

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Items In Red
Are From The
Activity
Calendar

November 2024

FITNESS CALENDAR

10:00 The Abbey Community Group Picture & Walk to End Alzheimer's (Meet Outside of IL Building)

9:00 Garden Club (2nd Floor Courtyard)
10:30 Morning Exercise (RR)

OPEN GYM

OPEN GYM

3:00 "Purple Passion" Happy Hour with Entertainer, Bill Parish (1st floor lobby)

2:30 Cooking Club (RR)
Autumn Salad
4:00 Rummikub for fun (BSL)

3
9:00am-2:00pm Sunday Brunch (DR)

OPEN GYM

3:00 Ice Cream Social (GS)
Daylight Saving Time Ends

4
7:45 Cardio (DVD-DS)
9:00 Water Aerobics (Pool)
10:00 THE ABBEY MOCK ELECTION (1st Floor Lobby)
10:25 Sit & Be Fit (DS)
11:00 Sit & Be Fit (AL)
1:30 Tutorial on Exercise Equipment (Gym)
2:00 Line Dance (DS)
2:30 Ping Pong (Gym)
2:30 EXPERT TALK (RR) Alief ISD Presents: Voter Approval of Tax Rate Election Speaker, Deputy Superintendent of Business, Charles Woods.
MOCK Vote Announcement

5
ELECTION DAY!
7 AM – 7 PM – Election Polls by Harris County (Bistro, WC)
~ GYM CLOSED ~
10:25 Stretch/Balance (2nd floor, Lobby)
1:45 Squiggle Ball (2nd floor Lobby)
2:25 Walking (BSL)
3:00 TOWN HALL MEETING (2nd Floor Lobby)

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)
1:30 Afternoon Sit & Be Fit (DS)
2:00 Corn Hole (Gym)
3:30 Quarter Bingo (RR)

7
Senior Expo Health Fair & Holiday Market!

All Programs Gathering
12:00-4:00 Senior Expo Health Fair & Holiday Market (1st & 2nd Floor Lobby, RR)
3:00 Netflix Presents (PT)
"Miss Americana" Tylor Swift

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)
1:30 Flexibility & Gentle Stretching with Kathi (2nd Floor Lobby)
2:00 Anointing of the Sick (Private DR) Saint John Vianney Catholic Church
2:00 Squiggle Ball (2nd Floor Lobby)
3:30 U of H Classical Musical Performance (AL Dining Room)

9
9:00 Garden Club (2nd Floor Courtyard)
9:30 Bus Leaves for Taste of Texas Christmas Decoration Tour (Lobby)
10:30 Morning Exercise (RR)

OPEN GYM

1:00 "Lean On Me" Alzheimer's & Dementia Support Group With Roger (Assisted Living, MR)
3:00 Veterans Day Concert with Entertainers-Volunteers, Stephanie & Danny Warner (RR)

10
9:00am-2:00pm Sunday Brunch (DR)

OPEN GYM

3:00 Ice Cream Social (GS)

11
Veterans Day
The POW/MIA: MISSING MAN TABLE (1st Floor Lobby)
7:45 Cardio (DVD-DS)
9:00 Water Aerobics (Pool)
10:25 Sit & Be Fit (DS)
2:00 Line Dance (DS)
2:30 Ping Pong (Gym)
3:00 Veterans Day Flag Ceremony with Katy VFW (Bistro)
Veterans Day Remembrance Day (Canada)

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)
2:30 EXPERT TALK (RR) Lone Star Flight Museum Presentation by guest speaker, Gary Watt.

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)
1:30 Afternoon Sit & Be Fit (DS)
2:00 Corn Hole (Gym)
3:30 Quarter Bingo (RR)

14
7:45 Strength (DVD-DS)
9:00 Noodle Workout (Pool)
10:25 Stretch/Balance (DS)
1:30 Shuffleboard & Billiards (BSL)
1:45 Posture (DS)
2:25 Walking (BSL)
3:00 Birthday & Wedding Anniversary Celebration with Entertainer, Jesus Alejandro (RR)

