

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Items in **Red** are from the **Activity Calendar**

August 2024

FITNESS CALENDAR

<p>9:00am-2:00pm Sunday Brunch (DR)</p> <p>OPEN GYM</p>	<p>4 7:45 Cardio (DVD-DS) 9:00 Water Aerobics (Pool) 10:25 Sit & Be Fit (DS) 1:30 Tutorial on Exercise Equipment (Gym) 2:00 Line Dance (DS) 2:30 OLYMPICS: Corn Hole (2nd Floor Lobby-IL) 3:00 Root Beer Floats Social & American Trivia (2nd Fl. Lobby)</p>	<p>5 7:45 Strength (DVD-DS) 9:00 Water Aerobics (Pool) 10:25 Stretch/Balance (DS) 1:00 TOWN HALL MEETING (2nd Floor Lobby) 2:30 OLYMPICS: Billiard's & Shuffleboard (4th Floor Sports Lounge) 2:30 BroadwayHD Presents: Musical "Funny Girl" (PT)</p>	<p>6 7:45 Cardio (DVD-DS) 9:00 Water Aerobics (Pool) 10:00-3:00 Stretch Therapy with Ryan Terry (MPR) 10:25 Flexibility & Gentle Stretching with Kathi (RR-IL) 1:30 Sit & Be Fit (DS) 2:30 OLYMPICS: Ping Pong & Walking Relay's (Gym) 3:00 Quarter Bingo (RR)</p>	<p>7 7:45 Strength (DVD-DS) 9:00 Noodle Workout (Pool) 10:25 Stretch/Balance (DS) 1:45 Posture (DS) 2:30 OLYMPICS: Swim Noodle Breaststroke & Swim Noodle Backstroke (Pool) 3:00 Birthday & Wedding Anniversary Celebration with Entertainer, Jon Ingram (RR)</p>	<p>8 7:45 Cardio (DVD-DS) 9:00 Water Aerobics (Pool) 10:00 Catholic Mass & Communion with Father Joseph from Saint Justin Martyr Catholic Church (RR) 10:25 Sit & Be Fit (DS) 2:30 The Abbey Olympics Awards Ceremony – Awarding of the Gold, Silver, & Bronze Medals (MPR)</p>	<p>9 9:00 Garden Club (2nd Floor Courtyard) 10:30 Morning Exercise (RR)</p> <p>OPEN GYM</p> <p>1:00 "Lean On Me" Alzheimer's & Dementia Support Group With Roger (Assisted Living, MR) 3:00-5:00 Swim & Ice Cream Social (Pool & Bistro)</p>
<p>9:00am-2:00pm Sunday Brunch (DR)</p> <p>OPEN GYM</p>	<p>11 7:45 Cardio (DVD-DS) 9:00 Water Aerobics (Pool) 10:15 Giant Crossword Puzzle (2nd Floor Lobby) 10:25 Sit & Be Fit (DS) 2:00 Line Dance (DS) 2:30 Ping Pong (Gym) 3:00 Wii Bowling Party & Snow Cones (RR & 2nd Floor Courtvard)</p>	<p>12 7:45 Strength (DVD-DS) 9:00 Water Aerobics (Pool) 10:25 Stretch/Balance (DS) 1:15 Drum Class (DS) 1:45 Posture (DS) 2:30 Walking (BSL-IL) 3:00 EXPERT TALK (RR) "Armchair Travel Through Alaska" with Becky Zielinski from the Lighthouse Travel Partner</p>	<p>13 7:45 Cardio (DVD-DS) 9:00 Water Aerobics (Pool) 10:00-3:00 Stretch Therapy with Ryan Terry (MPR) 10:25 Flexibility & Gentle Stretching with Kathi (RR-IL) 1:30 Sit & Be Fit (DS) 2:00 Corn Hole (MPR) 3:00 Quarter Bingo (RR)</p>	<p>14 7:45 Strength (DVD-DS) 9:00 Noodle Workout (Pool) 10:25 Stretch/Balance (DS) 1:30 The Abbey Book Club (BSL-IL) 1:45 Posture (DS) 2:30 Walking (BSL-IL) 2:30 Greeting Card Workshop (RR)</p>	<p>National Tell A Joke Day!</p> <p>16 Morning Open Gym 10:00 Houston Jigsaw Puzzle (RR) 1:15 Flexibility & Gentle Stretching with Kathi (2nd Floor Lobby-IL) 2:00 Seated Senior Yoga with Orion Fitness (2nd Floor Lobby-IL) 3:00 Open Mic Social – Share Your Jokes, & Funny Stories (2nd Fl Lobby)</p>	<p>17 9:00 Garden Club (2nd Floor Courtyard) 10:30 Morning Exercise (RR)</p> <p>OPEN GYM</p> <p>3:00-5:00 Swim & Ice Cream Social (Pool & Bistro)</p>
