

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

January 2025

ACTIVITY CALENDAR

INDEPENDENT LIVING

<p>5</p> <p>8:00 Church Transportation (Lobby) 10:30 Morning Exercise (RR) 2:00 Chapelwood United Methodist Church Online Worship Service (PT) 3:00 Hot Cocoa & Cookies (GS) 3:30 Tallowood Baptist Church - DVD (PT) 4:00 Rummikub for fun (BSL) 7:15 Sunday Movie (PT)</p>	<p>6</p> <p>National Technology Day! 10:15 Giant Crossword Puzzle (2nd floor, Lobby) 1:00 Bible Study resume in February 2:30 EXPERT TALK (RR) "SPACECITY I.T" Educational Forum Guest speaker, Mariano Loera 7:15 Evening Movie (PT)</p>	<p>7</p> <p>10:00 Wii Bowling Beauties (RR) 1:00 Bridge Club (BSL) 1:30 Fun Therapeutic: Adult coloring pages (RR) 3:00 TOWH HALL MEETING (2nd floor Lobby) 7:15 Evening Movie (PT)</p>	<p>1</p> <p>9:30 Bus Leaves for Giant Gingerbread Village & Lunch at "Cracker Barrel Old Country Store" (Lobby) 10:30 Morning Exercise (RR) 2:30 Afternoon Matinee ~ DVD (PT) "The 3 Tenors. Paris 1998" 3:30 Quarter Bingo (RR) 7:15 Evening Movie (PT)</p> <p>New Year's Day</p>	<p>2</p> <p>10:00 Wii Bowling: King & Queen Pins (RR) 1:15 Welcome Committee Meeting (RR) 4:00 EXPERT TALK (RR) Arm Chair Astronomy "Historic Eclipses" Speaker, Ken VanLew 7:15 Evening Movie (PT)</p>	<p>3</p> <p>9:30 Senior Seated Stretch Class with Samer (2nd Floor Lobby) 1:00 Wii Bowling Follies (RR) 1:00 Bridge Club (BSL) 1:30 Flexibility & Gentle Stretching (2nd Floor Lobby) 2:00 Squiggle Ball (2nd floor, Lobby) 3:00 "Chili & Beer" Social (RR) Celebrating National Slow Cooking Month with entertainer, Jesus Alejandro! 7:15 Evening Movie (PT)</p>	<p>4</p> <p>National Trivia Day! 9:00 Garden Club (2nd floor, Courtyard) 10:30 Morning Exercise (RR) 1:30 Comedy Hour (PT) The Carol Burnett Show ~ Disk 1 3:00 Winter Trivia Social (RR) 4:00 Rummikub for fun (BSL) 7:15 Evening Movie (PT)</p>
<p>12</p> <p>8:00 Church Transportation (Lobby) 10:30 Morning Exercise (RR) 2:00 Chapelwood United Methodist Church Online Worship Service (PT) 3:00 Hot Cocoa & Cookies (GS) 3:30 Tallowood Baptist Church - DVD (PT) 4:00 Rummikub for fun (BSL) 7:15 Sunday Movie (PT)</p>	<p>13</p> <p>10:15 Card Kit Class (RR) 1:00 Bible Study resume in February 3:00 Men's Club (BSL) "Whiskey & Sports Trivia" 7:15 Evening Movie (PT)</p>	<p>14</p> <p>10:00 Wii Bowling Beauties (RR) 1:00 Bridge Club (BSL) 1:30 Fun Therapeutic: Adult coloring pages (RR) 3:00 Books & Bubbles (1st floor library) 7:15 Evening Movie (PT)</p>	<p>8</p> <p>9:15 Bus Leaves for Cockrell Butterfly Center & Lunch at "Arnaldo Richard's Picos Restaurant" (Lobby) 10:25 Flexibility & Gentle Stretching Class with Kathi (RR) 2:30 Afternoon Matinee YouTube (PT) Elvis Presley: A life from beginning to end 3:30 Quarter Bingo (RR) 7:15 Evening Movie (PT)</p>	<p>9</p> <p>10:00 Wii Bowling: King & Queen Pins (RR) 1:30 Volunteer Project (RR) 3:00 Monthly Birthday & Wedding Anniversary Celebration with entertainer, Jon Ingram (RR) 7:15 Evening Movie (PT)</p>	