Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sept	tens	est	chocolate tasting party	IT'S Shopping Time!	AR – Activity Room A – Auditorium BO – Bus Outing BL – Back Lobby BP – Back Patio FL – Front Lobby GR – Green Room GS – Gift Shop LIB - Library TH – Theater Room	9:00: Fitness w/Melissa (AR) 9:30: Catholic Mass (GR) 10:15: Sing a-long (BL) 1:15: Saturday Matinee (TH) [The Undefeated (1969)] 3:30: Happy Hour (BL) [Theresa Behenna's Piano Show] 6:30: Live Music (BL) [Richard's Magic Piano Show]
10:00: Joel Osteen TV (TH) 10:40: Chapelwood (BO) 1:15: Sunday Movie (TH) <i>[Virus (1999)]</i> 3:00: Worship Service (GR)	10:00: Gardening Club (BP) 10:00: Library Committee (LIB) 1:15: Chair Tai Chi (GR) 6:30: Old Movie Monday (TH) [Young Man with a Horn (1949)] HAPPY LABOR DAY!	7:30: Ladies Breakfast (BL) 9:00: Fitness w/Alec (AR) 9:30: Stretch DVD (AR) 10:30: Bible Study (GR) 1:30: Seated Zumba (AR) 2:00: Sing-along (BL) 3:30: Knitting (AR) 6:15: Bingo (A)	 9:00: Fitness w/Alec (AR) 9:30: Strength DVD (AR) 10:30: Speaker Series (GR) [Choosing a cell phone plan] 1:00: Color me Calm (AR) 3:00: Happy Hour (BL) [Sounds of Music w/Cantor T] 6:15: Worship Service (GR) 	9:30: Stretch DVD (AR) 10:00: Laughter Yoga (GR) 11:00: History of Russia (TH) 11:00: Lunch Bunch (BO) 1:30: Crafts w/Nancy (AR) 2:30: Chair Aerobics (A) 4:00: Rabbi Goldstein (GR) 6:15: Worship w/Wally	9:00: Fitness w/Nancy (AR) 9:30: Little Lights Chorus (FL) 10:00: Jewelry by Jonique (BL) 11:00: Trivia Challenge (AR) 1:30: Creative Writing (AR) 2:30: Friday Documentary (TH) <i>[Inside Einstein's Mind (2015)]</i> 3:00: Video Bible Study (AR) 6:15: Bingo (A)	9:00: Fitness w/Melissa (AR) 9:30: Cath Communion (GR) 10:15: Sing a-long (BL) 1:15: Saturday Matinee (TH) <i>[Coming to America (1988)]</i> 3:30: Happy Hour (BL) <i>[Glennie's Famous</i> <i>Cabaret Show]</i>
9:00: Worship Service (GR) 10:00: Joel Osteen TV (TH) 10:40: Chapelwood (BO) 1:15: Sunday Movie (TH) <i>[Gladiator (2000)]</i> 2:00: Chess Lesson (LIB) <i>[Led by The Chess Refinery]</i> 3:00: Worship Service (GR)	9:00: Strength DVD (AR) 10 10:00: Gardening Club (BP) 1:15: Chair Tai Chi (GR) 2:00: TED Talk (TH) [Is the world getting better or worse?] 3:30: Ambassador MTG (AR) [New Ambassador assignments] 6:30: New Movie Monday (TH) [Book Club]	7:30: Men's Breakfast (BL) 9:00: Fitness w/Nikki (AR) 9:30: Stretch DVD (AR) 10:30: Bible Study (GR) 10:45: Podiatry (LIB) 1:30: Seated Zumba (AR) 2:00: Sing-along (BL) 4:00: Birthday Dinner (GR) 6:15: Bingo (A)	11 9:00: Fitness w/Nikki (AR) 12 9:30: Strength DVD (AR) 10:30: Speaker Series (GR) <i>[The ins and outs of Arthritis]</i> 1:00: Color me Calm (AR) 3:00: Happy Hour (BL) <i>[Piano hits w/Tony C.]</i> 6:15: Worship Service (GR)	9:00: Fitness w/Nancy (AR) 13 9:30: Stretch DVD (AR) 10:00: Laughter Yoga (GR) 10:00: Methodist Communion (TH) 11:00: Culture of Russia (TH) 11:00: Lunch Bunch (BO) 1:30: Painting w/a Twist (A) 2:30: Chair Aerobics (AR) 6:15: Worship w/Wally (GR)	9:00: Fitness w/Nancy (AR) 9:30: Strength DVD (AR) 11:15: Deci-Belles Choir (BL) [Live choral performance] 1:30: Creative Writing (AR) 3:00: Chocolate Tasting (TH) [Sample a variety of chocolates] 3:00: Video Bible Study (AR) 6:15: Bingo (A)	9:00: Fitness w/Melissa (AR) 9:30: Cath Communion (GR) 10:15: Sing a-long (BL) 11:15: Pet Therapy (GR) 1:15: Saturday Matinee (TH) <i>[Eraser (1996)]</i> 2:30: Shabbat (GR) 3:30: Happy Hour (BL) <i>[Your favorites w/Danette M.]</i>
