

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Every Evening 7:15 Movie (T) **Please Schedule your Hydro For Oct. w/ Benchmark!**

***Fitness
Classes
Added For
October
Same as Sept.**

October 2026

SOCIAL & FITNESS CALENDAR

8:00 Church Services (O) 10:30 Morning Exercise(AR) 2:00 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)	4	7:45 Cardio DVD (DS) 9:00 Water Aerobics (Pool) 10:25 Balance (DS) 1:00 Bible Study (SL) 1:15 Drums (DS) 1:55 Walking Club (SL) 3:00 Movement & Rhythm (AR) 3:00 Domino Club (SL)	5	7:45 Strength (DVD-DS) 9:00 Noodle Workout (Pool) 10:00 Wii Bowling (AR) 10:25 Community Wide Sit & Be Fit (DS) 1:15 Ping Pong (Gym) Resident Led 1:55 Pedal The World (AR) 3:00 TOWN HALL MEETING (BR, WC) 6:30 Marbles & Joker Game (SL)	6	7:45 Core DVD (DS) 9:00 Water Aerobics (Pool) 10:00 Rock Painting (AR) 10:25 Flexibility & Gentle Stretch (AR) 10:30 Bus Departs for DaCamera Box Lunches To Go (O) 1:00 Tutorial On Exercise Equipment (Gym) 1:15 Corn Hole (2nd Fl. Lobby-GS) 1:55 Walking Club (SL) 3:30 Bingo & Popcorn (AR) 4:00 Wine Down Wednesday (1st Floor Lobby) - Postponed 7:00 Poker Night (SL)	7	7:45 Strength DVD (DS) 9:00 Water Aerobics (Pool) 10:00 Card Making Class (AR) 10:15 Giant Crossword Puzzle (2nd Fl. Lobby) 10:25 Community Wide Balance (DS) 1:15 Corn Hole (2nd Fl. Lobby-GS) 1:55 Pedal The World (AR) 3:00 Monthly Birthday & Wedding Anniversary Party with Jesus Alejandro (AR)	8	7:45 Cardio DVD (DS) 9:00 Water Aerobics (Pool) Resident Led 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) Postponed 1:00 Wii Bowling (AR) Resident Led 1:15 Line Dance (DS) Postponed 1:55 Walking Club (SL) Resident Led 2:30 Historic Houston with Mister McKinney (AR)	9	9:00 Garden Club (CY, 2nd Fl) 10:30 Morning Exercise (AR) 2:00 Scrabble (AR) 3:00 Card Making Class (AR) 4:00 Rummikub for Fun (SL) Simchat Torah Begins	10
8:00 Church Services (O) 10:30 Morning Exercise(AR) 2:00 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)	11	7:45 Cardio DVD (DS) 9:00 Water Aerobics (Pool) 10:00 Pictures Taken for New Residents by Marilyn Huggins (AR) 10:25 Balance (DS) 1:00 Bible Study (SL) 1:15 Drums (DS) 1:55 Walking Club (SL) 3:00 Laughter Wellness with Emma Ferguson (AR) 3:00 Domino Club (SL) 7:00 Resident Led Bingo (AR)	12	7:45 Strength (DVD-DS) 9:00 Noodle Workout (Pool) 9:00 iPhone Questions (AR) Bring your iPhone 10:00 Wii Bowling (AR) 10:25 Community Wide Sit & Be Fit (DS) 1:15 Ping Pong (Gym) Resident Led 1:55 Pedal the World (AR) 3:00 Witch Wives of Houston (BR,WC) 6:30 Marbles & Joker Game (SL)	13	7:45 Core DVD (DS) 9:00 Water Aerobics (Pool) 10:00 Rock Painting (AR) 10:15 Holocaust Museum, Guided Tour 11:00, Lunch: Lucille's (O) 10:25 Flexibility & Gentle Stretch(AR) 1:15 Corn Hole (2nd Fl. Lobby-GS) 1:55 Walking Club (SL) 3:30 Bingo & Popcorn (AR) 7:00 Poker Night (SL)	14	7:45 Strength DVD (DS) 9:00 Water Aerobics (Pool) 10:00 Card Making Class (AR) 10:15 Giant Crossword Puzzle (2nd Fl. Lobby) 10:25 Community Wide Balance (DS) 1:15 Book Club (SL) 1:15 Corn Hole (2nd Fl. Lobby-GS) 1:55 Pedal the World (AR) 3:00 Chair Yoga with Renee' (AR)	15	*Vaccination Clinic* 7:45 Cardio DVD (DS) 9:00 Water Aerobics (Pool) Resident Led 9:30 Senior Seated Stretch Class with Ryan~FREE(2nd Fl. Lobby) 10:00-1:00 Medic Pharmacy Vaccination Clinic (AR) 10:25 Sit & Be Fit (DS) Postponed 1:00 Wii Bowling (AR) Postponed 1:15 Line Dance (DS) 1:55 Walking Club (SL) 3:00 "How To Spot Skin Cancer" MD Anderson (AR)	16	9:00 Garden Club (CY, 2nd Fl) 10:30 Morning Exercise (AR) 2:00 Scrabble (AR) 3:00 Card Making Class (AR) 4:00 Rummikub for Fun (SL)	17
