

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: center;">July 2020 Fitness/Wellness Calendar Independent Living</p>						
			<p>1 8:15 Foundations (DVD-WC) 9:00 Water Aerobics (Pool) 10:30 Sit & Be Fit (WC) 1:30 Core (DVD-WC) 2:30 Walking Club (4th Fl. IL)</p> <p style="text-align: center;">Canada Day</p>	<p>2 8:00 Noodle Workout (Pool) 9:00 Noodle Workout (Pool) 10:30 Stretch/Balance (WC) 1:00 Knee Therapy (WC) 2:00 Strength-Weights (WC) 3:00 4th of July Car Parade! <u>Please stay on your balcony</u> For more information, please check our community flyer</p>	<p>3 HAPPY 4TH OF JULY 2:00 Patriotic Sing-Along (PT) GYM CLOSED</p>	<p>4 GYM CLOSED 10:30 Exercise w/ Oksana (RR)</p> <p style="text-align: center;">Independence Day (US)</p>
<p>5 GYM CLOSED</p>	<p>6 8:15 Foundations (DVD-WC) 9:00 Water Aerobics (Pool) 10:30 Sit & Be Fit (WC) 1:00 Stretch Class - Self Explanatory (WC) 2:30 Walking Club (4th Fl. IL)</p>	<p>7 8:15 Yoga Mats on Fl. (WC) 9:00 Water Aerobics (Pool) 10:30 Stretch/Balance (WC) 1:00 Line Dancing-Kathi (WC) 2:00 Cardio (DVD-WC) 2:00 BD Bash By Invitation (RR) 3:00 BD Bash By Invitation (RR)</p>	<p>8 8:15 Foundations (DVD-WC) 9:00 Water Aerobics (Pool) 10:30 Sit & Be Fit (WC) 1:30 Core (DVD-WC) 2:30 Walking Club (4th Fl. IL)</p>	<p>9 8:00 Noodle Workout (Pool) 9:00 Noodle Workout (Pool) 10:30 Stretch/Balance (WC) 1:00 Knee Therapy (WC) 2:00 Tai Chi (WC) 3:00 Reminisce Hour (RR) Please Sign Up-Group of 10</p>	<p>10 8:15 Foundations (DVD-WC) 9:00 Water Aerobics (Pool) 10:30 Sit & Be Fit (WC) 1:30 Core (DVD-WC) 2:30 Walking Club (4th Fl. IL)</p>	<p>11 GYM CLOSED 10:30 Exercise w/ Oksana (RR)</p>
<p>12 GYM CLOSED</p>	<p>13 8:15 Foundations (DVD-WC) 9:00 Water Aerobics (Pool) 10:30 Sit & Be Fit (WC) 1:00 Stretch Class - Self Explanatory (WC) 2:30 Walking Club (4th Fl. IL)</p>	<p>14 8:15 Yoga Mats on Fl. (WC) 9:00 Water Aerobics (Pool) 10:30 Stretch/Balance (WC) 1:00 Line Dancing-Kathi (WC) 2:00 Cardio (DVD-WC) 3:00 Volunteer Group Meeting (RR)</p>	<p>15 8:15 Foundations (DVD-WC) 9:00 Water Aerobics (Pool) SUMMER LUAU CELEBRATION! 10:00 "Texas Aloha" Luau Dancers Wellness Center Parking Lot 1:30 Core (DVD-WC) 2:30 Walking Club (4th Fl. IL)</p>	<p>16 8:00 Noodle Workout (Pool) 9:00 Noodle Workout (Pool) 10:30 Stretch/Balance (WC) 1:00 Knee Therapy (WC) 2:00 Strength-Weights (WC) 3:00 Sing-Along Social (PT)</p>	<p>17 8:15 Foundations (DVD-WC) 9:00 Water Aerobics (Pool) 10:30 Sit & Be Fit (WC) 1:30 Core (WC) 2:30 Walking Club (4th Fl. IL) 3:00 Tech Workshop (RR) Assistance with your iPhone or iPad Please Sign Up for this Workshop</p>	<p>18 GYM CLOSED 10:30 Exercise w/ Oksana (RR)</p>
<p>19 GYM CLOSED</p>	<p>20 8:15 Foundations (DVD-WC) 9:00 Water Aerobics (Pool) 10:30 Sit & Be Fit (WC) 1:00 Stretch Class - Self Explanatory (WC) 2:30 Walking Club (4th Fl. IL)</p>	<p>21 8:15 Yoga Mats on Fl. (WC) 9:00 Water Aerobics (Pool) 10:30 Stretch/Balance (WC) 1:00 Line Dancing-Kathi (WC) 2:00 Cardio (DVD-WC) 3:00 Wedding Anniversary Party By Invitation (RR)</p>	<p>22 8:15 Foundations (DVD-WC) 9:00 Water Aerobics (Pool) 10:30 Sit & Be Fit (WC) 1:30 Core (DVD-WC) 2:30 Walking Club (4th Fl. IL)</p>	<p>23 8:00 Noodle Workout (Pool) 9:00 Noodle Workout (Pool) 10:30 Stretch/Balance (WC) 1:00 Knee Therapy (WC) 2:00 Tai Chi (WC) 3:00 Reminisce Hour (RR) Please Sign Up-Group of 10</p>	<p>24 8:15 Foundations (DVD-WC) 9:00 Water Aerobics (Pool) 10:30 Sit & Be Fit (WC) 1:30 Core (DVD-WC) 2:30 Walking Club (4th Fl. IL) 3:00 Trivia "Who Am I?" (RR)</p>	<p>25 GYM CLOSED 10:30 Exercise w/ Oksana (RR)</p>
<p>26 GYM CLOSED</p>	<p>27 8:15 Foundations (DVD-WC) 9:00 Water Aerobics (Pool) 10:30 Sit & Be Fit (WC) 1:00 Stretch Class - Self Explanatory (WC) 2:30 Walking Club (4th Fl. IL) 3:00 Men's Club-Sign Up (BSL) Topic "Recollection of Service"</p>	<p>28 8:15 Yoga Mats on Fl. (WC) 9:00 Water Aerobics (Pool) 10:30 Stretch/Balance (WC) 1:00 Line Dancing-Kathi (WC) 2:00 Cardio (DVD-WC) 3:00 Meet & Greet (RR) Please Sign Up</p>	<p>29 8:15 Foundations (DVD-WC) 9:00 Water Aerobics (Pool) 10:30 Sit & Be Fit (WC) 1:30 Core (DVD-WC) 2:30 Walking Club (4th Fl. IL)</p>	<p>30 8:00 Noodle Workout (Pool) 9:00 Noodle Workout (Pool) 10:30 Stretch/Balance (WC) 1:00 Knee Therapy (WC) 2:00 Strength-Weights (WC) 3:00 Sing-Along Social (PT)</p>	<p>31 8:15 Foundations (DVD-WC) 9:00 Water Aerobics (Pool) 10:30 Sit & Be Fit (WC) 1:30 Core (DVD-WC) 2:30 Walking Club (4th Fl. IL) 3:00 Poetry Club (RR)</p>	<p>ITEMS IN RED M-F ARE FROM THE ACTIVITY CALENDAR *ONLY 10 RESIDENTS PER FITNESS CLASS MUST STAY 6' APART MUST WEAR MASK FIRST COME, FIRST SERVE</p>

Kathi Hill, Fitness/Wellness Director, The Abbey at Westminster Plaza/Key: WC=Wellness Center; RR = Activity Room; MPR = Multi-Purpose Room; BSL = 4th Floor Sports Lounge in IL