9:00: Worship Service (GR) 10:00: Joel Osteen TV (TH) 10:40: Chapelwood (BO) 1:15: Sunday Movie (TH) <i>[The Interpreter (2018)]</i> 3:00: Worship Service (GR)	9:00: Strength DVD (AR) 9:30: Outlet Shopping (BO) 10:00: Gardening Club (BP) 10:00: Library Committee (LIB) 10:30: Luth Communion (GR) 1:15: Chair Tai Chi (GR) 3:30: Bible Study (GR) 6:30: New Movie Monday (TH) <i>[Life of the Party]</i>	9:00: Fitness w/Nikki (AR) 9:30: Stretch DVD (AR) 10:30: Bible Study (GR) 1:30: Seated Zumba (AR) 2:00: Sing-along (BL) 3:00: Ice Cream Social (A) <i>[Double-dips & 50's music!]</i> 3:30: Knitting (AR) 6:15: Bingo (A)	 18 9:00: Fitness w/Nikki (AR) 9:30: Strength DVD AR) 10:30: Speaker Series (GR) [Secrets to Delay Aging] 1:00: Color me Calm (AR) 3:00 Happy Hour (BL) [Big Band Singers w/Poppy V.] 6:15: Worship Service (GR) 	9:00: Fitness w/Nancy (AR) 9:30: Stretch DVD (AR) 10:00: Laughter Yoga (GR) 10:00: Flu Clinic (GS) 11:00: Russian Lesson (AR) 11:00: Lunch Bunch (BO) 1:30: Crafts w/Nancy (AR) 2:30: Chair Aerobics (A) 6:15: Worship w/Wally (GR)	9:00: Fitness w/Nancy (AR) 9:30: Strength DVD (AR) 11:00: Trivia Challenge (AR) 1:30: Creative Writing (AR) 2:30: Friday Documentary (TH) <i>[Chasing Coral (2017)]</i> 3:00: Video Bible Study (AR) 6:15: Bingo (A)	9:00: Fitness w/Melissa (AR) 22 9:30: Cath Communion (GR) 10:15: Sing a-long (BL) 1:15: Saturday Matinee (TH) [Die Another Day (2008)] 3:30: Happy Hour (BL) [The hits w/The Ivory Touch Duo]
9:00 Worship Service (GR) 10:00 Joel Osteen TV (TH) 10:40 Chapelwood (BO) 11: 00 Sunday Movie: (TH) <i>[Ghostbusters (1984)]</i> 2:00: Chess Lesson (LIB) 3:00pm Worship Service(GR)	9:00: Strength DVD (AR) 10:00: Gardening Club (BP) 1:15: Chair Tai Chi (GR) 2:00: Calendar Roll (AR) 3:30: Bible Study (GR) <i>[led by Lois McCall]</i> 6:30: Wine Social (BL) <i>[Gene's Piano Request Show]</i>	9:00: Fitness w/Nikki (AR) 9:30: Stretch DVD (AR) 10:00: Paparazzi Jewelry (BL) 10:30: Bible Study (GR) 10:45: Podiatry (LIB) 1:30: Seated Zumba (AR) 2:00: Sing-along (BL) 3:30: Knitting (AR) 6:15: Bingo (A)	 9:00: Fitness w/Nikki (AR) 9:30: Strength DVD (AR) 10:30: Speaker Series (GR) [Nutrition for Seniors w/Dr. Ahmed] 1:00: Color me Calm (AR) 3:00: Happy Hour (BL) [50's hits w/Dennis Evans] 6:15: Worship Service (GR) 	9:00: Fitness w/Nancy (AR) 9:30: Stretch DVD (AR) 10:00: Laughter Yoga (GR) 11:00: Taste of Russia (AR) 11:00: Lunch Bunch (BO) 1:30: Crafts w/Nancy (AR) 2:30: Chair Aerobics (A)	9:00: Fitness w/Nancy (AR) 9:30: Strength DVD (AR) 11:00: Braintenance (AR) 1:30: Creative Writing (AR) 2:30: Friday Documentary (TH) <i>[Auschwitz: Beginnings (2005)]</i> 3:00: Video Bible Study (AR) 6:15: Bingo (A)	9:00: Fitness w/Melissa (AR) 29 9:30: Cath Communion (GR) 10:15: Sing a-long (BL) 1:15: Saturday Matinee (TH) <i>[Sense & Sensibility (1995)]</i> 3:30: Happy Hour (BL) <i>[Country & Folk w/Hayden J.]</i>
9:00 Worship Service (GR) 30 10:00 Joel Osteen TV (TH) 10:40 Chapelwood (BO) 11:00 Sunday Movie: (TH) <i>[The good, bad & the ugly (1966)]</i> 3:00pm Worship Service(GR)	CHESS			Printing & Wine	The Benefits of Pet Thee A pet companion presents many health benefits to their owners. Beit animals makes people feel better, healthier and happier. For these reaso animals are being used for therapeutic purposes at senior living com	ng around ns and more,

TREEMONT RETIREMENT COMMUNITY 2501 WESTERLAND DR HOUSTON, TX 77063 713-783-6820 WWW.TREEMONT.COM