15
7:45 Cardio (DVD-DS)
9:00 Water Aerobics (Pool)
9:30 Senior Seated Stretch Class with Samer (2nd Floor Lobby)
10:25 Sit & Be Fit (DS)
1:30 Flexibility & Gentle Stretching with Kathi (2nd Floor Lobby)
2:00 Squiggle Ball (2nd Floor Lobby)
2:30 Greeting Card Workshop (RR)

16
9:00 Garden Club (2nd Floor Courtyard)
10:30 Morning Exercise (RR)

OPEN GYM

2:30 Arts & Crafts Workshop Winter Wreaths – Sign Up (RR)
4:00 Rummikub for fun (BSL)

17
9:00am-2:00pm Sunday Brunch (DR)

OPEN GYM

3:00 Ice Cream Social (GS)

18
7:45 Cardio (DVD-DS)
9:00 Water Aerobics (Pool)
10:15 Card Kit Class (RR)
10:25 Sit & Be Fit (DS)
2:00 Line Dance (DS)
2:30 Ping Pong (Gym)
3:00 Laughter Yoga (RR) Instructor, Emma Ferguson

19
International Men's Day!
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)
All Programs Gathering
2:30 "Golden Girls" Tap Group (Bistro)

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)
1:30 Afternoon Sit & Be Fit (DS)
2:00 Corn Hole (Gym)
3:30 Quarter Bingo (RR)
5:30 Chef's Table (PDR) Three Course Dinner – Sign Up

21
10:00 Wii Bowling: King & Queen Pins (RR)
10:00 Tech Workshop (2nd Floor Lobby) Assistance with iPhone/iPad Sign Up

OPEN GYM

1:30 The Abbey Book Club (BSL)
3:00 Jigsaw Puzzle Competition & Fall Trivia (RR)

22
9:30 Senior Seated Stretch Class with Samer (2nd Floor Lobby)

OPEN GYM

3:00 Pies & Smiles Social with Pianist, Maurice Daugherty (1st Floor Courtyard)

23
9:00 Garden Club (2nd Floor Courtyard)
10:30 Morning Exercise (RR)

OPEN GYM

1:00 "Lean On Me" Alzheimer's & Dementia Support Group With Roger (Assisted Living, MR)
3:00 Brain Teaser: Scattergories with Prizes (RR)

24
9:00am-2:00pm Sunday Brunch (DR)

OPEN GYM

3:00 Ice Cream Social (GS)

25
10:15 Giant Crossword Puzzle (2nd Floor Lobby)
1:00 Bible Study with Fred B. (RR)
OPEN GYM
2:30 Painting Workshop: Watercolor (RR)
6:45 Bus Leaves for River Oaks Christmas Lights with Mister McKinney (Meet In Lobby)

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)
2:30 Theatrical Performance by Mary Margaret Mann (RR) One Woman Presentation "Elizabeth Endicott the Pilgrim"

27
7:45 Cardio (DVD-DS)
9:00 Water Aerobics (Pool)
10:00-3:00 Stretch Therapy with Ryan Terry (MPR)
10:30 Bus Leaves for Annual Friendsgiving Luncheon at "Taste of Texas" Restaurant (Lobby)
10:25 Flexibility & Gentle Stretching with Kathi (RR)
1:30 Afternoon Sit & Be Fit (DS)
2:00 Corn Hole (Gym)
3:30 Quarter Bingo (RR)

28
HAPPY THANKSGIVING!
9:00-12:00 Macy's Thanksgiving Day Parade on NBC (PT)
11:00-2:00 Thanksgiving Day Brunch (DR)

OPEN GYM

11:30 NFL Football on CBS (PT)
3:30 NFL Football on FOX (PT)
7:30 Holiday Movie (PT) "Planes, Trains, & Automobiles"
Thanksgiving Day

29
10:30 Morning Exercise (RR)
1:00 Wii Bowling Follies (RR)
1:00 Bridge Club (BSL)

OPEN GYM

3:00 Holiday Music Hour with "Larry Glass Band" Band (RR)
7:15 Evening Movie (PT)

30
9:00 Garden Club (2nd Floor Courtyard)
10:30 Morning Exercise (RR)

OPEN GYM

3:00 Holiday Poetry & Jokes (2nd Floor Lobby)
4:00 Rummikub for fun (BSL)