

# AUGUST 2025

August 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August Birthdays: Sara S. - 8/3 Evelyn D. - 8/5 W.T. D. - 8/19 Jo H. - 8/19 Ardel R. - 8/19 Barbara S. - 8/19			Check the daily schedule for more details! The dailies will include the final and complete schedule for each day. Copies available at the Concierge desk.		<div>1</div> <div>CL</div> <div>9:45</div> <div>Bonus Walking Club around the building on your own   Start on the third floor and work your way down!</div> <div>TH</div> <div>B</div> <div>TH</div> <div>10:15</div> <div>Art Class with Phoebe!</div> <div>10:15</div> <div>Bistro Break</div> <div>1:00</div> <div>Health &amp; Fitness Class</div> <div>1:45</div> <div>Group Outing   RSVP with Concierge</div> <div>CF</div> <div>2:00</div> <div>Catholic Communion</div> <div>4:30</div> <div>Shabbat Service</div> <div>6:00</div> <div>Friday Night Movie</div>	<div>2</div> <div>TH</div> <div>TH</div> <div>9:30</div> <div>Strong and Flexible</div> <div>10:30</div> <div>Inspiring Lives by Life Changers International Ministries   Praying, Scripture and more!</div> <div>10:30</div> <div>Mental Fitness Packets   Available at Concierge desk</div> <div>TH</div> <div>1:15</div> <div>Prize Bingo</div> <div>1:30</div> <div>Shopping Trip   RSVP with Concierge</div> <div>TH</div> <div>2:15</div> <div>Saturday Movie Matinee</div> <div>B</div> <div>6:00</div> <div>Plenty of Puzzles</div> <div>TH</div> <div>6:00</div> <div>Saturday Evening Movie   Resident or Staff Pick</div>
<div>3</div> <div>TH</div> <div>10:30</div> <div>Mental Fitness Packets   Available at Concierge desk</div> <div>TH</div> <div>11:00</div> <div>Sunday Stories   Documentary   Resident or Staff Choice</div> <div>TH</div> <div>1:00</div> <div>Sunday Catholic Mass Viewing</div> <div>B</div> <div>2:00</div> <div>Sweet Treat Sunday</div> <div>B</div> <div>6:00</div> <div>Cards anyone? Bridge, Uno, Hearts - you decide!</div> <div>TH</div> <div>6:00</div> <div>Sunday Night Movie</div>	<div>4</div> <div>CL</div> <div>B</div> <div>TH</div> <div>CL</div> <div>CL</div> <div>9:45</div> <div>Stretch &amp; Strength</div> <div>B</div> <div>10:15</div> <div>Bistro Break</div> <div>TH</div> <div>1:00</div> <div>Health &amp; Fitness Class</div> <div>CL</div> <div>2:00</div> <div>Monday's Meaningful Trivia</div> <div>B</div> <div>3:00</div> <div>Bible Stories with Jehovah's Witnesses led by Ava</div> <div>B</div> <div>3:00</div> <div>Flower Arranging Project</div> <div>B</div> <div>6:00</div> <div>Game Night with Volunteers</div> <div>TH</div> <div>6:00</div> <div>Monday Musical Movie Night</div>	<div>5</div> <div>CL</div> <div>CL</div> <div>9:45</div> <div>West U Walkers   Walking Club   Join us for a walk around the building!</div> <div>CL</div> <div>10:00</div> <div>Rice Lifelong University   Live Zoom Class   Lifelong Flourishing: Insights from Positive Psychology</div> <div>CL</div> <div>2:00</div> <div>Tuesday Brain Games   Trivia and More!</div> <div>P</div> <div>2:00</div> <div>Water Aerobics   Join us in the pool for a class taught by HealthPro Heritage!</div> <div>TH</div> <div>6:00</div> <div>Tuesday Top Hit Movie Night</div>	<div>6</div> <div>B</div> <div>10:15</div> <div>Bistro Break   Visit with neighbors and catch up on local and national news!</div> <div>B</div> <div>11:00</div> <div>Celebrate National Root Beer Float Day</div> <div>TH</div> <div>1:00</div> <div>Health and Fitness Class   Join HealthPro Heritage for this great exercise class!