## October 2025

3:00 PM - Mary Mann

4:00 PM - Happy Hour

1:00 PM - Mexican Train

## The Conservatory at Alden Bridge

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CONSERVATORY
A A LOT N SI LOG
By Discovery Scance Lating

6:30 PM - Movie Night

**SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY** 04 02 03 Locations **Dimensions** 9:30 AM - Toning & 01 7:00 AM - Sunrise 9:30 AM - Toning & 9:30 AM - 42 Strengthening (GR) Walking Club (RO) Strengthening (GR) Dominoes (UT) Great Room (GR) 10:30 AM - One Stroke 8:15 AM - Floor 10:30 AM - Move It or 10:00 AM - Pool Line Creative Studio (CS) **Abdominal Strength** Lose It (GR) Dancing (PL) Painting w/Mary Ann Pool (PL) Brown (CS) Training (GR) 11:30 AM - Water 1:00 PM - BINGO with Upper Terrace Lounge (UT) Safari Lounge (SL) 10:30 AM - Move It or 9:15 AM - Agility Fitness Aerobics (PL) The Woodlands Interact Casino (CA) Lose It (GR) Class (GR) 12:00 PM - Shopping Trip Students (SL) Fitness Center (FC) 11:30 AM - Water 9:30 AM - 42 Dominoes 2:00 PM - Skip-Bo (SL) (OS)Dining Room (DR) Aerobics (PL) (UT) 1:00 PM - Bible Study 2:00 PM - Shopping at Theatre (TH) 1:00 PM - Hand & Foot 10:15 AM - Flexibility & Sam Moon (OS) (CS) Rotunda (RO) 4:00 PM - BYOB Happy Card Game (UT) Recovery (GR) 2:00 PM - Presentation: Card Room (CR) 1:00 PM - Fish-Bowl 10:30 AM - Christ Church Choice Hospice (TH) Hour (SL) Off Site (OS) Bingo (SL) Communion (CR) 2:00 PM - Men's Fitness 6:30 PM - Movie Night 1:30 PM - Mah Jongg 12:00 PM - Line Dancing (GR) (TH) 3:00 PM - Elvis (CA) 1:00 PM - Sing A Long Performance by Rod 2:00 PM - Men's Fitness (CA) (FC) 1:45 PM - Balance Class Sharer (DR) 4:00 PM - Happy Hour 3:00 PM - Jim Connors (GR) Octoberfest Performance 3:00 PM - Meditation (SL) with Robert Landau (GR) 6:30 PM - Movie Night 4:00 PM - Happy Hour 4:00 PM - Couples Happy (TH) Hour (CA) 6:30 PM - Dollar BINGO (SL) 4:00 PM - Happy Hour 6:30 PM - Movie Night with Jerry (CA) (SL) (TH) 6:30 PM - Movie Night (TH) 6:30 PM - Poker Night (CA) 07 09 10 11 8:00 AM -9:30 AM - Toning & 9:30 AM - Toning & 80 7:00 AM - Podiatrist 9:30 AM - 42 7:00 AM - Sunrise 7:00 AM - Sunrise Walking Club (RO) Transportation: Strengthening (GR) Walking Club (RO) Strengthening (GR) Visits the Community Dominoes (UT) Church (OS) 10:30 AM - Move It or 8:15 AM - Floor 10:30 AM - One Stroke 8:15 AM - Floor 9:30 AM - Toning & 12:00 PM - Tech Day with 8:30 AM - Catholic Lose It (GR) Abdominal Strength Painting w/Mary Ann **Abdominal Strength** Strengthening (GR) Anjanett (SL) **Church Transportation** 11:30 AM - Water Training (GR) Brown (CS) Training (GR) 10:30 AM - Move It or 1:00 PM - BINGO with 10:30 AM - Woodlands Aerobics (PL) 9:00 AM - HEB, Kroger's & 9:15 AM - Agility Fitness Lose It (GR) The Woodlands Interact (OS) 10:00 AM - Church Class (GR) 11:30 AM - Water 1:00 PM - Memoir Walgreens Trip (OS) Methodist Worship Students (SL) Service: General Hummer 9:30 AM - 42 Dominoes 2:00 PM - Skip-Bo (SL) **Creative Writing Meeting** 9:15 AM - Agility Fitness Service (CA) Aerobics (PL) (CA) (CS) Class (GR) 10:30 AM - Move It or (UT) 12:00 PM - Shopping Trip 3:00 PM - Watercolor 10:30 AM - Catholic 1:00 PM - Bingo (SL) 10:00 AM - Bible Study Lose It (GR) 10:15 AM - Flexibility & (OS) Class (SL) 1:00 PM - Dr. George Visit (TH) 11:30 AM - Water 1:00 PM - Bible Study 4:00 PM - BYOB Happy Communion (CR) Recovery (GR) 11:00 AM - Lunch at 11:00 AM - Worship (OS) 10:15 AM - Flexibility & Aerobics (PL) (CS) Hour (SL) Hymns (GR) 2:00 PM - Men's Fitness Recovery (GR) 1:00 PM - Hand & Foot Outback Steakhouse 2:00 PM - Men's Fitness 6:30 PM - Movie Night 1:00 PM - BINGO with (GR) 11:00 AM - Trivia (CR) Card Game (UT) (OS) (GR) (TH) 2:15 PM - Hug A Bear The Woodlands Interact 12:00 PM - Line Dancing 1:00 PM - Fish-Bowl 2:00 PM - Elvis Musical 12:00 PM - Line Dancing Students (SL) Project (CS) (GR) Bingo (SL) 1:00 PM - Sing A Long Performance (DR) 2:30 PM - Hand & Foot 1:00 PM - Open Bridge 1:30 PM - Mah Jongg 4:00 PM - Crazy Hat 3:00 PM - Positive Living (CA) 1:45 PM - Balance Class Card Game (UT) with Robert Landau (GR) (CR) Happy Hour (SL) (CA)

