

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Items in RED Are From The Activity Calendar</b> <b>9:00am-2:00pm Sunday Brunch (DR)</b> <b>10:30 Morning Exercise (RR)</b> <b>OPEN GYM</b> <b>3:00 Hot Cocoa &amp; Cookies (GS)</b>	7:45 Cardio (DVD-DS) 2 9:00 Water Aerobics (Pool) 10:25 Sit & Be Fit (DS) <b>11:00 Sit &amp; Be Fit (AL)</b> 12:30 Community photo (1 <sup>st</sup> floor lobby) <b>*Holiday Glasses*</b> 1:30 Tutorial on Exercise Equipment (Gym) 2:00 Line Dance (DS) 2:30 Ping Pong (Gym)	7:45 Strength (DVD-DS) 3 9:00 Water Aerobics (Pool) 10:25 Stretch/Balance (DS) 1:15 Drum Class (DS) 1:45 Posture (DS) <b>2:25 Walking (BSL)</b> <b>3:00 TOWN HALL MEETING &amp; Community Photo *Santa's Hats* (2nd Floor Lobby)</b>	7:45 Cardio (DVD-DS) 4 9:00 Water Aerobics (Pool) <b>10:00-3:00 Stretch Therapy with Ryan Terry (MPR)</b> 10:25 Flexibility & Gentle Stretching with Kathi (RR) 12:30 Community photo (1 <sup>st</sup> floor lobby) <b>*Your favorite Christmas Attire*</b> 1:30 Afternoon Sit & Be Fit (DS) 2:00 Corn Hole (Gym)	7:45 Strength (DVD-DS) 5 9:00 Noodle Workout (Pool) 10:25 Stretch/Balance (DS) 12:30 Community photo (1 <sup>st</sup> floor lobby) <b>*Christmas Socks*</b> 1:45 Posture (DS) <b>2:25 Walking (BSL)</b> <b>3:00 Birthday &amp; Wedding Anniversary Celebration with Entertainer, Karen Pheiffer (RR)</b>	7:45 Cardio (DVD-DS) 6 9:00 Water Aerobics (Pool) 10:25 Sit & Be Fit (DS) 1:30 Flexibility & Gentle Stretching with Kathi (2 <sup>nd</sup> Floor Lobby) 2:00 Squiggle Ball (2 <sup>nd</sup> Floor Lobby) 3:00 Community photo (2 <sup>nd</sup> floor lobby) <b>*Holiday PJ &amp; Popcorn*</b> Christmas Movie Trivia (RR)	<b>9:00 Garden Club (2<sup>nd</sup> Floor Courtyard)</b> <b>10:30 Morning Exercise (RR)</b> 12:30 Community photo (2 <sup>nd</sup> floor lobby) <b>*Christmas Light Necklace*</b> <b>OPEN GYM</b> <b>3:00 Quarter BINGO &amp; BOOZE (RR)</b>
<b>9:00am-2:00pm Sunday Brunch (DR)</b> <b>10:30 Morning Exercise (RR)</b> 1:15 Bus leaves for Stafford Centre for Fort Bend Symphony Holiday Concert (Lobby) <b>OPEN GYM</b> <b>3:00 Hot Cocoa &amp; Cookies (GS)</b>	7:45 Cardio (DVD-DS) 9 9:00 Water Aerobics (Pool) 10:25 Sit & Be Fit (DS) 2:00 Line Dance (DS) 2:30 Ping Pong (Gym) <b>3:00 Community photo</b> <b>*Wear any GRINCH attire*</b> <b>Grinchmas Party (2nd floor lobby)</b>	7:45 Strength (DVD-DS) 10 9:00 Water Aerobics (Pool) 10:25 Stretch/Balance (DS) 1:15 Drum Class (DS) 1:45 Posture (DS) <b>2:25 Walking (BSL)</b> Celebrating 10 <sup>th</sup> year Anniversary of Independent Living! <b>4:30-7:00 Open House &amp; Holiday Tours (1<sup>st</sup>, 2<sup>nd</sup>, 4<sup>th</sup> floor)</b>	7:45 Cardio (DVD-DS) 11 9:00 Water Aerobics (Pool) <b>10:00-3:00 Stretch Therapy with Ryan Terry (MPR)</b> 10:25 Flexibility & Gentle Stretching with Kathi (RR) 12:30 Community photo (1 <sup>st</sup> floor lobby) <b>*Hats &amp; Scarfs*</b> 1:30 Afternoon Sit & Be Fit (DS) 2:00 Corn Hole (Gym)	7:45 Strength (DVD-DS) 12 9:00 Noodle Workout (Pool) 10:25 Stretch/Balance (DS) 12:30 Community photo (1 <sup>st</sup> floor lobby) <b>*Christmas Jewelry*</b> 1:45 Posture (DS) <b>2:00 Gingerbread House Workshop (RR)</b> <b>2:25 Walking (BSL)</b>	7:45 Cardio (DVD-DS) 13 9:00 Water Aerobics (Pool) <b>10:00 Catholic Mass &amp; Communion with Father Joseph from Saint Justin Martyr Catholic Church (RR)</b> 10:25 Sit & Be Fit (DS) <b>1:00 Christmas Carols with Sherwood Forest Montessori School (2nd Floor Lobby)</b> <b>2:30 Employees Christmas Party/Bonus Give Away (Bistro)</b>	<b>9:00 Garden Club (2<sup>nd</sup> Floor Courtyard)</b> <b>10:30 Morning Exercise (RR)</b> <b>OPEN GYM</b> <b>2:30 Arts &amp; Crafts Workshop: Christmas Ornaments &amp; Chocolate Christmas Tree (RR)</b> <b>3:00 Bus Leaves for St. Martin's Episcopal Church for 62<sup>nd</sup> Annual Houston Boychoir Winter Concert</b>
<b>9:00am-2:00pm Sunday Brunch (DR)</b> <b>10:30 Morning Exercise (RR)</b> <b>OPEN GYM</b> <b>3:00 Hot Cocoa &amp; Cookies (GS)</b>	7:45 Cardio (DVD-DS) 16 9:00 Water Aerobics (Pool) 10:25 Sit & Be Fit (DS) 2:00 Line Dance (DS) 2:30 Ping Pong (Gym) <b>2:30 EXPERT TALK (RR)</b> <b>Mobile Dental Associates presentation. Guest speaker Becky Crittenden</b>	7:45 Strength (DVD-DS) 17 9:00 Water Aerobics (Pool) 10:25 Stretch/Balance (DS) 1:15 Drum Class (DS) 1:45 Posture (DS) <b>2:25 Walking (BSL)</b> <b>3:00 Holiday Fondue with Entertainer, Calvin Gainey Christmas Party (RR)</b>	7:45 Cardio (DVD-DS) 18 9:00 Water Aerobics (Pool) <b>10:00-3:00 Stretch Therapy with Ryan Terry (MPR)</b> 10:25 Flexibility & Gentle Stretching with Kathi (RR) 1:30 Afternoon Sit & Be Fit (DS) 2:00 Corn Hole (Gym)	7:45 Strength (DVD-DS) 19 9:00 Noodle Workout (Pool) 10:25 Stretch/Balance (DS) <b>2:00-4:00 Christmas Photo Day with Special Guests at your Apartment!</b> <b>2:25 Walking (BSL)</b>	7:45 Cardio (DVD-DS) 20 9:00 Water Aerobics (Pool) <b>10:30 Welcome Committee Meeting (RR)</b> 10:25 Sit & Be Fit (DS) 1:30 Flexibility & Gentle Stretching with Kathi (2 <sup>nd</sup> Floor Lobby) 2:00 Squiggle Ball (2 <sup>nd</sup> Floor Lobby) <b>3:00 Pretty "Ugly" Christmas Sweater &amp; Sangria Social (RR)</b>	<b>9:00 Garden Club (2<sup>nd</sup> Floor Courtyard)</b> <b>10:30 Morning Exercise (RR)</b> <b>OPEN GYM</b> <b>*All Programs Gathering*</b> <b>10:30 Children Choir with Kyle's Studio (Assisted Living, Dining Room)</b> <b>2:30 Cooking Club (RR)</b> <b>*Cake Pops &amp; Hot Wassail * Winter Begins</b>
