
















# Independent Living Lifestyles Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
	<b>1</b> 10:00A Art Group (AC) 1:30P Bible School (GR) 2:00P Podiatrist Visit 5:00P & 6:00P Mexican Train (GR)	<b>2</b> 10:00A Grocery Trip (ML) <b>11:00A Men's Group (GR)</b> <b>3:00P Bingo Store (AC)</b> 6:15P Bingo (AC)	<b>3</b> <b>10:30A Jay's Bazaar (GR)</b> 11:00A Chair Volleyball (AU) 4:00P Learn Spanish (GR) 6:00P Bridge (GR)	<b>4</b>  10:00A Writer's Workshop (AC) 11:15A Prayer Group (GR) 2:00P Rummikub (GR) 4:00P Social Hour - 2025 NFL season celebration (CC) 6:15P Bingo (AC)	<b>5</b>  <b>1:00P Catholic Service (AU)</b> 1:30P Bible Study with Chaplain John Bender (GR) 6:15P Trivia Night (AC)	<b>6</b>  9:30A Coffee with Neighbors (CC) <b>10:00A Line Dancing Presentation with Monique (CR)</b> 6:15P Bingo (AC)
<b>7</b>  <b>Grandparents Day</b> 11:00A Episcopal Service (B Building 2nd Floor) 12:00P-2:00P Sunday Brunch <b>3:30P Vespers "MADE FOR MORE" (AU/Ch2)</b> 4:30P Coffee and Chatter (CC)	<b>8</b> 10:00A Art Group (AC) 1:30P Bible School (GR) 5:00P & 6:00P Mexican Train (GR)	<b>9</b>  10:00A Grocery Trip (ML) <b>11:00A PWP Choir (AU)</b> <b>2:00P Tuesday Matinee - "Nonnas" (AU)</b> 6:15P Bingo (AC)	<b>10</b> 11:00A Chair Volleyball (AU) 11:30A Faithful Paws Visit (ML) <b>3:00P Healthy Living for Your Brain and Body Presentation (AU)</b> 4:00P Learn Spanish (GR) 6:00P Bridge (GR)	<b>11</b> <b>Meal of the Month Ballot Due</b> 10:00A Writer's Workshop (AC) 11:15A Prayer Group (GR) 2:00P Rummikub (GR) 4:00P Social Hour (CC) 6:15P Bingo (AC)	<b>12</b> 1:30P Bible Study with Chaplain John Bender (GR) 2:30P CVS/Walgreens (\$) 5:00P Mexican Train (GR) 6:15P Trivia Night (AC)	<b>13</b>  9:30A Coffee with Neighbors (CC) 6:15P Bingo (AC)
<b>14</b> 11:00A Episcopal Service (B Building 2nd Floor) 12:00P-2:00P Sunday Brunch <b>3:30P Vespers "MADE FOR MORE" (AU/Ch2)</b> 4:30P Coffee and Chatter (CC)	<b>15</b>  10:00A Art Group (AC) 1:30P Bible School (GR) <b>3:00P Birthday Social (AU)</b> 5:00P & 6:00P Mexican Train (GR)	<b>16</b> <b>Meal of the Month</b> 10:00A Grocery Trip - Target (ML) <b>2:00P Sing-A-Long w/ Tim Holder (AU)</b> 6:15P Bingo(AC)	<b>17</b> 11:00A Chair Volleyball (AU) <b>3:00P Chef Chat (AU)</b> 4:00P Learn Spanish (GR) <b>5:00P Catholic Women's Dinner</b> 6:00P Bridge (GR)	<b>18</b> <b>Pest Control Visit Building A</b> 10:00A Writer's Workshop (AC) <b>11:00A Episcopal Service (AU)</b> 11:15A Prayer Group (GR) 2:00P Rummikub (GR) 4:00P Social Hour (CC) 6:15P Bingo (AC)	<b>19</b>  <b>11:30A Book Club (L)</b> 1:30P Bible Study with Chaplain John Bender (GR) 5:00P Mexican Train (GR) 6:15P Trivia Night (AC)	<b>20</b>  9:30A Coffee with Neighbors (CC) <b>10:00A Woodworking Shop - Volunteering Project</b> 6:15P Bingo (AC)
<b>21</b>  11:00A Episcopal Service (B Building 2nd Floor) 12:00P-2:00P Sunday Brunch <b>3:30P Vespers "MADE FOR MORE" (AU/Ch2)</b> 4:30P Coffee and Chatter (CC)	<b>22</b> 10:00A Art Group (AC) 1:30P Bible School (GR) <b>3:00P Fall Prevention Lecture (AU)</b> 5:00P & 6:00P Mexican Train (GR)	<b>23</b> 10:00A Grocery Trip (ML) <b>11:00A PWP Choir (ML)</b> 6:15P Bingo (AC)	<b>24</b> <b>10:30A - Vessels of Joy (GR)</b> 11:00A Chair Volleyball (AU) 11:30A Faithful Paws Visit (ML) 4:00P Learn Spanish (GR) 6:00P Bridge (GR)	<b>25</b>  <b>10:30A Putting Green Challenge</b> 11:15A Prayer Group (GR) 2:00P Rummikub (GR) <b>3:00P Town Hall (AU)</b> 4:00P Social Hour (CC) 6:15P Bingo (AC)	<b>26</b> <b>11:00A Wii Summer Series with Sahara (WR)</b> 1:30P Bible Study with Chaplain John Bender (GR) 2:30P CVS/Walgreens (\$) <b>3:00P Bunco with Amy (GR)</b>	<b>27</b>  <b>7:00A Walk to End Alzheimer's - Katy (ML)</b> 9:30A Coffee with Neighbors (CC) 6:15P Bingo (AC)
