

THE FORUM
AT MEMORIAL WOODS
ASSISTED LIVING



January 2026

- AR Activity Room
- LR Living Room
- OT Outing
- CM Community

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**NATIONAL
ACTIVITY
PROFESSIONALS
-WEEK-**
Beyond the Ordinary
January 26 - 30, 2026

**HELLO
JANUARY**



Happy Birthday
Rose Hughes 1/4
Darlen Tantzen 1/12
Pamela Ritzman 1/19
Joyce Wilman 1/26

9:30 LR News & Views
10:30 AR Balloon Tennis
10:30 CM The Sip Trolley
11:00 AR Crafts & DIY Corner: Handmade Happiness
1:30 CM The Aqua Express Activity Cart
2:00 AR Wellness Talk with Kesha
3:30 LR Cheers & Chats
6:00 AR Classic Movie Night

9:30 LR Morning Mingle
10:00 CM Forum Walking Group
10:30 CM The Sip Trolley
11:00 LR Colorful Conversations
1:30 CM The Aqua Express Activity Cart
2:00 AR Crafts & DIY Corner: Icy Creations
3:00 LR Fantastic Friday w/ Kelly Wayne
6:00 AR Netflix Movie Night

9:30 AR News & Views
10:00 AR Balloon Volleyball
10:30 AR B I N G O BASH
10:30 CM The Sip Trolley
1:30 CM The Aqua Express Activity Cart
2:00 LR Pick & Play: Residents' Choice
6:00 AR Action Movie Saturday

10:00 LR Parachute Fitness
10:30 LR Lakewood Church - Live TV
10:30 CM The Sip Trolley
11:00 LR Faith Fellowship
1:30 CM The Aqua Express Activity Cart
3:00 LR Social Sunday w/ Jason James
6:00 AR Sunday Evening Movie

9:30 AR Mindful Pathways
9:45 OT Walmart
10:30 AR Chair Zumba
10:30 CM The Sip Trolley
11:00 LR Charades
1:30 CM The Aqua Express Activity Cart
2:00 LR Word Search Challenge
3:30 LR Magnificent Monday: Name That Tune Sing Along
6:00 AR Cinema Club

10:00 AR Daily Chronicles
10:30 CM The Sip Trolley
11:00 LR Charades
1:30 CM The Aqua Express Activity Cart
2:00 AR Chair Aerobics with Kesha
3:30 LR Mix & Mingle Social Hour
6:00 AR Western Movie Night

9:30 AR Sit & Be Fit
10:15 AR Catholic Communion
10:30 CM The Sip Trolley
11:00 OT Frank's Grille, Westheimer Road
1:30 CM The Aqua Express Activity Cart
2:00 LR Chicken Foot Dominoes
3:30 LR Laughter In The Living Room
6:00 AR Chick Flick Movie Night

9:30 LR News & Views
10:00 AR Morning Stretch & Meditation
10:30 AR Balloon Tennis
10:30 CM The Sip Trolley
11:00 AR Beading Beauties & Beaus
1:30 CM The Aqua Express Activity Cart
2:00 AR Wellness Talk with Kesha
3:30 LR Cheers & Chats
6:00 AR Classic Movie Night

9:30 LR Morning Mingle
10:00 CM Forum Walking Group
10:30 CM The Sip Trolley
11:00 LR Colorful Conversations
1:30 CM The Aqua Express Activity Cart
2:00 AR Creative Expressions: Pencil Palettes
3:30 LR Fantastic Friday w/ Gil Flores
6:00 AR Netflix Movie Night

9:30 AR News & Views
10:00 AR Balloon Volleyball
10:30 AR B I N G O BASH
10:30 CM The Sip Trolley
1:30 CM The Aqua Express Activity Cart
2:00 LR Pick & Play: Residents' Choice
3:00 LR Live Entertainment w/ Danette McMahon
6:00 AR Action Movie Saturday

10:00 LR Parachute Fitness
10:30 LR Lakewood Church - Live TV
10:30 CM The Sip Trolley
11:00 LR Faith Fellowship
1:30 CM The Aqua Express Activity Cart
3:30 LR Getting To Know You
6:00 AR Sunday Evening Movie

9:30 AR Mindful Pathways
10:30 AR Chair Zumba
10:30 CM The Sip Trolley
11:00 LR Jeopardy Trivia
1:30 CM The Aqua Express Activity Cart
2:00 LR Chicken Foot Dominoes
3:30 LR Magnificent Monday: Radio Show with Wally
6:00 AR Cinema Club

10:00 AR Daily Chronicles
10:30 CM The Sip Trolley
11:00 LR Famous Faces Trivia
1:30 CM The Aqua Express Activity Cart
2:00 AR Chair Aerobics with Kesha
3:00 LR Pet Therapy Visit with Faithful Paws
3:30 LR Mix & Mingle Social Hour
6:00 AR Western Movie Night

9:30 LR Current Events
10:15 AR Catholic Communion
10:30 CM The Sip Trolley
11:00 OT Contemporary Art Museum Houston
1:30 CM The Aqua Express Activity Cart
2:00 LR Chicken Foot Dominoes
3:30 LR Laughter In The Living Room
6:00 AR Chick Flick Movie Night

