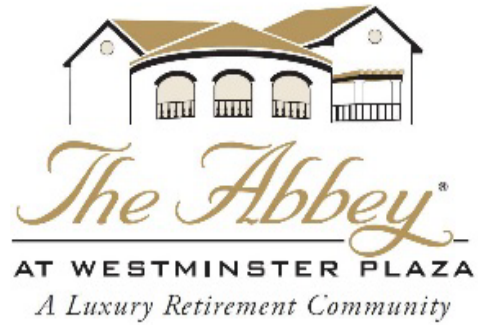


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Every Evening 7:15 Movie (T) *New Fitness Classes Added are Highlighted in Yellow		7:45 Strength (DVD-DS) 1 9:00 Noodle Workout (Pool) 9:30 Beach Ball Volleyball (Pool) 9:55 Pedal The World (AR) 10:25 Community Wide Sit & Be Fit (DS) 1:30 Wii Bowling (AR) 1:45 Line Dance (DS) 3:00 TOWN HALL MEETING (BR, WC) 6:30 Marbles & Joker Game (SL)	7:45 Core DVD (DS) 2 9:00 Water Aerobics (Pool) 10:40 Bus Departs, Cleburne Cafeteria (O) 10:00 Rock Painting (AR) 10:25 Flexibility & Gentle Stretch (AR) 1:00 Tutorial On Exercise Equipment (Gym) 1:25 Corn Hole (2 nd Fl. Lobby-GS) 1:55 Walking Club (SL) 3:30 Bingo & Popcorn (AR) 4:00 Wine Down Wednesday(1 st Fl. L) 7:00 Poker Night (SL)	7:45 Strength DVD (DS) 3 9:00 Water Aerobics (Pool) 10:00 Wii Bowling (AR) 10:15 Giant Crossword Puzzle (2 nd Fl. L.) 10:25 Community Wide Balance (DS) 1:25 Corn Hole (2nd Fl. Lobby-GS) 1:55 Pedal The World (AR) 3:00 New Resident Orientation (SL) 3:00 Canvas Painting Class (AR)	OPEN GYM 4 7:45 Cardio DVD (DS) Resident Led 9:00 Water Aerobics (Pool) Resident Led 9:30 Senior Seated Stretch Class with Ryan-FREE(2 nd Fl. Lobby) 10:25 Sit & Be Fit (DS) Postponed 1:00 Wii Bowling (AR) 1:25 Ping Pong (Gym) Resident Led 1:55 Walking Club (SL) Resident Led 3:00 Cookie & Coffee Social (AR)	9:00 Garden Club (CY, 2 nd Fl) 5 10:30 Morning Exercise (AR) 1:30 Scrabble (AR) 3:00 Card Making Class (AR) 4:00 Rummikub for Fun (SL)
8:00 Church Services (O) 6 10:30 Morning Exercise(AR) 1:30 Scattergories (AR) 2:00 Chapelwood United Methodist Church Online Worship Service (T) *Postponed Until Further Notice! 3:00 Ice Cream Sundae Social (GS) 4:00 Rummikub for Fun (SL)	Happy Labor Day! OPEN GYM 7 7:45 Cardio DVD (DS) Resident Led 9:00 Water Aerobics (Pool) Resident Led 10:25 Balance (DS) Postponed 11-1 Labor Day Luncheon, music w/ Julia Laskowski (DR) 1:00 Bible Study (SL) 1:25 Drums (DS) Postponed 1:55 Walking Club (SL) Resident Led 3:00 Resident Led Scrabble (AR) 3:00 Domino Club (SL)	7:45 Strength (DVD-DS) 8 9:00 Noodle Workout (Pool) 9:00 iPhone Questions (AR) Bring your iPhone 9:30 Beach Ball Volleyball (Pool) 9:55 Pedal The World (AR) 10:25 Community Wide Sit & Be Fit (DS) 1:30 Wii Bowling (AR) 1:45 Line Dance (DS) 3:00 Drum Circle with Cindy, Music for Wellness (AR) 6:30 Marbles & Joker Game (SL)	OPEN GYM 9 7:45 Core DVD (DS) Resident Led 9:00 Water Aerobics (Pool) Resident Led 9:15 Astroville Tour, Bus Tour with Guide @ 10:00 of Scenic Downtown Houston Lunch: Buena Vista, Cuban Café (O) 10:00 Rock Painting (AR) 10:25 Flexibility & Gentle Stretch (AR) Postponed 1:25 Corn Hole (2 nd Fl. Lobby-GS) *Johanna Keep Score 1:55 Walking Club (SL) Resident Led 3:30 Bingo & Popcorn (AR) 7:00 Poker Night (SL)	7:45 Strength DVD (DS) 10 9:00 Water Aerobics (Pool) 10:00 Wii Bowling (AR) 10:15 Giant Crossword Puzzle (2 nd Fl) 10:25 Community Wide