

SUN MON TUE WED THUR FRI SAT

LOCATION KEY
 AR - Activity Room
 BR - Billiard Room
 CR - Card Room
 CHAR - Clubhouse Activity Room

CL - Clubhouse Lobby
CHCR - Conference Room
FS - Fitness Studio
L - Lounge

<p>9:00 Church Shuttle (Clubhouse) 4</p> <p>1:30 Board (Bored) Games (Billiard Room in The Clubhouse)</p> <p>3:00 \$2 Resident Led Bingo (Veranda Dining Room)</p> <p>4:30 Golden Reels Classic Movie - (CHCR)</p>	<p>8:00 Mindful Monday with Frank (Activity Room in Clubhouse) 5</p> <p>9:00 Resident Led Sit & Fit Exercise (FS)</p> <p>9:45 Get Fit Exercise (FS)</p> <p>10:30 Crafty Chicks (AR)</p> <p>1:00 Rummikub (CR)</p> <p>1:30 HEB Trip (Clubhouse)</p> <p>1:30 This Day in History (CHCR)</p> <p>2:00 Resident Association Mtg. (L)</p> <p>3:00 Stretch and Balance (FS)</p> <p>3:00 \$2 Resident Led Bingo (Veranda Dining Room)</p> <p>6:00 Open Mexican Train Game (AR)</p> <p>6:00 Resident Led Mexican Train (BR)</p>	<p>9:00 Mall Walking Exercise (CL) 6</p> <p>10:00 Catholic Mass (AR-Clubhouse)</p> <p>1:00 Blood Pressure Check (BR)</p> <p>2:00 Ambassador Meeting (AR)</p> <p>2:00 Drum Fit (FS)</p> <p>3:00 Brain Fitness (AR)</p> <p>6:00 Beginner Mexican Train (BR)</p> <p>6:00 Forum Book & Sip Club (CR)</p>	<p>9:00 Resident Led Sit & Fit Exercise (FS) 7</p> <p>9:45 Get Fit Exercise (FS)</p> <p>1:00 42 Domino Game (CR)</p> <p>1:00 The Woodlands Methodist Bible Study (The Clubhouse)</p> <p>2:00 New Resident Orientation (CHCR)</p> <p>3:00 Stretch and Balance (FS)</p> <p>6:00 \$2 Bingo (Veranda Dining Room)</p>	<p><i>New Year's Day</i></p> <p>9:00 Yoga with Nita (FS) 1</p> <p>9:00 Mall Walking Exercise (CL)</p> <p>10:00 Inspired Bible Study (Conference Room in the Clubhouse)</p> <p>10:30 Mary K Visit (Activity Room in Clubhouse)</p> <p>10:30 Rummikub (BR)</p> <p>10:30 Write the Word Game (CHAR)</p> <p>2:00 "Murder Mystery" (CHAR)</p> <p>3:30 Happy Hour Social (L)</p> <p>6:00 Beginner Mexican Train (BR)</p>	<p>9:00 Resident Led Sit & Fit Exercise (FS) 2</p> <p>9:45 Get Fit Exercise (FS)</p> <p>10:00 Montgomery County Library (Meet in Clubhouse)</p> <p>10:30 Walmart Trip (Meet in the Clubhouse)</p> <p>10:30 Armchair Travel 40 UNESCO World Heritage Sites You Need to Visit (CHCR)</p> <p>1:00 Table Games (Clubhouse Billiard Room)</p> <p>1:30 Nails by Teresa (CR)</p> <p>2:00 Great Minds Trivia (AR)</p> <p>3:00 Stretch and Balance (FS)</p> <p>6:00 Resident Led Mexican Train (BR)</p>	<p>10:30 Easy Crafty Fun with Teresa (Activity Room in Clubhouse) 3</p> <p>1:30 Community Outreach (AR)</p> <p>2:00 Corn Hole Game (FS)</p> <p>3:00 \$2 Bingo (Veranda Dining Room)</p> <p>6:00 Clubhouse Cinema- (CHCR)</p>
<p>9:00 Church Shuttle (Clubhouse) 11</p> <p>1:30 Board (Bored) Games (Billiard Room in The Clubhouse)</p> <p>3:00 \$2 Resident Led Bingo (Veranda Dining Room)</p> <p>4:30 Golden Reels Classic Movie - (CHCR)</p>	<p>8:00 Mindful Monday with Frank (Activity Room in Clubhouse) 12</p> <p>9:00 Resident Led Sit & Fit Exercise (FS)</p> <p>9:45 Get Fit Exercise (FS)</p> <p>10:30 Crafty Chicks (AR)</p> <p>1:00 Rummikub (CR)</p> <p>1:30 HEB Trip (Clubhouse)</p> <p>1:30 This Day in History (CHCR)</p> <p>3:00 Stretch and Balance (FS)</p> <p>3:00 \$2 Resident Led Bingo (Veranda Dining Room)</p> <p>6:00 Open Mexican Train Game (AR)</p> <p>6:00 Resident Led Mexican Train (BR)</p>	<p>9:00 Mall Walking Exercise (CL) 13</p> <p>10:30 Lindsay's Science Lab (AR)</p> <p>1:00 Blood Pressure Check (BR)</p> <p>2:00 Drum Fit (FS)</p> <p>2:00 Veteran's Coffee (CHAR)</p> <p>3:00 Brain Fitness (AR)</p> <p>6:00 Beginner Mexican Train (BR)</p> <p>6:00 Forum Book & Sip Club (CR)</p> <p>6:30 Crafty Creations with Laura (Activity Room in Clubhouse)</p>	<p>9:00 Resident Led Sit & Fit Exercise (FS) 14</p> <p>9:45 Get Fit Exercise (FS)</p> <p>12:15 Opera I Puritani (Meet in the Clubhouse)</p> <p>1:00 42 Domino Game (CR)</p> <p>1:00 The Woodlands Methodist Bible Study (The Clubhouse)</p> <p>3:00 Stretch and Balance (FS)</p> <p>6:00 \$2 Bingo (Veranda Dining Room)</p>	<p>9:00 Yoga with Nita (FS) 15</p> <p>9:00 Mall Walking Exercise (CL)</p> <p>10:00 Catholic Communion Service (AR)</p> <p>10:00 Inspired Bible Study (Conference Room in the Clubhouse)</p> <p>10:30 Rummikub (BR)</p> <p>10:30 Write the Word Game (CHAR)</p> <p>2:00 "Murder Mystery" (CHAR)</p> <p>3:30 Happy Hour Social (L)</p> <p>6:00 Beginner Mexican Train (BR)</p>	<p>9:00 Resident Led Sit & Fit Exercise (FS) 16</p> <p>9:45 Get Fit Exercise (FS)</p> <p>10:00 Trader Joe's Trip (Meet in Clubhouse)</p> <p>10:30 Armchair Travel Best Travel Destinations in The World (CHCR)</p> <p>10:30 Walmart Trip (Meet in the Clubhouse)</p> <p>1:00 Table Games (Clubhouse Billiard Room)</p> <p>1:30 Nails by Teresa (CR)</p> <p>2:00 Great Minds Trivia (AR)</p> <p>3:00 Stretch and Balance (FS)</p> <p>6:00 Resident Led Mexican Train (BR)</p>	<p>10:30 Easy Crafty Fun with Teresa (Activity Room in Clubhouse) 17</p> <p>1:30 Community Outreach (AR)</p> <p>2:00 Corn Hole Game (FS)</p> <p>3:00 \$2 Bingo (Veranda Dining Room)</p> <p>6:00 Clubhouse Cinema- (CHCR)</p>
<p>9:00 Church Shuttle (Clubhouse) 18</p> <p>1:30 Board (Bored) Games (Billiard Room in The Clubhouse)</p> <p>3:00 \$2 Resident Led Bingo (Veranda Dining Room)</p> <p>4:30 Golden Reels Classic Movie - (CHCR)</p>	<p><i>Martin Luther King Jr. Day</i></p> <p>8:00 Mindful Monday with Frank (Activity Room in Clubhouse) 19</p> <p>9:00 Resident Led Sit & Fit Exercise (FS)</p> <p>9:45 Get Fit Exercise (FS)</p> <p>10:30 Crafty Chicks (AR)</p> <p>1:00 Rummikub (CR)</p> <p>1:30 HEB Trip (Clubhouse)</p> <p>1:30 This Day in History (CHCR)</p> <p>3:00 Stretch and Balance (FS)</p> <p>3:00 \$2 Resident Led Bingo (Veranda Dining Room)</p> <p>6:00 Open Mexican Train Game (AR)</p> <p>6:00 Resident Led Mexican Train (BR)</p>	<p>9:00 Mall Walking Exercise (CL) 20</p> <p>1:00 Blood Pressure Check (BR)</p> <p>2:00 Drum Fit (FS)</p> <p>2:00 Food, Fun & Fellowship Meeting (L)</p> <p>3:00 Brain Fitness (AR)</p> <p>6:00 Beginner Mexican Train (BR)</p> <p>6:00 Forum Book & Sip Club (CR)</p>	<p>9:00 Resident Led Sit & Fit Exercise (FS) 21</p> <p>9:45 Get Fit Exercise (FS)</p> <p>11:30 Birthday Lunch (Veranda Dining Room)</p> <p>1:00 42 Domino Game (CR)</p> <p>1:00 The Woodlands Methodist Bible Study (The Clubhouse)</p> <p>2:00 New Resident Orientation (CHCR)</p> <p>3:00 Stretch and Balance (FS)</p> <p>6:00 \$2 Bingo (Veranda Dining Room)</p>	<p>9:00 Yoga with Nita (FS) 22</p> <p>9:00 Mall Walking Exercise (CL)</p> <p>10:00 Inspired Bible Study (Conference Room in the Clubhouse)</p> <p>10:30 DanZactive with Paloma (Fitness Room)</p> <p>10:30 Rummikub (BR)</p> <p>10:30 