

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="font-family: cursive;">November 2023</h1> <h2>FITNESS/WELLNESS CALENDAR</h2>						
<p>9:00am-2:00pm Sunday Brunch (DR) 5</p> <p>OPEN GYM</p> <p>4:00 Quarter Rummikub (BSL)</p>	<p>8:00 Cardio (DVD-DS) 6</p> <p>9:00 Water Aerobics (Pool)</p> <p>10:30 Sit & Be Fit (DS)</p> <p>1:15 Line Dance (DS)</p> <p>2:00 Chair Yoga Ch.2 (DVD-DS)</p> <p>2:30 "Indian Sari 101" presentation by Perul (RR)</p> <p>3:30 Giant Crossword Puzzle (RR)</p>	<p>8:00 Strength (DVD-DS) 7</p> <p>8:30 Water Aerobics (Pool)</p> <p>10:30 Stretch/Balance (DS)</p> <p>1:30 Afternoon Exercise (RR)</p> <p>1:30 Drum/Rhythm Class (DS)</p> <p>2:00 Corn Hole (MPR)</p> <p>2:30 Balance & Mobility (DVD-DS)</p> <p>3:00 TOWN HALL MEETING (2nd Floor Lobby)</p>	<p>8:00 Cardio (DVD-DS) 8</p> <p>9:00 Water Aerobics (Pool)</p> <p>10:00-3:00 Stretch Therapy with Ryan Terry (MPR)</p> <p>10:30 Sit & Be Fit (DS)</p> <p>1:30 Knee Therapy Ch. 2 (DVD-DS)</p> <p>2:15 Badminton (DS)</p>	<p>8:00 Strength (DVD-DS) 9</p> <p>8:30 Noodle Workout (Pool)</p> <p>10:30 Stretch/Balance (DS)</p> <p>3:00 Birthday & Wedding Anniversary Celebration with Rodney Rasberry (RR)</p>	<p>MORNING OPEN GYM! 3</p> <p>9:30 The Abbey Community Group Picture & Walk to End Alzheimer's (Start from Lobby)</p> <p>10:00 Refreshments & Live Music with Bill Parish (Bistro)</p> <p>1:30 Posture Class (DS)</p> <p>2:00 Squiggle Ball (DS)</p> <p>2:30 Ping Pong (Gym)</p> <p>3:00 "Strategies to Cope with Seasonal Depression" with Dr. Allen (RR)</p>	<p>9:00 Garden Club (2nd Floor Courtyard) 4</p> <p>10:30 Morning Exercise (RR)</p> <p>OPEN GYM</p> <p>4:00 Quarter Rummikub (BSL)</p>
<p>9:00am-2:00pm Sunday Brunch (DR) 12</p> <p>2:00-6:00 Janette Bowers Book Signing Event (1st Floor)</p> <p>OPEN GYM</p> <p>4:00 Quarter Rummikub (BSL)</p> <p style="font-size: small;">Diwali (Hindi)</p>	<p>8:00 Cardio (DVD-DS) 13</p> <p>9:00 Water Aerobics (Pool)</p> <p>10:30 Sit & Be Fit (DS)</p> <p>1:15 Line Dance (DS)</p> <p>2:00 Chair Yoga Ch.2 (DVD-DS)</p> <p>2:30 "Vascular Health" with Dr. Maneevese (RR)</p> <p>3:30 Giant Crossword Puzzle (RR)</p>	<p>HOLIDAY MARKET! 14</p> <p>MORNING OPEN GYM</p> <p>*All Programs Gathering* 12:00-4:00 Senior Expo & Holiday Market (MPR)</p>	<p>8:00 Cardio (DVD-DS) 15</p> <p>9:00 Water Aerobics (Pool)</p> <p>10:00-3:00 Stretch Therapy with Ryan Terry (MPR)</p> <p>10:30 Sit & Be Fit (DS)</p> <p>1:30 Knee Therapy Ch. 2 (DVD-DS)</p> <p>2:15 Badminton (DS)</p>	<p>8:00 Strength (DVD-DS) 16</p> <p>8:30 Noodle Workout (Pool)</p> <p>10:30 Stretch/Balance (DS)</p> <p>*All Programs Gathering* 3:00 HAPPY HOUR with Musical Performance, Sponsored by "My Companion" & "My Family" Hospice (Bistro)</p>	<p>8:00 Cardio (DVD-DS) 17</p> <p>9:00 Water Aerobics (Pool)</p> <p>10:30 Sit & Be Fit (DS)</p> <p>1:30 Posture Class (DS)</p> <p>2:00 Squiggle Ball (DS)</p> <p>2:30 Ping Pong (Gym)</p> <p>3:00 "Pies & Smiles" Social (2nd Floor Lobby)</p>	<p>9:00 Garden Club (2nd Floor Courtyard) 18</p> <p>10:30 Morning Exercise (RR)</p> <p>OPEN GYM</p> <p>4:00 Quarter Rummikub (BSL)</p>
