

February 2026 IL – Independent Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
9:00 St. Simon & Jude, OUT 10:30 Methodist Church, OUT 11:00 Church Service: Interdenominational Service, LR4 1:30 Mary Margaret Mann, LR4 5:00 Sundowners, LR1	9:00 YOGA, TH2 10:00 Monday Morning Coffee with Ling, LR4 10:00 Stretchercise, TH2 10:30 Balance, TH2 1:00 Bridge, WR2 4:00 Margarita Social Hour, LR1	9:00 Water Aerobics, P1 10:00 Catholic Communion, LR4 10:00 Paint w/Peggy, WR2 10:00 Stretch & Strengthen, TH2 12:30 Activity Talk, B2 1:15 Conversational Spanish, WR2 1:30 NEW! Exercise with FOX, TH2 2:00 Spanish, WR2 2:30 Deb Saulsbury: League of Women's Voters here to discuss Mail in Ballots, TH2 4:00 Social Hour, LR1 6:30 Mexican Train - Dominos, B2	9:00 YOGA, TH2 9:00 Water Aerobics, P1 10:00 HEB, OUT 10:00 Stretchercise, TH2 10:30 Balance, TH2 2:00 Bingo, TH2 3:00 Creative Hands - Craft Class for All, WR2 4:00 Social Hour, LR1 6:00 Bible Study, LR4	9:00 Water Aerobics with FOX, P1 10:00 Bible Study, TV4 10:00 Stretch & Strengthen, TH2 10:30 Waterway Walkers/ Resident Led Walking Club, LR1 1:00 Wii Bowling, TH2 1:15 IL TRIP: Trolley to Landry's for Dessert & Coffee, LR1 2:30 Dining Committee, DR1 2:30 NEW! Exercise with FOX, TH2 3:00 Brain Games, LR4 4:00 Social Hour, LR1 6:00 Dominos, B2	9:00 YOGA, TH2 10:00 Stretchercise 1st Class, TH2 10:30 Stretchercise 2nd Class, TH2 1:00 Mahjong, WR2 1:00 Cardio Drumming, TH2 2p Positive Living with Robert, TH2 2:00 Trivia Time, AR4 3:00 Conversation Catch with Ginger, LR4 3:45 Happy Hour with Danette, LR4 4:00 Social Hour, LR1	10:15 Shopping: Kroger, 10:30 NEW CLASS: Gentle Yoga with Marifer, TH2 1:00 Wii Bowling, TH2 2:00 Puzzle Fun, B2 4:00 Sundowners, LR1
8	9	10	11	12	13	14
9:00 St. Simon & Jude, OUT 10:30 Methodist Church, OUT 11:00 Church Service: Interdenominational Service, LR4 5:00 Sundowners, LR1 5:00 Resident Led Football Watch Party, TH2	9:00 YOGA, TH2 10:00 Monday Morning Coffee with Ling, LR4 10:00 Stretchercise, TH2 10:30 VENDOR: Mary Kay Products will be here!, DR1-L 10:30 Balance, TH2 11:00 Trinity Episcopal: Communion, TH2 1:00 Bridge, WR2 3:00 Armchair Travel with Ginger, France TH2 4:00 Margarita Social Hour, LR1	9:00 Water Aerobics, P1 10:00 Catholic Mass, LR4 10:00 Paint w/Peggy, WR2 10:00 Stretch & Strengthen, TH2 10:30 TRIP: Library Drop-off, OUT 1:15 Conversational Spanish, WR2 1:30 Musicology Live with Zachary, LR4 1:30 NEW! Exercise with FOX, TH2 2:00 Spanish, WR2 3:00 OPEN Meeting: Resident Association Board, TH2 4:00 Social Hour, LR1 5:30 IL TRIP: Dinner at Sakekawa 6:30 Mexican Train - Dominos, B2	9:00 YOGA, TH2 9:00 Water Aerobics, P1 10:00 HEB, OUT 10:00 Stretchercise, TH2 10:30 Balance, TH2 2:00 Bingo, TH2 3p Creative Hands - Craft Class for All, WR2 4:00 Social Hour, LR1 6:00 Bible Study, TV4 6:30 Heart Health Talk with