9:30 LR News & Views
9:45 OT Grocery Shopping: HEB or Kroger
10:30 AR Balloon Tennis
10:30 CM The Sip Trolley
11:00 AR Discussion Deck
1:30 CM The Aqua Express Activity Cart
2:00 AR Wellness Talk with Kesha
3:30 LR Cheers & Chats
6:00 AR Classic Movie Night

9:30 LR Morning Mingle
10:00 CM Forum Walking Group
10:30 CM The Sip Trolley
11:00 LR Colorful Conversations
1:30 CM The Aqua Express Activity Cart
2:00 AR Artful Expressions: Brushstrokes
3:00 LR Fantastic Friday w/ Shevon
6:00 AR Netflix Movie Night

9:30 AR News & Views
10:00 AR Balloon Volleyball
10:30 AR B I N G O BASH
10:30 CM The Sip Trolley
1:30 CM The Aqua Express Activity Cart
2:00 LR Pick & Play: Residents' Choice
6:00 AR Action Movie Saturday

10:00 LR Parachute Fitness
10:30 LR Lakewood Church - Live TV
10:30 CM The Sip Trolley
11:00 LR Faith Fellowship
1:30 CM The Aqua Express Activity Cart
2:00 LR Sunday Social with Cindy St. Cyr
3:30 LR Getting To Know You
6:00 AR Sunday Evening Movie

9:30 AR Mindful Pathways
10:30 AR Chair Zumba
10:30 CM The Sip Trolley
11:00 LR Letter Chain
1:30 CM The Aqua Express Activity Cart
2:00 LR Six Card Game
3:30 LR Magnificent Mondays: Resident Sing Along
6:00 AR Cinema Club

10:00 AR Daily Chronicles
10:30 CM The Sip Trolley
11:00 LR Word Whiz
1:30 CM The Aqua Express Activity Cart
2:00 AR Chair Aerobics with Kesha
3:30 LR Mix & Mingle Social Hour
6:00 AR Western Movie Night

9:30 LR Current Events
10:15 AR Catholic Communion
10:30 CM The Sip Trolley
11:00 OT Menil Collection Museum
1:30 CM The Aqua Express Activity Cart
2:00 AR Birthday Bash with Care 4 You
3:30 LR Laughter In The Living Room
6:00 AR Chick Flick Movie Night

9:30 LR News & Views
10:30 AR Balloon Tennis
10:30 CM The Sip Trolley
11:00 AR Story Chain
1:30 CM The Aqua Express Activity Cart
2:00 AR Wellness Talk with Kesha
3:30 LR Cheers & Chats
6:00 AR Classic Movie Night

9:30 LR Morning Mingle
10:00 CM Forum Walking Group
10:30 CM The Sip Trolley
11:00 LR Colorful Conversations
1:30 CM The Aqua Express Activity Cart
2:00 LR UNO Card Game
3:30 LR Fantastic Friday w/ David LaDuca
6:00 AR Netflix Movie Night

9:30 AR News & Views
10:00 AR Balloon Volleyball
10:30 AR B I N G O BASH
10:30 CM The Sip Trolley
1:30 CM The Aqua Express Activity Cart
2:00 LR Pick & Play: Residents' Choice
6:00 AR Action Movie Saturday

10:00 LR Parachute Fitness
10:30 LR Lakewood Church - Live TV
10:30 CM The Sip Trolley
11:00 LR Faith Fellowship
1:30 CM The Aqua Express Activity Cart
3:30 LR Getting To Know You
6:00 AR Sunday Evening Movie

9:30 AR Mindful Pathways
10:30 AR Chair Zumba
10:30 CM The Sip Trolley
11:00 LR Reminisce Trivia
1:30 CM The Aqua Express Activity Cart
2:00 LR Chicken Foot Dominoes
3:30 LR Magnificent Monday: Radio Show with Wally
6:00 AR Cinema Club

10:00 AR Daily Chronicles
10:30 CM The Sip Trolley
11:00 LR Trivia Treasure
1:30 CM The Aqua Express Activity Cart
2:00 AR Chair Aerobics with Kesha
2:00 LR Live Entertainment with Xavier & Slim
6:00 AR Western Movie Night

9:30 LR Current Events
10:15 AR Catholic Communion
10:30 CM The Sip Trolley
1:30 OT Afternoon Scenic Ride
1:30 CM The Aqua Express Activity Cart
2:00 LR Chicken Foot Dominoes
3:30 LR Laughter In The Living Room
6:00 AR Chick Flick Movie Night

9:30 LR News & Views
10:30 AR Balloon Tennis
10:30 CM The Sip Trolley
11:00 AR Word Search Challenge
1:30 CM The Aqua Express Activity Cart
2:00 AR Wellness Talk with Kesha
3:30 LR Cheers & Chats
6:00 AR Classic Movie Night

9:30 LR Morning Mingle
10:00 CM Forum Walking Group
10:30 CM The Sip Trolley
11:00 LR Colorful Conversations
1:30 CM The Aqua Express Activity Cart
2:00 AR Scrabble Board
3:30 LR Fantastic Friday Happy Hour
6:00 AR Netflix Movie Night

9:30 AR News & Views
10:00 AR Balloon Volleyball
10:30 AR B I N G O BASH
10:30 CM The Sip Trolley
1:30 CM The Aqua Express Activity Cart
2:00 LR Pick & Play: Residents' Choice
6:00 AR Action Movie Saturday