

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			HAPPY NEW YEAR! 9:30 Bus Leaves for Giant Gingerbread Village & Lunch at "Cracker Barrel Old Country Store" (Lobby) 10:30 Morning Exercise (RR) OPEN GYM 2:30 Afternoon Matinee "The 3 Tenors" DVD (PT) 3:30 Quarter Bingo (RR) <small>New Year's Day</small>	7:45 Strength (DVD-DS) 2 9:00 Noodle Workout (Pool) 10:25 Stretch/Balance (DS) 1:15 Welcome Committee Meeting (RR) 1:45 Foundations Ch.2 (DVD-DS) 2:25 Walking (BSL) 4:00 EXPERT TALK (RR) Armchair Astronomy "Historic Eclipses" Speaker Ken VanLew	7:45 Cardio (DVD-DS) 3 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) 3:00 "Chili & Beer" Social (RR) Celebrating National Slow Cooking Month with entertainer, Jesus Alejandro!	National Trivia Day! 4 9:00 Garden Club (2nd Floor Courtyard) 10:30 Morning Exercise (RR) OPEN GYM 3:00 Winter Trivia Social (RR)
9:00am-2:00pm Sunday Brunch (DR) 10:30 Morning Exercise (RR) OPEN GYM 3:00 Hot Cocoa & Cookies (GS)	National Technology Day! 5 7:45 Cardio (DVD-DS) 9:00 Water Aerobics (Pool) 10:15 Giant Crossword Puzzle (2nd Floor Lobby) 10:25 Sit & Be Fit (DS) 11:00 Sit & Be Fit (AL) 1:30 Tutorial on Exercise Equipment 2:00 Line Dance (DS) 2:30 Ping Pong (Gym) 2:30 EXPERT TALK (RR) "SPACECITY I.T." Educational Forum, Guest Speaker, Mariano Loera	7:45 Strength (DVD-DS) 6 9:00 Water Aerobics (Pool) 10:25 Stretch/Balance (DS) 1:15 Drum Class (DS) 1:45 Foundations Ch.2 (DVD-DS) 2:25 Walking (BSL) 3:00 TOWN HALL MEETING (2nd Floor Lobby)	7:45 Core (DVD-DS) 8 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)	7:45 Strength (DVD-DS) 9 9:00 Noodle Workout (Pool) 10:25 Stretch/Balance (DS) 1:30 Volunteer Project (RR) 1:45 Foundations Ch.2 (DVD-DS) 2:25 Walking (BSL) 3:00 Birthday & Wedding Anniversary Celebration with Entertainer, Jon Ingram(RR)	7:45 Cardio (DVD-DS) 10 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 Squiggle Ball (2nd Fl. Lobby) 2:30 Greeting Card Workshop (RR)	9:00 Garden Club (2nd Floor Courtyard) 11 10:30 Morning Exercise (RR) OPEN GYM 3:00 Reminisce Hour in Celebration of National Hobby Month (RR)
9:00am-2:00pm Sunday Brunch (DR) 10:30 Morning Exercise (RR) OPEN GYM 3:00 Hot Cocoa & Cookies (GS)	7:45 Cardio (DVD-DS) 12 9:00 Water Aerobics (Pool) 10:15 Card Class (RR) 10:25 Sit & Be Fit (DS) 2:00 Line Dance (DS) 2:30 Ping Pong (Gym) 3:00 Men's Club (BSL) "Whiskey & Sports Trivia"	7:45 Strength (DVD-DS) 13 9:00 Water Aerobics (Pool) 10:25 Stretch/Balance (DS) 1:15 Drum Class (DS) 1:45 Foundations Ch.2 (DVD-DS) 2:25 Walking (BSL) 3:00 Books & Bubbles (1st Floor Library)	7:45 Core (DVD-DS) 15 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)	7:45 Strength (DVD-DS) 16 9:00 Noodle Workout (Pool) 10:25 Stretch/Balance (DS) 1:30 The Abbey Book Club (BSL) 1:45 Foundations Ch.2 (DVD-DS) 2:30 EXPERT TALK (RR) "Houston Area Parkinson" Seminar, Speaker, Maggie Abbott	7:45 Cardio (DVD-DS) 17 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) 3:00 Brain Teaser: Scattergories (RR)	9:00 Garden Club (2nd Floor Courtyard) 18 10:30 Morning Exercise (RR) OPEN GYM 2:30 Cooking Club (RR) *Broccoli Bacon Salad*
