

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 2025 SOCIAL & FITNESS CALENDAR		7:45 Strength DVD (DS, WC) 9:00 Water Aerobics (P, WC) 10:00 Wii Bowling Beauties (AR) 10:25 Stretch/Balance (DS, WC) 1:00 Bridge Club (SL) 1:30 Pedal The World (AR) 2:15 Drum Class (DS, WC) 3:00 TOWN HALL MEETING (L) 7:15 Evening Movie (T) Canada Day	7:45 Core DVD (DS, WC) 9:00 Water Aerobics (P, WC) 10:25 Flexibility & Gentle Stretch (AR) 10:30 Bus Leaves for Luncheon at "Grace's" American Cuisine (O) 1:15 Exercise Equipment Tutorial (Gym, WC) 1:30 Sit & Be Fit (DS, WC) 2:15 Walking Club (SL) 4-7 IL OPEN HOUSE 5-7 Dinner at the Bistro, WC	7-9 Hydrotherapy: 4 Sessions (Therapy Pool, WC) 9:00 Noodle Workout (P, WC) 10:00 Wii Bowling Queen Pins (AR) 10:25 Stretch/Balance (DS, WC) 12-2:30 Hydrotherapy: 5 Sessions (Therapy Pool, WC) 3:00 "Balance Tracker" Demo by guest speaker, Keith Alstrom (AR) 7:15 Evening Movie (T)	10:15 Needle Art (2nd floor L) 10:30 Morning Exercise (AR) 11:1 RED, WHITE, BLUE & BBQ (DR) 1:15 Bus leaves to the Fair Heaven United Methodist Church for a FREE "4th of July Concert" by Houston Concert Band (O) 1:00 Wii Bowling Follies (AR) 1:00 Bridge Club (SL) 3:00 "The History of Independence Day, 4th of July" *YouTube* (T) 7:15 Evening Movie "Patriot" (T) 9:00 Fireworks Watch (2nd fl. Balcony, WC) Independence Day (US)	9:00 Garden Club (CY, 2nd floor) 10:30 Morning Exercise (AR) 1:30 Afternoon Matinée (T) "Sam Houston" DVD 3:00 Baking Club with Kori "Patriotic Parfaits" & Sing-Along Social (AR) 4:00 Rummikub for fun (SL) 7:15 Evening Movie (T)
8:00 Church Services (O) 10:30 Morning Exercise (AR) 2:00 Chapelwood United Methodist Church Online Worship Service (T) 3:00 Ice Cream Social (GS) 4:00 Rummikub for fun (SL) 8:00 Sunday Movie (T) "The Gilded Age" HBO	7-9 Hydrotherapy: 4 Sessions (Therapy Pool, WC) 9:00 Water Aerobics (P, WC) 10:15 Card Kit Class (AR) 10:25 Sit & Be Fit (DS, WC) 12-2:30 Hydrotherapy: 5 Sessions (Therapy Pool, WC) 1:00 Bible Study (AR) 3:00 Domino Club (SL) 7:15 Evening Movie (T)	7:45 Strength DVD (DS, WC) 9:00 Water Aerobics (P, WC) 10:00 Wii Bowling Beauties (AR) 10:25 Stretch/Balance (DS, WC) 1:00 Bridge Club (SL) 1:30 Pedal The World (AR) 2:15 Corn Hole (Outside of GS) 3:00 EXPERT TALK "Nourishing Longevity" by Holistic Nutritionist, Najma Mohamed (AR) 7:15 Evening Movie (T)	7:45 Core DVD (DS, WC) 9:00 Water Aerobics (P, WC) 9:15 Bus Leaves for Galveston, TX "Bishop's Palace" & Lunch "Kathi's Seafood House" (O) 10:25 Flexibility & Gentle Stretch (AR) 1:30 Sit & Be Fit (DS, WC) 1:30 Adult coloring pages (AR) 2:15 Walking Club (SL) 3:30 Bingo & Popcorn (AR) 7:15 Evening Movie (T)	7-9 Hydrotherapy: 4 Sessions (Therapy