8:00 Church Services (O) 10:30 Morning Exercise(AR) 2:00 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)	18	7:45 Cardio DVD (DS) 9:00 Water Aerobics (Pool) 10:00-12:00 Midnight Oil Smockers (BR, WC) 10:25 Balance (DS) 1:00 Bible Study (SL) 1:15 Drums (DS) 1:30 Card Making w/ Denise (AR) 1:55 Walking Club (SL) 3:00 Domino Club (SL) 3:00 Mary Margaret, Edutainment: Mrs. Noah's Amazing Voyage (AR)	19	7:45 Strength (DVD-DS) 9:00 Noodle Workout (Pool) 9:00 iPhone Questions (AR) Bring your iPhone 10:00 Wii Bowling (AR) 10:25 Community Wide Sit & Be Fit (DS) 1:15 Ping Pong (Gym) Resident Led 1:55 Pedal The World (AR) 3:00 Cooking Club Meeting (AR) 6:30 Marbles & Joker Game (SL)	20	7:45 Core DVD (DS) 9:00 Water Aerobics (Pool) 10:00 Rock Painting (AR) 10:25 Flexibility & Gentle Stretching (AR) 10:45 Lamonte's Lunch Outing (O) 1:15 Corn Hole (2nd Fl. Lobby-GS) 1:55 Walking Club (SL) 3:30 Bingo & Popcorn (AR) 7:00 Poker Night (SL)	21	7:45 Strength DVD (DS) 9:00 Water Aerobics (Pool) 10:00 Card Making Class (AR) 10:15 Giant Crossword Puzzle (2nd Fl. L.) 10:25 Community Wide Balance (DS) 11:00-1:00 Oktoberfest with Jim Connors (BR, WC) 1:15 Corn Hole (2nd Fl. Lobby-GS) 1:55 Pedal the World (AR) 3:00 Paul Driscoll- Magical Entertainer (BR,WC)	22	7:45 Cardio DVD (DS) 9:00 Water Aerobics (P) 9:30 Senior Seated Stretch Class with Ryan~PAY (2nd Fl. Lobby) 10:25 Sit & Be Fit (DS) 1:00 Wii Bowling (AR) 1:15 Line Dance (DS) 1:55 Walking Club (SL) 3:00 Movement & Rhythm (AR)	23	9:00 Garden Club (CY, 2nd Fl) 10:30 Morning Exercise (AR) 2:00 Scrabble (AR) 3:00 Card Making Class (AR) 4:00 Rummikub for Fun (SL)	24
8:00 Church Services (O) 10:30 Morning Exercise(AR) 2:00 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)	25	7:45 Cardio DVD (DS) 9:00 Water Aerobics (Pool) 10:25 Balance (DS) 1:00 Bible Study (SL) 1:15 Drums (DS) 1:55 Walking Club (SL) 3:00 Domino Club (SL) 3:00 Karaoke Sing Along with Sean (AR) 7:00 Resident Led Bingo (AR)	26	7:45 Strength (DVD-DS) 9:00 Noodle Workout (Pool) 9:00 iPhone Questions (AR) Bring your iPhone 10:00 Wii Bowling (AR) 10:25 Community Wide Sit & Be Fit (DS) 1:15 Ping Pong (Gym) Resident Led 1:55 Pedal The World (AR) 3:00 Chef's Cooking Demo (AR) 6:30 Marbles & Joker Game (SL)	27	OPEN GYM 7:45 Core DVD (DS) Resident Led 9:00 Water Aerobics (Pool) Resident Led 10:00 Rock Painting (AR) 10:25 Flexibility & Gentle Stretching (AR) Postponed 1:15 Corn Hole (2nd Fl. Lobby-GS) Activities Keeps Score 1:55 Walking Club (SL) Resident Led 3:30 Bingo & Popcorn (AR) 4:15 Dine Around Huston to Ouisie's Table (O) 7:00 Poker Night (SL)	28	7:45 Strength DVD (DS) 9:00 Water Aerobics (Pool) 10:00 Card Making Class (AR) 10:15 Giant Crossword Puzzle (2nd Fl. L.) 10:25 Community Wide Balance (DS) 1:15 Corn Hole (2nd Fl. Lobby-GS) 1:55 Pedal the World (AR) 3:00 Meet & Greet (AR)	29	Crazy Costume Contest for Staff & Residents 7:45 Cardio DVD (DS) 9:00 Water Aerobics (P) 9:30 Senior Seated Stretch Class with Ryan~FREE (2nd Fl. Lobby) 10:25 Sit & Be Fit (DS) 1:00 Wii Bowling (AR) 1:15 Line Dance (DS) 1:55 Walking Club (SL) 3:00 Monster Mash Music with Julia Laskowski (AR)	30	HAPPY HALLOWEEN! 9:00 Garden Club (CY, 2nd Fl) 10:30 Morning Exercise (AR) 2:00 Scrabble (AR) 3:00 Card Making Class (AR) 4:00 Rummikub for Fun (SL) Halloween	31

The Abbey Independent Living ~ **Fitness Classes, Activities, & Times are subject to Change ~ See Back for Additional Information**



October



Social & Fitness Calendar
Independent Living

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