</div> <div>H</div> <div>2:00</div> <div>Cranium Challenges</div> <div>TH</div> <div>3:30</div> <div>Cocktail Hour</div> <div>TH</div> <div>6:00</div> <div>Wednesday Westerns Movie Night</div>	<div>7</div> <div>CL</div> <div>9:45</div> <div>West U Walkers   Walking Club   Join us for a walk around the building!</div> <div>H</div> <div>TH</div> <div>10:30</div> <div>Thursday Morning Trivia Time</div> <div>TH</div> <div>11:00</div> <div>Tai Chi with Anna   a Chinese martial art and system of calisthenics, consisting of sequences of very slow controlled movements.</div> <div>CL</div> <div>1:30</div> <div>Weekly News Challenge   Test Your Knowledge of Current Events and Good News Stories</div> <div>B</div> <div>2:00</div> <div>Resident Meet and Greet  </div>	<div>8</div> <div>CL</div> <div>B</div> <div>TH</div> <div>CL</div> <div>9:45</div> <div>Chair Yoga</div> <div>B</div> <div>10:15</div> <div>Bistro Break</div> <div>TH</div> <div>1:00</div> <div>Health &amp; Fitness Class</div> <div>CF</div> <div>1:45</div> <div>Group Outing   RSVP with Concierge</div> <div>TH</div> <div>2:00</div> <div>Catholic Communion</div> <div>TH</div> <div>4:30</div> <div>Shabbat Service</div> <div>TH</div> <div>6:00</div> <div>Friday Night Movie</div>	<div>9</div> <div>TH</div> <div>TH</div> <div>9:30</div> <div>Strong and Flexible</div> <div>TH</div> <div>10:30</div> <div>Mental Fitness Packets   Available at Concierge desk</div> <div>TH</div> <div>11:00</div> <div>Danzactive Class with Paloma   Great exercise set to the best music!</div> <div>TH</div> <div>1:15</div> <div>Prize Bingo</div> <div>B</div> <div>1:30</div> <div>Shopping Trip   RSVP with Concierge</div> <div>TH</div> <div>2:15</div> <div>Saturday Movie Matinee</div> <div>B</div> <div>6:00</div> <div>Plenty of Puzzles</div> <div>TH</div> <div>6:00</div> <div>Saturday Evening Movie   Resident or Staff Pick</div>
<div>10</div> <div>TH</div> <div>10:30</div> <div>Mental Fitness Packets   Available at Concierge desk</div> <div>TH</div> <div>11:00</div> <div>Sunday Stories   Documentary   Resident or Staff Choice</div> <div>TH</div> <div>1:00</div> <div>Sunday Catholic Mass Viewing</div> <div>B</div> <div>2:00</div> <div>Sweet Treat Sunday</div> <div>GR</div> <div>3:00</div> <div>Sunday Music Matinee with Danette McMahon!</div> <div>B</div> <div>6:00</div> <div>Cards anyone? Bridge, Uno, Hearts - you decide!</div> <div>TH</div> <div>6:00</div> <div>Sunday Night Movie</div>	<div>11</div> <div>CL</div> <div>B</div> <div>TH</div> <div>CL</div> <div>CL</div> <div>9:45</div> <div>Stretch &amp; Strength</div> <div>B</div> <div>10:15</div> <div>Bistro Break</div> <div>TH</div> <div>1:00</div> <div>Health &amp; Fitness Class</div> <div>CL</div> <div>2:00</div> <div>Monday's Meaningful Trivia</div> <div>B</div> <div>3:00</div> <div>Bible Stories with Jehovah's Witnesses led by Ava</div> <div>B</div> <div>3:00</div> <div>Flower Arranging Project</div> <div>B</div> <div>6:00</div> <div>Game Night with Volunteers</div> <div>TH</div> <div>6:00</div> <div>Monday Musical Movie Night</div>	<div>12</div> <div>CL</div> <div>CL</div> <div>9:45</div> <div>West U Walkers   Walking Club   Join us for a walk around the building!</div> <div>CL</div> <div>10:00</div> <div>Rice Lifelong University   Live Zoom Class   The Wisdom of Ants: What Humans Can Learn from Ant Societies</div> <div>CL</div> <div>2:00</div> <div>Tuesday Brain Games   Trivia and More!</div> <div>P</div> <div>2:00</div> <div>Water Aerobics   Join us in the pool for a class taught by HealthPro Heritage!