Dr. Latthe, LR4 6:30 Sisterhood of the Traveling Pants: Women's Chat Group, TH2	9:00 Water Aerobics with FOX, P1 10:00 Bible Study, TV4 10:00 Stretch & Strengthen, TH2 10:30 Waterway Walkers/ Resident Led Walking Club, LR1 11:30 Waterway Room RESERVED 11:30-2:30 1:00 Wii Bowling, TH2 2:00 At Your Side PRESENTATION Heart Health, LR4 2:30 NEW! Exercise with FOX, TH2 3:00 NEW CLASS: A Picture is Worth A Thousand Words, with Diana, WR2 3:45 Sweetheart Social with Jimmie Hunter, LR4 4:00 Social Hour, LR1 6:00 Dominos, B2	9:00 YOGA, TH2 10:00 Watercolor with Sara, WR2 10:00 Stretchercise 1st Class, TH2 10:30 Stretchercise 2nd Class, TH2 1:00 Mahjong, WR2 1:00 Cardio Drumming, TH2 2:00 FOX Health Talk with Brandon, TV4 4:00 Social Hour, LR1	10:15 Walmart, OUT 10:30 NEW CLASS: Gentle Yoga with Marifer, TH2 1:00 Wii Bowling, TH2 2:00 Puzzle Fun, B2 4:00 Keith Robertson & Clarinet Quartet: Valentine's Day Special, LR4 4:00 Sundowners, LR1
15	16	17	18	19	20	21
9:00 St. Simon & Jude, OUT 10:30 Methodist Church, OUT 11:00 Church Service: Interdenominational Service, LR4 1:30 Music as Medicine Student Performances, LR4 5:00 Sundowners, LR1	9:00 YOGA, TH2 10:00 Monday Morning Coffee with Ginger, LR4 10:00 Stretchercise, TH2 10:30 Balance, TH2 1:00 Bridge, WR2 4:00 Chinese New Year Themed Dinner, DR1 4:00 Margarita Social Hour, LR1	9:00 Water Aerobics, P1 10:00 Catholic Communion, LR4 10:00 Paint w/Peggy, WR2 10:00 Stretch & Strengthen, TH2 1:15 Conversational Spanish, WR2 1:30 NEW! Exercise with FOX, TH2 2:00 Spanish, WR2 4:00 Mardi Gras Themed Social with Party of 2!, LR1 6:30 Mexican Train - Dominos, B2	9:00 YOGA, TH2 9:00 Water Aerobics, P1 10:00 HEB, OUT 10:00 Stretchercise, TH2 10:00 Catholic Communion & Ash Wednesday Service, LR4 10:30 Balance, TH2 11:00 Protestant Ash Wednesday: Trinity Episcopal, LR4 1:30 Cell Phone Tech Time with Birdie, LR4 2:00 Bingo, TH2 3p Creative Hands - Craft Class for All, WR2 4:00 Happy Hour with Blane Faul, LR1 6:00 Bible Study, LR4	9:00 Water Aerobics with FOX, P1 10:00 Bible Study, TV4 10:00 Stretch & Strengthen, TH2 10:30 Waterway Walkers/ Resident Led Walking Club, LR1 11:30 IL TRIP: Lunch at Pho Viet Taste, OUT 1:00 Wii Bowling, TH2 1:30 Chef's Demo with Justin, LR1 2:30 NEW! Exercise with FOX, TH2 3:00 Brain Games, LR4 4:00 Social Hour, LR1 6:00 Dominos, B2	9:00 YOGA, TH2 10:00 Stretchercise 1st Class, TH2 10:30 Stretchercise 2nd Class, TH2 1:00 Mahjong, WR2 1:00 Cardio Drumming, TH2 2:00 Happy Bookers: Book Club – The Frozen River, TH2 3:45 Happy Hour with Cindy St. Cyr, LR4 4:00 Social Hour, LR1	10:00 Girl Scout Cookie Sale! DR1-L 10:15 Shopping: Target, OUT 10:30 NEW CLASS: Gentle Yoga with Marifer, TH2 1:00 Wii Bowling, TH2 2:00 Puzzle Fun, B2 4:00 Sundowners, LR1
22	23	24	25	26	27	28
