November 2026

SOCIAL & FITNESS CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:00 Church Services (O) 10:30 Morning Exercise(AR) 1:00 Rock Painting (AR) 2:00 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) Daylight Saving Time Ends	**2** 7:45 Cardio DVD (DS) 9:00 Water Aerobics (Pool) 10:00 Wii Bowling (AR) 10:25 Balance (DS) 1:00 Bible Study (SL) 1:15 Drums (DS) 1:55 Walking Club (SL) 3:00 Skin Cancer Presentation by UT MD Anderson Cancer Center, with Rose Moore (AR) 3:00 On - WC Closed for Voting Preparation	**3** 7:00am-7:00pm: Voting Center (Bistro) Bistro is CLOSED for Dining Services 7:45 Strength (DVD-DS) Postponed 9:00 Water Aerobics (Pool) Postponed 10:00 Canvas Painting (AR) 10:25 Community Wide Sit & Be Fit (DS) Postponed 1:00 Tutorial On Exercise Equipment (Gym) Postponed 1:00 Card Making Class (AR) 1:15 Ping Pong (Gym) Postponed 1:55 Pedal The World (AR) 2:00 Mexican Train (SL) 3:00 Chair Yoga with Renee' (AR) 3:00 Town Hall POSTPONED Until 11-04-26 6:30 Marbles & Joker Game (SL) WC Closed for Voting Purposes	**4** 7:45 Core DVD (DS) 9:00 Water Aerobics (Pool) 10:00 Rock Painting (AR) 10:15 DeCamera: Lunch Boxes To-Go (O) 10:25 Flexibility & Gentle Stretch (AR) 1:15 Corn Hole (2nd Fl. Lobby-GS) 1:55 Walking Club (SL) 3:00 TOWN HALL MEETING (BR,WC) 3:30 Bingo & Popcorn (AR) Postponed 4:00 Wine Down Wednesday(1st Fl. L) 7:00 Poker Night (SL)	**5** 7:45 Strength DVD (DS) 9:00 Noodles (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 New Resident Orientation (SL) 3:00 Canvas Painting Class (AR)	**6** 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) 12:00 Sign Language Tribute to our Veterans Performed by Kathi (DR) 1:00 Wii Bowling (AR) 1:15 Line Dance (DS) 1:55 Walking Club (SL) 2:00 General Fire Safety Presentation (AR)	**7** 9:00 Garden Club (CY, 2ndFl) 10:30 Morning Exercise (AR) 1:00 Rock Painting (AR) 2:00 Scrabble (AR) 3:00 Stephanie & Danny Warner: Patriotic Tribute to Veterans (AR) 4:00 Rummikub for Fun (SL)
8 8:00 Church Services (O) 10:30 Morning Exercise(AR) 1:00 Rock Painting (AR) 2:00 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) Diwali (Hindi)	**9** OPEN GYM 7:45 Cardio DVD (DS) Resident Led 9:00 Water Aerobics (Pool) Resident Led 10:00 Wii Bowling (AR) 10:00 Pictures Taken for New Residents by Marilyn Huggins (AR) 10:25 Balance (DS) Postponed 1:00 Bible Study (SL) 1:15 Drums (DS) Postponed 1:55 Walking Club (SL) Resident Led 3:00 Laughter Wellness with Emma Ferguson (AR) 7:00 Resident Led Bingo (AR)	**10** OPEN GYM 7:45 Strength (DVD-DS) Resident Led 9:00 Water Aerobics (Pool) Resident Led 9:00 IPhone Questions (AR) Bring your IPhone 9:30 *All Programs Gathering* Alief Glee Club Choir (BR,WC) 10:00 Canvas Painting Class (AR) 10:25 Community Wide Sit & Be Fit (DS) Postponed 1:00 Card Making Class (AR) 1:15 Ping Pong Resident Led (Gym) 1:55 Pedal The World (AR) Resident Led 2:00 Mexican Train (SL) 3:00 Movement & Rhythm (AR) 6:30 Marbles & Joker Game (SL)	**11** 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 10:30 Lunch Around Town: PF Changs(O) 1:15 Corn Hole (2nd Fl. Lobby-GS) Activities Keeps Score 1:55 Walking Club (SL) Resident Led 3:00 Honor Flight with Master Sergeant Kennedy, USMC for Veterans Day (AR) 3:30 Bingo & Popcorn (AR) Postponed 7:00 Poker Night (SL) Veterans Day Remembrance Day (Canada)	**12** OPEN GYM 7:45 Strength DVD (DS) Resident Led 9:00 Noodles (Pool) Resident Led 10:15 Giant Crossword Puzzle (2nd Fl) 10:25 Community Wide Balance (DS) Postponed 1:15 Corn Hole (2nd Fl. Lobby-GS) Activities Keeps Score 1:55 Pedal The World (AR) Resident Led 3:00 Monthly Birthday & Wedding Anniversary Party with Julia Laskowski (AR)	**13** OPEN GYM 7:45 Cardio DVD (DS) Resident Led 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) 1:15 Line Dance (DS) Postponed 1:55 Walking Club (SL) Resident Led 2:30 Historic Houston with Mister McKinney (AR)	**14** 9:00 Garden Club (CY, 2ndFl) 10:30 Morning Exercise (AR) 1:00 Rock Painting (AR) 2:00 Scrabble (AR) 3:00 Card Making Class (AR) 4:00 Rummikub for Fun (SL)
