

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1 style="color: red;">July 2022</h1> <h2 style="color: black;">Fitness/Wellness Calendar</h2>						
9:00am-2:00pm Sunday Brunch (DR) <b>3</b> 10:00 Abbey Communion offered by Dr. Charles Wolcott (RR) <b>OPEN GYM</b> 4:00 Quarter Rummikub (BSL)	<b>OPEN GYM</b> <b>4</b> 11:00-1:00 4 <sup>th</sup> of July Luncheon (MPR) <b>HAPPY 4<sup>TH</sup> OF JULY</b> 3:00 Ice Cream Social (Bistro) Independence Day (US)	8:00 Strength (DVD-DS) <b>5</b> 9:00 Water Aerobics (Pool) 10:30 Stretch/Balance (DS) 1:00 Director's Meeting (No Class) <b>1:30 Afternoon Exercise (RR)</b> 2:15 Concentration Ball Toss (DS) <b>3:00 Town Hall Meeting (MPR)</b>	8:00 Cardio (DVD-DS) <b>6</b> 9:00 Water Aerobics (Pool) <b>10:00-3:00 Stretch Therapy with Ryan Terry (Gym)</b> 10:30 Sit & Be Fit (DS) 1:30 Strength (DVD-DS) 2:15 Walking (DVD-DS) 2:45 Ping Pong (Gym)	8:00 Strength (DVD-DS) <b>7</b> 9:00 Noodle Workout (Pool) 10:30 Stretch/Balance (DS) 1:15 Tutorial on Exercise Equipment (Gym) 2:00 Line Dance with Linda (DS) <b>2:30 Mister McKinney – Historic Houston (RR)</b>	8:00 Cardio (DVD-DS) <b>8</b> 9:00 Water Aerobics (Pool) 10:30 Sit & Be Fit (DS) 1:30 Posture Class (DS) <b>2:00 Tech Workshop-Sign Up Help w/ iPhone or iPad (RR)</b> 2:15 Tennis (DS) <small>Canada Day</small>	<b>10:00-3:00 "Not Your Grandma's Tupperware" Sale by Kristal Paul (1<sup>st</sup> Floor Lobby)</b> <b>2</b> 10:30 Morning Exercise (RR) <b>OPEN GYM</b>
9:00am-2:00pm Sunday Brunch (DR) <b>10</b> <b>OPEN GYM</b> 4:00 Quarter Rummikub (BSL)	8:00 Cardio (DVD-DS) <b>11</b> 9:00 Water Aerobics (Pool) 10:30 Sit & Be Fit (DS) 2:15 Walking (DVD-DS) <b>3:00 Ice Cream Social (Bistro)</b>	8:00 Strength (DVD-DS) <b>12</b> 9:00 Water Aerobics (Pool) 10:30 Stretch/Balance (DS) 1:30 Drum/Rhythm Class (DS) <b>1:30 Afternoon Exercise (RR)</b> 2:15 Concentration Ball Toss (DS) <b>2:30 "Healthy Food Habits" with Cynthia Wolfram, RDN, LD, FAND (RR)</b> 2:30 Corn Hole (MPR)	8:00 Cardio (DVD-DS) <b>13</b> 9:00 Water Aerobics (Pool) <b>10:00-3:00 Stretch Therapy with Ryan Terry (Gym)</b> 10:30 Sit & Be Fit (DS) 1:30 Strength (DVD-DS) 2:15 Walking (DVD-DS) 2:45 Ping Pong (Gym)	8:00 Strength (DVD-DS) <b>14</b> 9:00 Noodle Workout (Pool) 10:30 Stretch/Balance (DS) 1:15 Foundations (DVD-DS) 2:00 Line Dance with Kathi (DS) <b>3:00 Birthday &amp; Wedding Anniversary Celebration with Rodney Rasberry (MPR)</b>	8:00 Cardio (DVD-DS) <b>15</b> 9:00 Water Aerobics (Pool) 10:30 Sit & Be Fit (DS) 1:30 Posture Class (DS) 2:15 Tennis (DS) <b>2:30 "7 Main Causes of Falls in the Elderly" with Dr. Sameep Contractor From Karma Rehab, LLC (RR)</b>	10:30 Morning Exercise (RR) <b>16</b> <b>OPEN GYM</b>