9:00 St. Simon & Jude, OUT 10:30 Methodist Church, OUT 11:00 Church Service: Interdenominational Service, LR4 5:00 Sundowners, LR1	9:00 YOGA, TH2 10:00 Monday Morning Coffee with Ling, LR4 10:00 Stretchercise, TH2 10:30 Balance, TH2 1:00 Bridge, WR2 2:30 Easy Meditation with Robert, TH2 4:00 Margarita Social Hour, LR1	9:00 Water Aerobics, P1 10:00 Catholic Communion, LR4 10:00 Paint w/Peggy, WR2 10:00 Stretch & Strengthen, TH2 10:30 IL TRIP: Library Drop-off, OUT 1:15 Conversational Spanish, WR2 1:30 Let's Make it! Interactive Class with Diana and Ling, AR4 1:30 NEW! Exercise with FOX, TH2 2:00 Spanish, WR2 4:00 Social Hour, LR1 5:30 IL TRIP: Dinner at Azzurro Italian Cuisine 6:30 Mexican Train - Dominos, B2	9:00 YOGA, TH2 9:00 Water Aerobics, P1 10:00 HEB, OUT 10:00 Stretchercise, TH2 10:30 IL New Resident Orientation, WR2 10:30 Balance, TH2 2:00 Bingo, TH2 3:00 Resident Led Craft Class, WR2 3:00 Robert Landau presents, Carol Burnett TH2 4:00 IL February Birthdays with Mike Faltin, LR1 6:00 Bible Study, LR4	9:00 Water Aerobics with FOX, P1 10:00 Bible Study, TV4 10:00 Stretch & Strengthen, TH2 10:30 Waterway Walkers/ Resident Led Walking Club, LR1 1:00 Wii Bowling, TH2 2:30 NEW! Exercise with FOX, TH2 3:00 Brain Games, LR4 3:00 IL Town Hall, DR1 4:00 Social Hour, LR1 6:00 Dominos, B2	9:00 YOGA, TH2 10:00 Watercolor with Sara, WR2 10:00 Stretchercise 1st Class, TH2 10:30 Stretchercise 2nd Class, TH2 1:00 Mahjong, WR2 1:00 Cardio Drumming, TH2 2:00 Trivia Time, AR4 3:45 Go Texan Themed Social Hour with Live Music by Marlon & Wayne, LR4 4:00 Social Hour, LR1	10:15 Trader Joe's, OUT 10:30 NEW CLASS: Gentle Yoga with Marifer, TH2 1:00 Wii Bowling, TH2 2:00 Puzzle Fun, B2 4:00 Name That Tune, LR4 4:00 Sundowners, LR1
	TRIPS ARE HIGHLIGHTED IN PINK Sign-up is required for any outing you wish to attend.		MEETING PLACES TV4 - 4th Floor TV Room DR1 - 1st Floor Dining Room AR4 - 4th Floor Activity Room	TH2 - Town Hall Room 2nd Floor WR2 - Waterway Room 2nd Floor P1 - Pool	OUT - Outing LR4 - 4th Floor Living Room LR1 - 1st Floor Living Room	L2 - Lobby 2nd Floor DR1-L - 1st Floor Dining Room Lobby B2 - Bistro 2nd Floor

February Birthdays

2/3 Miriam F.

2/11 Dave P.

2/13 Cathy Ca.

2/17 Diana L.

2/21 Nancy Br.

HAPPY
Valentines
DAY



2323 Lake Robbins Drive
The Woodlands, TX 77380
281-292-4600

VillageatTheWoodlandsWaterway.com

Executive Director

Candice Bingham

Business Office Manager

Laura Lindsey

Director of Sales and Marketing

Christin Teters

Sales Counselor

Alicia Bowling

Health & Wellness Navigator

Amy Jones

Director of Health Services

Katie Pennick

Asst. Director of Health Services

General Morelock

Director of Plant Operations

Randy Bubar

Director of Life Enrichment

Ginger Gaskie

Director of Memory Care

Adele Teters

Director of Food and Beverage

Justin Whited

FRONT DESK CONCIERGE

281-292-4600

Independent Living *Calendar*

Hello
February