

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 2025 SOCIAL & FITNESS CALENDAR INDEPENDENT LIVING						
8:00 Church Transportation (O) 10:30 Morning Exercise (AR) 2:00 Chapelwood United Methodist Church Online Worship Service (T) 2:15 Bus Leaves for "The Beatles Anthology" concert at MDUM Church (O) 3:00 Ice Cream Social (GS) 4:00 Rummikub for fun (SL) 7:15 Sunday Movie (T)	10:00 Morning Stretch DVD (AR) 11-1:00 Cinco De Mayo Lunch with Mariachi Band (DR) 1:00 Bible Study (AR) 3:00 *All Program Gathering* Brain Health Talk & Tai Chi, Breath Work Session by "Synaptik" (AR) 7:15 Evening Movie (T) Cinco de Mayo	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 TOWN HALL MEETING (2nd fl. Lobby) 7:15 Evening Movie (T)	7:45 Core DVD (DS, WC) 9:00 Water Aerobics (P, WC) 10:15 Bus Leaves for Wortham Theater "A Little Day Music" Lunch Boxes TO-GO (O) 10:25 Flexibility & Gentle Stretching with Kathi (AR) 1:30 Afternoon 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)	7:45 Strength DVD (DS, WC) 9:00 Noodle Workout (P, WC) 10:00 Wii Bowling Queen Pins (AR) 10:15 Giant Crossword Puzzle (2nf. Fl. Lobby) 10:25 Stretch/Balance (DS, WC) 1:30 Pedal The World (AR) 2:00 Corn Hole (Outside GS) 3:00 Former Teacher Appreciation Party (AR) 7:15 Evening Movie (T)	9:30 Senior Seated Stretch Class with Ryan (2nd Fl. Lobby) 1:00 Wii Bowling Follies (AR) 1:00 Bridge Club (SL) 2:30 Greeting Card Workshop (AR) 7:15 Evening Movie (T)	9:00 Garden Club (CY, 2nd floor) 10:30 Morning Exercise (AR) 1:30 Afternoon Matinée (T) - Victor Borge *DVD* Volume One 3:00 Scattergories (AR) 4:00 Rummikub for fun (SL) 7:15 Evening Movie (T)
8:00 Church Transportation (O) 10:30 Morning Exercise (AR) 11-2:00 Mother's Day Brunch & Mimosas (DR) 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) Mother's Day National Skilled Nursing Care Week	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) 2:00 Line Dance (DS, WC) 3:00 Former Health Care Worker Appreciation Party (2nd fl. Lobby) 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) 2:00 Squiggle Ball (AR) 3:00 *All Program Gathering* EXPERT TALK (AR) - Lone Star Flight Museum "Rosie the Riveter" speaker, Ronnie Alford 7:15 Evening Movie (T)	7:45 Core DVD (DS, WC) 9:00 Water Aerobics (P, WC) 9:50 Bus Leaves for a Tour & Lunch at Alief Center, Advanced Careers (O) 10:25 Flexibility & Gentle Stretching with Kathi (AR) 1:30 Afternoon 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)	7:45 Strength DVD (DS, WC) 9:00 Noodle Workout (P, WC) 10:00 Wii Bowling Queen Pins (AR) 10:15 Giant Crossword Puzzle (2nf. Fl. Lobby) 10:25 Stretch/Balance (DS, WC) 1:30 Pedal The World (AR) 1:30 Book Club (SL) 2:00 Corn Hole (Outside GS) 3:00 Monthly Birthday & Wedding Anniversary Party with entertainer, Jesus Alvarado (AR) 7:15 Evening Movie (T)	7:45 Cardio DVD (DS, WC) 9:00 Water Aerobics (Pool) 9:30 Senior Seated Stretch Class with Ryan (2nd fl. Lobby) 10:25 Sit & Be Fit (DS, WC) 1:00 Wii Bowling Follies (AR) 1:00 Bridge Club (SL) 1:30 Flexibility & Gentle Stretching with Kathi (2nd fl. Lobby) 2:15 Walking Club (SL) 3:00 Books & Booze Event (LIB) 7:15 Evening Movie (T)	9:00 Garden Club (CY, 2nd floor) 10:30 Morning Exercise (AR) 1:30 Afternoon Matinée (T) - Victor Borge *DVD* Volume Two 2:30 Men's Club (SL) 4:00 Rummikub for fun (SL) 7:15 Evening Movie (T) Armed Forces Day