Balance (DS) 1:25 Corn Hole (2nd Fl. Lobby-GS) 1:55 Pedal The World (AR) 3:00 Monthly Birthday & Wedding Anniversary Party with Jesus Alejandro (AR)	7:45 Cardio DVD (DS) 11 9:00 Water Aerobics (Pool) 9:30 Senior Seated Stretch Class with Ryan-PAY (2 nd 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) 1:25 Ping Pong (Gym) Resident Led 1:55 Walking Club (SL) 2:30 Historic Houston with Mister McKinney (AR) Hashanah Begins	9:00 Garden Club (CY, 2 nd Fl) 12 10:30 Morning Exercise (AR) 1:30 Scrabble (AR) 3:00 Card Making Class (AR) 4:00 Rummikub for Fun (SL)
8:00 Church Services (O) 13 10:30 Morning Exercise(AR) 1:30 Scattergories (AR) 2:00 Chapelwood United Methodist Church Online Worship Service (T) *Postponed Until Further Notice! 3:00 Ice Cream Sundae Social (GS) 4:00 Rummikub for Fun (SL)	7:45 Cardio DVD (DS) 14 9:00 Water Aerobics (Pool) 10:25 Balance (DS) 1:00 Bible Study (SL) 1:25 Drums (DS) 1:55 Walking Club (SL) 3:00 Laughter Wellness with Emma Ferguson (AR) 3:00 Domino Club (SL) 4:00 Bench Dedication for Sarah Ward (2 nd Fl. Courtyard) 7:00 Resident Led Bingo (AR)	7:45 Strength (DVD-DS) 15 9:00 Noodle Workout (Pool) 9:00 iPhone Questions (AR) Bring your iPhone 9:30 Beach Ball Volleyball (Pool) 9:55 Pedal The World (AR) 10:25 Community Wide Sit & Be Fit (DS) 1:30 Wii Bowling (AR) 1:45 Line Dance (DS) 3:00 Movement & Rhythm (AR) 6:30 Marbles & Joker Game (SL)	7:45 Core DVD (DS) 16 9:00 Water Aerobics (Pool) 10:00 Rock Painting (AR) 10:25 Flexibility & Gentle Stretch(AR) 10:45 Lunch Outing to Impero Italiano (O) 1:25 Corn Hole (2 nd Fl. Lobby-GS) 1:55 Walking Club (SL) 3:30 Bingo & Popcorn (AR) 7:00 Poker Night (SL)	7:45 Strength DVD (DS) 17 9:00 Water Aerobics (Pool) 10:00 Wii Bowling (AR) 10:15 Giant Crossword Puzzle (2 nd Fl. Lobby) 10:25 Community Wide Balance (DS) 1:15 Book Club (SL) 1:25 Corn Hole (2nd Fl. Lobby-GS) 1:55 Pedal The World (AR) 3:00 Cookie & Coffee Social (AR)	7:45 Cardio DVD (DS) Resident Led 18 9:00 Water Aerobics (Pool) Resident Led 9:00-1:00 Medic Pharmacy Vaccination Clinic (AR) 9:30 Senior Seated Stretch Class with Ryan-FREE(2 nd Fl. Lobby) 10:25 Sit & Be Fit (DS) Postponed 1:00 Wii Bowling (AR) 1:25 Ping Pong (Gym) Resident Led 1:55 Walking Club (SL) 3:00 Maintaining Energy, Strength, Muscle Mass (AR)	9:00 Garden Club (CY, 2 nd Fl) 19 10:30 Morning Exercise (AR) 1:30 Scrabble (AR) 3:00 Card Making Class (AR) 4:00 Rummikub for Fun (SL)
8:00 Church Services (O) 20 10:30 Morning Exercise(AR) 1:30 Scattergories (AR) 2:00 Chapelwood United Methodist Church Online Worship Service (T) *Postponed Until Further Notice! 