

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 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) 7:15 Sunday Movie (T) Shavuot Begins	2 7:45 Cardio DVD (DS, WC) 9:00 Water Aerobics (P, WC) 10:15 Card Kit Class (AR) 10:25 Sit & Be Fit (DS, WC) 1:00 Bible Study (AR) 1:15 Drum Class (DS, WC) 2:00 Line Dance (DS, WC) 3:00 Historic Houston with Mister McKinney (AR) 7:15 Evening Movie (T)	3 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) 2:00 Squiggle Ball (AR) 2:45 Patriotic Group Photo for the troops (FD) 3:00 TOWN HALL MEETING (L) 7:15 Evening Movie (T)	4 7:45 Core DVD (DS, WC) 9:00 Water Aerobics (P, WC) 9:15 Bus Leaves for “Prairie Edge Museum” & “Eagle Lake Depot Museum” & Lunch “Las Flores” Mexican 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)	5 7:45 Strength DVD (DS, 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) 1:30 Pedal The World (AR) 2:00 Corn Hole (Outside GS) 3:00 “Andre Rieu-Live in Dublin” YouTube (T) 7:15 Evening Movie (T)	6 National Donut Day! 7:45 Cardio DVD (DS, WC) 9:00 Water Aerobics (Pool) 9:30 Senior Seated Stretch Class with Ryan ~ FREE (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 Seated Walking Ch.1 DVD (2nd fl. L) 2:15 Walking Club (SL) 3:00 Donut Party (SL) 7:15 Evening Movie (T)	7 9:00 Garden Club (CY, 2nd floor) 10:30 Morning Exercise (AR) 1:30 Afternoon Matinée (T) - The Legendary Victor Borge “DVD” 2:30 *All Programs Gathering* KIDS RUNWAY SHOW in celebration of Children’s Day (BR, WC) 4:00 Rummikub for fun (SL) - Evening Movie (T)
8 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) 7:15 Sunday Movie (T)	9 7:45 Cardio DVD (DS, WC) 9:00 Water Aerobics (P, WC) 10:00 Coffee & Conversation with “Benchmark” (BIS, WC) 10:25 Sit & Be Fit (DS, WC) 1:00 Bible Study (AR) 1:15 Drum Class (DS, WC) 2:00 Line Dance (DS, WC) 2:30 Tai Chi by “Synaptik” (BR, WC) 3:30 EXPERT TALK (AR) “Medicare” by Insure Prosperity 7:15 Evening Movie (T)	10 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) 2:00 Squiggle Ball (AR) 3:00 *All Programs Gathering* EXPERT TALK ~Lone Star Flight Museum “McDonnell Douglas F-4 Phantom II” (AR) 7:15 Evening Movie (T)	11 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)	12 7:45 Strength DVD (DS, 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) 1:30 Pedal The World (AR) 2:00 Corn Hole (Outside GS) 3:00 Monthly Birthday & Wedding Anniversary Party with Jesus Alvarado (AR) 7:15 Evening Movie (T)	13 9:30 Senior Seated Stretch Class with Ryan~ PAY (2nd floor L) *All Programs Gathering* 10:00 Catholic Communion (AR) 10:15 Needle Art (2nd floor L) 1:00 Wii Bowling Follies (AR) 1:00 Bridge Club (SL) 3:00 The Abbey Men’s Club (SL) “Whiskey & Cigars” 7:15 Evening Movie (T)	14 9:00 Garden Club (CY, 2nd floor) 10:30 Morning Exercise (AR) 1:30 Afternoon Matinée (T) - Victor Borge Funniest Moments DVD 3:00 Pictionary & WATERMELON (AR) 4:00 Rummikub for fun (SL) 7:15 Evening Movie (T) Flag Day (U.S.)
