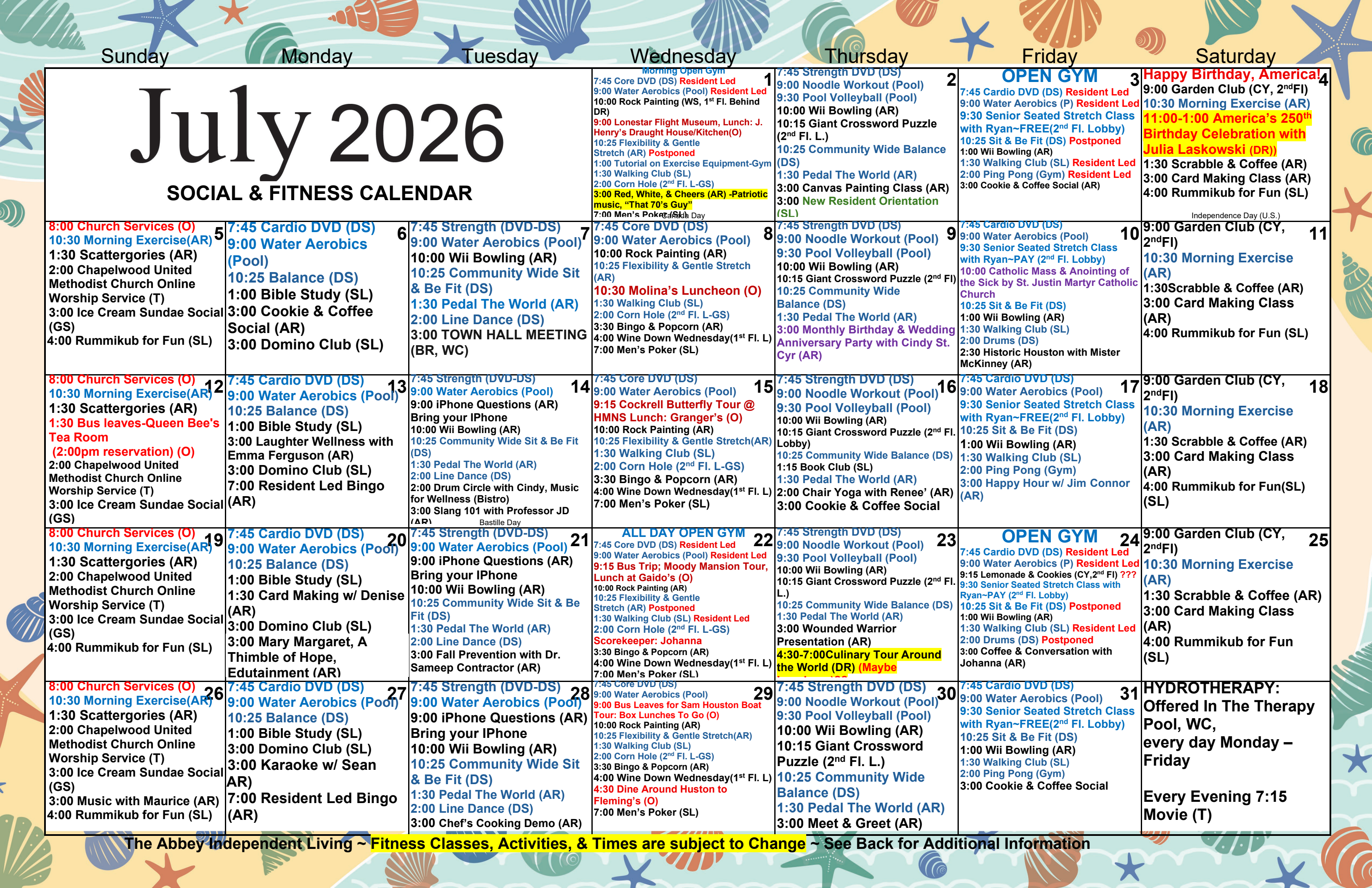




Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

July 2026

SOCIAL & FITNESS CALENDAR

July 2026 SOCIAL & FITNESS CALENDAR						Morning Open Gym 7:45 Core DVD (DS) Resident Led 9:00 Water Aerobics (Pool) Resident Led 10:00 Rock Painting (WS, 1st Fl. Behind DR) 9:00 Lonestar Flight Museum, Lunch: J. Henry's Draught House/Kitchen(O) 10:25 Flexibility & Gentle Stretch (AR) Postponed 1:00 Tutorial on Exercise Equipment-Gym 1:30 Walking Club (SL) 2:00 Corn Hole (2nd Fl. L-GS) 3:00 Red, White, & Cheers (AR) -Patriotic music, "That 70's Guy" 7:00 Men's Poker (SL) Independence Day	7:45 Strength DVD (DS) 9:00 Noodle Workout (Pool) 9:30 Pool Volleyball (Pool) 10:00 Wii Bowling (AR) 10:15 Giant Crossword Puzzle (2nd Fl. L.) 10:25 Community Wide Balance (DS) 1:30 Pedal The World (AR) 3:00 Canvas Painting Class (AR) 3:00 New Resident Orientation (SL)	OPEN GYM 7:45 Cardio DVD (DS) Resident Led 9:00 Water Aerobics (P) Resident Led 9:30 Senior Seated Stretch Class with Ryan~FREE(2nd Fl. Lobby) 10:25 Sit & Be Fit (DS) Postponed 1:00 Wii Bowling (AR) 1:30 Walking Club (SL) Resident Led 2:00 Ping Pong (Gym) Resident Led 3:00 Cookie & Coffee Social (AR)	Happy Birthday, America! 9:00 Garden Club (CY, 2ndFl) 10:30 Morning Exercise (AR) 11:00-1:00 America's 250th Birthday Celebration with Julia Laskowski (DR) 1:30 Scrabble & Coffee (AR) 3:00 Card Making Class (AR) 4:00 Rummikub for Fun (SL)
8:00 Church Services (O) 10:30 Morning Exercise(AR) 1:30 Scattergories (AR) 2:00 Chapelwood United Methodist Church Online Worship Service (T) 3:00 Ice Cream Sundae Social (GS) 4:00 Rummikub for Fun (SL)	7:45 Cardio DVD (DS) 9:00 Water Aerobics (Pool) 10:25 Balance (DS) 1:00 Bible Study (SL) 3:00 Cookie & Coffee Social (AR) 3:00 Domino Club (SL)	7:45 Strength (DVD-DS) 9:00 Water Aerobics (Pool) 10:00 Wii Bowling (AR) 10:25 Community Wide Sit & Be Fit (DS) 1:30 Pedal The World (AR) 2:00 Line Dance (DS) 3:00 TOWN HALL MEETING (BR, WC)	7:45 Core DVD (DS) 9:00 Water Aerobics (Pool) 10:00 Rock Painting (AR) 10:25 Flexibility & Gentle Stretch (AR) 10:30 Molina's Luncheon (O) 1:30 Walking Club (SL) 2:00 Corn Hole (2nd Fl. L-GS) 3:30 Bingo & Popcorn (AR) 4:00 Wine Down Wednesday(1st Fl. L) 7:00 Men's Poker (SL)	7:45 Strength DVD (DS) 9:00 Noodle Workout (Pool) 9:30 Pool Volleyball (Pool) 10:00 Wii Bowling (AR) 10:15 Giant Crossword Puzzle (2nd Fl) 10:25 Community Wide Balance (DS) 1:30 Pedal The World (AR) 3:00 Monthly Birthday & Wedding Anniversary Party with Cindy St. Cyr (AR)	7:45 Cardio DVD (DS) 9:00 Water Aerobics (Pool) 9:30 Senior Seated Stretch Class with Ryan~PAY (2nd Fl. Lobby) 10:00 Catholic Mass & Anointing of the Sick by St. Justin Martyr Catholic Church 10:25 Sit & Be Fit (DS) 1:00 Wii Bowling (AR) 1:30 Walking Club (SL) 2:00 Drums (DS) 2:30 Historic Houston with Mister McKinney (AR)	9:00 Garden Club (CY, 2ndFl) 10:30 Morning Exercise (AR) 1:30Scrabble & Coffee (AR) 3:00 Card Making Class (AR) 4:00 Rummikub for Fun (SL)			
8:00 Church Services (O) 10:30 Morning Exercise(AR) 1:30 Scattergories (AR) 1:30 Bus leaves-Queen Bee's Tea Room (2:00pm reservation) (O) 2:00 Chapelwood United Methodist Church Online Worship Service (T) 3:00 Ice Cream Sundae Social (GS)	7:45 Cardio DVD (DS) 9:00 Water Aerobics (Pool) 10:25 Balance (DS) 1:00 Bible Study (SL) 3:00 Laughter Wellness with Emma Ferguson (AR) 3:00 Domino Club (SL) 7:00 Resident Led Bingo (AR)	7:45 Strength (DVD-DS) 9:00 Water Aerobics (Pool) 9:00 iPhone Questions (AR) Bring your iPhone 10:00 Wii Bowling (AR) 10:25 Community Wide Sit & Be Fit (DS) 1:30 Pedal The World (AR) 2:00 Line Dance (DS) 2:00 Drum Circle with Cindy, Music for Wellness (Bistro) 3:00 Slang 101 with Professor JD (AR) Bastille Day	7:45 Core DVD (DS) 9:00 Water Aerobics (Pool) 9:15 Cockrell Butterfly Tour @ HMNS Lunch: Granger's (O) 10:00 Rock Painting (AR) 10:25 Flexibility & Gentle Stretch(AR) 1:30 Walking Club (SL) 2:00 Corn Hole (2nd Fl. L-GS) 3:30 Bingo & Popcorn (AR) 4:00 Wine Down Wednesday(1st Fl. L) 7:00 Men's Poker (SL)	7:45 