

Book Club
pick for August:



Poet's Corner

A Summer Day.



THREE DAYS IN JUNE
by Anne Tyler

On her daughter’s wedding weekend, Gail loses her job and her ex-husband Max shows up. When the bride discovers her groom’s secret, past and present collide in unexpected ways.

The moon and stars fill the night sky
They beam down their golden light
We are sleeping so peaceful and sound
We are missing this heavenly sight
Tomorrow, a beautiful day will come
And bring with it all the brightness of
Fluffy white clouds filling the blue sky
Floating so peacefully and leisurely by
It makes me so thankful just to see
This beauty of heaven displayed for me.

-Len Hicks

PARKWAY
BY BUCKNER.

USEFUL
NUMBERS

Amy Shields 281-677-5904
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Executive Director

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Chaplain

Shima Reddy 281-677-5931
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Director of Administrative
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Dragoslav Lukic 281-677-5921
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Environmental Manager

Rocio Garza 281-677-5971
Director of Concierge Services

Malcolm Scott 281-677-5908
Wellness Director

Sahara Opoku 281-677-5910
Lifestyles Coordinator

IL Sales & Marketing
281-677-5940

Golden Girls Salon 281-677-
5964

Transportation 832-473-5894
832-473-5888

The Brimhurst 281-677-5959

Cabana Cafe 281-677-5909

Front Desk: 281-677-5967
Receptionist and Security

AL# 44655

Parkway By Buckner Independent Living

AUGUST 2026

COMMUNITY NEWS

Inspiring Happiness.

WELLNESS DIRECTOR, MALCOLM SCOTT
LEADING WITH PURPOSE, EMPATHY & COLLABORATION



Malcolm’s journey in health and fitness spans more than two decades of hands-on training, leadership, and community-centered wellness. He began his career as a Personal Fitness Trainer, later advancing into Fitness Sales Management, where he discovered his passion for helping people connect with movement in meaningful ways. His leadership path continued as he became the Athletics Director for F45 Training, one of the fitness industry’s largest and most innovative global franchises, where he spent several years shaping programming, coaching teams, and elevating member experience.

Today, Malcolm serves as the Wellness Director at Parkway By Buckner, bringing both professional expertise and a deeply personal commitment to serving seniors with empathy, excellence, and purpose. He holds an Associate of Science in Health, Human Performance & Physical Education, along with multiple specialized certifications, including Certified Personal Trainer, Certified Functional Training Specialist, Orthopedic Exercise Specialist, and Corrective Exercise Specialist. Malcolm’s passion for senior wellness is rooted in his own family story. Having lost several loved ones to preventable health issues, he witnessed firsthand how deeply health impacts the quality of life. His greatest inspiration & resilience comes from his mother, who faced significant challenges during her own golden years as a resident in a retirement community. That experience shaped Malcolm’s mission: to serve seniors with the empathy, kindness, dignity, and purposeful care he wishes his mother had received. This “why” guides every decision he makes and every program he builds. “It’s a true blessing and an honor to serve at Parkway,” Malcolm shares. “My heart is filled with gratitude for the opportunity to help our residents live stronger, safer, and more purposeful lives. I’m excited for the direction our wellness program is heading.”



INDEPENDENT LIVING | ASSISTED LIVING | MEMORY SUPPORT | REHABILITATION | LONG-TERM CARE
1321 PARK BAYOU DRIVE, HOUSTON, TX 77077 281.556.9200 | BUCKNERPARKWAYPLACE.ORG



A JOYFUL INTERGENERATIONAL SUMMER CAMP WITH BCFS

AUGUST BIRTHDAYS

Linda Fountain 8/08
 Jim Heflin 8/08
 Floyd Vaughan 8/12
 Ruth Glover 8/14
 Willette Norman 8/15
 Jean Pipkin 8/16



Len Hicks 8/18
 JoAnn Wenske 8/18
 Donna Winczewski 8/26
 Bertie Allison 8/26
 Barbara Boghetich 8/27
 Peggy Welch 8/29

ASSOCIATE OF THE MONTH - SCOTTIE CLAY

Scottie is a valued member of our Culinary team, serving our residents each day in the cabana kitchen. Whether preparing breakfast, lunch or dinner, Scottie takes pride in providing quality meals with a warm and welcoming attitude. Because Scottie works in our open kitchen, Scottie has built lasting and meaningful relationships with many of our residents, always taking the time to greet them with a smile and make them feel at home.