Pool, WC) 9:00 Noodle Workout (P, WC) 10:00 Wii Bowling Queen Pins (AR) 10:15 Giant Crossword Puzzle (2nd. floor L) 10:25 Stretch/Balance (DS, WC) 12-2:30 Hydrotherapy: 5 Sessions (Therapy Pool, WC) 3:00 Monthly Birthday & Wedding Anniversary Party with Jesus A. (AR) 7:15 Evening Movie (T)	7:45 Cardio DVD (DS, WC) 9:00 Water Aerobics (P, WC) 9:30 Senior Seated Stretch Class with Ryan~ FREE (2nd floor L) 10:00 Catholic Communion (AR) 10:15 Needle Art (2nd floor L) 10:25 Sit & Be Fit (DS, WC) 1:00 Wii Bowling Follies (AR) 1:00 Bridge Club (SL) 1:30 Line Dance (DS, WC) 2:15 Walking Club Party (BIS, WC) 2:30 Greeting Cards Workshop (AR) 7:15 Evening Movie (T)	9:00 Garden Club (CY, 2nd floor) 10:30 Morning Exercise (AR) 1:30 Afternoon Matinée (T) "Fun with Dick & Jane" DVD 2:30 Arts & Crafts Workshop Rock Painting (AR) 4:00 Rummikub for fun (SL) 7:15 Evening Movie (T)
8:00 Church Services (O) 10:30 Morning Exercise (AR) 2:00 Chapelwood United Methodist Church Online Worship Service (T) 3:00 Ice Cream Social (GS) 4:00 Rummikub for fun (SL) 8:00 Sunday Movie (T) "The Gilded Age" HBO	7-9 Hydrotherapy: 4 Sessions (Therapy Pool, WC) 9:00 Water Aerobics (P, WC) 10:15 Card Kit Class (AR) 10:25 Sit & Be Fit (DS, WC) 12-2:30 Hydrotherapy: 5 Sessions (Therapy Pool, WC) 1:00 Bible Study (AR) 2:30 Tai Chi by "Synaptik" (BR, WC) 3:00 Domino Club (SL) 7:15 Evening Movie (T)	7:45 Strength DVD (DS, WC) 9:00 Water Aerobics (P, WC) 10:00 Wii Bowling Beauties (AR) 10:25 Stretch/Balance (DS, WC) 1:00 Bridge Club (SL) 1:30 Pedal The World (AR) 2:15 Line Dance (DS, WC) 3:00 LUAU PARTY with "Malia's Hula Hut" dancers (AR) 7:15 Evening Movie (T)	9:15 Bus Leaves for Heritage Museum of Montgomery County & Lunch at "Pie in the Sky" (O) 10:25 Morning Exercise (AR) 1:30 Adult coloring pages (AR) 3:30 Bingo & Popcorn (AR) 7:15 Evening Movie (T)	- National Tattoo Day! 10:00 Wii Bowling Queen Pins (AR) 10:15 Giant Crossword Puzzle (2nd. floor L) 1:30 Afternoon Exercise (AR) 1:30 Book Club (SL) 3:00 Root Beer Floats, Temporary Tattoos & Music (AR) 7:15 Evening Movie (T)	9:30 Senior Seated Stretch Class with Ryan~ FREE (2nd floor L) 10:15 Needle Art (2nd floor L) 1:00 Wii Bowling Follies (AR) 1:00 Bridge Club (SL) 3:00 Laughter Wellness with instructor, Emma Ferguson (AR) 7:15 Evening Movie (T)	9:00 Garden Club (CY, 2nd floor) 10:30 Morning Exercise (AR) 1:30 Afternoon Matinée (T) "Amazing Dogs" DVD 3:00 Men's Club (SL) 4:00 Rummikub for fun (SL) 7:15 Evening Movie (T)
