

Fountainwood at Lake Houston

ASSISTED
September, 2024

Locations
 Inspire Room (IR) 1st Floor Conference (1F) Pool (PO)
 The Lobby (TL) Theater Room (TR) Lobby Bar & Lounge Area (LB)
 Cork Bar (CB) Library (LI)
 Elite Gym (EG) Vibrant Life Room (VL)



Fountainwood
AT LAKE HOUSTON

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
01	02	03	04	05	06	07
Labor Day	Labor Day	Labor Day	Labor Day	Labor Day	Labor Day	Labor Day
10:30 AM-Studying His Word (IR) 2:00 PM-Sunday Stroll (TL) 3:00 PM-Left Center Right (CB)	9:30 AM-Vitality Workout (EG) 10:00 AM-St. Martha Communion (1F) 10:00 AM-The Morning Sip Social (TR) 1:30 PM-Kings in the Korner (CB) 2:00 PM-The Gaming Hour (TR) 3:00 PM-The Great Adventure (TR)	9:30 AM-Vitality Morning Workout (EG) 10:00 AM-The Morning Sip Social (TR) 10:30 AM-Technology & You 10:30 AM-Tai Chi (EG) 1:00 PM-Mexican Train Dominoes (LI) 1:30 PM-Culinary Town Hall (IR) 2:00 PM-Get Fit W/ Kat Chair Zumba 2:00 PM-Soul 2 Soul (one on ones) 2:00 PM-The Gaming Hour (TR) 2:45 PM-Get Fit W/ Kat Strength & Balance 3:00 PM-Bingo!	10:00 AM-Chair Yoga-Amber (EG) 10:00 AM-The Morning Sip Social (TR) 10:30 AM-Tai Chi (EG) 1:00 PM-Creative You (VL) 2:00 PM-The Gaming Hour (TR) 2:00 PM-Bunco (LI) 2:30 PM-Maintanece Town Hall Meeting (VL) 3:00 PM-Mindful Meditation (EG) 4:00 PM-Worship (TR)	10:00 AM-The Morning Sip Social (TR) 10:00 AM-Shopping Shuttle (TL) 10:00 AM-Water Aerobics W/ Kat (PO) 10:30 AM-Once Upon a Crime (TR) 11:00 AM-Puzzles (LI) 1:00 PM-Dominoes 42 - Don Monkres (LI) 1:30 PM-Kings in the Korner (CB) 2:00 PM-The Gaming Hour (TR) 3:00 PM-Bingo! (TR)	10:00 AM-Tai Chi (EG) 10:00 AM-The Morning Sip Social (TR) 10:30 AM-Trivia Challenge (TR) 1:30 PM-Kings in the Korner (CB) 2:00 PM-The Gaming Hour (TR) 4:00 PM-Happy Hour (CB)	9:30 AM-Morning Sip Social 10:00 AM-Sit & Stay Fit!! 10:30 AM-Heart 2 Heart (one on ones) 10:30 AM-Saturday Matinee (TR) 6:00 PM-Listening Lounge (LB)
08	09	10	11	12	13	14
10:30 AM-Studying His Word (IR) 2:00 PM-Sunday Stroll (TL) 3:00 PM-Left Center Right (CB)	9:30 AM-Vitality Workout (EG) 10:00 AM-St. Martha Communion (1F) 10:00 AM-The Morning Sip Social (TR) 1:30 PM-Kings in the Korner (CB) 2:00 PM-The Gaming Hour (TR) 2:30 PM-Executive Director Town Hall (IR)	9:30 AM-Vitality Morning Workout (EG) 10:00 AM-The Morning Sip Social (TR) 10:30 AM-Tai Chi (EG) 10:30 AM-Technology & You 1:00 PM-Mexican Train Dominoes (LI) 2:00 PM-Soul 2 Soul (one on ones) 2:00 PM-The Gaming Hour (TR) 2:00 PM-Get Fit W/ Kat Chair Zumba 2:45 PM-Get Fit W/ Kat Strength & Balance 3:00 PM-Bingo!	10:00 AM-The Morning Sip Social (TR) 10:00 AM-Chair Yoga-Amber (EG) 2:00 PM-Bunco (LI) 2:00 PM-The Gaming Hour (TR) 3:00 PM-Mindful Meditation (EG) 4:00 PM-Worship (TR)	10:00 AM-Water Aerobics W/ Kat (PO) 10:00 AM-Shopping Shuttle (TL) 10:00 AM-The Morning Sip Social (TR) 10:30 AM-Once Upon a Crime (TR) 11:00 AM-Puzzles (LI) 1:00 PM-Dominoes 42 - Don Monkres (LI) 1:30 PM-Kings in the Korner (CB) 2:00 PM-The Gaming Hour (TR) 3:00 PM-Bingo! (TR)	10:00 AM-The Morning Sip Social (TR) 10:00 AM-Tai Chi (EG) 1:30 PM-Kings in the Korner (CB) 2:00 PM-Strollin' Down Memory Lane (TR) 2:00 PM-The Gaming Hour (TR) 3:00 PM-In Good Company (TR) 4:00 PM-Happy Hour (CB)	9:30 AM-Morning Sip Social 10:00 AM-Sit & Stay Fit!! 10:30 AM-Saturday Matinee (TR) 10:30 AM-Heart 2 Heart (one on ones) 1:00 PM-The Karaoke Bar W/ Bill (LB) 2:00 PM-The Saturday Social (CB)
