

# JUNE 2026

June 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June Birthdays: Gary D. - 6/5 John H. - 6/6 Robert L. - 6/7 Beth F. p - 6/9 George K. - 6/12 Midge L. - 6/15	<b>1</b> It's National Say Something Nice Day   Stop by the Bistro to fill out a card to say something nice about a neighbor or staff member. <b>B 10:15</b> Bistro Break   Kick-off National Candy Month with some favorite treats! <b>CF 11:00</b> Sound Therapy and Music	<b>2</b> <b>CL 9:45</b> West U Walkers   Walking Club   Join us for a walk around the building! <b>H 10:30</b> Tuesday Trivia with Friends   Join us for morning trivia and learn something new! <b>CL 2:00</b> Tuesday Brain Games   Trivia and More! <b>TH 3:00</b> Tasting Tuesdays hosted by Brit   Join	<b>3</b> <b>B 10:15</b> Bistro Break   Visit with neighbors and catch up on local and national news! <b>CL 10:30</b> Rice Lifelong University Virtual Presentation   The Tony Awards <b>TH 1:00</b> Health and Fitness Class   Join HealthPro Heritage and stay Forever Fit! <b>H 2:00</b> Cranium	<b>4</b> <b>CL 9:45</b> West U Walkers   Walking Club   Join us for a walk around the building! <b>H 10:30</b> Thursday Morning Trivia Time <b>CL 1:30</b> Weekly News Challenge   Test Your Knowledge of Current Events and Good News Stories <b>CL 2:00</b> Audiobook with Angie   Current Selection "The Gift"	<b>5</b> <b>CL 9:45</b> Friday Fitness   Seated Kickboxing <b>TH 10:15</b> ARTwork with Class   Hosted by Phoebe   Help us create pieces to fundraise for Best Buddies! <b>B 10:15</b> Bistro Break   Celebrate National Donut Day!   Taste test three local bakeries and pick your favorite donut. <b>TH 1:00</b> Health & Fitness	<b>6</b> <b>TH 10:00</b> Strong and Flexible <b>TH 10:30</b> Inspiring Lives by Life Changers International Ministries   Praying, Scripture and more! <b>10:30</b> Mental Fitness Packets   Available at Concierge desk <b>TH 1:15</b> Prize Bingo <b>TH 2:15</b> Saturday Movie Matinee <b>B 3:10</b> Houston Astros Watch Party
<b>7</b> <b>10:30</b> Mental Fitness Packets   Available at Concierge desk <b>TH 11:00</b> Sunday Stories   Documentary   Resident or Staff Choice <b>TH 1:00</b> Sunday Catholic Mass Viewing <b>B 1:10</b> Houston Astros Watch Party <b>CL 2:00</b> Sunday Trivia with Young Men's Service League	<b>8</b> <b>B 10:15</b> Bistro Break <b>CL 11:00</b> Bible Study with Pat   God of Freedom by Jen Wilkin <b>TH 1:00</b> Health & Fitness Class   Join HealthPro Heritage and stay Forever Fit! <b>CL 2:00</b> Monday's Meaningful Trivia <b>P 2:00</b> Water Aerobics with HealthPro Heritage   Great summer	<b>9</b> <b>CL 9:45</b> West U Walkers   Walking Club   Join us for a walk around the building! <b>H 10:30</b> Tuesday Trivia with Friends   Join us for morning trivia and learn something new! <b>CL 2:00</b> Tuesday Brain Games   Trivia and More! <b>TH 2:30</b> Mister McKinney's Historical Houston	<b>10</b> <b>B 10:15</b> Bistro Break   Visit with neighbors and catch up on local and national news! <b>CL 10:30</b> Rice Lifelong University Encore Presentation   Introduction to Buddhism: A Few Fundamentals with Sravana Borkatakya-Varma, Ph.D. <b>TH 1:00</b> Health and Fitness Class   Join	<b>11</b> <b>CL 9:45</b> West U Walkers   Walking Club   Join us for a walk around