<b>28</b> 11:00A Episcopal Service (B Building 2nd Floor) 12:00P-2:00P Sunday Brunch <b>3:30P Vespers "MADE FOR MORE" (AU/Ch2)</b> 4:30P Coffee and Chatter (CC)	<b>29</b>  10:00A Art Group (AC) 1:30P Bible School (GR) <b>3:00P The Game Show Showdown with Chaplain John Bender (AU)</b> 5:00P & 6:00P Mexican Train (GR)	<b>30</b> 10:00A Grocery Trip (ML) <b>11:00A Trip to Memorial City Mall &amp; Lunch (\$)</b> <b>2:00P Prize Bingo w/ HHR (AC)</b> 6:15P Bingo (AC)			<b>CALENDAR LEGEND</b> AC—Arts & Crafts Room AU—Auditorium/Chapel CC—Cabana Café CR—Cabana Room CH2 — Channel 2 GR— Game Room WR— Wii Room ML— Main Lobby	<b>Activities Are Subject To Change Without Notice</b>

# Independent Living Wellness Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
<b>ALL WELLNESS CLASSES ARE HELD IN THE WELLNESS CENTER UNLESS SPECIFIED</b>	<b>1</b>	<b>2</b> 9:30A Advanced Strength 10:00A Intermediate Strength 10:30A Beginner Strength 11:00A Aqua Strength 12:00P Yoga 2:00P Meditation 4:00P Walking Soccer	<b>3</b> 9:30A Adv. Stretch & Balance 10:00A Int. Stretch & Balance 10:30A Beg. Stretch & Balance 11:00A Chair Volleyball (AU) 12:30P Stretch & Mobility 2:00P Blank Slate 4:00P Hot Potato	<b>4</b> 9:30A Adv. Cardio 10:00A Int. Cardio 10:30A Beg. Cardio 11:00A Aqua Cardio 2:00P Line Dancing 4:00P Muscial Chairs	<b>5</b> 9:30A Advanced Agility 10:00A Intermediate Agility 10:30A Beginner Agility 11:00A Trivia (Wii Room) 12:00P Resident Consultations	<b>6</b> <b>GET ACTIVE</b> <u>Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3</u>
<b>7</b> <b>GET ACTIVE</b> <u>Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3</u>	<b>8</b> 9:30A Adv. Core & Balance 10:00A Int. Core & Balance 10:30A Beg. Core & Balance 12:00P Resident Consultations	<b>9</b> 9:30A Advanced Strength 10:00A Intermediate Strength 10:30A Beginner Strength 11:00A Aqua Strength 12:00P Yoga 2:00P Meditation 4:00P Walking Soccer	<b>10</b> 9:30A Adv. Stretch & Balance 10:00A Int. Stretch & Balance 10:30A Beg. Stretch & Balance 11:00A Chair Volleyball (AU) 12:30P Stretch & Mobility 2:00P Blank Slate 4:00P Hot Potato	<b>11</b> 9:30A Adv. Cardio 10:00A Int. Cardio 10:30A Beg. Cardio 11:00A Aqua Cardio 2:00P Line Dancing 4:00P Muscial Chairs	<b>12</b> 9:30A Advanced Agility 10:00A Intermediate Agility 10:30A Beginner Agility 11:00A Trivia (Wii Room) 12:00P Resident Consultations	<b>13</b> <b>GET ACTIVE</b> <u>Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3</u>
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<b>21</b> <b>GET ACTIVE</b> <u>Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3</u>	<b>22</b> <b>FALL PREVENTION WEEK</b> 9:30A Adv. Core & Balance 10:00A Int. Core & Balance 10:30A Beg. Core & Balance 12:00P Resident Consultations	<b>23</b> <b>FALL PREVENTION WEEK</b> 9:30A Advanced Strength 10:00A Intermediate Strength 10:30A Beginner Strength 11:00A Aqua Strength 12:00P Yoga 2:00P Meditation 4:00P Walking Soccer	<b>24</b> <b>FALL PREVENTION WEEK</b> 9:30A Adv. Stretch & Balance 10:00A Int. Stretch & Balance 10:30A Beg. Stretch & Balance 11:00A Chair Volleyball (AU) <b>12:30P FALL PREVENTION TALK</b> 2:00P Blank Slate 4:00P Hot Potato	<b>25</b> <b>FALL PREVENTION WEEK</b> 9:30A Adv. Cardio 10:00A Int. Cardio 10:30A Beg. Cardio 11:00A Aqua Cardio 2:00P Line Dancing 4:00P Muscial Chairs	<b>26</b> <b>FALL PREVENTION WEEK</b> 9:30A Advanced Agility 10:00A Intermediate Agility 10:30A Beginner Agility 11:00A Trivia (Wii Room) 12:00P Resident Consultations	<b>27</b> <b>GET ACTIVE</b> <u>Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3</u>
<b>28</b> <b>GET ACTIVE</b> <u>Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3</u>	<b>29</b> 9:30A Adv. Core & Balance 10:00A Int. Core & Balance 10:30 A Beg. Core & Balance 12:00P Resident Consultations	<b>30</b> 9:30A Advanced Strength 10:00A Intermediate Strength 10:30A Beginner Strength 11:00A Aqua Strength 12:00P Yoga 2:00P Meditation 4:00P Walking Soccer		For 1-on-1 Consultations, Tailored Exercise plans, or Machine Tutorials please reach out to our Wellness Coordinator Ru Cossy at 832-798-7824		 <p>Functional Pathways <small>Therapy that exceeds expectations</small></p>