Monday Wednesday Saturday Sunday Tuesday Friday Thursday 9:00 Garden Club (2<sup>nd</sup> Floor **Items in Red** 7:45 Strength (DVD-DS) 7:45 Cardio (DVD-DS) 9:00 Noodle Workout (Pool) 9:00 Water Aerobics (Pool) Courtyard) are from the August 2024 10:00 ACTIVITIES MEETING (RR) 10:25 Stretch/Balance (DS) 10:30 Morning Exercise (RR) 10:25 Sit & Be Fit (DS) 1:45 Posture (DS) Activity 1:15 Flexibility & Gentle Stretching 2:30 Walking (BSL-IL) **OPEN GYM** with Kathi (2<sup>nd</sup> Floor Lobby-IL) Calendar 2:30 Historic Houston with 2:00 Seated Senior Yoga with Mister McKinney Celebrating Orion Fitness (2<sup>nd</sup> Floor Lobby-IL) Houston's 188th Birthday! (RR) 3:00 School Supply Drive 3:00-5:00 Swim & Ice Cream Appreciation Party (RR) **FITNESS CALENDAR** Social (Pool & Bistro) 7:45 Strength (DVD-DS) 7:45 Cardio (DVD-DS) 7:45 Cardio (DVD-DS) 9:00 Garden Club (2<sup>nd</sup> Floor 7:45 Cardio (DVD-DS) 7 7:45 Strength (DVD-DS) 10 9:00 Water Aerobics (Pool) Courtyard) 9:00 Water Aerobics (Pool) 9:00 Water Aerobics (Pool) 9:00 Water Aerobics (Pool) 9:00 Noodle Workout (Pool) 9:00am-2:00pm Sunday 0:30 Morning Exercise (RR) 10:00 Catholic Mass & 10:25 Sit & Be Fit (DS) 10:25 Stretch/Balance (DS) 10:25 Stretch/Balance (DS) 10:00-3:00 Stretch Therapy Brunch (DR) Communion with Father Joseph 1:30 Tutorial on Exercise 1:00 TOWN HALL MEETING with Ryan Terry (MPR) 1:45 Posture (DS) **OPEN GYM** rom Saint Justin Martyr Catholic Equipment (Gym) (2nd Floor Lobby) 10:25 Flexibility & Gentle 2:30 OLYMPICS: Swim Noodle Church (RR) 2:00 Line Dance (DS) 2:30 OLYMPICS: Billiard's & Stretching with Kathi (RR-IL) **Breaststroke & Swim Noodle** 10:25 Sit & Be Fit (DS) 2:30 OLYMPICS: Corn Hole Shuffleboard (4th Floor Sports |1:30 Sit & Be Fit (DS) **Backstroke (Pool)** l:00 "Lean On Me" Alzheimer's & **OPEN GYM** 2:30 The Abbey Olympics (2<sup>nd</sup> Floor Lobby-IL) 3:00 Birthday & Wedding Dementia Support Group With Lounge) 2:30 OLYMPICS: Ping Pong & Awards Ceremony - Awarding of Roger (Assisted Living, MR) 3:00 Root Beer Floats Social & 2:30 BroadwayHD Presents: **Anniversary Celebration with** Walking Relay's (Gym) the Gold, Silver, & Bronze Medals 8:00-5:00 Swim & Ice Cream American Trivia (2<sup>nd</sup> Fl. Lobby) Musical "Funny Girl" (PT) 3:00 Quarter Bingo (RR) **Entertainer, Jon Ingram (RR)** (MPR) Social (Pool & Bistro) 13 7:45 Cardio (DVD-DS) 16 9:00 Garden Club (2<sup>nd</sup> Floor 17 **11** 7:45 Cardio (DVD-DS) 12 7:45 Strength (DVD-DS) 14 7:45 Strength (DVD-DS) 15 **National Tell A Joke Day!** 9:00 Water Aerobics (Pool) 9:00 Water Aerobics (Pool) 9:00 Water Aerobics (Pool) 9:00 Noodle Workout (Pool) Courtvard) 9:00am-2:00pm Sunday Morning Open Gym 10:00-3:00 Stretch Therapy 10:25 Stretch/Balance (DS) 10:30 Morning Exercise (RR) 10:25 Stretch/Balance (DS) 10:15 Giant Crossword **Brunch (DR)** 1:15 Drum Class (DS) with Ryan Terry (MPR) Puzzle (2<sup>nd</sup> Floor Lobby) 1:30 The Abbey Book Club 10:00 Houston Jigsaw Puzzle (RR) 1:45 Posture (DS) 10:25 Flexibility & Gentle 1:15 Flexibility & Gentle Stretching with **OPEN GYM 10:25** Sit & Be Fit (DS) (BSL-IL) Stretching with Kathi (RR-IL) 2:30 Walking (BSL-IL) Kathi (2<sup>nd</sup> Floor Lobby-IL) 1:45 Posture (DS) 2:00 Line Dance (DS) 2:00 Seated Senior Yoga with Orion 3:00 EXPERT TALK (RR) 1:30 Sit & Be Fit (DS) **OPEN GYM** 2:30 Walking (BSL-IL) 2:30 Ping Pong (Gym) Fitness (2<sup>nd</sup> Floor