

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# March 2025 FITNESS CALENDAR



9:00 Garden Club (2<sup>nd</sup> Floor Courtyard)  
10:30 Morning Exercise (RR)  
**OPEN GYM**  
12:00 Girl Scout Cookie Sale (1<sup>st</sup> Floor Lobby)  
2:00 Manicures with Kori – Sign Up (RR)

9:00am-2:00pm Sunday Brunch (DR)  
10:30 Morning Exercise (RR)  
11:00 Catholic Communion with Roger (AL,MR)  
**OPEN GYM**  
2:45 Bus Leaves for "Houston Sinfonietta" Concert at First Methodist Church (Lobby)  
2:30 Cookies & March Trivia (BSL)

7:45 Cardio (DVD-DS)  
9:00 Water Aerobics (Pool)  
10:15 Card Class (RR)  
10:25 Sit & Be Fit (DS)  
11:00 Sit & Be Fit (AL)  
1:45 Tutorial on Exercise Equipment  
2:00 Line Dance (DS)  
2:30 Ping Pong (Gym)  
4:00 Happy Hour with "Xavier & Company" Band, followed by Mardi Gras Parade (RR & CY)

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

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)  
2:15 Walking (BSL)  
3:00 Quarter Bingo (RR)

7:45 Strength (DVD-DS)  
9:00 Noodle Workout (Pool)  
10:25 Stretch/Balance (DS)  
1:30 Pedal The World (RR)  
2:15 Corn Hole (2<sup>nd</sup> Floor Lobby-GS)  
3:00 EXPERT TALK (RR) Lone Star Flight Museum Presents "A History of the WASP Women Airforce Service Pilots 1942-1944", Speaker, Ronnie Alford

**Employee Appreciation Day!**  
7:45 Cardio (DVD-DS)  
9:00 Water Aerobics (Pool)  
9:30 Senior Seated Stretch Class with Ryan (2<sup>nd</sup> Floor Lobby)  
10:25 Sit & Be Fit (DS)  
1:30 Flexibility & Gentle Stretching with Kathi (2<sup>nd</sup> Floor Lobby)  
2:00 Employee Appreciation Party (GS)  
3:00 "Baytown Tunnel Removal" (RR) Speaker, The Abbey Resident Bob C.

**International Women's Day!**  
9:00 Garden Club (2<sup>nd</sup> Floor Courtyard)  
10:30 Morning Exercise (RR)  
**OPEN GYM**  
2:30 Women's Social (RR)

9:00am-2:00pm Sunday Brunch (DR)  
10:30 Morning Exercise (RR)  
11:00 Catholic Communion with Roger (AL,MR)  
**OPEN GYM**  
2:30 Cookies & Scattergories (BSL)

**International Wig Day!**  
7:45 Cardio (DVD-DS)  
9:00 Water Aerobics (Pool)  
10:15 Morning Trivia (2<sup>nd</sup> Floor Lobby)  
10:25 Sit & Be Fit (DS)  
2:00 Line Dance (DS)  
2:30 Ping Pong (Gym)  
3:00 Wear Your Wig Social & Laughter Yoga with Instructor, Emma Ferguson (RR)

Mardi Gras  
7:45 Strength (DVD-DS)  
9:00 Water Aerobics (Pool)  
10:25 Stretch/Balance (DS)  
1:30 Pedal The World (RR)  
2:00 Squiggle Ball (RR)  
3:00 EXPERT TALK (RR) "Understanding Your Nutrition" with Guest Speaker, Cynthia A. Wolfram, RDN, LD, FAND,

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)  
2:15 Walking (BSL)  
3:00 Quarter Bingo (RR)  
4:30 Bus Leaves for Dine Around Houston to "Lupe Tortillas" Tex-Mex Cuisine (Lobby)

7:45 Strength (DVD-DS)  
9:00 Noodle Workout (Pool)  
10:25 Stretch/Balance (DS)  
1:30 Pedal The World (RR)  
2:15 Corn Hole (2<sup>nd</sup> Floor Lobby-GS)  
3:00 Monthly Birthday & Anniversary Celebration with Entertainer, Jesus Alejandro (RR)

