

Sunday

Monday

Tuesday

Wednesday






Thursday

Friday

Saturday

# August 2024

## ACTIVITY CALENDAR ~ INDEPENDENT LIVING

				<p>10:00 Wii Bowling: King &amp; Queen Pins (RR) 1:15 Adult Coloring (RR) * All Programs Gathering * <b>2:30 Historic Houston with Mister McKinney. Celebrating Houston's 188th Birthday!</b> (RR) 7:15 Evening Movie (PT)</p>	<p>2 10:00 ACTIVITIES MEETING (RR) 1:00 Bridge Club (BSL) 1:00 Wii Bowling Follies (RR) <b>1:15 Flexibility &amp; Gentle Stretching (2nd Floor Lobby)</b> <b>2:00 Seated Senior Yoga with Orion Fitness (2nd Floor Lobby-IL)</b> 3:00 School Supply Drive Appreciation Party (RR) 7:15 Evening Movie (PT)</p>	<p>3 9:00 Garden Club (2nd floor, Courtyard) 10:30 Morning Exercise (RR) <b>3:00-5:00 Swim &amp; Ice Cream Social (WC, Pool &amp; Bistro)</b> 4:00 Rummikub for fun (BSL) 7:15 Evening Movie (PT)</p>
<p>4 <b>8:00 Church Transportation (Lobby)</b> 2:00 Chapelwood United Methodist Church Online Worship Service (PT) 3:00 Jigsaw Puzzles (RR) 3:30 Tallowood Baptist Church ~ DVD (PT) 4:00 Rummikub for fun (BSL) 7:15 Sunday Movie (PT)</p>	<p>5 10:15 Card Kit Workshop (RR) 1:00 Bible Study (RR) <b>3:00 Root Beer Floats Social &amp; American Trivia (2nd floor Lobby)</b> 7:15 Evening Movie (PT)</p>	<p>6 10:00 Wii Bowling Beauties (RR) 10:00 Needle Art (2nd floor, across # 2228) Knitting, Crochet, Cross Stitch, Needlepoint 1:00 Bridge Club (BSL) <b>1:00 TOWH HALL MEETING (2nd floor Lobby)</b> <b>2:30 BroadwayHD presents: Musical "Funny Girl" (PT)</b> 7:15 Evening Movie (PT)</p>	<p>7 <b>9:15 Bus Leaves for Holocaust Museum &amp; Lunch at "Candente" Tex Mex Cuisine (Lobby)</b> <b>10:30 Flexibility &amp; Gentle Stretching Class with Kathi (RR)</b> 2:30 Afternoon Matinee (PT) Celebrating City of Houston 188th Birthday "Sam Houston" DVD 3:00 Quarter Bingo (RR) 7:15 Evening Movie (PT)</p>	<p>8  10:00 Wii Bowling: King &amp; Queen Pins (RR) 1:15 Adult Coloring (RR) <b>3:00 Monthly Birthday &amp; Wedding Anniversary Celebration with entertainer, Jon Ingram (RR)</b> 7:15 Evening Movie (PT)</p>	<p>9  <b>10:00 Catholic Mass &amp; Communion with Father Joseph from Saint Justin Martyr Catholic Church (RR)</b> 1:00 Bridge Club (BSL) 1:00 Wii Bowling Follies (RR) <b>2:30 The Abbey Style Olympics Awards Ceremony – Awarding of the Gold, Silver, &amp; Bronze Medals (Wellness Center, 2nd floor MPR)</b> 7:15 Evening Movie (PT)</p>	<p>10 9:00 Garden Club (2nd floor, Courtyard) 10:30 Morning Exercise (RR) <b>1:00 "Lean On Me" Alzheimer's &amp; Dementia Support Group With Roger (Assisted Living, MR)</b> <b>3:00-5:00 Swim &amp; Ice Cream Social (WC, Pool &amp; Bistro)</b> 4:00 Rummikub for fun (BSL) 7:15 Evening Movie (PT)</p>
