C	unday	Manday	Tuesday	Madaaday	Thursday	Cridov	Caturday
30	unday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	ty Calend		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)	9:00 Water Aerobics (Pool) 10:00-3:00 Stretch Therapy with Ryan Terry (MPR) 10:25 Flexibility & Gentle Stretching with Kathi (RR)	9:00 Noodle Workout (Pool)  10:15 Giant Crossword Puzzle (2nd Floor Lobby)  10:25 Stretch/Balance (DS)  1:30 Pedal The World (RR)  2:00 Manicures with Irina & Kori - Sign Up (RR)  2:00 Corn Hole (Outside GS)	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) "Martha's Senior Gourmet" with Speaker, Rachelle LaBossiere	9:00 Garden Club (2 <sup>nd</sup> Floor Courtyard) 10:30 Morning Exercise (RR)  OPEN GYM *All Programs Gathering* 3:00 "Echoes of Time" A Journey Through Classical & Contemporary Piano" (AL, DR)
Brunch (DR 10:30 Morni 11:00 Catho with Roger (AL	ing Exercise (RR) blic Communion L, MR) EN GYM as & Humor Social	10:15 Volunteer Project (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) 3:00 EXPERT TALK (RR) "Cultural Traditions of Ukraine" Presented by Art & Life Coach, Natalia Kachanova	9:00 Water Aerobics (Pool) 10:25 Stretch/Balance (DS) 1:30 Pedal The World (RR) 2:00 Squiggle Ball (RR) *All Programs Gathering* 3:00 Baseball Event with Entertainer & former Astros Organist, Jim Connors (Bistro)	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) 3:30 Quarter Bingo & Popcorn (RR)	Entertainer, Jesus Alvarado (RR)	9:00 Water Aerobics (Pool) 9:30 Senior Seated Stretch Class with Ryan (2 <sup>nd</sup> Floor Lobby) 10:00 * All Programs Gathering* 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 (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 12 Courtyard) 10:30 Morning Exercise (RR)  OPEN GYM 4:00 Garden Club's Fundraising Happy Hour with Entertainer, Maurice Daugherty (2 <sup>nd</sup> Floor Courtyard)  Passover Begins
Brunch (DR 10:30 Morni 11:00 Catho with Roger (AL OPE 2:30 Peach (Scrabble (BS	ing Exercise (RR) blic Communion L, MR)  EN GYM Cobbler &	3:00 Arts & Crafts Workshop (RR) Spring Craft & Easter Egg Coloring	7:45 Strength (DVD-DS) 9:00 Water Aerobics (Pool) *All Programs Gathering* 10:00-3:00 Community Spring Market Indoor Sale (1st & 2nd Floors) 2:30 Broadway HD Presents "Titanic: The Musical" (PT)	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) 3:30 Quarter Bingo & Popcorn (RR)	10:25 Stretch/Balance (DS) 11:00-1:00 BBQ Lunch (Bistro) Kentucky Derby Style with "Xavier & Company" Band 1:30 Pedal The World (RR) 1:30 The Abbey Book Club (BSL) 2:00 Corn Hole (Outside GS) 3:00 EXPERT TALK (RR) "Travel Assurance Plan" with Kevin Lemmon	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) 2:30 Manicures with Irina (RR) Sign Up	9:00 Garden Club (2 <sup>nd</sup> Floor 19 Courtyard) 10:30 Morning Exercise (RR)  OPEN GYM  2:30 Baking Club (RR) "Easter Dirt Cake"
Pianist, Ed V 10:30 Morni 11:00 Catho with Roger (AL  CPE 2:30 Cookies	RUNCH with White (DR) ing Exercise (RR) olic Communion L, MR) EN GYM es & Easter Trivia	9:00 Water Aerobics (Pool) 10:15 Coffee & Donuts with Kathi (Bistro) 10:25 Sit & Be Fit (DS) 2:00 Line Dance (DS) 2:30 Ping Pong (Gym) 3:00 Laughter Wellness vith Emma Ferguson (RR)	"The Great Global Cleanup"  *Meet at the Front Desk*  10:25 Stretch/Balance (DS)  1:30 Pedal The World (RR)  2:00 Squiggle Ball (RR)  3:00 EXPERT TALK (RR)  "Spring Branch Medical Supply"  Speaker, Shepherd C. Ellis	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) 3:30 Quarter Bingo & Popcorn (RR)	10:15 Giant Crossword Puzzle (2nd Floor Lobby) 10:25 Stretch/Balance (DS) 1:30 Pedal The World (RR) 2:15 Corn Hole (Outside GS) *All Programs Gathering* 3:00 The Abbey Volunteer	7:45 Cardio (DVD-DS) 9:00 Water Aerobics (Pool) 9:30 Senior Seated Stretch Class with Ryan (2nd Floor Lobby) 10:25 Sit & Be Fit (DS) 1:30 Flexibility & Gentle Stretching with Kathi (2nd Floor Lobby) 2:15 Walking (BSL) *All Programs Gathering* 3:00 University of Houston Presents: Classical Music Spring Concert (MPR)  Arbor Day	9:00 Garden Club (2 <sup>nd</sup> Floor 26 Courtyard) 10:30 Morning Exercise (RR)  OPEN GYM  3:00 Pretzels, Beer, & Bingo! (RR)
Brunch (DR 10:30 Morni 11:00 Catho with Roger (AL OPE 1:45 Bus Leav Playhouse Co	ing Exercise (RR) blic Communion L, MR)  EN GYM ves for Stratford omedy Play "Puffs" & "Share Your	9:00 Water Aerobics (Pool) 10:15 Card Kit Class (RR) 10:25 Sit & Be Fit (DS) 2:00 Line Dance (DS)	10:25 Stretch/Balance (DS) 1:30 Pedal The World (RR) 2:00 Squiggle Ball (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 Appreciation Party for the Abbey Driver & Beauty Salon Staff (2 <sup>nd</sup> Fl. Lobby) 4:30 Bus Leaves for Dine Around Houstor to "Seasons 52" New American Cuisine (Lobby)	Ap	ril 2	