2:00 PM - Men's Fitness

(GR)

## The Conservatory at Alden Bridge

October 2025 IL **SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY** 25 19 20 21 23 24 8:00 AM -9:30 AM - Toning & 7:00 AM - Sunrise 9:30 AM - Toning & 22 7:00 AM - Sunrise 9:30 AM - Toning & 9:30 AM - 42 Transportation: Strengthening (GR) Walking Club (RO) Strengthening (GR) Walking Club (RO) Strengthening (GR) Dominoes (UT) Church (OS) 12:00 PM - Tech Day with 10:30 AM - Move It or 8:15 AM - Floor 10:30 AM - Move It or 8:15 AM - Floor 10:30 AM - Move It or 8:30 AM - Catholic Lose It (GR) Abdominal Strength Lose It (GR) **Abdominal Strength** Lose It (GR) Anjanett (SL) **Church Transportation** 11:30 AM - Water Training (GR) 10:30 AM - One Stroke Training (GR) 11:30 AM - Water 1:00 PM - BINGO with (OS) Aerobics (PL) 9:00 AM - HEB, Kroger's & Painting w/Mary Ann 9:15 AM - Agility Fitness Aerobics (PL) The Woodlands Interact 10:00 AM - Church 1:00 PM - Bingo (SL) Walgreens Trip (OS) Brown (CS) Class (GR) 12:00 PM - Lunch at Students (SL) Service: General Hummer 1:00 PM - Memoir 11:30 AM - Water 9:30 AM - 42 Dominoes 2:00 PM - Skip-Bo (SL) 9:15 AM - Agility Fitness Gringo's (OS) 3:00 PM - Watercolor (CA) **Creative Writing Meeting** Class (GR) Aerobics (PL) (UT) 1:00 PM - Bible Study 10:30 AM - Catholic (CS) 10:00 AM - Catholic 1:00 PM - Hand & Foot 10:15 AM - Flexibility & (CS) Class (SL) 4:00 PM - BYOB Happy Communion (CR) 1:00 PM - Dr. George Visit Mass (CR) Card Game (UT) Recovery (GR) 2:00 PM - Men's Fitness 11:00 AM - Worship 1:00 PM - Fish-Bowl (GR) (OS) 10:00 AM - Bible Study 12:00 PM - Line Dancing Hour (SL) Bingo (SL) Hymns (GR) 2:00 PM - Men's Fitness (TH) 1:00 PM - Sing A Long 2:30 PM - Posch Duo 6:30 PM - Movie Night 1:00 PM - BINGO with (GR) 10:15 AM - Flexibility & 1:30 PM - Mah Jongg Musical Performance (TH) (CA) The Woodlands Interact 2:15 PM - Hug A Bear Recovery (GR) 1:45 PM - Balance Class (CA) (CA) 2:00 PM - Men's Fitness Students (SL) Project (CS) 11:00 AM - Trivia (CR) (GR) 4:00 PM - Happy Hour 2:30 PM - Hand & Foot 3:00 PM - "I Love 12:00 PM - Line Dancing (FC) 2:00 PM - Halloween (SL) 6:00 PM - "Hocus Pocus Card Game (UT) Broadway" by Robert (GR) 4:00 PM - Happy Hour Ledge Tour (SL) 3:30 PM - Matinee Movie Landau (TH) 