<b>9:00am-2:00pm Sunday Brunch (DR)</b> <b>10:30 Morning Exercise (RR)</b> <b>OPEN GYM</b> <b>3:00 Hot Cocoa &amp; Cookies (GS)</b>	7:45 Cardio (DVD-DS) 23 9:00 Water Aerobics (Pool) 10:25 Sit & Be Fit (DS) 2:00 Line Dance (DS) 2:30 Ping Pong (Gym) <b>2:30 Painting Workshop Watercolor (RR)</b>	7:45 Strength (DVD-DS) 24 9:00 Water Aerobics (Pool) 10:25 Stretch/Balance (DS) 1:15 Drum Class (DS) 1:45 Posture (DS) <b>2:25 Walking (BSL)</b> <b>3:00 "Jingle &amp; Mingle" (RR)</b> <b>Eggnog &amp; Sing-Along Social</b>	<div style="text-align: center;"> <p><i>Merry Christmas</i></p> <p><b>HAPPY HANUKKAH!</b></p> <p><b>OPEN GYM</b></p> <p><b>1:30 Christmas Bingo with Prizes (RR)</b></p> <p><small>Christmas Hanukkah Begins</small></p> </div>	<div style="text-align: center;"> <p><b>OPEN GYM</b></p> <p><b>1:30 Afternoon Exercise (RR)</b></p> <p><b>*All Programs Gathering*</b></p> <p><b>3:00 Holiday Music Hour with Entertainer, Kameron (Bistro, WC)</b></p> <p><small>Boxing Day (Canada) Kwanzaa Begins</small></p> </div>	7:45 Cardio (DVD-DS) 27 9:00 Water Aerobics (Pool) 10:25 Sit & Be Fit (DS) 1:45 Posture (DS) <b>2:25 Walking (BSL)</b> <b>3:00 Dice Game "Left Center Right" with prizes (RR)</b>	<b>9:00 Garden Club (2<sup>nd</sup> Floor Courtyard)</b> <b>10:30 Morning Exercise (RR)</b> <b>OPEN GYM</b> <b>3:00 Open Mic Social (RR)</b> <b>Holiday trivia, jokes &amp; stories</b>
<b>9:00am-2:00pm Sunday Brunch (DR)</b> <b>10:30 Morning Exercise (RR)</b> <b>OPEN GYM</b> <b>3:00 Hot Cocoa &amp; Cookies (GS)</b>	7:45 Cardio (DVD-DS) 30 9:00 Water Aerobics (Pool) 10:25 Sit & Be Fit (DS) <b>10:30 ACTIVITIES MEETING (RR)</b> 2:00 Line Dance (DS) 2:30 Ping Pong (Gym) <b>3:00 Laughter Yoga with Emma Ferguson (RR)</b>	7:45 Strength (DVD-DS) 31 9:00 Water Aerobics (Pool) 10:25 Stretch/Balance (DS) 1:15 Drum Class (DS) 1:45 Posture (DS) <b>2:25 Walking (BSL)</b> <b>6:00-8:00 New Year's Eve Dinner Party with Entertainer, Dennis Evans (DR)</b> <small>New Year's Eve</small>	<div style="display: flex; align-items: center; justify-content: center;"> <div style="text-align: center;"> <h1 style="font-size: 4em; color: #0056b3; margin: 0;">December 2024</h1> <h2 style="font-size: 2em; color: #0056b3; margin: 0;">FITNESS CALENDAR</h2> </div> </div>			