<p>9:00am-2:00pm Sunday Brunch (DR) 19</p> <p>2:30 "Strings & Symphonic Band" Concert at Memorial Drive United Methodist Church (Lobby)</p> <p>OPEN GYM</p> <p>4:00 Quarter Rummikub (BSL)</p>	<p>OPEN GYM 20</p> <p>2:30 Watercolor Workshop with Ariana Martinez "AccentCare" (RR)</p> <p>3:30 Giant Crossword Puzzle (RR)</p>	<p>1:30 Afternoon Exercise (RR) 21</p> <p>OPEN GYM</p> <p>3:00 Tech Workshop Assistance with Your iPhone/iPad – Sign Up (RR)</p>	<p>10:30 Bus Leaves for Annual Friendsgiving Luncheon at "Taste of Texas" Restaurant (Meet in Lobby)</p> <p>OPEN GYM 22</p> <p>3:15 Documentary Film (PT) "85 The Greatest Team in Football History" DVD</p>	<p>HAPPY THANKSGIVING! 23</p> <p>9:00-12:00 Macy's Thanksgiving Day Parade on NBC (PT)</p> <p>11:00-3:00 Thanksgiving Day Lunch (DR)</p> <p>OPEN GYM</p> <p>11:30 NFL Football on FOX (PT)</p> <p>3:30 NFL Football on CBS (PT)</p> <p>7:30 Holiday Movie (PT) "Planes, Trains, & Automobiles"</p> <p style="font-size: small;">Thanksgiving Day (US)</p>	<p>10:30 Morning Exercise (RR) 24</p> <p>OPEN GYM</p> <p>3:00 Music Hour with Entertainer, Edward Ruhnke (RR)</p>	<p>9:00 Garden Club (2nd Floor Courtyard) 25</p> <p>10:30 Morning Exercise (RR)</p> <p>OPEN GYM</p> <p>4:00 Quarter Rummikub (BSL)</p>
<p>9:00am-2:00pm Sunday Brunch (DR) 26</p> <p>OPEN GYM</p> <p>4:00 Quarter Rummikub (BSL)</p>	<p>8:00 Cardio (DVD-DS) 27</p> <p>9:00 Water Aerobics (Pool)</p> <p>10:30 Sit & Be Fit (DS)</p> <p>1:15 Line Dance (DS)</p> <p>2:00 Chair Yoga Ch.2 (DVD-DS)</p> <p>3:00 Men's Club (BSL) "Whiskey & Hats"</p> <p>3:30 Giant Crossword Puzzle (RR)</p>	<p>8:00 Strength (DVD-DS) 28</p> <p>8:30 Water Aerobics (Pool)</p> <p>10:30 Stretch/Balance (DS)</p> <p>1:30 Afternoon Exercise (RR)</p> <p>1:30 Drum/Rhythm Class (DS)</p> <p>2:00 Corn Hole (MPR)</p> <p>2:30 Balance & Mobility (DVD-DS)</p> <p>*All Programs Gathering* 3:00 Dance Performance "Golden Girls" Tap Group (MPR)</p>	<p>8:00 Cardio (DVD-DS) 29</p> <p>9:00 Water Aerobics (Pool)</p> <p>10:00-3:00 Stretch Therapy with Ryan Terry (MPR)</p> <p>10:30 Sit & Be Fit (DS)</p> <p>1:30 Knee Therapy Ch. 2 (DVD-DS)</p> <p>2:15 Badminton (DS)</p>	<p>8:00 Strength (DVD-DS) 30</p> <p>8:30 Noodle Workout (Pool)</p> <p>10:30 Stretch/Balance (DS)</p> <p>3:00 Laughter Yoga with Emma Ferguson (RR)</p>	 <p>Most Items In RED Are From the Activity Calendar</p>	