- National Ice Cream Day! 8:00 Church Services (O) 10:30 Morning Exercise (AR) 2:00 Chapelwood United Methodist Church Online Worship Service (T) 3:00 Ice Cream Social (GS) 4:00 Rummikub for fun (SL) 8:00 Sunday Movie (T) "The Gilded Age" HBO	10:15 Morning Exercise (AR) 1:00 Bible Study (AR) 3:00 EXPERT TALK (AR) Historic Houston with Mister McKinney 3:00 Domino Club (SL) 7:15 Evening Movie (T)	10:00 Wii Bowling Beauties (AR) 1:00 Bridge Club (SL) 1:30 Pedal The World (AR) 3:00 EXPERT TALK (AR) Lone Star Flight Museum presents "Grumman F4F Wildcat" by guest speaker, Ronnie Alford 7:15 Evening Movie (T)	7:45 Core DVD (DS, WC) 9:00 Water Aerobics (P, WC) 9:15 Bus Leaves for 1940 Air Terminal Museum & Lunch t "Steamboat Bill's" Seafood restaurant (O) 10:25 Flexibility & Gentle Stretch (AR) 1:30 Sit & Be Fit (DS, WC) 1:30 Adult coloring pages (AR) 2:15 Walking Club (SL) 3:30 Bingo & Popcorn (AR) 7:15 Evening Movie (T)	7-9 Hydrotherapy: 4 Sessions (Therapy Pool, WC) 9:00 Noodle Workout (P, WC) 10:00 Wii Bowling Queen Pins (AR) 10:15 Giant Crossword Puzzle (2nd. floor L) 10:25 Stretch/Balance (DS, WC) 12-2:30 Hydrotherapy: 5 Sessions (Therapy Pool, WC) 1:30-4 Resident's Panel (WC) 3:00 Paint Workshop ~ Watercolor (AR) 7:15 Evening Movie (T)	7:45 Cardio DVD (DS, WC) 9:00 Water Aerobics (P, WC) 9:30 Senior Seated Stretch Class with Ryan~ PAY (2nd floor L) 10:15 Needle Art (2nd floor L) 10:25 Sit & Be Fit (DS, WC) 1:00 Wii Bowling Follies (AR) 1:00 Bridge Club (SL) 1:30 Line Dance (DS, WC) 2:15 Walking Club (SL) 3:00 Happy Hour with entertainer, Glen Langford (AR) 7:15 Evening Movie (T)	9:00 Garden Club (CY, 2nd floor) 10:30 Morning Exercise (AR) 1:30 Afternoon Matinée (T) "The Carol Burnett Show" Together Again DVD 3:00 Weekend Bingo (AR) 4:00 Rummikub for fun (SL) 7:15 Evening Movie (T)
8:00 Church Services (O) 10:30 Morning Exercise (AR) 2:00 Chapelwood United Methodist Church Online Worship Service (T) 3:00 Ice Cream Social (GS) 4:00 Rummikub for fun (SL) 8:00 Sunday Movie (T) "The Gilded Age" HBO	7-9 Hydrotherapy: 4 Sessions (Therapy Pool, WC) 9:00 Water Aerobics (P, WC) 10:00 Tech Workshop with Michael ~ Sign up (AR) 10:25 Sit & Be Fit (DS, WC) 12-2:30 Hydrotherapy: 5 Sessions (Therapy Pool, WC) 1:00 Bible Study (AR) 3:00 Domino Club (SL) 7:15 Evening Movie (T)	7:45 Strength DVD (DS, WC) 9:00 Water Aerobics (P, WC) 10:00 Wii Bowling Beauties (AR) 10:25 Stretch/Balance (DS, WC) 1:00 Bridge Club (SL) 1:30 Pedal The World (AR) 2:15 Corn Hole (Outside of GS) 3:00 Chef's Cooking Demo (AR) 7:15 Evening Movie (T)	7:45 Core DVD (DS, WC) 9:00 Water Aerobics (P, WC) 10:25 Flexibility & Gentle Stretch (AR) 1:00 School Supply Donations Drop Off at "Star of Hope" (O) 1:30 Sit & Be Fit (DS, WC) 1:30 Adult coloring pages (AR) 2:15 Walking Club (SL) 3:30 Bingo & Popcorn (AR) 4:30 Bus Leaves for Dine Around Houston to "Jonathan's The Rub" (O) 7:15 Evening Movie (T)	7-9 Hydrotherapy: 4 Sessions (Therapy Pool, WC) 9:00 Noodle Workout (P, WC) 10:00 Wii Bowling Queen Pins (AR) 10:15 Giant Crossword Puzzle (2nd. floor L) 10:25 Stretch/Balance (DS, WC) 12-2:30 Hydrotherapy: 5 Sessions (Therapy Pool, WC) 3:00 Meet & Greet Social (AR) 7:15 Evening Movie (T)		