9:00am-2:00pm Sunday Brunch (DR) 10:30 Morning Exercise (RR) OPEN GYM 3:00 Hot Cocoa & Cookies (GS)	7:45 Cardio (DVD-DS) 19 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 Laughter Yoga with Emma Ferguson (RR)	7:45 Strength (DVD-DS) 20 9:00 Water Aerobics (Pool) 10:25 Stretch/Balance (DS) 1:15 Drum Class (DS) 1:45 Foundations Ch.2 (DVD-DS) 2:25 Walking (BSL) 2:30 EXPERT TALK (RR) Lone Star Flight Museum Presents "The First 35 Years Of Navy Carrier Warbirds 1910-1945" Speaker, Ronnie Alford	7:45 Core (DVD-DS) 22 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 (DR) Three Course Dinner - Sign Up	Fabulous 50's Sock Hop! 23 7:45 Strength (DVD-DS) 9:00 Noodle Workout (Pool) 10:25 Stretch/Balance (DS) 11:00-1:00 Shake, Rattle, & Roll Luncheon with Ralph Elizondo Portraying Elvis Presley (DR) 1:45 Foundations Ch.2 (DVD-DS) 2:25 Walking (BSL) 3:00 50's Trivia Social (RR)	7:45 Cardio (DVD-DS) 24 9:00 Water Aerobics (Pool) 10:00 Sentimental Sing-Along Songs of Praise & Inspiration (PT) 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 Painting Workshop: Watercolor (RR)	9:00 Garden Club (2nd Floor Courtyard) 25 10:30 Morning Exercise (RR) OPEN GYM 2:30 Arts & Crafts Workshop (RR) Valentines Day Craft
9:00am-2:00pm Sunday Brunch (DR) 10:30 Morning Exercise (RR) OPEN GYM 3:00 Hot Cocoa & Cookies (GS)	National Chocolate Cake Day! 26 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 Bingo & Chocolate Cake (RR)	7:45 Strength (DVD-DS) 27 9:00 Water Aerobics (Pool) 10:25 Stretch/Balance (DS) 1:15 Drum Class (DS) 1:45 Foundations Ch.2 (DVD-DS) 2:25 Walking (BSL) 3:00 Cooking Demo with Chef Roger (RR)	National Puzzle Day! 28 7:45 Core (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 NEW RESIDENT ORIENTATION (BSL) 2:00 Corn Hole (Gym) 3:00 Jigsaw Puzzle Competition (RR) 4:30 Bus Leaves for Dine Around Houston to "Bistro Le Cep" (Lobby) <small>Chinese New Year (Year of the Snake)</small>	7:45 Strength (DVD-DS) 29 9:00 Noodle Workout (Pool) 10:25 Stretch/Balance (DS) 1:30 Volunteer Project (RR) 1:45 Foundations Ch.2 (DVD-DS) 2:25 Walking (BSL) 3:00 Meet & Greet Social (RR)	7:45 Cardio (DVD-DS) 30 9:00 Water Aerobics (Pool) 10:30 Tech Workshop- Sign up (RR) Assistance with your iPhone or iPad 10:25 Sit & Be Fit (DS) 1:30 Flexibility & Gentle Stretching with Kathi (2nd Floor Lobby) 2:00 Squiggle Ball (2nd Floor Lobby) 3:00 Celebrating Chinese New Year! Dragon Dance Performance (Bistro, WC)	Items in RED are from the Activity Calendar 

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

