

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August 2023 Fitness/Wellness Calendar		8:00 Strength (DVD-DS) 1 9:00 Water Aerobics (Pool) 10:30 Stretch/Balance (DS) 1:15 Drum/Rhythm Class (DS) 1:30 Afternoon Exercise (RR) 1:45 Balance Ch. 2 (DVD-DS) 2:30 Ping Pong (Gym) 3:00 TOWN HALL MEETING (2nd Floor Lobby)	8:00 Cardio (DVD-DS) 2 9:00 Water Aerobics (Pool) 10:00-3:00 Stretch Therapy with Ryan Terry (MPR) 10:30 Sit & Be Fit (DS) 1:30 Posture Class (DS) 2:00 Corn Hole (MPR) 2:30 Squiggle Ball (DS)	8:00 Strength (DVD-DS) 3 9:00 Noodle Workout (Pool) 10:30 Stretch/Balance (DS) 2:30 Historic Houston with Mister McKinney (RR)	“BEER DAY” 4 8:00 Cardio (DVD-DS) 9:00 Water Aerobics (Pool) 10:30 Sit & Be Fit (DS) 1:30 Foundations Ch. 2 (DVD-DS) 2:15 Badminton (DS) 3:00 Beer Tasting Party (BSL)	9:00 Garden Club (2 nd Floor Courtyard) 5 10:30 Morning Exercise (RR) 1:30 Floral Arrangement (REFRESHING) (RR) OPEN GYM 4:00 Quarter Rummikub (BSL)
9:00am-2:00pm Sunday Brunch (DR) 6 10:00 The Abbey Communion Offered by Dr. Charles Wolcott (RR) OPEN GYM 4:00 Quarter Rummikub (BSL)	8:00 Cardio (DVD-DS) 7 9:00 Water Aerobics (Pool) 10:30 Sit & Be Fit (DS) 1:15 Line Dance (DS) 2:00 Tutorial on Exercise Equipment (Gym)/Chair Yoga 3:00 “The Key” In-Service & Ice Cream Social (GS)	8:00 Strength (DVD-DS) 8 9:00 Water Aerobics (Pool) 10:30 Stretch/Balance (DS) 1:15 Drum/Rhythm Class (DS) 1:30 Afternoon Exercise (RR) 1:45 Balance Ch. 2 (DVD-DS) 2:30 Ping Pong (Gym) 3:00 “Vascular Health” with Dr. Maneevese (RR)	8:00 Cardio (DVD-DS) 9 9:00 Water Aerobics (Pool) 10:00-3:00 Stretch Therapy with Ryan Terry (MPR) 10:30 Sit & Be Fit (DS) 1:30 Posture Class (DS) 2:00 Corn Hole (MPR) 2:30 Squiggle Ball (DS)	8:00 Strength (DVD-DS) 10 9:00 Noodle Workout (Pool) 10:30 Stretch/Balance (DS) 3:00 Birthday & Wedding Anniversary Celebration with Rodney Rasberry (RR)	8:00 Cardio (DVD-DS) 11 9:00 Water Aerobics (Pool) 10:00 Catholic Mass & Communion with Father Joseph from Saint Justin Martyr Catholic Church (RR) 10:30 Sit & Be Fit (DS) 1:30 Foundations Ch. 2 (DVD-DS) 2:15 Badminton (DS) 3:00 Wii Bowling Party (RR)	9:00 Garden Club (2 nd Floor Courtyard) 12 10:30 Morning Exercise (RR) 1:00 “All Programs Gathering” Dementia & Alzheimer’s Support with Roger “Lean On Me” (AL Game Room) 1:30 Floral Arrangement (RR) OPEN GYM 4:00 Quarter Rummikub (BSL)
9:00am-2:00pm Sunday Brunch (DR) 13 OPEN GYM 4:00 Quarter Rummikub (BSL)	8:00 Cardio (DVD-DS) 14 9:00 Water Aerobics (Pool) 10:30 Sit & Be Fit (DS) 1:15 Line Dance (DS) 2:00 Chair Yoga (DVD-DS) 3:00 Ice Cream Social (GS) 3:30 Giant Crossword Puzzle (RR)	8:00 Strength (DVD-DS) 15 9:00 Water Aerobics (Pool) 10:30 Stretch/Balance (DS) 1:15 Drum/Rhythm Class (DS) 1:30 Afternoon Exercise (RR) 1:45 Balance Ch. 2 (DVD-DS) 2:30 Ping Pong (Gym) 3:00 Chef’s Cooking Demo (RR)	8:00 Cardio (DVD-DS) 16 9:00 Water Aerobics (Pool) 10:00-3:00 Stretch Therapy with Ryan Terry (MPR) 10:30 Sit & Be Fit (DS) 1:30 Posture