THE ABBEY INDEPENDENT LIVING ~ FITNESS CLASSES, ACTIVITIES & TIMES ARE SUBJECT TO CHANGE ~ SEE BACK PAGE FOR ADDITIONAL INFORMATION



SOCIAL & FITNESS CALENDAR
INDEPENDENT LIVING



COLOR KEY	LOCATION KEY	FRONT DESK	DINING ROOM	GENERAL STORE	BISTRO	BENCHMARK
Black - Recurring, scheduled on-site events Blue - Fitness programs Red - Outings with sign-up required Purple - Special events Gold - All program gathering events (IL, AL & MC) Green – New resident welcome info	FD- Front Desk L - Lobby O - Outing DR- Dining Room PDR- Private Dining Room AR-Activity Room, 2nd floor CY- Courtyard, 1st & 2nd floor LIB- Library, 1st floor GS- General store, 2nd floor T- Theater, 3rd floor SL- Sports Lounge, 4th floor WC- Wellness Center BIS- Bistro (1st floor) WC DS- Dance Studio, WC P- Indoor Pool, WC BR- Ball Room (2nd floor) WC AL, MR- Assisted Living, Multi-purpose room, 1st floor	<i>Concierge hours (8am-8pm)</i> Phone: 281-556-6020 <i>Security hours (8pm-8am)</i> Phone: 713-876-5134 TRANSPORTATION <i>Monday & Friday (9am-1pm)</i> GROCERY STORES, RUN ERRANDS <i>Tuesday & Thursday (8am-4pm)</i> MEDICAL APPOINTMENTS by reservation <i>Wednesday</i> SCHEDULED EXCURSIONS according to monthly calendar <i>Sunday (8am- 1pm)</i> CHURCH SERVICES	<i>Hours of operations:</i> Monday- Saturday Breakfast (7:30am-8:30am) Lunch (11am-1pm) Dinner (5pm-7pm) Sunday Brunch (9am-2pm) Sunday Light Dinner – TO GO Pick up only (5pm-5:30pm) For Private Dining Room RESERVATION, contact the dining room Supervisor.	<i>Available 24/7 (9am-5pm)</i> During business hours contact the Activity Department. After hours contact security. RENTAL To reserve a GUEST room please contact our front desk. For other family gatherings and private events please contact the Social Director. <u>Spaces available for reservation are:</u> Ball Room, WC (2nd floor) Grill, Bistro, WC (1st floor) Sports Lounge, IL (4th floor)	BISTRO Wellness Center, 1st floor <i>Hours of operations:</i> Monday- Saturday (9am-3pm) THE STRAND BEAUTY SALON Wellness Center, 2nd floor Hairdresser (Ana Bonilla) Tue-Sat (281) 615-9184 Nail Technician (Lee Le) Mon-Fri (713) 513-0655	BENCHMARK <u>Home Health & Hospice</u> Wellness Center, 1st floor ON-SITE PHYSICAL THERAPY Business hours: Mon-Fri (9:30am-11:30am) and (1pm-3pm). Services are available outside of office hours by request. Please contact administrator Zach Chaumont at (713) 337-4444 