3:00 Ice Cream Sundae Social (GS) 4:00 Rummikub for Fun (SL)	7:45 Cardio DVD (DS) 21 9:00 Water Aerobics (Pool) 10:00-12:00 Midnight Oil Smockers (BR, WC) 10:25 Balance (DS) 1:00 Bible Study (SL) 1:25 Drums (DS) 1:30 Card Making w/ Denise (AR) 1:55 Walking Club (SL) 3:00 Domino Club (SL) 3:00 Mary Margaret, Edutainment (AR)	7:45 Strength (DVD-DS) 22 9:00 Noodle Workout (Pool) 9:00 iPhone Questions (AR) Bring your iPhone 9:30 Beach Ball Volleyball (Pool) 9:55 Pedal The World (AR) 10:25 Community Wide Sit & Be Fit (DS) 1:30 Wii Bowling (AR) 1:45 Line Dance (DS) 3:00 Healing Power of Rhythm with Cindy St. Cyr (AR) 6:30 Marbles & Joker Game (SL)	7:45 Core DVD (DS) 23 9:00 Water Aerobics (Pool) 9:30 Newman's Castle Lunch: Galileo's Mexican Grill (O) 10:00 Rock Painting (AR) 10:25 Flexibility & Gentle Stretch(AR) 1:25 Corn Hole (2 nd Fl. Lobby-GS) 1:55 Walking Club (SL) 3:30 Bingo & Popcorn (AR) 7:00 Poker Night (SL)	7:45 Strength DVD (DS) 24 9:00 Water Aerobics (Pool) 10:00 Wii Bowling (AR) 10:15 Giant Crossword Puzzle (2 nd Fl. L.) 10:25 Community Wide Balance (DS) 1:25 Corn Hole (2nd Fl. Lobby-GS) 1:55 Pedal The World (AR) 3:00 Meet & Greet (AR)	7:45 Cardio DVD (DS) 25 9:00 Water Aerobics (P) 9:30 Senior Seated Stretch Class with Ryan-PAY (2 nd Fl. Lobby) 10:25 Sit & Be Fit (DS) 1:00 Wii Bowling (AR) 1:25 Ping Pong (Gym) Resident Led 1:55 Walking Club (SL) 3:00 Movement & Rhythm (AR)	9:00 Garden Club (CY, 2 nd Fl) 26 10:30 Morning Exercise (AR) 1:30 Scrabble (AR) 3:00 Card Making Class (AR) 4:00 Rummikub for Fun (SL)
8:00 Church Services (O) 27 10:30 Morning Exercise(AR) 1:30 Scattergories (AR) 2:00 Chapelwood United Methodist Church Online Worship Service (T) *Postponed Until Further Notice! 2:00 Ice Cream Sundae Social (GS) 3:00 Music with Marice (AR) 4:00 Rummikub for Fun (SL)	7:45 Cardio DVD (DS) 28 9:00 Water Aerobics (Pool) 10:25 Balance (DS) 1:00 Bible Study (SL) 1:25 Drums (DS) 1:55 Walking Club (SL) 3:00 Domino Club (SL) 3:00 MD Anderson: Presentation Topic TBD(AR) 7:00 Resident Led Bingo (AR)	7:45 Strength (DVD-DS) 29 9:00 Noodle Workout (Pool) 9:00 iPhone Questions (AR) Bring your iPhone 9:30 Beach Ball Volleyball (Pool) 9:55 Pedal The World (AR) 10:25 Community Wide Sit & Be Fit (DS) 1:30 Wii Bowling (AR) 1:45 Line Dance (DS) 3:00 Chef's Cooking Demo (AR) 6:30 Marbles & Joker Game (SL)	7:45 Core DVD (DS) 30 9:00 Water Aerobics (Pool) 10:00 Rock Painting (AR) 10:25 Flexibility & Gentle Stretch(AR) 1:25 Corn Hole (2 nd Fl. Lobby-GS) 1:55 Walking Club (SL) 3:30 Bingo & Popcorn (AR) 4:30 Dine Around Huston to Capital Grille (O) 7:00 Poker Night (SL)	September 2026 SOCIAL & FITNESS CALENDAR		



Social & Fitness Calendar

Independent Living

September



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 – Community Event 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 TP- Therapy 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. <u>Spaces available for reservation are:</u> Ball Room, WC (2nd floor) Grill, Bistro, WC (1st floor) Sports Lounge, IL (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	<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

The Abbey at Westminster Plaza. A Luxury Retirement Community ~ 2855 Westminster Plaza Drive. Houston, TX 77082 ~ Phone: (281) 556-6020