

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

February 2025

FITNESS CALENDAR



NATIONAL TEXAS DAY! 1

9:00 Garden Club (2nd Floor Courtyard)
10:30 Morning Exercise (RR)
OPEN GYM
3:00 Cooking Club (RR)
"Cowboy Caviar" Salad & Texas Trivia

9:00am-2:00pm Sunday Brunch (DR)
10:30 Morning Exercise (RR)
OPEN GYM
3:00 Cookies & Sing-Along Social (RR)
Groundhog Day

2 7:45 Cardio (DVD-DS)
9:00 Water Aerobics (Pool)
10:00 Donuts & Coffee with the Abbey Marketing Team (BSL)
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) "Pain Management Redefined" presented by Rocky Creek Integrated Medical & Wellness Center

3 7:45 Strength (DVD-DS)
9:00 Water Aerobics (Pool)
10:25 Stretch/Balance (DS)
1:30 Pedal The World (RR)
2:25 Walking (BSL)
3:00 TOWN HALL MEETING (2nd Floor Lobby)

4 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 Afternoon Sit & Be Fit (DS)
2:00 Corn Hole (Gym)
3:30 The Abbey Prize Bingo (RR)

5 7:45 Strength (DVD-DS)
9:00 Noodle Workout (Pool)
10:25 Stretch/Balance (DS)
1:30 Pedal The World (RR)
2:25 Walking (BSL)
3:00 EXPERT TALK (RR) Lone Star Flight Museum Presents "The First 35 Years of Navy Carrier Warbirds 1910 through 1946" Speaker, Ronnie Alford

6 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)
3:00 Birthday & Wedding Anniversary Celebration with Entertainer, Jesus Alejandro (RR)

7 9:00 Garden Club (2nd Floor Courtyard)
10:30 Morning Exercise (RR)
OPEN GYM
1:45 Bus Leaves for Stratford Playhouse "The Little Mermaid" (Lobby)

9:00am-2:00pm Sunday Brunch (DR)
10:30 Morning Exercise (RR)
OPEN GYM
3:00-5:00 Super Bowl LIX Party (BSL)

9 7:45 Cardio (DVD-DS)
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 Laughter Yoga with Emma Ferguson (RR)
4:00 Super Bowl Football Pool Payoffs (BSL)

10 7:45 Strength (DVD-DS)
9:00 Water Aerobics (Pool)
10:25 Stretch/Balance (DS)
1:30 Pedal The World (RR)
2:25 Walking (BSL)
3:00 EXPERT TALK (RR) "Heart & Vascular Health" Presented by "Benchmark" Home Health & Hospice

11 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 Afternoon Sit & Be Fit (DS)
2:00 Corn Hole (Gym)
2:00 Musical Performance by Montessori Community School (2nd Floor Lobby)
3:30 Valentine's Bingo (RR)
4:30 Bus Leaves for Dine Around Houston to "Fratellis Ristorante" (Lobby)
Tu B'Shevat Begins

12 7:45 Strength (DVD-DS)
9:00 Noodle Workout (Pool)
10:15 Giant Crossword Puzzle (2nd Floor Lobby)
10:25 Stretch/Balance (DS)
1:30 Pedal The World (RR)
1:30 New Resident Orientation (BSL)
2:25 Walking (BSL)
3:00 Couples Valentine's Day Games (RR)

13 10:00 Catholic Mass & Communion with Father Joseph from Saint Justin Martyr Catholic Church (RR)
OPEN GYM
3:00 Valentine's Day Party Live Performance by singer Julia Laskowski (WC, Bistro)
Valentine's Day

14 9:00 Garden Club (2nd Floor Courtyard)
10:30 Morning Exercise (RR)
OPEN GYM
2:00 Manicures with Kori (RR)

9:00am-2:00pm Sunday Brunch (DR)
10:30 Morning Exercise (RR)
OPEN GYM
3:00 Beer, Billiards, and Shuffleboard (BSL)

16 7:45 Cardio (DVD-DS)
9:00 Water Aerobics (Pool)
10:15 "US Presidents" Jigsaw Puzzle (1st Floor Lobby)
10:25 Sit & Be Fit (DS)
2:00 Line Dance (DS)
2:30 Ping Pong (Gym)
3:00 EXPERT TALK (RR) - Sign up "SPACECITY LT" Educational Forum Topic: Introduction to Digital Wallet by Mariano Loera
Presidents' Day (U.S.)

17 7:45 Strength (DVD-DS)
9:00 Water Aerobics (Pool)
10:25 Stretch/Balance (DS)
11:00-1:00 Health & Wellness Booth "United Vein & Vascular Center" (1st Floor Lobby)
1:30 Pedal The World (RR)
2:25 Walking (BSL)
3:00 Meet & Greet (RR)

18 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 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

19 7:45 Strength (DVD-DS)
9:00 Noodle Workout (Pool)
10:15 Giant Crossword Puzzle (2nd Floor Lobby)
10:25 Stretch/Balance (DS)
1:30 The Abbey Book Club (BSL)
1:30 Pedal The World (RR)
2:25 Walking (BSL)
3:00 Celebrate National Margarita Day at our HAPPY HOUR with Calvin Gainey (1st Floor Lobby)

20 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)

21 9:00 Garden Club (2nd Floor Courtyard)
10:30 Morning Exercise (RR)
OPEN GYM
2:30 Arts & Crafts Workshop Mardi Gras Props (RR)

9:00am-2:00pm Sunday Brunch (DR)
10:30 Morning Exercise (RR)
OPEN GYM
1:15 Bus Leaves for South Main Baptist Church for "A&M Singing Cadets" Spring Concert (Lobby)
3:00 Scattergories with Prizes (RR)

23 7:45 Cardio (DVD-DS)
9:00 Water Aerobics (Pool)
10:15 February Trivia (2nd Floor Lobby)
10:25 Sit & Be Fit (DS)
2:00 Line Dance (DS)
2:30 Ping Pong (Gym)
2:30 Painting Workshop Method: Watercolor (RR)

24 7:45 Strength (DVD-DS)
9:00 Water Aerobics (Pool)
10:25 Stretch/Balance (DS)
1:30 Pedal The World (RR)
2:25 Walking (BSL)
3:00 Cooking Demo with Chef Roger (RR)

25 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 Afternoon Sit & Be Fit (DS)
2:00 Corn Hole (Gym)
3:30 Quarter Bingo (RR)
4:30 Bus Leaves for Stafford Centre Buffet Style Dinner, Door Prizes & Live Entertainment (Lobby)

26 7:45 Strength (DVD-DS)
9:00 Noodle Workout (Pool)
10:15 Giant Crossword Puzzle (2nd Floor Lobby)
10:25 Stretch/Balance (DS)
1:30 PedalThe World (RR)
2:25 Walking (BSL)
3:00 COCKTAIL HOUR & DANCE PERFORMANCE by "Diamond Wranglers" (RR)

27 **GO TEXAN DAY!**
7:45 Cardio (DVD-DS)
9:00 Water Aerobics (Pool)
10:00 Hand Massages with Irina (RR)
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 EXPERT TALK (RR) Houston Livestock Show & Rodeo with Donna Fain
Ramadan Begins

28 **Items in RED are from the Activity Calendar!**