1:00 PM - Open Bridge 4:00 PM - Happy Hour Pops" at the Pavilion (SL) 4:00 PM - Happy Hour 6:30 PM - Movie Night (SL) (OS) (TH) (CR) 4:00 PM - Chinese Mah 6:30 PM - Dollar BINGO (SL) 1:00 PM - Mexican Train (TH) 6:30 PM - Movie Night 6:30 PM - Movie Night Jongg (UT) (UT) (TH) with Jerry (CA) 6:30 PM - Movie Night (TH) 1:00 PM - 42 Dominoes 6:30 PM - Poker Night 6:30 PM - Movie Night (UT) (TH) (CA) (TH) 4:00 PM - Happy Hour (SL) 6:30 PM - Movie Night (TH) 6:30 PM - Poker Night (CA) 28 8:00 AM -26 9:30 AM - Toning & 7:00 AM - Sunrise 9:30 AM - Toning & 29 7:00 AM - Sunrise 30 9:30 AM - Toning & 31 Transportation: Strengthening (GR) Walking Club (RO) Strengthening (GR) Walking Club (RO) Strengthening (GR) Church (OS) 10:30 AM - Move It or 8:15 AM - Floor 10:30 AM - Move It or 8:15 AM - Floor 10:30 AM - Move It or 8:30 AM - Catholic Lose It (GR) Abdominal Strength Lose It (GR) **Abdominal Strength** Lose It (GR) 11:30 AM - Water 11:30 AM - Water **Church Transportation** Training (GR) 10:30 AM - One Stroke Training (GR) 9:15 AM - Agility Fitness (OS) Aerobics (PL) 9:00 AM - HEB, Kroger's & Painting w/Mary Ann Aerobics (PL) 10:00 AM - Church 1:00 PM - Dr. George Visit Walgreens Trip (OS) Brown (CS) Class (GR) 12:00 PM - Shopping Trip Service: General Hummer (OS) 9:15 AM - Agility Fitness 11:30 AM - Water 9:30 AM - 42 Dominoes (OS) Aerobics (PL) (UT) 1:00 PM - Bible Study (CA) 1:00 PM - Memoir Class (GR) 10:30 AM - Catholic 10:00 AM - Bible Study 1:00 PM - Bingo Auction **Creative Writing Meeting** 10:15 AM - Flexibility & (CS) (CS) (TH) Recovery (GR) 2:00 PM - Men's Fitness Communion (CR) (CA) 10:15 AM - Flexibility & 11:00 AM - Worship 1:00 PM - Bingo (SL) 1:00 PM - Hand & Foot 12:00 PM - Line Dancing (GR) 1:00 PM - Sing A Long Hymns (GR) 2:00 PM - Men's Fitness Card Game (UT) 2:30 PM - Book Club (CS) Recovery (GR) 1:00 PM - BINGO with (GR) 11:00 AM - Trivia (CR) 1:30 PM - Mah Jongg (CA) 4:00 PM - Halloween

1:45 PM - Balance Class

4:00 PM - Happy Hour

(GR)

Party and Happy Hour

6:30 PM - Dollar BINGO

(DR)

2:15 PM - Hug A Bear

4:00 PM - Happy Hour

Project (CS)

12:00 PM - Line Dancing

1:00 PM - Open Bridge

(GR)

(CA)

(FC)

2:00 PM - Men's Fitness

The Woodlands Interact

2:30 PM - Hand & Foot

Students (SL)