

JANUARY 2026

January 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January Birthdays: Yoshiko F. - 1/4 Pam G. - 1/5 Sherron H. - 1/5 Bernadine L. - 1/6 Larry W. - 1/6 Patricia T. - 1/9 Margaret B. - 1/7	January Birthdays: Marianne G. - 1/19 Evelyn L. - 1/26 Marina F. - 1/27 Carlita O. - 1/29 Grace T. - 1/30 Linda M. - 1/31		For more complete activity information, please pick up the daily schedule at the front desk.	1 New Year's Day CL 9:45 West U Walkers Walking Club Kick off the year with a walk on your own around the building! TH 11:00 Catholic Daily Mass Holy Day of Obligation B 11:00 Orange Bowl Watch Party on ESPN JK 11:00 Special New Year's Day Luncheon Ends 1:00 PM GR 1:00 New Year's Day	2 CL 9:45 Encore Presentation Rice Lifelong University Virtual Class Inventing Impressionism: 150 Years of Impressionist Art CL 11:00 Bible Study with Pat God of Covenant by Jen Wilkin TH 1:00 Health & Fitness Class GR 1:00 Special post-New	3 TH 10:00 Strong and Flexible TH 10:30 Inspiring Lives by Life Changers International Ministries Praying, Scripture and more! 10:30 Mental Fitness Packets Available at Concierge desk TH 1:15 Prize Bingo CL 2:00 Afternoon Trivia hosted by Young Men's Service League Volunteers
4 10:30 Mental Fitness Packets Available at Concierge desk TH 11:00 Sunday Stories Documentary Resident or Staff Choice TH 1:00 Sunday Catholic Mass Viewing CL 2:00 Afternoon Trivia hosted by Young Men's Service League Volunteers B 2:00 Sunday Football	5 CL 9:45 Stretch & Strength B 10:15 Bistro Break TH 11:00 Sound Therapy and Meditation with Ashlee TH 1:00 Health & Fitness Class CL 2:00 Monday's Meaningful Trivia CL 3:00 Bible Stories with Jehovah's Witnesses led by Ava B 3:00 Flower Arranging	6 CL 9:45 West U Walkers Walking Club Join us for a walk around the building! H 10:30 Tuesday Trivia with Friends Join us for morning trivia and learn something new! CL 2:00 Tuesday Brain Games Trivia and More! CL 3:00 Tasting Tuesdays hosted by Brit Join	7 B 10:15 Bistro Break Visit with neighbors and catch up on local and national news! TH 1:00 Health and Fitness Class Join HealthPro Heritage for this great exercise class! H 2:00 Cranium Challenges CL 3:00 Encore Presentation Rice University Virtual	8 CL 9:45 West U Walkers Walking Club Join us for a walk around the building! H 10:30 Thursday Morning Trivia Time CL 1:30 Weekly News Challenge Test Your Knowledge of Current Events and Good News Stories B 2:00 Resident Meet and Greet Please help us welcome new	9 TH 10:15 Art for All with Lisa! An engaging and innovative art class for seniors of all abilities. B 10:15 Bistro Break CL 11:00 Bible Study with Pat God of Covenant by Jen Wilkin TH 1:00 Health & Fitness Class 1:45 Group Outing RSVP with Concierge Whole	10 TH 10:00 Strong and Flexible TH 11:00 Danzactive Class with Paloma Great exercise set to the best music! TH 1:15 Prize Bingo CL 2:00 Saturday Trivia with Young Men's Service League Volunteers TH 2:15 Saturday Movie Matinee Jane Austen Wrecked My Life (1 hr 38)
11 TH 11:00 Sunday Stories Documentary Resident or Staff Choice B 12:00 NFL Wild Card Game: Buffalo Bills @ Jacksonville Jaguars on CBS TH 1:00 Sunday Catholic Mass Viewing B 2:00 Sunday Football Snacks and Watch Party GR 3:00 Sunday Music	12 CL 9:45 Stretch & Strength B 10:15 Bistro Break TH 1:00 Health & Fitness Class CL 2:00 Monday's Meaningful Trivia CL 3:00 Bible Stories with Jehovah's Witnesses led by Ava B 3:00 Flower Arranging Project TH 6:00 Staff Pick Movie Night	13 CL 9:45 West U Walkers Walking Club Join us for a walk around the building! H 10:30 Tuesday Trivia with Friends Join us for morning trivia and learn something new! CL 2:00 Tuesday Brain Games Trivia and More! TH 2:30 Mister McKinney's Historical Houston	14 B 10:15 Bistro Break Visit with neighbors and catch up on local and national news! Celebrate National Bagel Day! TH 1:00 Health and Fitness Class Join HealthPro Heritage for this great exercise class! H 2:00 Cranium Challenges Trivia questions,	15 CL 9:45 West U Walkers Walking Club Join us for a walk around the building! H 10:30 Thursday Morning Trivia Time CL 1:30 Weekly News Challenge Test Your Knowledge of Current Events and Good News Stories GR 3:00 Happy Hour with Live Entertainment featuring Jack Carr!!	16 CL 9:45 Chair Yoga B 10:15 Bistro Break TH 1:00 Health & Fitness Class 1:45 Group Outing RSVP with Concierge Chico's CF 2:00 Catholic Communion TH 4:30 Shabbat Service TH 6:00 Friday Night Movie Resident or Staff Pick	17 TH 10:00 Strong and Flexible TH 1:15 Prize Bingo 1:30 Shopping Trip RSVP with the Concierge CVS CL 2:00 Saturday Trivia with Bellaire High School Volunteers TH 2:15 Saturday Movie Matinee Candy Jar (1 hr 32 min) B 3:30 NFL Playoff Game Bills @ Broncos on CBS