9:00am-2:00pm Sunday Brunch (DR) <b>17</b> <b>OPEN GYM</b> 4:00 Quarter Rummikub (BSL)	<b>18</b> <b>OPEN GYM</b> 3:00 Ice Cream Social (Bistro)	<b>19</b> <b>OPEN GYM</b> 1:30 Drum/Rhythm Class – Resident Led (DS) <b>1:30 Afternoon Exercise (RR)</b> <b>3:00 Cooking Demo (Bistro)</b>	<b>20</b> <b>OPEN GYM</b> 10:00-3:00 Stretch Therapy with Ryan Terry (Gym)	<b>21</b> <b>OPEN GYM</b> 1:30 Book Club w/ Dennis (RR) 2:00 Line Dance with Linda (DS) <b>3:00 Scattergories (RR)</b>	<b>22</b> <b>OPEN GYM</b> 1:30 Posture Class Resident Led (DS) <b>2:30 "Hurricane Preparedness" w/ Harris County Office of Homeland Security &amp; Emergency Management (RR)</b>	10:30 Morning Exercise (RR) <b>23</b> <b>OPEN GYM</b> 11:00-3:00 Mary Kay with Monika Jordan (1 <sup>st</sup> Floor Lobby)
9:00am-2:00pm Sunday Brunch (DR) <b>24</b> <b>OPEN GYM</b> 4:00 Quarter Rummikub (BSL)	8:00 Cardio (DVD-DS) <b>25</b> 9:00 Water Aerobics (Pool) 10:30 Sit & Be Fit (DS) <b>2:15 Watercolor Class (RR)</b> 2:15 Walking (DVD-DS) <b>3:00 Ice Cream Social (Bistro)</b>	8:00 Strength (DVD-DS) <b>26</b> 9:00 Water Aerobics (Pool) 10:30 Stretch/Balance (DS) 1:30 Drum/Rhythm Class (DS) <b>1:30 Afternoon Exercise (RR)</b> 2:15 Concentration Ball Toss (DS) 2:30 Corn Hole (MPR) <b>3:00 Meet &amp; Greet Social (RR)</b>	8:00 Cardio (DVD-DS) <b>27</b> 9:00 Water Aerobics (Pool) <b>10:00-3:00 Stretch Therapy with Ryan Terry (Gym)</b> 10:30 Sit & Be Fit (DS) 1:30 Strength (DVD-DS) 2:15 Walking (DVD-DS) 2:45 Ping Pong (Gym)	8:00 Strength (DVD-DS) <b>28</b> 9:00 Noodle Workout (Pool) 10:30 Stretch/Balance (DS) 1:15 Foundations (DVD-DS) 2:00 Line Dance w/ Kathi (DS) <b>3:00 Hawaiian Luau Party with "Texas Aloha" (MPR)</b>	8:00 Cardio (DVD-DS) <b>29</b> 9:00 Water Aerobics (Pool) 10:30 Sit & Be Fit (DS) 1:30 Posture Class (DS) 2:15 Tennis (DS) <b>2:30 "Complete Life Binder" A Guide for Organizing your Important Information w/ Carole Wakefield (RR)</b>	<b>12:00-5:00 Miraculous Creations Jewelry Sale with Sandra McConaty (1<sup>st</sup> Floor Lobby)</b> <b>30</b> 10:30 Morning Exercise (RR) <b>OPEN GYM</b>
9:00am-2:00pm Sunday Brunch (DR) <b>31</b> <b>OPEN GYM</b> 4:00 Quarter Rummikub (BSL)	<p style="font-size: 2em; font-weight: bold; color: black;">Equipment Sanitized</p> <p style="font-size: 1.5em; font-weight: bold; color: red;">Items in RED are from the Activity Calendar</p>					