15 8:00 Church Services (O) 10:30 Morning Exercise(AR) 1:00 Rock Painting (AR) 2:00 Scattergories (AR) 2:00 Chapelwood United Methodist Church Online Worship Service (T) 2:00 Ice Cream Sundae Social (GS) 3:00 Virginia H.'s 96th Birthday Celebration-Cake & Sparkling Juice (1st Floor Lobby) 4:00 Rummikub for Fun (SL)	**16** 7:45 Cardio DVD (DS) 9:00 Water Aerobics (Pool) 10:00 Wii Bowling (AR) 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 Fall Canvas Painting Craft (AR)	**17** 7:45 Strength (DVD-DS) 9:00 Water Aerobics (Pool) 9:00 IPhone Questions (AR) Bring Your IPhone 10:00 Canvas Painting Class (AR) 10:25 Community Wide Sit & Be Fit (DS) 1:00 Card Making Class (AR) 1:15 Ping Pong Resident Led (Gym) 1:55 Pedal The World (AR) 2:00 Mexican Train (SL) 3:00 "How to Help a Friend with Dementia" (AR) 6:30 Marbles & Joker (SL)	**18** 7:45 Core DVD (DS) 9:00 Water Aerobics (Pool) 10:00 Brookwood (O) 10:00 Rock Painting (AR) 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)	**19** 7:45 Strength DVD (DS) 9:00 Noodles (Pool) 10:15 Giant Crossword Puzzle (2nd Fl. L.) 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) 4:00-7:00 A Tuscan Harvest Dinner (DR)	**20** 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 Cookie & Coffee Social (AR)	**21** 9:00 Garden Club (CY, 2ndFl) 10:30 Morning Exercise (AR) 1:00 Rock Painting (AR) 2:00 Scrabble (AR) 3:00 Card Making Class (AR) 4:00 Rummikub for Fun (SL)
22 8:00 Church Services (O) 10:30 Morning Exercise(AR) 1:00 Rock Painting (AR) 2:00 Scattergories (AR) 2:00 Chapelwood United Methodist Church Online Worship Service (T) 2:00 Ice Cream Sundae Social (GS) 3:00 Music with Maurice (AR) 4:00 Rummikub for Fun (SL)	**23** 7:45 Cardio DVD (DS) 9:00 Water Aerobics (Pool) 10:00 Wii Bowling (AR) 10:25 Balance (DS) 1:00 Bible Study (SL) 1:15 Drums (DS) 1:55 Walking Club (SL) 3:00 Mary Margaret, dutainment: "The Pilgrim's tory" (AR)	**24** 7:45 Strength (DVD-DS) 9:00 Water Aerobics (Pool) 9:00 iPhone Questions (AR) Bring your IPhone 10:00 Canvas Painting Class (AR) 10:25 Community Wide Sit & Be Fit (DS) 1:00 Card Making Class (AR) 1:15 Ping Pong Resident Led (Gym) 1:55 Pedal The World (AR) 2:00 Mexican Train (SL) 3:00 Chef's Cooking Demo (AR) Postponed 4:15 Bus Departs for 5:00 Dinner at Grace's; 6:30 Mister McKinney River Oaks Christmas Light Tour 6:30 Marbles & Joker Game (SL)	**25** 7:45 Core DVD (DS) 9:00 Water Aerobics (Pool) 10:00 Rock Painting (AR) 10:25 Flexibility & Gentle Stretch (AR) 1:15 Corn Hole (2nd Fl. Lobby-GS) 1:55 Walking Club (SL) 3:30 Bingo & Popcorn (AR) 4:30 Dine Around Huston to North Italia (O) 7:00 Poker Night (SL)	**26** Happy Thanksgiving! OPEN GYM 7:45 Strength DVD (DS) Resident Led 9:00 Noodles (Pool) Resident Led 10:15 Giant Crossword Puzzle (2nd Fl. L.) 10:25 Community Wide Balance (DS) Postponed 11:00-2:00 Thanksgiving Brunch (DR) 2:00 Adwanys' Turkey (Corn) Hole (2nd Fl. Lobby-GS) Adwanys Led 2:30 Adwanys' World Tour of Pedal The World (AR) Adwanys Led 3:00 Meet & Greet (AR) Postponed	**27** 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 Resident Led Scrabble (AR)	**28** 9:00 Garden Club (CY, 2ndFl) 10:30 Morning Exercise (AR) 1:00 Rock Painting (AR) 2:00 Scrabble (AR) 3:00 Card Making Class (AR) 4:00 Rummikub for Fun (SL)
29 8:00 Church Services (O) 10:30 Morning Exercise(AR) 1:00 Rock Painting (AR) 2:00 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)	**30** 7:45 Cardio DVD (DS) 9:00 Water Aerobics (Pool) 10:00 Wii Bowling (AR) 10:25 Balance (DS) 1:00 Bible Study (SL) 1:15 Drums (DS) 1:55 Walking Club (SL) 3:00 Cookie & Coffee Social AR) 7:00 Resident Led Bingo (AR)	Every Evening 7:00 Movie (T) Every Sat. Matinee at 3:00 & Mon. Matinee at 1:30 (T) *Fitness Classes Added For November Same as October				

Please Schedule your Hydro For November with Benchmark!

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

The Abbey®
AT WESTMINSTER PLAZA
A Luxury Retirement Community

Social & Fitness Calendar
Independent Living

November



COLOR KEY

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

LOCATION KEY

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

FRONT DESK

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

DINING ROOM

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.

GENERAL STORE

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, IL (4th floor)

BISTRO
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

BENCHMARK
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