<p>10</p> <p>10:00 Catholic Mass & Communion with Father Joseph from Saint Justin Martyr Catholic Church (RR) 1:00 Wii Bowling Follies (RR) 1:00 Bridge Club (BSL) 1:30 Flexibility & Gentle Stretching (2nd Floor Lobby) 2:00 Squiggle Ball (2nd floor, Lobby) 2:30 Greeting Card Workshop (RR) 7:15 Evening Movie (PT)</p>	<p>11</p> <p>9:00 Garden Club (2nd floor, Courtyard) 10:30 Morning Exercise (RR) 1:30 Comedy Hour (PT) The Carol Burnett Show ~ Disk 2 3:00 Reminisce Hour in Celebration of National Hobby Month (RR) 4:00 Rummikub for fun (BSL) 7:15 Evening Movie (PT)</p>
<p>19</p> <p>8:00 Church Transportation (Lobby) 10:30 Morning Exercise (RR) 2:00 Chapelwood United Methodist Church Online Worship Service (PT) 3:00 Hot Cocoa & Cookies (GS) 3:30 Tallowood Baptist Church - DVD (PT) 4:00 Rummikub for fun (BSL) 7:15 Sunday Movie (PT)</p> <p>Activity Professionals Week</p>	<p>20</p> <p>10:15 Giant Crossword Puzzle (2nd floor, Lobby) 1:00 Bible Study resume in February 3:00 Laughter Yoga with Emma Ferguson (RR) 7:15 Evening Movie (PT)</p> <p>Martin Luther King Jr. Day</p>	<p>21</p> <p>10:00 Wii Bowling Beauties (RR) 1:00 Bridge Club (BSL) 1:30 Fun Therapeutic: Adult Coloring pages (RR) 2:30 EXPERT TALK (RR) Lone Star Flight Museum Presents "The First 35 Years of Navy Carrier Warbirds 1910 Through 1945" Speaker, Ronnie Alford 7:15 Evening Movie (PT)</p>	<p>15</p> <p>9:30 Bus Leaves for Wallis, TX Guardian Angel Catholic Church & Lunch at "Early Bird Café" (Lobby) 10:25 Flexibility & Gentle Stretching Class with Kathi (RR) 2:30 Afternoon Matinee YouTube (PT) Nobel Prize Concert 2024 3:30 Quarter Bingo (RR) 7:15 Evening Movie (PT)</p>	<p>16</p> <p>10:00 Wii Bowling: King & Queen Pins (RR) 1:30 The Abbey Book Club (BSL) 2:30 EXPERT TALK (RR) "Houston Area Parkinson" Seminar Speaker Maggie Abbott 7:15 Evening Movie (PT)</p>	<p>17</p> <p>9:30 Senior Seated Stretch Class with Samer (2nd Floor Lobby) 1:00 Wii Bowling Follies (RR) 1:00 Bridge Club (BSL) 1:30 Flexibility & Gentle Stretching (2nd Floor Lobby) 2:00 Squiggle Ball (2nd floor, Lobby) 3:00 Brain Teaser: Scattergories (RR) 7:15 Evening Movie (PT)</p>	<p>18</p> <p>9:00 Garden Club (2nd floor, Courtyard) 10:30 Morning Exercise (RR) 1:30 Comedy Hour (PT) The Carol Burnett Show ~ Disk 3 2:30 Cooking Club (RR) *Broccoli Bacon Salad* 4:00 Rummikub for fun (BSL) 7:15 Evening Movie (PT)</p>
<p>26</p> <p>8:00 Church Transportation (Lobby) 10:30 Morning Exercise (RR) 2:00 Chapelwood United Methodist Church Online Worship Service (PT) 3:00 Hot Cocoa & Cookies (GS) 3:30 Tallowood Baptist Church - DVD (PT) 4:00 Rummikub for fun (BSL) 7:15 Sunday Movie (PT)</p> <p>Australia Day (Observed)</p>	<p>27</p> <p>National Chocolate Cake Day! 10:15 Card Kit Class (RR) 1:00 Bible Study resume in February 3:00 Bingo & Chocolate Cake (RR) 7:15 Evening Movie (PT)</p>	<p>28</p> <p>10:00 Wii Bowling Beauties (RR) 1:00 Bridge Club (BSL) 1:30 Fun Therapeutic: Adult coloring pages (RR) 3:00 Cooking Demo with Chef Roger (RR) 7:15 