

MARCH 2026

March 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>TH 11:00 Sunday Stories Documentary Resident or Staff Choice</p> <p>TH 1:00 Sunday Catholic Mass Viewing</p> <p>B 1:30 Connect Four with Connect More Lamar High School Students</p> <p>B 2:00 Sunday Snacks</p> <p>GR 3:00 Special Musical Performance Young Virtuosos in</p>	<p>2</p> <p>CL 9:45 Stretch & Strength</p> <p>B 10:15 Bistro Break</p> <p>CF 11:00 Sound Therapy and Meditation with Ashlee</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</p>	<p>3</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 Tasting Tuesdays hosted by Brit Join</p>	<p>4</p> <p>B 10:15 Bistro Break National Pound Cake Day - come celebrate with a yummy treat!</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</p>	<p>5</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 3:00 Happy Hour with Live Entertainment!!</p> <p>TH 6:00 Resident or Staff</p>	<p>6</p> <p>CL 9:45 Chair Yoga</p> <p>B 10:15 Bistro Break</p> <p>TH 11:00 Women's History Month Documentary Becoming (1 hr 29 min)</p> <p>TH 1:00 Health & Fitness Class</p> <p>1:45 Group Outing RSVP with Concierge</p> <p>CF 2:00 Catholic Communion</p>	<p>7</p> <p>TH 10:00 Strong and Flexible</p> <p>TH 10:30 Inspiring Lives by Life Changers International Ministries Praying, Scripture and more!</p> <p>10:30 Mental Fitness Packets Available at Concierge desk</p> <p>TH 1:15 Prize Bingo</p> <p>CL 2:00 Trivia Session with Bellaire High School Students</p> <p>TH 2:15 Saturday Movie</p>
<p>8</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 Snacks</p> <p>GR 3:00 Sunday Music Matinee with Danette McMahon!</p> <p>B 6:00 Cards anyone?</p>	<p>9</p> <p>CL 9:45 Stretch & Strength</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>CL 2:00 Monday's Meaningful Trivia</p> <p>CL 3:00 Bible Stories with Jehovah's Witnesses led by Ava</p>	<p>10</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 2:30 Mister McKinney's Historical Houston</p>	<p>11</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>TH 3:00 Documentary Matinee The Librarians</p>	<p>12</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>JK 4:30 BBQ and Brews Celebrate Rodeo Season with the</p>	<p>13</p> <p>CL 9:45 Chair Yoga</p> <p>TH 10:15 Art for All with Lisa! An engaging and innovative art class for seniors of all abilities. Participants will experience the joy of creating beautiful pieces of art.</p> <p>B 10:15 Bistro Break Celebrate National Pi(e) Day early!</p> <p>TH 1:00 Health & Fitness</p>	<p>14</p> <p>TH 10:00 Strong and Flexible</p> <p>10:30 Mental Fitness Packets Available at Concierge desk</p> <p>TH 11:00 Danzactive Class with Paloma Great exercise set to the best music!</p> <p>TH 1:15 Prize Bingo</p> <p>TH 2:15 Saturday Movie Matinee</p> <p>GR 4:00 Special Music Performance featuring Rich</p>
<p>15</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 Snacks</p> <p>B 5:00 Selection Sunday for March Madness Get your men's college basketball</p>	<p>16</p> <p>CL 9:45 Stretch & Strength</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>CL 2:00 Monday's Meaningful Trivia</p> <p>CL 3:00 Bible Stories with Jehovah's Witnesses led by Ava</p>	<p>17</p> <p>St. Patrick's Day - don't forget to wear green!</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>JK 11:00 St. Patrick's Day Luncheon Enjoy a</p>	<p>18</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>19</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 Encore Presentation </p>	<p>20</p> <p>CL 9:45 Chair Yoga</p> <p>B 10:15 Bistro Break</p> <p>TH 1:00 Health & Fitness Class</p> <p>1:45 Group Outing RSVP with Concierge</p> <p>CF 2:00 Catholic Communion</p> <p>TH 4:30 Shabbat Service</p> <p>TH 6:00 Friday Night Movie Resident or Staff Pick</p>	<p>21</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</p> <p>B 6:00 Plenty of Puzzles</p> <p>TH 6:00 Saturday Evening Movie Resident or Staff Pick</p>

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<p>22</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>O 2:00 Houston Concert Band Spring Show</p> <p>B 2:00 Sunday Snacks</p> <p>B 6:00 Cards anyone? Bridge, Uno, Hearts</p>	<p>23</p> <p>CL 9:45 Stretch & Strength</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>CL 2:00 Monday's Meaningful Trivia</p> <p>CL 3:00 Bible Stories with Jehovah's Witnesses led by Ava</p>	<p>24</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 Club Discussion Current selection is "Slaughterhouse-Five" by Kurt</p>	<p>25</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>26</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 3:00 Happy Hour with Live Entertainment!!</p> <p>B 3:10 Houston Astros</p>	<p>27</p> <p>CL 9:45 Chair Yoga</p> <p>B 10:15 Bistro Break</p> <p>JK 11:30 March Birthday Lunch celebration</p> <p>TH 1:00 Health & Fitness Class</p> <p>1:45 Group Outing RSVP with Concierge</p> <p>CF 2:00 Catholic Communion</p> <p>TH 4:30 Shabbat Service</p> <p>TH 6:00 Friday Night Movie Resident or Staff</p>	<p>28</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</p> <p>B 6:00 Plenty of Puzzles</p> <p>TH 6:00 Saturday Evening Movie Resident or Staff Pick</p>
<p>29</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 1:10 Houston Astros Baseball</p> <p>B 2:00 Sunday Snacks</p> <p>B 6:00 Cards anyone? Bridge, Uno, Hearts</p>	<p>30</p> <p>CL 9:45 Stretch & Strength</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>CL 2:00 Monday's Meaningful Trivia</p> <p>CL 3:00 Bible Stories with Jehovah's Witnesses led by Ava</p>	<p>31</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 Resident Council Meeting</p>	<p>March Birthdays: Theresa N. - 3/9 Susan C. - 3/15 Sharon D. - 3/25 Toby R. - 3/30 George F. - 3/31</p>		<p>For more details on activities, be sure to stop by the front desk and pick up a daily schedule.</p>	