</div> <div>TH</div> <div>2:30</div> <div>Mister McKinney's Historical Houston</div>	<div>13</div> <div>B</div> <div>10:15</div> <div>Bistro Break   Visit with neighbors and catch up on local and national news!</div> <div>TH</div> <div>1:00</div> <div>Health and Fitness Class   Join HealthPro Heritage for this great exercise class!</div> <div>H</div> <div>2:00</div> <div>Cranium Challenges</div> <div>CL</div> <div>3:15</div> <div>Cocktail Hour   Celebrate National Prosecco Day!</div> <div>TH</div> <div>6:00</div> <div>Wednesday Westerns Movie Night</div>	<div>14</div> <div>CL</div> <div>9:45</div> <div>West U Walkers   Walking Club   Join us for a walk around the building!</div> <div>H</div> <div>CL</div> <div>10:30</div> <div>Thursday Morning Trivia Time</div> <div>CL</div> <div>1:30</div> <div>Weekly News Challenge   Test Your Knowledge of Current Events and Good News Stories</div> <div>TH</div> <div>2:00</div> <div>St. Mark's Episcopal Church Outreach   Bible Study and Short Service</div> <div>P</div> <div>2:00</div> <div>Water Aerobics</div> <div>GR</div> <div>3:00</div> <div>Happy Hour with Live Entertainment!!</div>	<div>15</div> <div>CL</div> <div>B</div> <div>TH</div> <div>CL</div> <div>9:45</div> <div>Chair Yoga</div> <div>B</div> <div>10:15</div> <div>Bistro Break</div> <div>TH</div> <div>1:00</div> <div>Health &amp; Fitness Class</div> <div>CF</div> <div>1:45</div> <div>Group Outing   RSVP with Concierge</div> <div>TH</div> <div>2:00</div> <div>Catholic Communion</div> <div>TH</div> <div>4:30</div> <div>Shabbat Service</div> <div>TH</div> <div>6:00</div> <div>Friday Night Movie</div>	<div>16</div> <div>TH</div> <div>TH</div> <div>9:30</div> <div>Strong and Flexible</div> <div>TH</div> <div>10:30</div> <div>Mental Fitness Packets   Available at Concierge desk</div> <div>TH</div> <div>1:15</div> <div>Prize Bingo</div> <div>TH</div> <div>1:30</div> <div>Shopping Trip   RSVP with Concierge</div> <div>TH</div> <div>2:15</div> <div>Saturday Movie Matinee</div> <div>B</div> <div>6:00</div> <div>Plenty of Puzzles</div> <div>TH</div> <div>6:00</div> <div>Saturday Evening Movie   Resident or Staff Pick</div>

# AUGUST 2025

August 2025



Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
17	<div>10:30</div> Mental Fitness Packets   Available at Concierge desk	18	<div>CL</div> <div>9:45</div> Stretch & Strength	19	<div>CL</div> <div>9:45</div> West U Walkers   Walking Club   Join us for a walk around the building!	20	<div>B</div> <div>10:15</div> Bistro Break   Visit with neighbors and catch up on local and national news!	21	<div>CL</div> <div>9:45</div> West U Walkers   Walking Club   Join us for a walk around the building!	22	<div>CL</div> <div>9:45</div> Chair Yoga	23	<div>TH</div> <div>9:30</div> Strong and Flexible
<div>TH</div> <div>11:00</div> Sunday Stories   Documentary   Resident or Staff Choice		<div>B</div> <div>10:15</div> Bistro Break		<div>CL</div> <div>10:00</div> Rice Lifelong University   Live Zoom Class   The Making of the Broadway Musical Hamilton	<div>TH</div> <div>1:00</div> Health and Fitness Class   Join HealthPro Heritage for this great exercise class!	<div>TH</div> <div>1:00</div> Health and Fitness Class   Join HealthPro Heritage for this great exercise class!	<div>H</div> <div>10:30</div> Thursday Morning Trivia Time	<div>TH</div> <div>11:00</div> Tai Chi with Anna   A Chinese martial art and system of calisthenics, consisting of sequences of very slow controlled movements.	<div>B</div> <div>10:15</div> Bistro Break	<div>TH</div> <div>11:30</div> August Birthday Lunch celebration	<div>TH</div> <div>1:15</div> Prize Bingo		