15 8:00 Church Services (O) 10:30 Morning Exercise (AR) 11-2 Father’s Day Brunch & Sangrias with pianist Ed White (DR) 1:15 Bus Leaves for Father’s Day Concert at West USC (O) 2:00 Chapelwood United Methodist Church Online Worship Service (T) 3:00 Ice Cream Social (GS) 4:00 Rummikub for fun (SL) 7:15 Sunday Movie (T) Father’s Day	16 7:45 Cardio DVD (DS, WC) 9:00 Water Aerobics (P, WC) 10:15 Card Kit Class (AR) 10:25 Sit & Be Fit (DS, WC) 1:00 Bible Study (AR) 1:15 Drum Class (DS, WC) 2:00 Line Dance (DS, WC) 3:30 Dominoes Club (AR) 7:15 Evening Movie (T)	17 National Root Beer Day! 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) 2:00 Squiggle Ball (AR) 3:00 Root Beer Floats & Karaoke Hour with “My Companion” (AR) 7:15 Evening Movie (T)	18 7:45 Core DVD (DS, WC) 9:00 Water Aerobics (P, WC) 9:15 Bus Leaves for “Art of the World” Gallery & Lunch at “Carrabba’s” (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) 3:00 Expert Talk & Margaritas (AR) “Understanding Alzheimer’s & Dementia” 7:15 Evening Movie (T)	19 ~ The Longest Day ~ Alzheimer’s Association 7:45 Strength DVD (DS, WC) 9:00 Noodle Workout (P, WC) 10:00 Wii Bowling Queen Pins (AR) 10:25 Stretch/Balance (DS, WC) 1:30 Pedal The World (AR) 1:30 BOOK CLUB (SL) 2:00 Corn Hole (Outside GS) 3:30 Bingo with Prizes Fundraising Event (AR) 5-7 “Purple Passion” Dinner (DR) 7:15 Evening Movie “Still Alice” (T) Juneteenth	20 7:45 Cardio DVD (DS, WC) 9:00 Water Aerobics (Pool) 9:30 Senior Seated Stretch Class with Ryan ~ FREE (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 Seated Walking Ch.1 DVD (2nd fl. L) 2:15 Walking Club (SL) 2:30 Greeting Card Workshop (AR) 7:15 Evening Movie (T) Summer Begins	21 National Smoothie Day National Selfie Day 9:00 Garden Club (CY, 2nd floor) 10:30 Morning Exercise (AR) 1:30 Afternoon Matinée (T) “Elvis Summer of 56” DVD 3:00 Smoothie & Selfie Social (1st floor, L) 4:00 Rummikub for fun (SL) 7:15 Evening Movie (T)
22 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) 7:15 Sunday Movie (T)	23 7:45 Cardio DVD (DS, WC) 9:00 Water Aerobics (P, WC) 10:00 Tech Workshop with Michael ~ Sign up (AR) 10:25 Sit & Be Fit (DS, WC) 1:00 Bible Study (AR) 1:15 Drum Class (DS, WC) 2:00 Line Dance (DS, WC) 3:30 Brain Health Talk by “Synaptik” (AR) 7:15 Evening Movie (T)	24 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) 2:00 Squiggle Ball (AR) 3:00 Chef’s Cooking Demo (AR) 7:15 Evening Movie (T)	25 7:45 Core DVD (DS, WC) 9:00 Water Aerobics (P, WC) 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) 4:30 Bus Leaves for Dine Around Houston to “Perry’s” Steakhouse & Grill (O) 7:15 Evening Movie (T)	26 7:45 Strength DVD (DS, 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) 1:30 Pedal The World (AR) 1:30 NEW RESIDENT ORIENTATION (SL) 3:00 Happy Hour with entertainer, Calving Gainey (1st floor, L) 7:15 Evening Movie (T)	27 7:45 Cardio DVD (DS, WC) 9:00 Water Aerobics (Pool) 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 Seated Walking Ch.1 DVD (2nd fl. L) 2:15 Walking Club (SL) 3:00 Laughter Wellness with Emma Ferguson (AR) 7:15 Evening Movie (T)	28 9:00 Garden Club (CY, 2nd floor) 10:30 Morning Exercise (AR) 1:30 Afternoon Matinée (T) “Huey Long” DVD 2:30 Arts & Crafts Workshop (AR) *Bead Plants* Sign-up! 4:00 Rummikub for fun (SL) 7:15 Evening Movie (T)
29 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) 7:15 Sunday Movie (T)	30 7:45 Cardio DVD (DS, WC) 9:00 Water Aerobics (P, WC) 10:15 Card Kit Class (AR) 10:25 Sit & Be Fit (DS, WC) 1:00 Bible Study (AR) 1:15 Drum Class (DS, WC) 2:00 Line Dance (DS, WC) 3:30 Meet & Greet (AR) 7:15 Evening Movie (T)	June 2025 SOCIAL & FITNESS CALENDAR 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	Concierge hours (8am-8pm) Phone: 281-556-6020 Security hours (8pm-8am) Phone: 713-876-5134 TRANSPORTATION Monday & Friday (9am-1pm) GROCERY STORES, RUN ERRANDS Tuesday & Thursday (8am-4pm) MEDICAL APPOINTMENTS by reservation Wednesday SCHEDULED EXCURSIONS according to monthly calendar Sunday (8am-1pm) CHURCH SERVICES	Hours of operations: 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.	Available 24/7 (9am-5pm) 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. Spaces available for reservation are: Ball Room, WC (2nd floor) Grill, Bistro, WC (1st floor) Sports Lounge, 4th floor	Wellness Center, 1st floor Hours of operations: 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	Home Health & Hospice 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 