Class (DS) 2:00 Corn Hole (MPR) 2:30 Squiggle Ball (DS)	8:00 Strength (DVD-DS) 17 9:00 Noodle Workout (Pool) 10:30 Stretch/Balance (DS) 3:00 Happy Hour with musical performance sponsored by “My Companion” & “MyFamily Hospice” (RR)	8:00 Cardio (DVD-DS) 18 9:00 Water Aerobics (Pool) 10:30 Sit & Be Fit (DS) 1:30 Foundations Ch. 2 (DVD-DS) 2:15 Badminton (DS) 3:00 “Share Your Story” Social Topic: “My Childhood” (2nd Floor Lobby)	9:00 Garden Club (2 nd Floor Courtyard) 19 10:30 Morning Exercise (RR) 1:30 Floral Arrangement (REFRESHING) (RR) OPEN GYM 4:00 Quarter Rummikub (BSL)
9:00am-2:00pm Sunday Brunch (DR) 20 OPEN GYM 4:00 Quarter Rummikub (BSL)	8:00 Cardio (DVD-DS) 21 9:00 Water Aerobics (Pool) 10:30 Sit & Be Fit (DS) 11:00-1:00 “Summer Lemon Vibes Party” Lunch in honor of National Senior Citizens Day with entertainer, Calvin Gainey (DR) 1:15 Line Dance (DS) 2:00 Chair Yoga (DVD-DS) 2:30 Watercolor Class with “Accent Care” (RR) 3:00 Ice Cream Social (GS)	8:00 Strength (DVD-DS) 22 9:00 Water Aerobics (Pool) 10:30 Stretch/Balance (DS) 1:15 Drum/Rhythm Class (DS) 1:30 Afternoon Exercise (RR) 1:45 Balance Ch. 2 (DVD-DS) 2:30 Ping Pong (Gym) 3:00 Essential Oil Class with Amy Breeden “Do Terra Essential Oils” (RR)	8:00 Cardio (DVD-DS) 23 9:00 Water Aerobics (Pool) 10:00-3:00 Stretch Therapy with Ryan Terry (MPR) 10:30 Sit & Be Fit (DS) 1:30 Posture Class (DS) 2:00 Corn Hole (MPR) 2:30 Squiggle Ball (DS)	8:00 Strength (DVD-DS) 24 9:00 Noodle Workout (Pool) 10:30 Stretch/Balance (DS) 1:30-3:30 “All Programs Gathering” DME Clinic with “Benchmark” Home Health (Bistro) 3:30 Sing-Along Social (RR)	Dog Show! 25 8:00 Cardio (DVD-DS) 9:00 Water Aerobics (Pool) 10:30 Sit & Be Fit (DS) 1:30 Foundations Ch. 2 (DVD-DS) 2:15 Badminton (DS) 3:00 Pawject Runway – Dog Show (MPR)	9:00 Garden Club (2 nd Floor Courtyard) 26 10:30 Morning Exercise (RR) 1:00 “All Programs Gathering” Dementia & Alzheimer’s Support with Roger “Lean On Me” (AL Game Room) 1:30 Floral Arrangement (RR) OPEN GYM 4:00 Quarter Rummikub (BSL)
9:00am-2:00pm Sunday Brunch (DR) 27 OPEN GYM 4:00 Quarter Rummikub (BSL)	8:00 Cardio (DVD-DS) 28 9:00 Water Aerobics (Pool) 10:30 Sit & Be Fit (DS) 1:15 Line Dance (DS) 2:00 Chair Yoga (DVD-DS) 3:00 Ice Cream Social (GS) 3:30 Giant Crossword Puzzle (RR)	8:00 Strength (DVD-DS) 29 9:00 Water Aerobics (Pool) 10:30 Stretch/Balance (DS) 1:15 Drum/Rhythm Class (DS) 1:30 Afternoon Exercise (RR) 1:45 Balance Ch. 2 (DVD-DS) 2:30 Ping Pong (Gym) 3:00 Tech Workshop – Sign Up (RR) Assistance with iPhone or iPad	8:00 Cardio (DVD-DS) 30 9:00 Water Aerobics (Pool) 10:00-3:00 Stretch Therapy with Ryan Terry (MPR) 10:30 Sit & Be Fit (DS) 1:30 Posture Class (DS) 2:00 Corn Hole (MPR) 2:30 Squiggle Ball (DS)	8:00 Strength (DVD-DS) 31 9:00 Noodle Workout (Pool) 10:30 Stretch/Balance (DS) 12:00-4:00 “All Programs Gathering” Summer Sale Event (RR) Indoor Shopping Miraculous Jewelry & Dillard’s Pop-Up Shop	ITEMS IN RED ARE FROM THE ACTIVITY CALENDAR	

