy. It is available at 2 pm on Tuesdays in the Dining Hall.

Check it out!

### Outings – Sign up with Activities or in Life Loop

**Check Life Loop and flyers in elevators and by mailboxes for updates**

5/2– Sam Houston Race Park - 4:00 pm  
5/5 - Men's Breakfast – Busy Bee - 7:30 am  
5/7 - A Little Day Music –10:45 am  
5/14 - Couple's Night Out – Saltgrass - 4:30 pm  
5/16– USS Ellisa, Dolphin Tour – 8:30 am  
5/17– Golden Nugget – 8:00 am

### Watercrest General Store

Some residents have yet to discover our General Store located in the hallway behind the kitchen. There are some handy items at really good prices. There might be something you forgot to pick up at the grocery store; you might have a sudden desire for a snack; or you might realize you are out of stamps. The General Store can take care of these needs.

Sample prices:

- Bottled Water 50 cents
- Greeting cards 50 cents
- Canned soft drinks 75 cents
- Snack packages \$1.50
- Envelopes 10 cents
- Stamps 73 cents (same as post office)

Other items:

- Personal hygiene items (shampoo, soap, deodorant, toothpaste, toothbrushes, etc.)
- Toilet paper, tissues, paper towels
- Laundry and cleaning supplies
- Zip-loc bags, trash bags
- Paper plates

**We will consider requests for your preferred items. Come and check us out!**

**Open Hours: 10-11 am Mon-Fri**

**General Store is staffed by volunteers. More volunteers mean we can be open more hours. If you are interested, contact Activities.**

### Watercrest Gardening Club – May Update

Even if you aren't into gardening, you might enjoy seeing the plentitude of vegetables, butterfly plants, and flowers in the garden in the courtyard. As vegetables ripen, feel free to take some. All residents of Watercrest are eligible to participate in the garden club. Come and find a spot to do your own planting or help with the "community" plantings. Contact George Letchworth if you are interested.