15	16	17	18	19	20	21
10:30 AM-Studying His Word (IR) 2:00 PM-Sunday Stroll (TL) 3:00 PM-Left Center Right (CB)	9:30 AM-Vitality Workout (EG) 10:00 AM-St. Martha Communion (1F) 10:00 AM-The Morning Sip Social (TR) 1:30 PM-Kings in the Korner (CB) 2:00 PM-The Gaming Hour (TR)	9:30 AM-Vitality Morning Workout (EG) 10:00 AM-The Morning Sip Social (TR) 10:30 AM-Tai Chi (EG) 10:30 AM-Technology & You 1:00 PM-Mexican Train Dominoes (LI) 2:00 PM-The Gaming Hour (TR) 2:00 PM-Soul 2 Soul (one on ones) 2:00 PM-Get Fit W/ Kat Chair Zumba 2:45 PM-Get Fit W/ Kat Strength & Balance 3:00 PM-Bingo!	10:00 AM-The Morning Sip Social (TR) 10:00 AM-Chair Yoga-Amber (EG) 10:30 AM-Creative You (VL) 2:00 PM-The Gaming Hour (TR) 2:00 PM-Bunco (LI) 3:00 PM-Mindful Meditation (EG) 4:00 PM-Worship (TR)	10:00 AM-The Morning Sip Social (TR) 10:00 AM-Shopping Shuttle (TL) 10:00 AM-Water Aerobics W/ Kat (PO) 10:30 AM-Once Upon a Crime (TR) 11:00 AM-Puzzles (LI) 1:00 PM-Dominoes 42 - Don Monkres (LI) 1:30 PM-Kings in the Korner (CB) 2:00 PM-Resident Council (IR) 2:00 PM-The Gaming Hour (TR) 3:00 PM-Bingo! (TR)	10:00 AM-Tai Chi (EG) 10:00 AM-The Morning Sip Social (TR) 10:30 AM-Trivia Challenge (TR) 1:30 PM-Kings in the Korner (CB) 2:00 PM-The Gaming Hour (TR) 4:00 PM-Happy Hour (CB)	9:30 AM-Morning Sip Social 10:00 AM-Sit & Stay Fit!! 10:30 AM-Saturday Matinee (TR) 10:30 AM-Heart 2 Heart (one on ones) 3:00 PM-The Piano Bar (CB)
22	23	24	25	26	27	28
10:30 AM-Studying His Word (IR) 2:00 PM-Sunday Stroll (TL) 3:00 PM-Left Center Right (CB)	9:30 AM-Vitality Workout (EG) 10:00 AM-The Morning Sip Social (TR) 10:00 AM-St. Martha Communion (1F) 1:30 PM-Kings in the Korner (CB) 2:00 PM-The Gaming Hour (TR)	9:30 AM-Vitality Morning Workout (EG) 10:00 AM-The Morning Sip Social (TR) 10:30 AM-Tai Chi (EG) 10:30 AM-Technology & You 1:00 PM-Mexican Train Dominoes (LI) 2:00 PM-The Gaming Hour (TR) 2:00 PM-Get Fit W/ Kat Chair Zumba 2:00 PM-Soul 2 Soul (one on ones) 2:45 PM-Get Fit W/ Kat Strength & Balance 3:00 PM-Bingo!	10:00 AM-Chair Yoga-Amber (EG) 10:00 AM-The Morning Sip Social (TR) 2:00 PM-Bunco (LI) 2:00 PM-The Gaming Hour (TR) 3:00 PM-Mindful Meditation (EG) 4:00 PM-Worship (TR)	10:00 AM-Water Aerobics W/ Kat (PO) 10:00 AM-Shopping Shuttle (TL) 10:00 AM-The Morning Sip Social (TR) 10:30 AM-Once Upon a Crime (TR) 11:00 AM-Puzzles (LI) 1:00 PM-Dominoes 42 - Don Monkres (LI) 1:30 PM-Kings in the Korner (CB) 2:00 PM-Resident Council (IR) 2:00 PM-The Gaming Hour (TR) 3:00 PM-Bingo! (TR)	10:00 AM-The Morning Sip Social (TR) 10:00 AM-Tai Chi (EG) 1:30 PM-Kings in the Korner (CB) 2:00 PM-The Gaming Hour (TR) 2:00 PM-Strollin' Down Memory Lane (TR) 4:00 PM-Happy Hour (CB)	9:30 AM-Morning Sip Social 10:00 AM-Sit & Stay Fit!! 10:30 AM-Heart 2 Heart (one on ones) 10:30 AM-Saturday Matinee (TR) 1:00 PM-The Karaoke Bar W/ Bill (LB)
29	30					
10:30 AM-Studying His Word (IR) 2:00 PM-Sunday Stroll (TL) 3:00 PM-Left Center Right (CB)	9:30 AM-Vitality Workout (EG) 10:00 AM-The Morning Sip Social (TR) 10:00 AM-St. Martha Communion (1F) 1:30 PM-Kings in the Korner (CB) 2:00 PM-The Gaming Hour (TR) 2:30 PM-Engagement Open House (IR)					* Activities are subject to change