<p>11 <b>8:00 Church Transportation (Lobby)</b> 2:00 Chapelwood United Methodist Church Online Worship Service (PT) 3:00 Jigsaw Puzzles (RR) 3:30 Tallowood Baptist Church ~ DVD (PT) 4:00 Rummikub for fun (BSL) 7:15 Sunday Movie (PT)</p>	<p>12  10:15 Giant Crossword Puzzle (2nd floor, Lobby) 1:00 Bible Study (RR) <b>3:00 Wii Bowling Party &amp; Snow Cones (RR &amp; 2nd floor, courtyard)</b> 7:15 Evening Movie (PT)</p>	<p>13 10:00 Wii Bowling Beauties (RR) 10:00 Needle Art (2nd floor, across # 2228) Knitting, Crochet, Cross Stitch, Needlepoint 1:00 Bridge Club (BSL) <b>3:00 EXPERT TALK (RR) "Armchair travel through Alaska" Special guest &amp; speaker, Becky Zielinski from the Lighthouse Travel Partner (RR)</b> 7:15 Evening Movie (PT)</p>	<p>14 <b>9:15 Bus Leaves for Galveston, TX. The Bryan Museum Tour &amp; Lunch at "Willie G's" Seafood &amp; Steaks (Lobby)</b> <b>10:30 Flexibility &amp; Gentle Stretching Class with Kathi (RR)</b> 2:30 Afternoon Matinee (PT) "Audrey Hepburn in the movies" DVD 3:00 Quarter Bingo (RR) 7:15 Evening Movie (PT)</p>	<p>15 10:00 Wii Bowling: King &amp; Queen Pins (RR) <b>1:30 The Abbey Book Club (BSL)</b> <b>2:30 Greeting Card Workshop (RR)</b> 7:15 Evening Movie (PT)</p>	<p>16 <b>National Tell a Joke Day</b> 1:15 HOUSTON jigsaw puzzle (RR) 1:00 Bridge Club (BSL) 1:00 Wii Bowling Follies (RR) <b>1:15 Flexibility &amp; Gentle Stretching (2nd Floor Lobby)</b> <b>2:00 Seated Senior Yoga with Orion Fitness (2nd Floor Lobby-IL)</b> <b>3:00 Open Mic Social -Share your jokes, and funny stories (2nd floor, Lobby)</b> 7:15 Evening Movie (PT)</p>	<p>17 9:00 Garden Club (2nd floor, Courtyard) 10:30 Morning Exercise (RR) <b>3:00-5:00 Swim &amp; Ice Cream Social (WC, Pool &amp; Bistro)</b> 4:00 Rummikub for fun (BSL) 7:15 Evening Movie (PT)</p>
<p>18 <b>8:00 Church Transportation (Lobby)</b> 2:00 Chapelwood United Methodist Church Online Worship Service (PT) 3:00 Jigsaw Puzzles (RR) 3:30 Tallowood Baptist Church ~ DVD (PT) 4:00 Rummikub for fun (BSL) 7:15 Sunday Movie (PT)</p>	<p>19 10:15 Giant Crossword Puzzle (2nd floor, Lobby) 1:00 Bible Study (RR) <b>2:30 Painting Workshop (RR) Method: watercolor</b> 7:15 Evening Movie (PT)</p>	<p>20  10:00 Wii Bowling Beauties (RR) 10:00 Needle Art (2nd floor, across # 2228) Knitting, Crochet, Cross Stitch, Needlepoint 1:00 Bridge Club (BSL) <b>2:30 Ice Cream &amp; Trivia Social with Robert Benavidez from "Devoted Health Plans"</b> <b>5-7 Roaring 20's Dinner Party in celebration of National Senior Citizens Day. Jazz singer, Danielle Reich (DR)</b> 7:15 Evening Movie (PT)</p>	<p>21 <b>9:30 Bus Leaves for Gerald D. Hines Waterwall Park (Lobby)</b> <b>10:30 Flexibility &amp; Gentle Stretching Class with Kathi (RR)</b> 2:30 Afternoon Matinee (PT) "John