the building! <b>H 10:30</b> Thursday Morning Trivia Time <b>CL 1:30</b> Weekly News Challenge   Test Your Knowledge of Current Events and Good News Stories <b>TH 3:00</b> Rock Painting with St. John's School students	<b>12</b> <b>CL 9:45</b> Friday Fitness   Seated Kickboxing <b>B 10:15</b> Bistro Break <b>TH 1:00</b> Health & Fitness Class   Join HealthPro Heritage and stay Forever Fit! <b>1:45</b> Group Outing   RSVP with Concierge <b>CF 2:00</b> Catholic Communion <b>GR 2:30</b> Bob's Sing Along	<b>13</b> <b>TH 10:00</b> Strong and Flexible <b>10:30</b> Mental Fitness Packets   Available at Concierge desk <b>TH 11:00</b> Danzactive Class with Paloma   Great exercise set to the best music! <b>TH 1:15</b> Prize Bingo <b>TH 2:15</b> Saturday Movie Matinee <b>B 6:00</b> Plenty of Puzzles <b>TH 6:00</b> Saturday Evening Movie   Resident or
<b>14</b> <b>10:30</b> Mental Fitness Packets   Available at Concierge desk <b>TH 11:00</b> Sunday Stories   Documentary   Resident or Staff Choice <b>TH 1:00</b> Sunday Catholic Mass Viewing <b>B 1:10</b> Houston Astros Watch Party <b>CL 2:00</b> Sunday Trivia with Young Men's Service League	<b>15</b> <b>B 10:15</b> Bistro Break <b>CL 11:00</b> Bible Study with Pat   God of Freedom by Jen Wilkin <b>TH 1:00</b> Health & Fitness Class   Join HealthPro Heritage and stay Forever Fit! <b>CL 2:00</b> Monday's Meaningful Trivia <b>P 2:00</b> Water Aerobics with HealthPro Heritage   Great summer	<b>16</b> <b>CL 9:45</b> West U Walkers   Walking Club   Join us for a walk around the building! <b>H 10:30</b> Tuesday Trivia with Friends   Join us for morning trivia and learn something new! <b>CL 2:00</b> Tuesday Brain Games   Trivia and More! <b>GR 3:00</b> Music Matinee with Cindy St. Cyr	<b>17</b> <b>B 10:15</b> Bistro Break   Visit with neighbors and catch up on local and national news! <b>TH 1:00</b> Health and Fitness Class   Join HealthPro Heritage and stay Forever Fit! <b>B 1:10</b> Houston Astros Watch Party <b>GR 1:30</b> Faithful Paws   Visit with our favorite pups!	<b>18</b> <b>CL 9:45</b> West U Walkers   Walking Club   Join us for a walk around the building! <b>H 10:30</b> Thursday Morning Trivia Time <b>CL 2:00</b> Thursday Trivia Time   Juneteenth Edition <b>GR 3:00</b> Happy Hour with Live Entertainment!! <b>TH 4:00</b> Prize Bingo with St. John's School students	<b>19 Juneteenth</b> <b>B 10:15</b> Bistro Break <b>TH 1:00</b> Health & Fitness Class   Join HealthPro Heritage and stay Forever Fit! <b>1:45</b> Group Outing   RSVP with Concierge <b>CF 2:00</b> Catholic Communion <b>TH 4:30</b> Shabbat Service <b>TH 6:00</b> Friday Night Movie   Resident or Staff	<b>20</b> <b>TH 10:30</b> Stretching with Shay <b>10:30</b> Mental Fitness Packets   Available at Concierge desk <b>TH 1:15</b> Prize Bingo <b>TH 2:15</b> Saturday Movie Matinee <b>B 6:00</b> Plenty of Puzzles <b>TH 6:00</b> Saturday Evening Movie   Resident or Staff Pick