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<p>18</p> <p>10:30 Mental Fitness Packets Available at Concierge desk</p> <p>TH 11:00 Sunday Stories Documentary Resident or Staff Choice</p> <p>TH 1:00 Sunday Catholic Mass Viewing</p> <p>B 2:00 Sunday Football Snacks and Watch Party Houston Texans @ N.E. Patriots on ABC</p>	<p>19 Martin Luther King Day</p> <p>CL 9:45 Stretch & Strength</p> <p>B 10:15 Bistro Break Special MLK Day Service Project Create volunteer thank you packages for all the wonderful folks who share their time and talent with us!</p> <p>TH 1:00 Health & Fitness Class</p> <p>CL 2:00 Monday's Meaningful Trivia</p>	<p>20</p> <p>CL 9:45 West U Walkers Walking Club Join us for a walk around the building!</p> <p>H 10:30 Tuesday Trivia with Friends Join us for morning trivia and learn something new!</p> <p>CL 2:00 Tuesday Brain Games Trivia and More!</p> <p>TH 3:00 Movie Matinee The Roses (1 hr 45)</p>	<p>21</p> <p>B 10:15 Bistro Break Visit with neighbors and catch up on local and national news!</p> <p>TH 1:00 Health and Fitness Class Join HealthPro Heritage for this great exercise class!</p> <p>GR 1:30 Faithful Paws Visit with our favorite pups!</p> <p>H 2:00 Cranium Challenges</p>	<p>22</p> <p>CL 9:45 West U Walkers Walking Club Join us for a walk around the building!</p> <p>H 10:30 Thursday Morning Trivia Time</p> <p>CL 1:30 Weekly News Challenge Test Your Knowledge of Current Events and Good News Stories</p> <p>CL 2:00 Rice Lifelong University Virtual Class Flourishing</p>	<p>23</p> <p>B 10:15 Bistro Break</p> <p>CL 11:00 Bible Study with Pat God of Deliverance by Jen Wilkin</p> <p>TH 1:00 Health & Fitness Class</p> <p>1:45 Group Outing RSVP with Concierge Asia Society of Texas Museum</p> <p>CF 2:00 Catholic Mass with Father Sekar</p>	<p>24</p> <p>TH 10:00 Strong and Flexible</p> <p>10:30 Mental Fitness Packets Available at Concierge desk</p> <p>TH 1:15 Prize Bingo</p> <p>TH 2:15 Saturday Movie Matinee The Royal Treatment (1 hr 32 min) New York hairdresser Izzy seizes the chance to work at the wedding of a charming prince,</p>
<p>25</p> <p>10:30 Mental Fitness Packets Available at Concierge desk</p> <p>TH 11:00 Sunday Stories Documentary Resident or Staff Choice</p> <p>TH 1:00 Sunday Catholic Mass Viewing</p> <p>B 2:00 Sunday Football Snacks and Watch Party N.E. Patriots @ Denver Broncos</p> <p>B 5:30 NFL Conference</p>	<p>26</p> <p>CL 9:45 Stretch & Strength</p> <p>B 10:15 Bistro Break</p> <p>TH 1:00 Health & Fitness Class</p> <p>CL 2:00 Monday's Meaningful Trivia</p> <p>CL 3:00 Bible Stories with Jehovah's Witnesses led by Ava</p> <p>JK 3:00 Chat with Chef Jason</p> <p>B 3:45 Flower Arranging Project</p>	<p>27</p> <p>CL 9:45 West U Walkers Walking Club Join us for a walk around the building!</p> <p>H 10:30 Tuesday Trivia with Friends Join us for morning trivia and learn something new!</p> <p>CL 2:00 Banned Books Discussion Current Selection is "Shanghai Baby"</p> <p>TH 3:00 Resident Council</p>	<p>28</p> <p>B 10:15 Bistro Break Visit with neighbors and catch up on local and national news!</p> <p>TH 1:00 Health and Fitness Class Join HealthPro Heritage for this great exercise class!</p> <p>H 2:00 Cranium Challenges</p> <p>GR 3:00 King of the Keys Musical Performance</p>	<p>29</p> <p>CL 9:45 West U Walkers Walking Club Join us for a walk around the building!</p> <p>H 10:30 Thursday Morning Trivia Time</p> <p>CL 1:30 Weekly News Challenge Test Your Knowledge of Current Events and Good News Stories</p> <p>GR 2:45 Happy Hour with Live Entertainment featuring Andrew</p>	<p>30</p> <p>CL 9:45 Chair Yoga</p> <p>B 10:15 Bistro Break</p> <p>CL 11:00 Bible Study with Pat God of Deliverance by Jen Wilkin</p> <p>JK 11:30 January Birthday Lunch celebration</p> <p>TH 1:00 Health & Fitness Class</p> <p>1:45 Group Outing RSVP with Concierge Target</p> <p>CF 2:00 Catholic</p>	<p>31</p> <p>TH 10:00 Strong and Flexible</p> <p>B 11:00 Connect Four with Connect More students from Lamar High School Ends 12:30 PM</p> <p>TH 1:15 Prize Bingo</p> <p>CL 2:00 Saturday Trivia with Bellaire High School Students</p> <p>TH 2:15 Saturday Movie Matinee Murder Mystery (1 hr 37 min) A New York</p>