Lobby-IL) 'Armchair Travel Through 2:00 Corn Hole (MPR) 2:30 Greeting Card 3:00 Wii Bowling Party & 3:00 Open Mic Social - Share Your 3:00-5:00 Swim & Ice Cream Alaska" with Becky Zielinski 3:00 Quarter Bingo (RR) Jokes, & Funny Stories (2nd FI Lobby Social (Pool & Bistro) now Cones (RR & 2nd Floor Workshop (RR) from the Lighthouse Travel ourtvard) 7:45 Strength (DVD-DS) 20 7:45 Cardio (DVD-DS) 23 9:00 Garden Club (2<sup>nd</sup> Floor 7:45 Strength (DVD-DS) **18** 7:45 Cardio (DVD-DS) **DOG SHOW!** 22 24 9:00 Water Aerobics (Pool) 9:00 Water Aerobics (Pool) ':45 Cardio (DVD-DS) Courtvard) 9:00 Noodle Workout (Pool) 9:00 Water Aerobics (Pool) 9:00am-2:00pm Sunday 10:25 Stretch/Balance (DS) 10:00-3:00 Stretch Therapy with 9:00 Water Aerobics (Pool) 10:30 Morning Exercise (RR) 10:25 Stretch/Balance (DS) 10:15 Giant Crossword 1:15 Drum Class (DS) **Brunch (DR)** 10:00 Sentimental Sing-Along Rvan Terry (MPR) 1:15 EXPERT TALK (RR) OPEN GYM 1:45 Posture (DS) Puzzle (2<sup>nd</sup> Floor Lobby) 10:25 Flexibility & Gentle Stretching Songs of Praise & Inspiration 'Immunization Awareness" 2:30 Walking (BSL-IL) 10:25 Sit & Be Fit (DS) with Kathi (RR-IL) 2:30 Ice Cream & Trivia Social with Presented by Medic Pharmacy 10:25 Sit & Be Fit (DS) 2:00 Line Dance (DS) 1:30 Sit & Be Fit (DS) Robert Benavidez from "Devoted 1:45 Posture (DS) :00 "Lean On Me" Alzheimer's & 1:15 Flexibility & Gentle Stretching **OPEN GYM** 2:00 Corn Hole (MPR) 2:30 Ping Pong (Gym) Health Plans" (RR) 2:30 Walking (BSL-IL) Dementia Support Group With 3:00 Quarter Bingo (RR) with Kathi (2<sup>nd</sup> Floor Lobby-IL) 5:00-7:00 Roaring 20's Dinner Party 2:30 Watercolor Workshop Roger (Assisted Living, MR) 3:00 Laughter Yoga with 1:30 Bus Leaves for Dine Around 3:00 Pawject Runway - Dog n Celebration of National Senior 3:00-5:00 Swim & Ice Cream Houston to "Maison Pucha Bistro" Citizens Day with Jazz singer, Emma Ferguson (RR) Show (MPR) Social (Pool & Bistro) French Cuisine (Lobby) Danielle Reich (DR) 29 7:45 Cardio (DVD-DS) **26** 7:45 Strength (DVD-DS) **27** 7:45 Cardio (DVD-DS) 25 7:45 Cardio (DVD-DS) 30 9:00 Garden Club (2nd Floor 31 7:45 Strength (DVD-DS) 0:00 Water Aerobics (Pool) 9:00 Water Aerobics (Pool) Courtvard) 9:00 Noodle Workout (Pool) 9:00 Water Aerobics (Pool) 9:00 Water Aerobics (Pool) 9:00am-2:00pm Sunday 10:00 Tech Workshop (RR) Sign 10:00-3:00 Stretch Therapy 10:30 Morning Exercise (RR) 10:15 Giant Crossword 10:25 Stretch/Balance (DS) 10:25 Stretch/Balance (DS) **Brunch (DR)** Up: Assistance with IPhone/IPad with Ryan Terry (MPR) Puzzle (2<sup>nd</sup> Floor Lobby) 1:15 Drum Class (DS) 1:15 Scattergories (RR) 10:25 Sit & Be Fit (DS) 10:25 Flexibility & Gentle 1:45 Posture (DS) **OPEN GYM 10:25** Sit & Be Fit (DS) 1:45 Posture (DS) 1:15 Flexibility & Gentle Stretching Stretching with Kathi (RR-IL) **OPEN GYM** 2:30 Walking (BSL-IL) with Kathi (2<sup>nd</sup> Floor Lobby-IL) 2:30 Walking (BSL-IL) 2:00 Line Dance (DS) 1:30 Sit & Be Fit (DS) 2:00 Squiggle Ball (2nd Fl. Lobby-IL) 2:30 Ping Pong (Gym) 3:00 EXPERT TALK (RR) 3:00 Cooking Demo with 2:00 Corn Hole (MPR) \*All Programs Gathering\* 3:00-5:00 Swim & Ice Cream 3:00 Meet & Greet (RR) Chef Roger (RR) "FBI Overview" presented 3:00 Quarter Bingo (RR) 3:00 SUMMER FIESTA Happy Social (Pool & Bistro) by Connor Hagan Hour with Jesus Alejandro 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