<p>9:00am-2:00pm Sunday Brunch (DR)</p> <p>OPEN GYM</p>	<p>18 7:45 Cardio (DVD-DS) 9:00 Water Aerobics (Pool) 10:15 Giant Crossword Puzzle (2nd Floor Lobby) 10:25 Sit & Be Fit (DS) 2:00 Line Dance (DS) 2:30 Ping Pong (Gym) 2:30 Watercolor Workshop (RR)</p>	<p>19 7:45 Strength (DVD-DS) 9:00 Water Aerobics (Pool) 10:25 Stretch/Balance (DS) 1:15 Drum Class (DS) 1:45 Posture (DS) 2:30 Walking (BSL-IL) 2:30 Ice Cream & Trivia Social with Robert Benavidez from "Devoted Health Plans" (RR) 5:00-7:00 Roaring 20's Dinner Party in Celebration of National Senior Citizens Day with Jazz singer, Danielle Reich (DR)</p>	<p>20 7:45 Cardio (DVD-DS) 9:00 Water Aerobics (Pool) 10:00-3:00 Stretch Therapy with Ryan Terry (MPR) 10:25 Flexibility & Gentle Stretching with Kathi (RR-IL) 1:30 Sit & Be Fit (DS) 2:00 Corn Hole (MPR) 3:00 Quarter Bingo (RR) 4:30 Bus Leaves for Dine Around Houston to "Maison Pucha Bistro" French Cuisine (Lobby)</p>	<p>21 7:45 Strength (DVD-DS) 9:00 Noodle Workout (Pool) 10:25 Stretch/Balance (DS) 1:15 EXPERT TALK (RR) "Immunization Awareness" Presented by Medic Pharmacy 1:45 Posture (DS) 2:30 Walking (BSL-IL) 3:00 Laughter Yoga with Emma Ferguson (RR)</p>	<p>DOG SHOW!</p> <p>23 7:45 Cardio (DVD-DS) 9:00 Water Aerobics (Pool) 10:00 Sentimental Sing-Along Songs of Praise & Inspiration (RR) 10:25 Sit & Be Fit (DS) 1:15 Flexibility & Gentle Stretching with Kathi (2nd Floor Lobby-IL) 3:00 Pawject Runway – Dog Show (MPR)</p>	<p>24 9:00 Garden Club (2nd Floor Courtyard) 10:30 Morning Exercise (RR)</p> <p>OPEN GYM</p> <p>1:00 "Lean On Me" Alzheimer's & Dementia Support Group With Roger (Assisted Living, MR) 3:00-5:00 Swim & Ice Cream Social (Pool & Bistro)</p>
<p>9:00am-2:00pm Sunday Brunch (DR)</p> <p>OPEN GYM</p>	<p>25 7:45 Cardio (DVD-DS) 9:00 Water Aerobics (Pool) 10:15 Giant Crossword Puzzle (2nd Floor Lobby) 10:25 Sit & Be Fit (DS) 2:00 Line Dance (DS) 2:30 Ping Pong (Gym) 3:00 Meet & Greet (RR)</p>	<p>26 7:45 Strength (DVD-DS) 9:00 Water Aerobics (Pool) 10:25 Stretch/Balance (DS) 1:15 Drum Class (DS) 1:45 Posture (DS) 2:30 Walking (BSL-IL) 3:00 Cooking Demo with Chef Roger (RR)</p>	<p>27 7:45 Cardio (DVD-DS) 9:00 Water Aerobics (Pool) 10:00-3:00 Stretch Therapy with Ryan Terry (MPR) 10:25 Flexibility & Gentle Stretching with Kathi (RR-IL) 1:30 Sit & Be Fit (DS) 2:00 Corn Hole (MPR) 3:00 Quarter Bingo (RR)</p>	<p>28 7:45 Strength (DVD-DS) 9:00 Noodle Workout (Pool) 10:25 Stretch/Balance (DS) 1:15 Scattergories (RR) 1:45 Posture (DS) 2:30 Walking (BSL-IL) 3:00 EXPERT TALK (RR) "FBI Overview" presented by Connor Hagan</p>	<p>29 7:45 Cardio (DVD-DS) 9:00 Water Aerobics (Pool) 10:00 Tech Workshop (RR) Sign Up: Assistance with iPhone/iPad 10:25 Sit & Be Fit (DS) 1:15 Flexibility & Gentle Stretching with Kathi (2nd Floor Lobby-IL) 2:00 Squiggle Ball (2nd Fl. Lobby-IL) *All Programs Gathering* 3:00 SUMMER FIESTA Happy Hour with Jesus Alejandro (Bistro)</p>	<p>30 9:00 Garden Club (2nd Floor Courtyard) 10:30 Morning Exercise (RR)</p> <p>OPEN GYM</p> <p>3:00-5:00 Swim & Ice Cream Social (Pool & Bistro)</p>

Kathi Hill, Fitness Director, The Abbey at Westminster Plaza, Key: WC=Wellness Center; RR=Activity Room; MPR=Multi-Purpose Room; GS=General Store; BSL=Sports Lounge; DS=Dance Studio