Evening Movie (PT)</p>	<p>22</p> <p>9:15 Bus Leaves for Katy Veteran's Memorial Museum & Lunch at "Federal American Grill" (Lobby) 10:25 Flexibility & Gentle Stretching Class with Kathi (RR) 2:30 Afternoon Matinee YouTube (PT) Top 12 unbelievable Dance Group Auditions on America's Got Talent 3:30 Quarter Bingo (RR) 5:30 Chef's Table (DR) Three Course Dinner ~ Sign Up 7:15 Evening Movie (PT)</p>	<p>23</p> <p>Fabulous 50's Sock Hop! 10:00 Wii Bowling: King & Queen Pins (RR) 11am-1pm-Shake, Rattle & Roll Luncheon with Ralph Elizondo Portraying Elvis Presley (DR) 3:00 50's Trivia Social (RR) 7:15 Evening Movie (PT)</p>	<p>24</p> <p>10:00 Sentimental Sing-Along Songs of Praise & Inspiration (PT) 1:00 Wii Bowling Follies (RR) 1:00 Bridge Club (BSL) 1:30 Flexibility & Gentle Stretching (2nd Floor Lobby) 2:00 Squiggle Ball (2nd floor, Lobby) 2:30 Painting Workshop (RR) Method: Watercolor 7:15 Evening Movie (PT)</p>	<p>25</p> <p>9:00 Garden Club (2nd floor, Courtyard) 10:30 Morning Exercise (RR) 1:30 Comedy Hour (PT) The Carol Burnett Show ~ Disk 4 2:30 Arts & Crafts Workshop (RR) Valentine's Day Craft 4:00 Rummikub for fun (BSL) 7:15 Evening Movie (PT)</p>
<p>29</p> <p>8:00 Church Transportation (Lobby) 10:30 Morning Exercise (RR) 2:00 Chapelwood United Methodist Church Online Worship Service (PT) 3:00 Hot Cocoa & Cookies (GS) 3:30 Tallowood Baptist Church - DVD (PT) 4:00 Rummikub for fun (BSL) 7:15 Sunday Movie (PT)</p> <p>Australia Day (Observed)</p>	<p>27</p> <p>National Chocolate Cake Day! 10:15 Card Kit Class (RR) 1:00 Bible Study resume in February 3:00 Bingo & Chocolate Cake (RR) 7:15 Evening Movie (PT)</p>	<p>28</p> <p>10:00 Wii Bowling Beauties (RR) 1:00 Bridge Club (BSL) 1:30 Fun Therapeutic: Adult coloring pages (RR) 3:00 Cooking Demo with Chef Roger (RR) 7:15 Evening Movie (PT)</p>	<p>29</p> <p>National Puzzle Day! 10:25 Flexibility & Gentle Stretching Class with Kathi (RR) 1:30 NEW RESIDENT ORIENTATION (BSL) 2:30 Afternoon Matinee (PT) 2024 Spring Festival Gala *YouTube* 3:00 Jigsaw Puzzle Competition (RR) 4:30 Bus Leaves for Dine Around Houston to "Bistro Le Cep" (Lobby)</p> <p>Chinese New Year (Year of the Snake)</p>	<p>30</p> <p>10:00 Wii Bowling: King & Queen Pins (RR) 1:30 Volunteer Project (RR) 3:00 Meet & Greet Social (RR) 7:15 Evening Movie (PT)</p>	<p>31</p> <p>10:30 Tech Workshop- Sign up (RR) Assistance with your iPhone or iPad 1:00 Wii Bowling Follies (RR) 1:00 Bridge Club (BSL) 1:30 Flexibility & Gentle Stretching (2nd Floor Lobby) 2:00 Squiggle Ball (2nd floor, Lobby) 3:00 Celebrating Chinese New Year! Dragon Dance performance (Bistro, WC) 7:15 Evening Movie (PT)</p>	<p>Location Key: DR - Dining Room RR - 2nd floor Activity Room GS - 2nd floor General Store PT - 3rd floor Theater BSL - 4th floor Sports Lounge WC - Wellness Center MPR - 2nd floor Multi-Purpose Room in the Wellness Center</p>

The Abbey Independent Living ~ 2855 Westminster Plaza Drive. Houston, TX 77082 ~ ACTIVITIES & TIMES ARE SUBJECT TO CHANGE