<div>TH</div> <div>1:00</div> Sunday Catholic Mass Viewing		<div>CL</div> <div>2:00</div> Monday's Meaningful Trivia		<div>CL</div> <div>2:00</div> Tuesday Brain Games   Trivia and More!	<div>GR</div> <div>1:30</div> Faithful Paws   Visit with our favorite pups!	<div>TH</div> <div>1:30</div> Faithful Paws   Visit with our favorite pups!	<div>TH</div> <div>1:30</div> Weekly News Challenge   Test Your Knowledge of Current Events and Good News Stories	<div>TH</div> <div>1:45</div> Group Outing   RSVP with Concierge	<div>JK</div> <div>11:30</div> August Birthday Lunch celebration	<div>TH</div> <div>1:00</div> Health & Fitness Class	<div>TH</div> <div>2:15</div> Saturday Movie Matinee		
<div>B</div> <div>2:00</div> Sweet Treat Sunday		<div>B</div> <div>3:00</div> Bible Stories with Jehovah's Witnesses led by Ava		<div>CL</div> <div>2:00</div> Water Aerobics   Join us in the pool for a class taught by HealthPro Heritage!	<div>H</div> <div>2:00</div> Cranium Challenges	<div>CL</div> <div>3:00</div> Wednesday Wisdom with Wendy	<div>CL</div> <div>1:30</div> Weekly News Challenge   Test Your Knowledge of Current Events and Good News Stories	<div>CF</div> <div>2:00</div> Catholic Communion	<div>TH</div> <div>1:45</div> Group Outing   RSVP with Concierge	<div>TH</div> <div>2:00</div> Catholic Communion	<div>B</div> <div>6:00</div> Plenty of Puzzles		
<div>B</div> <div>6:00</div> Cards anyone? Bridge, Uno, Hearts - you decide!		<div>B</div> <div>3:00</div> Flower Arranging Project   Enjoy a glass of Pinot Noir on National Pinot Noir Day!		<div>P</div> <div>2:00</div> Water Aerobics   Join us in the pool for a class taught by HealthPro Heritage!	<div>GR</div> <div>3:00</div> King of the Keys Musical Performance	<div>TH</div> <div>6:00</div> Wednesday Westerns Movie	<div>TH</div> <div>2:00</div> Water Aerobics	<div>TH</div> <div>4:30</div> Shabbat Service	<div>TH</div> <div>6:00</div> Friday Night Movie	<div>TH</div> <div>6:00</div> Saturday Evening Movie   Resident or Staff Pick			
<div>TH</div> <div>6:00</div> Sunday Night Movie		<div>TH</div> <div>6:00</div> Monday Musical Movie Night		<div>CL</div> <div>3:15</div> Cocktail Hour	<div>CL</div> <div>3:00</div> Wednesday Wisdom with Wendy								
				<div>TH</div> <div>6:00</div> Tuesday Top Hit Movie Night	<div>TH</div> <div>6:00</div> Wednesday Westerns Movie								
24	<div>10:30</div> Mental Fitness Packets   Available at Concierge desk	25	<div>CL</div> <div>9:45</div> Stretch & Strength	26	<div>CL</div> <div>9:45</div> West U Walkers   Walking Club   Join us for a walk around the building!	27	<div>B</div> <div>10:15</div> Bistro Break   Visit with neighbors and catch up on local and national news!	28	<div>CL</div> <div>9:45</div> West U Walkers   Walking Club   Join us for a walk around the building!	29	<div>CL</div> <div>9:45</div> Chair Yoga	30	<div>TH</div> <div>9:30</div> Strong and Flexible
<div>TH</div> <div>11:00</div> Sunday Stories   Documentary   Resident or Staff Choice		<div>B</div> <div>10:15</div> Bistro Break		<div>CL</div> <div>10:00</div> Rice Lifelong University   Live Zoom Class   Medieval Art History: Illuminating Life in the Middle Ages	<div>TH</div> <div>1:00</div> Health and Fitness Class   Join HealthPro Heritage for this great exercise class!	<div>TH</div> <div>1:00</div> Health and Fitness Class   Join HealthPro Heritage for this great exercise class!	<div>H</div> <div>10:30</div> Thursday Morning Trivia Time	<div>TH</div> <div>1:30</div> Weekly News Challenge   Test Your Knowledge of Current Events and Good News Stories	<div>B</div> <div>10:15</div> Bistro Break	<div>TH</div> <div>1:00</div> Health & Fitness Class	<div>TH</div> <div>1:15</div> Prize Bingo		