Strength DVD (DS) 9:00 Noodle Workout (Pool) 9:30 Pool Volleyball (Pool) 10:00 Wii Bowling (AR) 10:15 Giant Crossword Puzzle (2nd Fl. Lobby) 10:25 Community Wide Balance (DS) 1:15 Book Club (SL) 1:30 Pedal The World (AR) 2:00 Chair Yoga with Renee' (AR) 3:00 Cookie & Coffee Social	7:45 Cardio DVD (DS) 9:00 Water Aerobics (Pool) 9:30 Senior Seated Stretch Class with Ryan~FREE(2nd Fl. Lobby) 10:25 Sit & Be Fit (DS) 1:00 Wii Bowling (AR) 1:30 Walking Club (SL) 2:00 Ping Pong (Gym) 3:00 Happy Hour w/ Jim Connor (AR)	9:00 Garden Club (CY, 2ndFl) 10:30 Morning Exercise (AR) 1:30 Scrabble & Coffee (AR) 3:00 Card Making Class (AR) 4:00 Rummikub for Fun(SL) (SL)			
8:00 Church Services (O) 10:30 Morning Exercise(AR) 1:30 Scattergories (AR) 2:00 Chapelwood United Methodist Church Online Worship Service (T) 3:00 Ice Cream Sundae Social (GS) 4:00 Rummikub for Fun (SL)	7:45 Cardio DVD (DS) 9:00 Water Aerobics (Pool) 10:25 Balance (DS) 1:00 Bible Study (SL) 1:30 Card Making w/ Denise (AR) 3:00 Domino Club (SL) 3:00 Mary Margaret, A Thimble of Hope, Edutainment (AR)	7:45 Strength (DVD-DS) 9:00 Water Aerobics (Pool) 9:00 iPhone Questions (AR) Bring your iPhone 10:00 Wii Bowling (AR) 10:25 Community Wide Sit & Be Fit (DS) 1:30 Pedal The World (AR) 2:00 Line Dance (DS) 3:00 Fall Prevention with Dr. Sameep Contractor (AR)	ALL DAY OPEN GYM 7:45 Core DVD (DS) Resident Led 9:00 Water Aerobics (Pool) Resident Led 9:15 Bus Trip; Moody Mansion Tour, Lunch at Gaido's (O) 10:00 Rock Painting (AR) 10:25 Flexibility & Gentle Stretch (AR) Postponed 1:30 Walking Club (SL) Resident Led 2:00 Corn Hole (2nd Fl. L-GS) Scorekeeper: Johanna 3:30 Bingo & Popcorn (AR) 4:00 Wine Down Wednesday(1st Fl. L) 7:00 Men's Poker (SL)	7:45 Strength DVD (DS) 9:00 Noodle Workout (Pool) 9:30 Pool Volleyball (Pool) 10:00 Wii Bowling (AR) 10:15 Giant Crossword Puzzle (2nd Fl. L.) 10:25 Community Wide Balance (DS) 1:30 Pedal The World (AR) 3:00 Wounded Warrior Presentation (AR) 4:30-7:00Culinary Tour Around the World (DR) (Maybe)	OPEN GYM 7:45 Cardio DVD (DS) Resident Led 9:00 Water Aerobics (P) Resident Led 9:15 Lemonade & Cookies (CY,2nd Fl) ??? 