Lennon: Genius or Bastard?" on YouTube 3:00 Quarter Bingo (RR) <b>4:30 Bus Leaves for Dine Around Houston to "Maison Pucha Bistro" French Cuisine (Lobby)</b> 7:15 Evening Movie (PT)</p>	<p>22 10:00 Wii Bowling: King &amp; Queen Pins (RR) <b>1:15 EXPERT TALK (RR) "Immunization Awareness" presentation by Medic Pharmacy</b> <b>3:00 Laughter Yoga with Emma Ferguson (RR)</b> 7:15 Evening Movie (PT)</p>	<p>23  10:00 Sentimental Sing-Along Songs of Praise &amp; Inspiration (RR) 1:00 Bridge Club (BSL) 1:00 Wii Bowling Follies (RR) <b>1:15 Flexibility &amp; Gentle Stretching (2nd Floor Lobby)</b> * All Programs Gathering * <b>3:00 Pawject Runway~ Dog Show (Wellness Center, MPR)</b> 7:15 Evening Movie (PT)</p>	<p>24 9:00 Garden Club (2nd floor, Courtyard) 10:30 Morning Exercise (RR) <b>1:00 "Lean On Me" Alzheimer's &amp; Dementia Support Group With Roger (Assisted Living, MR)</b> <b>3:00-5:00 Swim &amp; Ice Cream Social (WC, Pool &amp; Bistro)</b> 4:00 Rummikub for fun (BSL) 7:15 Evening Movie (PT)</p>
<p>25 <b>8:00 Church Transportation (Lobby)</b> 2:00 Chapelwood United Methodist Church Online Worship Service (PT) 3:00 Jigsaw Puzzles (RR) 3:30 Tallowood Baptist Church ~ DVD (PT) 4:00 Rummikub for fun (BSL) 7:15 Sunday Movie (PT)</p>	<p>26 10:15 Giant Crossword Puzzle (2nd floor, Lobby) 1:00 Bible Study (RR) <b>3:00 Meet &amp; Greet Social (RR)</b> 7:15 Evening Movie (PT)</p>	<p>27 10:00 Wii Bowling Beauties (RR) 10:00 Needle Art (2nd floor, across # 2228) Knitting, Crochet, Cross Stitch, Needlepoint 1:00 Bridge Club (BSL) <b>3:00 Cooking Demo with Chef, Roger (RR)</b> 7:15 Evening Movie (PT)</p>	<p>28 <b>9:00 Bus Leaves for Minute Maid Park, Houston Astros Tour &amp; Lunch at "Goode Company Seafood" (Lobby)</b> <b>10:30 Flexibility &amp; Gentle Stretching Class with Kathi (RR)</b> 2:30 Afternoon Matinee (PT) "Ronald Regan. An American Journey" DVD 3:00 Quarter Bingo (RR) 7:15 Evening Movie (PT)</p>	<p>29 10:00 Wii Bowling: King &amp; Queen Pins (RR) 1:15 Scattergories (RR) <b>3:00 EXPERT TALK (RR) "FBI Overview" presented by guest speaker Public Affairs Officer, Connor Hagan.</b> 7:15 Evening Movie (PT)</p>	<p>30 10:00 Tech Workshop ~ Sign up (RR) Assistance with your iPhone or iPad 1:00 Bridge Club (BSL) 1:00 Wii Bowling Follies (RR) <b>1:15 Flexibility &amp; Gentle Stretching (2nd Floor Lobby)</b> <b>2:00 Squiggle Ball (2nd floor, Lobby)</b> * All Programs Gathering * <b>3:00 SUMMER FIESTA Happy Hour with live performer, Jesus Alejandro (Bistro, WC)</b> 7:15 Evening Movie (PT)</p>	<p>31 9:00 Garden Club (2nd floor, Courtyard) 10:30 Morning Exercise (RR) <b>3:00-5:00 Swim &amp; Ice Cream Social (WC, Pool &amp; Bistro)</b> 4:00 Rummikub for fun (BSL) 7:15 Evening Movie (PT)</p>