

MAY 2026

May 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May Birthdays: Ruth P. - 5/1 Kenneth N. - 5/7	Please pick up the daily schedule at the front desk for more details.				1 CL 9:45 Chair Yoga 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. B 10:15 Bistro Break TH 1:00 Health & Fitness Class 1:45 Group Outing	2 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 Saturday Matinee Trivia hosted by Bellaire High School Neurology
3 TH 11:00 Sunday Stories Documentary Resident or Staff Choice B 12:35 Houston Astros Watch Party Astros vs. Boston Red Sox TH 1:00 Sunday Catholic Mass Viewing B 2:00 Sunday Snacks	4 CL 9:45 Stretch & Strength B 10:15 Bistro Break CL 11:00 Bible Study with Pat God of Freedom by Jen Wilkin CF 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	5 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 Cinco de Mayo Edition TH 3:00 Tasting Tuesdays hosted by Brit Join	6 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! B 1:10 Houston Astros Watch Party Astros vs LA Dodgers H 2:00 Cranium	7 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 CL 2:00 Audiobook with Angie Current Selection "The Gift	8 CL 9:45 Chair Yoga B 10:15 Bistro Break Celebrate National Have a Coke Day! TH 1:00 Health & Fitness Class 1:45 Group Outing RSVP with Concierge CF 2:00 Catholic Communion GR 2:30 Bob's Sing Along TH 4:30 Shabbat Service TH 6:00 Friday Night Movie	9 TH 10:00 Strong and Flexible TH 10:30 Mental Fitness Packets Available at Concierge desk TH 11:00 Danzactive Class with Paloma Great exercise set to the best music! TH 1:15 Prize Bingo CL 2:00 Saturday Matinee Trivia hosted by Bellaire High School Neurology Club
10 TH 11:00 Sunday Stories Documentary Resident or Staff Choice B 12:40 Houston Astros Watch Party Astros vs. Cincinnati Reds TH 1:00 Sunday Catholic Mass Viewing B 2:00 Sunday Snacks	11 CL 9:45 Stretch & Strength B 10:15 Bistro Break Visit with neighbors and catch up on local and national news And celebrate National Apple Pie Day! CL 11:00 Bible Study with Pat God of Freedom by Jen Wilkin TH 1:00 Health & Fitness Class CL 2:00 Monday's	12 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	13 B 10:15 Bistro Break Catch up with neighbors and enjoy a nice cup of coffee. TH 1:00 Health and Fitness Class Join HealthPro Heritage for this great exercise class! H 2:00 Cranium Challenges GR 3:00 King of the Keys Musical Performance	14 CL 9:45 West U Walkers Walking Club Join us for a walk around the building! H 10:30 Thursday Morning Trivia Time B 1:10 Houston Astros Watch Party Astros vs. Seattle Mariners CL 2:00 Thursday Trivia Matinee GR 3:00 Happy Hour with Live Entertainment!!	15 B 10:15 Bistro Break TH 1:00 Health & Fitness Class 1:45 Group Outing RSVP with Concierge CF 2:00 Catholic Communion TH 4:30 Shabbat Service TH 6:00 Friday Night Movie Resident or Staff Pick	16 TH 10:30 Stretching with Shay TH 10:30 Mental Fitness Packets Available at Concierge desk GR 11:00 Bellaire High School Musical Performance TH 1:15 Prize Bingo CL 2:00 Saturday Matinee Trivia hosted by Bellaire High School Neurology Club

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>17</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 6:00 Cards anyone? Bridge, Uno, Hearts - you decide!</p> <p>TH 6:00 Sunday Evening</p>	<p>18</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 Freedom by Jen Wilkin</p> <p>TH 1:00 Health & Fitness Class</p> <p>TH 1:30 HealthPro Heritage Discovery Series Presentation</p> <p>TH 2:00 HealthPro Heritage Balance Clinic</p> <p>CL 2:00 Monday's Meaningful Trivia</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 Tuesday Trivia with Friends Join us for morning trivia and learn something new!</p> <p>CL 2:00 Rice University Lifelong University Live Zoom Class Lessons from the Dalai Lama</p>	<p>20</p> <p>B 10:15 Bistro Break Visit with neighbors and catch up on local and national news!</p> <p>B 12:40 Houston Astros Watch Party Astros vs. Minnesota Twins</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</p>	<p>21</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 Audiobook with Angie Current Selection "The Gift"</p>	<p>22</p> <p>CL 9:45 Chair Yoga</p> <p>B 10:15 Bistro Break</p> <p>TH 1:00 Health & Fitness Class</p> <p>B 1:20 Houston Astros Watch Party Astros vs. Chicago Cubs</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>23</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>B 1:20 Houston Astros Watch Party Astros vs. Chicago Cubs</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</p>
<p>24</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 1:20 Houston Astros Watch Party Astros vs. Chicago Cubs</p> <p>B 2:00 Sunday Snacks</p>	<p>25 Memorial Day</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 Freedom by Jen Wilkin</p> <p>JK 11:00 Memorial Day BBQ Luncheon Ends 1:00 PM</p> <p>CL 2:00 Monday's Meaningful Trivia</p> <p>CL 3:00 Bible Stories with Jehovah's Witnesses led by Sharon</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 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>27</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>28</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 Audiobook with Angie Current Selection "The Gift"</p>	<p>29</p> <p>CL 9:45 Chair Yoga</p> <p>B 10:15 Bistro Break</p> <p>JK 11:30 May 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>GR 3:00 Triple J Juggling performance</p> <p>TH 4:30 Shabbat Service</p>	<p>30</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 3:10 Houston Astros Watch Party Astros vs. Milwaukee Brewers</p> <p>B 6:00 Plenty of Puzzles</p> <p>TH 6:00 Saturday Evening Movie Resident or</p>
<p>31</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 Watch Party Astros vs. Milwaukee Brewers</p> <p>O 2:00 Houston Concert</p>	<p>May Birthdays: Kurth B. - 5/18 Miranda C. - 5/25 Donna D. - 5/26 Joyce H. - 5/29 Cheri F. - 5/30</p>	<p>Please pick up the daily schedule at the front desk for more details.</p>				