Scottie's dedication, consistency and genuine care for those served help create a positive dining experience every day. Scottie's commitment to excellent service and passion for caring for our residents through food makes Scottie a deserving recipient of Associate of the Month! We are grateful to have you as part of the Parkway by Buckner family. Congratulations, Scottie!



LIFE IS SWEET IN CANDY LAND



GAME ON! FIFA COMES TO PARKWAY



RED, WHITE & BLUE: CELEBRATING 250 YEARS



CHEERS TO OUR JULY BIRTHDAYS!

Independent Living Wellness Calendar

SUN

MON

TUE

WED

THU

FRI

SAT

ALL WELLNESS CLASSES
ARE HELD IN THE
WELLNESS CENTER
UNLESS SPECIFIED

For 1-on-1 Consultations,
Tailored Exercise Plans,
or Machine Tutorials
please reach out to our
Wellness Coordinator
Malcolm Scott at
346-269-7130



1

GET ACTIVE
Get up and active!
Perform a 15-30 min walk
outside and soak up some
much-needed Vitamin D3

2

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Get up and active! Perform
a 15-30 min walk outside
and soak up some much-
needed Vitamin D3

3

9:30A Adv. Core & Balance
10:00A Int. Core & Balance
10:30 A Beg. Core & Balance
1:30P Functional Strength
Training

4

9:30A Advanced Strength
10:00A Intermediate Strength
10:30A Beginner Strength
11:00A Aqua Strength
1:30P Women's Strength Circuit
3:00P Wellness Talk w/Malcolm
(AU)

5

9:30A Adv. Stretch & Balance
10:00A Int. Stretch & Balance
11:00A Chair Volleyball (AU)
1:30P Beg. Stretch & Balance

6

9:30A Adv. Functional Strength
10:00A Int. Functional Strength
10:30A Beg. Functional Strength
11:00A Aqua Cardio
1:30P Machine Circuit

7

9:30A Advanced Cardio
10:00A Intermediate Cardio
10:30A Chair Aerobics
11:00A Trivia (Wii Room)
1:00P Men's Circuit Training
2:00P Cornhole (CC)

8

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outside and soak up some
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9

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10

9:30A Adv. Core & Balance
10:00A Int. Core & Balance
10:30 A Beg. Core & Balance
1:30P Functional Strength
Training

11

9:30A Advanced Strength
10:00A Intermediate Strength
10:30A Beginner Strength
11:00A Aqua Strength
1:30P Women's Strength Circuit
2:00P Resident Assessments

12

9:30A Adv. Stretch & Balance
10:00A Int. Stretch & Balance
11:00A Chair Volleyball (AU)
1:30P Beg. Stretch & Balance
2:00P Work It Wednesday (AU)

13

9:30A Adv. Functional Strength
10:00A Int. Functional Strength
10:30A Beg. Functional Strength
11:00A Aqua Cardio
1:30P Machine Circuit

14

9:30A Advanced Cardio
10:00A Intermediate Cardio
10:30A Chair Aerobics
11:00A Trivia (Wii Room)
1:00P Men's Circuit Training
2:00P Cornhole (CC)

15

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16

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17

9:30A Adv. Core & Balance
10:00A Int. Core & Balance
10:30 A Beg. Core & Balance
1:30P Functional Strength
Training

18

9:30A Advanced Strength
10:00A Intermediate Strength
10:30A Beginner Strength
11:00A Aqua Strength
1:30P Women's Strength Circuit
2:00P Resident Assessments

19

9:30A Adv. Stretch & Balance
10:00A Int. Stretch & Balance
11:00A Chair Volleyball (AU)
1:30P Beg. Stretch & Balance