<div>TH</div> <div>1:00</div> Sunday Catholic Mass Viewing		<div>CL</div> <div>2:00</div> Monday's Meaningful Trivia		<div>CL</div> <div>10:00</div> Rice Lifelong University   Live Zoom Class   Medieval Art History: Illuminating Life in the Middle Ages	<div>H</div> <div>2:00</div> Cranium Challenges	<div>CL</div> <div>3:00</div> King of the Keys Musical Performance	<div>TH</div> <div>1:30</div> Weekly News Challenge   Test Your Knowledge of Current Events and Good News Stories	<div>TH</div> <div>1:45</div> Group Outing   RSVP with Concierge	<div>JK</div> <div>11:30</div> August Birthday Lunch celebration	<div>TH</div> <div>1:00</div> Health & Fitness Class	<div>TH</div> <div>2:15</div> Saturday Movie Matinee		
<div>B</div> <div>2:00</div> Sweet Treat Sunday		<div>CL</div> <div>3:00</div> Bible Stories with Jehovah's Witnesses led by Ava		<div>CL</div> <div>2:00</div> Banned Books Discussion   All the Light We Cannot See by Anthony Doerr is the current selection.	<div>GR</div> <div>3:00</div> King of the Keys Musical Performance	<div>TH</div> <div>6:00</div> Wednesday Westerns Movie Night	<div>TH</div> <div>2:00</div> St. Mark's Episcopal Church Outreach   Bible Study and Short Service	<div>CF</div> <div>2:00</div> Catholic Mass with Father Sekar from Corpus Christi Catholic Church	<div>TH</div> <div>1:45</div> Group Outing   RSVP with Concierge	<div>TH</div> <div>2:00</div> Catholic Mass with Father Sekar from Corpus Christi Catholic Church	<div>B</div> <div>6:00</div> Plenty of Puzzles		
<div>GR</div> <div>4:00</div> Sunday Music Matinee with Jim Connors!		<div>JK</div> <div>3:00</div> Chat with Chef Jason		<div>P</div> <div>2:00</div> Water Aerobics   Join us in the pool for a class taught by HealthPro Heritage!	<div>CL</div> <div>3:15</div> Cocktail Hour		<div>TH</div> <div>2:00</div> Water Aerobics	<div>TH</div> <div>4:30</div> Shabbat Service	<div>TH</div> <div>6:00</div> Friday Night Movie	<div>TH</div> <div>6:00</div> Saturday Evening Movie   Resident or Staff Pick			
<div>B</div> <div>6:00</div> Cards anyone? Bridge, Uno, Hearts - you decide!		<div>B</div> <div>3:45</div> Flower Arranging Project			<div>TH</div> <div>6:00</div> Wednesday Westerns Movie Night		<div>TH</div> <div>4:30</div> Totally Tiki Luau Quarterly Party   Luau dancers, buffet, Party						
<div>TH</div> <div>6:00</div> Sunday Night Movie		<div>TH</div> <div>6:00</div> Monday Musical Movie Night											
31	<div>10:30</div> Mental Fitness Packets   Available at Concierge desk	August Birthdays: Bernie H. - 8/22 Gus L. - 8/22 Yvonne D.L. - 8/27 Margaret L. - 8/27 Tracey T. - 8/28				Check the daily schedule for more details! The dailies will include the final and complete schedule for each day. Copies available at the Concierge desk.							
<div>TH</div> <div>11:00</div> Sunday Stories   Documentary   Resident or Staff Choice													
<div>TH</div> <div>1:00</div> Sunday Catholic Mass Viewing													
<div>B</div> <div>2:00</div> Sweet Treat Sunday													
<div>B</div> <div>6:00</div> Cards anyone? Bridge, Uno, Hearts - you decide!													
<div>TH</div> <div>6:00</div> Sunday Night Movie													