10:00 Catholic Mass & Communion with Father Joseph from Saint Justin Martyr Catholic Church (RR)  
**MORNING OPEN GYM**  
1:30 Flexibility & Gentle Stretching with Kathi (2<sup>nd</sup> Floor Lobby)  
2:15 Walking (BSL)  
2:30 Greeting Card Workshop (RR)

9:00 Garden Club (2<sup>nd</sup> Floor Courtyard)  
10:30 Morning Exercise (RR)  
**OPEN GYM**  
2:30 Baking Club (RR) "Chocolate Marshmallow Puffs"

9:00am-2:00pm Sunday Brunch (DR)  
10:30 Morning Exercise (RR)  
11:00 Catholic Communion with Roger (AL,MR)  
**OPEN GYM**  
2:30 Cookies & Dice Game (BSL)  
4:00 Rummikub for Fun (BSL)

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)  
\*All Programs Gathering\*  
3:00 St. Paddy's Day Celebration with "Night Session Band" (Bistro) St. Patrick's Day

**Spring Health Fair**  
10:30-2:00 IL Building on 1<sup>st</sup> & 2<sup>nd</sup> Floors  
2:30 BroadwayHD Presents Musical "Annie" 2021 (PT)

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)  
2:15 Walking (BSL)  
3:00 Quarter Bingo (RR)  
5:30 Chef's Table (DR) Three Course Dinner – Sign Up

7:45 Strength (DVD-DS)  
9:00 Noodle Workout (Pool)  
10:25 Stretch/Balance (DS)  
1:30 Pedal The World (RR)  
2:15 Corn Hole (2<sup>nd</sup> Floor Lobby-GS)  
3:00 Karaoke Happy Hour with "My Companion" (RR)

7:45 Cardio (DVD-DS)  
9:00 Water Aerobics (Pool)  
9:30 Senior Seated Stretch Class with Ryan (2<sup>nd</sup> Floor Lobby)  
10:25 Sit & Be Fit (DS)  
1:30 Flexibility & Gentle Stretching with Kathi (2<sup>nd</sup> Floor Lobby)  
2:15 Walking (BSL)  
3:00 EXPERT TALK (RR) "Brain Health & Memory Improvement" by "Emerald Hospice"

9:00 Garden Club (2<sup>nd</sup> Floor Courtyard)  
10:30 Morning Exercise (RR)  
**OPEN GYM**  
2:30 Arts & Crafts Workshop (RR) "Spring Craft"

9:00am-2:00pm Sunday Brunch (DR)  
10:30 Morning Exercise (RR)  
11:00 Catholic Communion with Roger (AL,MR)  
**OPEN GYM**  
2:30 Chips & Dip Social (BSL)  
3:15 Bus Leaves for Chapelwood UMC Handler's Messiah at Easter Concert (Lobby)

7:45 Cardio (DVD-DS)  
9:00 Water Aerobics (Pool)  
10:15 Hand Massages with Irina (RR)  
10:25 Sit & Be Fit (DS)  
2:00 Line Dance (DS)  
2:30 Ping Pong (Gym)  
3:00 Men's Club (BSL) Western Party

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

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)  
2:15 Walking (BSL)  
3:00 Quarter Bingo (RR)

7:45 Strength (DVD-DS)  
9:00 Noodle Workout (Pool)  
10:25 Stretch/Balance (DS)  
1:30 Pedal The World (RR)  
1:30 New Resident Orientation (BSL)  
2:15 Corn Hole (2<sup>nd</sup> Floor Lobby-GS)  
3:00 Rodeo Western Party with Entertainer, Dennis Evans (RR)

10:30 Tech Workshop-Sign Up (RR) Help with iPhone or iPad  
**OPEN GYM**  
2:30 Painting Workshop with Art Teacher Natalia Kachanova (RR) Method: Watercolor, Easter Theme

**World Piano Day!**  
9:00 Garden Club (2<sup>nd</sup> Floor Courtyard)  
10:30 Morning Exercise (RR)  
**OPEN GYM**  
3:00 University of Houston Classical Music Spring Concert (AL DR)

9:00am-2:00pm Sunday Brunch (DR)  
10:30 Morning Exercise (RR)  
11:00 Catholic Communion with Roger (AL,MR)  
**OPEN GYM**  
1:00 Bus Leaves for Shepard School of Music at Rice. String Concert Finals (Lobby)  
2:30 Cookies & Movie Trivia (BSL)

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 Meet & Greet (RR)

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