Write the Word Game (CHAR)</p> <p>2:00 "Murder Mystery" (CHAR)</p> <p>3:30 Happy Hour Social (L)</p> <p>6:00 Beginner Mexican Train (BR)</p>	<p>9:00 Resident Led Sit & Fit Exercise (FS) 23</p> <p>9:45 Get Fit Exercise (FS)</p> <p>10:00 Montgomery County Library (Meet in Clubhouse)</p> <p>10:30 Armchair Travel 25 Best Places to Visit in the USA (CHCR)</p> <p>10:30 Walmart Trip (Meet in the Clubhouse)</p> <p>1:00 Table Games (Clubhouse Billiard Room)</p> <p>1:30 Nails by Teresa (CR)</p> <p>2:00 Great Minds Trivia (AR)</p> <p>3:00 Stretch and Balance (FS)</p> <p>6:00 Resident Led Mexican Train (BR)</p>	<p>10:30 Easy Crafty Fun with Teresa (Activity Room in Clubhouse) 24</p> <p>1:30 Community Outreach (AR)</p> <p>2:00 Corn Hole Game (FS)</p> <p>3:00 \$2 Bingo (Veranda Dining Room)</p> <p>6:00 Clubhouse Cinema- (CHCR)</p>
<p>9:00 Church Shuttle (Clubhouse) 25</p> <p>1:30 Board (Bored) Games (Billiard Room in The Clubhouse)</p> <p>3:00 \$2 Resident Led Bingo (Veranda Dining Room)</p> <p>4:30 Golden Reels Classic Movie - (CHCR)</p>	<p>8:00 Mindful Monday with Frank (Activity Room in Clubhouse) 26</p> <p>9:00 Resident Led Sit & Fit Exercise (FS)</p> <p>9:45 Get Fit Exercise (FS)</p> <p>10:30 Cards that Care (AR)</p> <p>10:30 Crafty Chicks (AR)</p> <p>1:00 Rummikub (CR)</p> <p>1:30 HEB Trip (Clubhouse)</p> <p>1:30 This Day in History (CHCR)</p> <p>3:00 Stretch and Balance (FS)</p> <p>3:00 \$2 Resident Led Bingo (Veranda Dining Room)</p> <p>6:00 Open Mexican Train Game (AR)</p> <p>6:00 Resident Led Mexican Train (BR)</p>	<p>9:00 Mall Walking Exercise (CL) 27</p> <p>10:30 Lindsay's Science Lab (AR)</p> <p>1:00 Blood Pressure Check (BR)</p> <p>2:00 Drum Fit (FS)</p> <p>3:00 Brain Fitness (AR)</p> <p>6:00 Beginner Mexican Train (BR)</p> <p>6:00 Forum Book & Sip Club (CR)</p>	<p>9:00 Resident Led Sit & Fit Exercise (FS) 28</p> <p>9:45 Get Fit Exercise (FS)</p> <p>10:00 The Woodlands Methodist Worship Service (L)</p> <p>11:30 New Resident Luncheon (Veranda Dining Room)</p> <p>1:00 42 Domino Game (CR)</p> <p>1:00 The Woodlands Methodist Bible Study (The Clubhouse)</p> <p>3:00 Stretch and Balance (FS)</p> <p>6:00 \$2 Bingo (Veranda Dining Room)</p>	<p>9:00 Yoga with Nita (FS) 29</p> <p>9:00 Mall Walking Exercise (CL)</p> <p>10:00 Inspired Bible Study (Conference Room in the Clubhouse)</p> <p>10:30 Rummikub (BR)</p> <p>10:30 Write the Word Game (CHAR)</p> <p>2:00 "Murder Mystery" (CHAR)</p> <p>3:30 Happy Hour Social (L)</p> <p>6:00 Beginner Mexican Train (BR)</p>	<p>9:00 Resident Led Sit & Fit Exercise (FS) 30</p> <p>9:45 Get Fit Exercise (FS)</p> <p>10:00 Montgomery County Library (Meet in Clubhouse)</p> <p>10:30 Armchair Travel It May Be Hard to Believe, but People Actually Live in These Houses (CHCR)</p> <p>10:30 Walmart Trip (Meet in the Clubhouse)</p> <p>1:00 Table Games (Clubhouse Billiard Room)</p> <p>1:30 Nails by Teresa (CR)</p> <p>2:00 Great Minds Trivia (AR)</p> <p>3:00 Stretch and Balance (FS)</p> <p>6:00 Resident Led Mexican Train (BR)</p>	<p>10:30 Easy Crafty Fun with Teresa (Activity Room in Clubhouse) 31</p> <p>1:30 Community Outreach (AR)</p> <p>2:00 Corn Hole Game (FS)</p> <p>3:00 \$2 Bingo (Veranda Dining Room)</p> <p>6:00 Clubhouse Cinema- (CHCR)</p>

January 2026

The Forum at The Woodlands | Independent Living | Subject to Change