8:00 Church Transportation (O) 10:30 Morning Exercise (AR) 2:00 Chapelwood United Methodist Church Online Worship Service (T) 2:15 Bus Leaves for "O Love: A Spring Concert" at MDUM Church (O) 3:00 Ice Cream Social (GS) 4:00 Rummikub for fun (SL) 7:15 Sunday Movie (T)	7:45 Cardio DVD (DS, WC) 9:00 Water Aerobics (P, WC) 10:00 Tech Workshop with Michael C. Sign up (AR) 10:25 Sit & Be Fit (DS, WC) 1:00 Bible Study (AR) 2:00 Line Dance (DS, WC) 3:00 Laughter Wellness with instructor, Emma Ferguson (AR) 7:00 *All Program Gathering* Tallowood Baptist Church presents: Bayou City Singers Concert (BR, WC) Victoria Day (Canada)	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 Program Gathering* EXPERT TALK "American Red Cross" by guest speaker, Jacob Balderas (AR) 7:15 Evening Movie (T)	7:45 Core DVD (DS, WC) 9:00 Water Aerobics (P, WC) 9:45 Bus Leaves for a Katy Heritage Museum & Lunch at "Gringo's" Mexican Kitchen (O) 10:25 Flexibility & Gentle Stretching with Kathi (AR) 1:30 Afternoon 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)	7:45 Strength DVD (DS) 9:00 Noodle Workout (Pool) 10:00 Wii Bowling Queen Pins (AR) 10:15 Giant Crossword Puzzle (2nf. Fl. Lobby) 10:25 Stretch/Balance (DS) 1:30 Pedal The World (AR) 2:00 Corn Hole (Outside GS) 3:00 *All Program Gathering* HAPPY HOUR with entertainer, Julia Laskowski (BIS, WC) 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 (2nd fl. Lobby) 10:25 Sit & Be Fit (DS, WC) 1:00 Wii Bowling Follies (AR) 1:00 Bridge Club (SL) 1:30 Flexibility & Gentle Stretching with Kathi (2nd fl. Lobby) 2:15 Walking Club (SL) 2:30 Watercolor Workshop (AR) 7:15 Evening Movie (T)	9:00 Garden Club (CY, 2nd floor) 10:30 Morning Exercise (AR) 1:30 Afternoon Matinée (T) - Victor Borge *DVD* Then & Now 3:00 Dice Game "Left Center Right" with prizes (AR) 4:00 Rummikub for fun (SL) 7:15 Evening Movie (T)
National Wine Day! 8:00 Church Transportation (O) 10:30 Morning Exercise (AR) 2:00 Chapelwood United Methodist Church Online Worship Service (T) 3:00 Wine & Trivia Social (2nd fl. lobby) 4:00 Rummikub for fun (SL) 7:15 Sunday Movie (T)	10:00 Morning Stretch DVD- AR 11-1:00 Memorial Day BBQ Lunch with Pianist, Maurice Daugherty (DR) 1:00 Bible Study resume on 6/2 (AR) 2:45 Memorial Day Remembrance One Minute of Silence at 3PM (AR) 3:00 Root Beer Floats & Virtual National Memorial Day Parade (AR) 7:15 Evening Movie (T) Memorial 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 Chef's Cooking Demo (AR) 7:15 Evening Movie (T)	National Senior Health & Fitness Day! 9:45 Pool Demo (P, WC) 10:00 Hydro Demo (P, WC) 1:30 Drum Class Demo (BIS, WC) 1:45 Line Dance Demo (BIS, WC) 2:00 Balance Presentation with Susan Salman (BIS, WC) 2:30 Awards Ceremony (BIS, WC) 4:30 Bus Leaves for Dine Around Houston to "Lomontes" Italian Restaurant & Bar (O) 7:15 Evening Movie (T)	7:45 Strength DVD (DS, WC) 9:00 Noodle Workout (P, WC) 10:00 Wii Bowling Queen Pins (AR) 10:15 Giant Crossword Puzzle (2nf. Fl. Lobby) 10:25 Stretch/Balance (DS, WC) 1:30 Pedal The World (AR) 1:30 New Resident Orientation (SL) 3:00 "Hurricane Preparedness" Presentation by Harris County Office of Homeland Security & Emergency Management (AR) 7:15 Evening Movie (T)	7:45 Cardio DVD (DS, WC) 9:00 Water Aerobics (Pool) 9:30 Senior Seated Stretch Class with Ryan (2nd fl. Lobby) 10:25 Sit & Be Fit (DS, WC) 1:00 Wii Bowling Follies (AR) 1:00 Bridge Club (BL) 1:30 Flexibility & Gentle Stretching with Kathi (2nd floor Lobby) 2:15 Walking Club (SL) 3:00 Meet & Greet (AR) 7:15 Evening Movie (T)	9:00 Garden Club (CY, 2nd floor) 10:30 Morning Exercise (AR) 1:30 Afternoon Matinée (T) - Victor Borge *DVD* Act One & Two 3:00 Bingo & Popcorn (AR) 4:00 Rummikub for fun (SL) 7:15 Evening Movie (T)



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	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 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