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>21</b></p> <p><b>10:30</b> Mental Fitness Packets   Available at Concierge desk</p> <p><b>JK 11:00</b> Father's Day Luncheon   Ends 1:00 PM</p> <p><b>TH 11:00</b> Sunday Stories   Documentary   Resident or Staff Choice</p> <p><b>TH 1:00</b> Sunday Catholic Mass Viewing</p> <p><b>B 1:10</b> Houston Astros Watch Party</p>	<p><b>22</b></p> <p><b>B 10:15</b> Bistro Break</p> <p><b>CL 11:00</b> Bible Study with Pat   God of Freedom by Jen Wilkin</p> <p><b>TH 1:00</b> Health &amp; Fitness Class   Join HealthPro Heritage and stay Forever Fit!</p> <p><b>CL 2:00</b> Monday's Meaningful Trivia</p> <p><b>P 2:00</b> Water Aerobics with HealthPro Heritage   Great summer</p>	<p><b>23</b></p> <p><b>CL 9:45</b> West U Walkers   Walking Club   Join us for a walk around the building!</p> <p><b>H 10:30</b> Tuesday Trivia with Friends   Join us for morning trivia and learn something new!</p> <p><b>CL 2:00</b> Rice Lifelong University   Live Zoom   Creative Workshop   Murals</p> <p><b>CL 3:00</b> Tuesday Brain</p>	<p><b>24</b></p> <p><b>B 10:15</b> Bistro Break   Visit with neighbors and catch up on local and national news!</p> <p><b>TH 1:00</b> Health and Fitness Class   Join HealthPro Heritage and stay Forever Fit!</p> <p><b>H 2:00</b> Cranium Challenges</p> <p><b>GR 3:00</b> King of the Keys Musical Performance</p>	<p><b>25</b></p> <p><b>CL 9:45</b> West U Walkers   Walking Club   Join us for a walk around the building!</p> <p><b>H 10:30</b> Thursday Morning Trivia Time</p> <p><b>CL 2:00</b> Thursday Trivia Time</p> <p><b>GR 3:00</b> Happy Hour with Live Entertainment!!</p> <p><b>TH 4:00</b> Mexican Train Dominoes with St. John's School students</p>	<p><b>26</b></p> <p><b>CL 9:45</b> Friday Fitness   Seated Kickboxing</p> <p><b>B 10:15</b> Bistro Break</p> <p><b>JK 11:30</b> June Birthday Lunch celebration</p> <p><b>TH 1:00</b> Health &amp; Fitness Class   Join HealthPro Heritage and stay Forever Fit!</p> <p><b>1:45</b> Group Outing   RSVP with Concierge</p> <p><b>CF 2:00</b> Catholic</p>	<p><b>27</b></p> <p><b>TH 10:00</b> Strong and Flexible</p> <p><b>10:30</b> Mental Fitness Packets   Available at Concierge desk</p> <p><b>B 12:10</b> Houston Astros Watch Party</p> <p><b>TH 1:15</b> Prize Bingo</p> <p><b>TH 2:15</b> Saturday Movie Matinee</p> <p><b>B 6:00</b> Plenty of Puzzles</p> <p><b>TH 6:00</b> Saturday Evening Movie   Resident or Staff Pick</p>
<p><b>28</b></p> <p><b>10:30</b> Mental Fitness Packets   Available at Concierge desk</p> <p><b>TH 11:00</b> Sunday Stories   Documentary   Resident or Staff Choice</p> <p><b>B 12:40</b> Houston Astros Watch Party</p> <p><b>TH 1:00</b> Sunday Catholic Mass Viewing</p> <p><b>CL 2:00</b> Sunday Trivia with Young Men's Service League</p>	<p><b>29</b></p> <p><b>B 10:15</b> Bistro Break</p> <p><b>TH 1:00</b> Health &amp; Fitness Class   Join HealthPro Heritage and stay Forever Fit!</p> <p><b>CL 2:00</b> Monday's Meaningful Trivia</p> <p><b>P 2:00</b> Water Aerobics with HealthPro Heritage   Great summer exercise class!</p> <p><b>CL 3:00</b> Bible Stories with Jehovah's</p>	<p><b>30</b></p> <p><b>CL 9:45</b> West U Walkers   Walking Club   Join us for a walk around the building!</p> <p><b>H 10:30</b> Tuesday Trivia with Friends   Join us for morning trivia and learn something new!</p> <p><b>CL 2:00</b> Banned Books Club Discussion   Current Read is "Sold" by Patricia McCormick.</p>	<p>June Birthdays: Thomas M. - 6/16 Bernice H. - 6/17 Johann M. - 6/19 Anita E. - 6/28 Richard L. - 6/30</p>	<p>Please pick up a daily schedule at the front desk for all activity details.</p>		