20

9:30A Adv. Functional Strength
10:00A Int. Functional Strength
10:30A Beg. Functional Strength
11:00A Aqua Cardio
1:30P Machine Circuit

21

9:30A Advanced Cardio
10:00A Intermediate Cardio
10:30A Chair Aerobics
11:00A Trivia (Wii Room)
1:00P Men's Circuit Training
2:00P Cornhole (CC)

22

GET ACTIVE
Get up and active!
Perform a 15-30 min walk
outside and soak up some
much-needed Vitamin D3

23/30

GET ACTIVE
Get up and active!
Perform a 15-30 min walk
outside and soak up some
much-needed Vitamin D3

24/31

9:30A Adv. Core & Balance
10:00A Int. Core & Balance
10:30 A Beg. Core & Balance
1:30P Functional Strength
Training

25

9:30A Advanced Strength
10:00A Intermediate Strength
10:30A Beginner Strength
11:00A Aqua Strength
1:30P Women's Strength Circuit
2:00P Resident Assessments

26

9:30A Adv. Stretch & Balance
10:00A Int. Stretch & Balance
11:00A Chair Volleyball (AU)
1:30P Beg. Stretch & Balance
2:00P Work It Wednesday (AU)

27

9:30A Adv. Functional Strength
10:00A Int. Functional Strength
10:30A Beg. Functional Strength
11:00A Aqua Cardio
1:30P Machine Circuit

28

9:30A Advanced Cardio
10:00A Intermediate Cardio
10:30A Chair Aerobics
11:00A Trivia (Wii Room)
1:00P Men's Circuit Training
2:00P Cornhole (CC)

29

GET ACTIVE
Get up and active!
Perform a 15-30 min walk
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AUGUST