9:30 Senior Seated Stretch Class with Ryan~PAY (2nd Fl. Lobby) 10:25 Sit & Be Fit (DS) Postponed 1:00 Wii Bowling (AR) 1:30 Walking Club (SL) Resident Led 2:00 Drums (DS) Postponed 3:00 Coffee & Conversation with Johanna (AR)	9:00 Garden Club (CY, 2ndFl) 10:30 Morning Exercise (AR) 1:30 Scrabble & Coffee (AR) 3:00 Card Making Class (AR) 4:00 Rummikub for Fun (SL)			
8:00 Church Services (O) 10:30 Morning Exercise(AR) 1:30 Scattergories (AR) 2:00 Chapelwood United Methodist Church Online Worship Service (T) 3:00 Ice Cream Sundae Social (GS) 3:00 Music with Maurice (AR) 4:00 Rummikub for Fun (SL)	7:45 Cardio DVD (DS) 9:00 Water Aerobics (Pool) 10:25 Balance (DS) 1:00 Bible Study (SL) 3:00 Domino Club (SL) 3:00 Karaoke w/ Sean (AR) 7:00 Resident Led Bingo (AR)	7:45 Strength (DVD-DS) 9:00 Water Aerobics (Pool) 9:00 iPhone Questions (AR) Bring your iPhone 10:00 Wii Bowling (AR) 10:25 Community Wide Sit & Be Fit (DS) 1:30 Pedal The World (AR) 2:00 Line Dance (DS) 3:00 Chef's Cooking Demo (AR)	7:45 Core DVD (DS) 9:00 Water Aerobics (Pool) 9:00 Bus Leaves for Sam Houston Boat Tour: Box Lunches To Go (O) 10:00 Rock Painting (AR) 10:25 Flexibility & Gentle Stretch(AR) 1:30 Walking Club (SL) 2:00 Corn Hole (2nd Fl. L-GS) 3:30 Bingo & Popcorn (AR) 4:00 Wine Down Wednesday(1st Fl. L) 4:30 Dine Around Huston to Fleming's (O) 7:00 Men's Poker (SL)	7:45 Strength DVD (DS) 9:00 Noodle Workout (Pool) 9:30 Pool Volleyball (Pool) 10:00 Wii Bowling (AR) 10:15 Giant Crossword Puzzle (2nd Fl. L.) 10:25 Community Wide Balance (DS) 1:30 Pedal The World (AR) 3:00 Meet & Greet (AR)	7:45 Cardio DVD (DS) 9:00 Water Aerobics (Pool) 9:30 Senior Seated Stretch Class with Ryan~FREE(2nd Fl. Lobby) 10:25 Sit & Be Fit (DS) 1:00 Wii Bowling (AR) 1:30 Walking Club (SL) 2:00 Ping Pong (Gym) 3:00 Cookie & Coffee Social	HYDROTHERAPY: Offered In The Therapy Pool, WC, every day Monday – Friday Every Evening 7:15 Movie (T)			