Independent Living Lifestyles Calendar

AUGUST

SUN	MON	TUE	WED	THU	FRI	SAT
Cancellations as well as changes are often unavoidable. We appreciate your cooperation and understanding. Don't see anything you love? Please let us know so we may add to our calendar.	MAP LEGEND AC—Arts & Crafts Room AU—Auditorium/Chapel CC—Cabana Café CR — Cabana Room G — Garden GR— Game Room ML— Main Lobby PG — Putting Green WR — Wii Room DP - Dog Park	**Events highlighted in BLUE require sign-up in the message center.		May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit. Romans 15:13		1 9:00A Putting Club (PG) 9:30A Coffee w/Neighbors (CC) 6:15P Bingo (AC)
2 11:00A Episcopal Service (B Building 2nd Floor) 12:00P-2:00P Sunday Brunch 3:30P Vespers (David Sproul) (AU/Ch2) 4:30P Coffee and Chatter (CC)	3 10:00A Art Group (AC) 1:30P Bible School (GR) 3:00P Bingo Store (AC) 5P & 6P Mexican Train (GR)	4 10:00A County Bus: Lone Star Flight Museum & Lunch (ML) 11:00A Men's Group (GR) 3:00P Wellness Talk w/Malcolm (AU) 6:15P Bingo (AC)	5 10:00A Grocery Trip (ML) 10:30A Crochet & Knitting (AC) 2:00P "Cooking w/Chef Tyler" (DR) 6:15P Bridge (GR)	6 11:15A Prayer Group (GR) 2:00P Cruise & Cool Down: Sonic Treat Run (ML) 2:00P Rummikub (GR) 4:00P Social Hour (CC) 6:15P Bingo (AC)	7 1:00P Catholic Service (AU) 2:30P Bible Study w/Chaplain John Bender (AU) 4:00P Tech Assistance (GR) 6:15P Trivia Night (AC)	8 9:00A Putting Club (PG) 9:30A Coffee w/Neighbors (CC) 6:15P Bingo (AC)
9 11:00A Episcopal Service (B Building 2nd Floor) 12:00P-2:00P Sunday Brunch 3:30P Vespers (Khris Slaughter) (AU/Ch2) 4:30P Coffee and Chatter (CC)	10 10:00A Art Group (AC) 1:30P Bible School (GR) 2:30P Assisting Hands Home Care - "Could Your Home Be Looking Out for You?" (AU) 5P & 6P Mexican Train (GR)	11 10:00A Grocery Trip (ML) 11:00A Men's Group (GR) 2:00P Pam Health - Kake and Karaoke (CC) 6:15P Bingo (AC)	12 9A - 12P Podiatrist Visit 10:30A Crochet & Knitting (AC) 11:30A Faithful Paws Visit (ML) 2:00P Work It Wednesday (AU) 3:00P Learn Spanish (GR) 6:15P Bridge (GR)	13 11:00A Writer's Workshop (AC) 11:15A Prayer Group (GR) 2:00P 90's Club (CR) 2:00P Rummikub (GR) 4:00P Social Hour (CC) 6:15P Bingo (AC)	14 10:00A Jay's Bazar (GR) 11:00A Let's Talk Dementia w/Dr. Tam (AU) 1:30P Bible Study w/Chaplain John Bender (AU) 2:30P CVS/Walgreens (\$) 6:00P Rummikub (GR) 6:00P Friday with Friends (A,B & C Building)	15 National Relaxation Day 9:00A Putting Club (PG) 9:30A Coffee w/Neighbors (CC) 3:30P Music of Harmony (AU) 6:15P Bingo (AC)
16 11:00A Episcopal Service (B Building 2nd Floor) 12:00P-2:00P Sunday Brunch 3:30P Vespers (Jason Moreno) AU/Ch2) 4:30P Coffee and Chatter (CC)	17 10:00A Art Group (AC) 1:30P Bible School (GR) 3:00P Birthday Social (AU) 5P & 6P Mexican Train (GR)	18 10:00A Grocery Trip (ML) 11:00A Men's Group (GR) 2:00P Sing-A-Long with Tim Holder (AU) 3:00P Estate Planning Lecture (AU) 6:15P Bingo (AC)	19 National Aviation Day 10:30A Crochet & Knitting (AC) 11:30A Faithful Paws Visit (ML) 3:00P Chef Chat (AU) 5:00P Catholic Women's Dinner (DR) 6:15P Bridge (GR)	20 11:00A Episcopal Service (AU) 11:15A Prayer Group (GR) 2:00P Sound Healing w/Cindy St. Cyr (AU) 2:00P Rummikub (GR) 4:00P Social Hour (CC) 6:15P Bingo (AC)	21 Taste of India 11:30A Book Club (L) 1:30P Bible Study w/Chaplain John Bender (AU) 6:00P Rummikub (GR) 6:15P Trivia Night (AC)	22 9:00A Putting Club (PG) 9:30A Coffee w/Neighbors (CC) 6:15P Bingo (AC)
23 11:00A Episcopal Service (B Building 2nd Floor) 12:00P-2:00P Sunday Brunch 3:30P Vespers (Alcir De Sa) (AU/Ch2) 4:30P Coffee and Chatter (CC)	24 10:00A Art Group (AC) 1:30P Bible School (GR) 3:00P Movie Matinee (AU) 5P & 6P Mexican Train (GR)	25 10:00A Grocery Trip - Walmart (ML) 11:00A Men's Group (GR) 2:00P Bingo with HHR (AC) 6:15P BINGO (AC)	26 National Dog Day 10:30A Crochet & Knitting (AC) 10:30A Vessels of Joy (GR) 11:30A Faithful Paws Visit (ML) 1:30P YAPPY HOUR (DP) 2:00P Work It Wednesday (AU) 3:00P Learn Spanish (GR) 6:15P Bridge (GR)	27 MEETING 11:00A Writer's Workshop (AC) 11:15A Prayer Group (GR) 2:00P Rummikub (GR) 3:00P Town Hall (AU) 4:00P Social Hour (CC) 6:15P Bingo (AC)	28 10:30A Vessels of Joy (GR) 1:30P Bible Study w/Chaplain John Bender (AU) 2:30P CVS/Walgreens (\$) 3:00P Bunco w/Amy (GR) 6:00P Rummikub (GR)	29 9:00A Putting Club (PG) 9:30A Coffee w/Neighbors (CC) 6:15P Bingo (AC)