

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# September 2021

## Fitness/Wellness Calendar

						
<p>9:00am-2:00pm Sunday Brunch (DR) <b>OPEN GYM</b> 10:00 The Abbey Communion offered by Dr. Charles Wolcott (RR) 4:00 Quarter Rummikub (BSL)</p>	<p><b>Happy Labor Day!</b> <b>OPEN GYM</b> 2:00 Shepherd School Orchestra Virtual Performance 8 on YouTube (PT) 3:00 Ice Cream Social (GS) <small>Rosh Hashanah Begins</small></p>	<p>8:00 Foundations (DVD-WC) 9:00 Water Aerobics (Pool) 10:30 Stretch/Balance (WC) <b>Afternoon Open Gym</b> 2:00-4:00 Deputy Voter Registrars (RR) 2:30 Badminton (MPR) 2:30 Tai Chi (DVD-WC) 2:30 S'mores &amp; Brain Game "Hangman" (RR)</p>	<p>8:00 Cardio (DVD-WC) 9:00 Water Aerobics (Pool) 10:00-3:00 Stretch Therapy with Ryan Terry (WC) 10:30 Sit &amp; Be Fit (WC) 1:30 Core (DVD-WC) 2:15 Walking DVD – Both Seated &amp; Standing Workouts (WC) 3:00 Corn Hole (MPR)</p>	<p>8:00 Foundations (DVD-WC) 9:00 Noodle Workout (Pool) 10:30 Stretch/Balance (WC) 1:30 Tutorial on Exercise Equipment (WC) 2:00 Co-Ed Line Dance (WC) <b>2:30 Mister McKinney – Historic Houston (RR)</b></p>	<p>8:00 Cardio (DVD-WC) 9:00 Water Aerobics (Pool) 10:30 Sit &amp; Be Fit (WC) 1:30 Core (DVD-WC) 2:15 Walking DVD – Both Seated &amp; Standing Workouts (WC) 3:00 Ping Pong (WC) <b>3:00 Family Tree In-Home Care w/ Braheem Ingalls (RR)</b></p>	<p><b>10:30 Morning Exercise (RR)</b> <b>OPEN GYM</b> <b>10:00-3:00 Kathy's Blouses &amp; Angelina's Jewelry Sale (1st Floor Lobby)</b> <b>10:30 Morning Exercise (RR)</b> <b>OPEN GYM</b></p>
<p><b>OPEN GYM</b> 9:00am-2:00pm Sunday Brunch (DR) 4:00 Quarter Rummikub (BSL) <small>Grandparents Day</small></p>	<p>8:00 Cardio (DVD-WC) 9:00 Water Aerobics (Pool) 10:30 Sit &amp; Be Fit (WC) 1:30 Strength w/ Weights (DVD-WC) <b>2:15 Watercolor Class (RR)</b> 2:15 Walking DVD – Both Seated &amp; Standing Workouts (WC) <b>3:00 Ice Cream Social (GS)</b></p>	<p>8:00 Foundations (DVD-WC) 9:00 Water Aerobics (Pool) 10:30 Stretch/Balance (WC) 1:30 Drum/Rhythm Class (WC) 2:00 Sit &amp; Be Fit (WC) 2:30 Badminton (MPR) 2:30 Tai Chi (DVD-WC) <b>3:00 Kitchen Tours – Must Sign Up – See Activity Calendar for Schedule</b></p>	<p>8:00 Cardio (DVD-WC) 9:00 Water Aerobics (Pool) 10:00-3:00 Stretch Therapy with Ryan Terry (WC) 10:30 Sit &amp; Be Fit (WC) 1:30 Core (DVD-WC) 2:15 Walking DVD – Both Seated &amp; Standing Workouts (WC) 3:00 Corn Hole (MPR) <small>Yom Kippur Begins</small></p>	<p>8:00 Foundations (DVD-WC) 9:00 Noodle Workout (Pool) 10:30 Stretch/Balance (WC) 1:30 Hip Workout (DVD-WC) 2:00 Co-Ed Line Dance (WC) <b>3:00 Entertainment with Pianist, Gene Lichnovsky (MPR)</b></p>	<p><b>Bake Sale Fundraiser! Dress in PURPLE All Day!</b> 8:00 Cardio (DVD-WC) 9:00 Water Aerobics (Pool) 10:30 Sit &amp; Be Fit (WC) 1:30 Core (DVD-WC) <b>1:30-5:00 Bake Sale Supporting Alzheimer's (1st Floor Bistro)</b> 2:15 Walking DVD – Both Seated &amp; Standing Workouts (WC) 3:00 Ping Pong (WC)</p>	<p><b>10:30 Morning Exercise (RR)</b> <b>OPEN GYM</b> <small>Oktoberfest Begins</small></p>
<p><b>OPEN GYM</b> 9:00am-2:00pm Sunday Brunch (DR) 4:00 Quarter Rummikub (BSL)</p>	<p>8:00 Cardio (DVD-WC) 9:00 Water Aerobics (Pool) 10:30 Sit &amp; Be Fit (WC) 1:30 Strength w/ Weights (DVD-WC) 2:15 Walking DVD – Both Seated &amp; Standing Workouts (WC) <b>2:30 "Monty Python's Not the Messiah: He's a Very Naughty Boy" A Comic Oratorio (PT)</b> <b>3:00 Ice Cream Social (GS)</b> <small>Sukkot Begins</small></p>	<p>8:00 Foundations (DVD-WC) 9:00 Water Aerobics (Pool) 10:30 Stretch/Balance (WC) 1:30 Drum/Rhythm Class (WC) 2:00 Sit &amp; Be Fit (WC) 2:30 Badminton (MPR) 2:30 Tai Chi (DVD-WC) <b>2:30 "My Archaeological Adventure to Egypt" Speaker, Fred Kelly (RR)</b></p>	<p>8:00 Cardio (DVD-WC) 9:00 Water Aerobics (Pool) 10:00-3:00 Stretch Therapy with Ryan Terry (WC) 10:30 Sit &amp; Be Fit (WC) 1:30 Core (DVD-WC) 2:15 Walking DVD – Both Seated &amp; Standing Workouts (WC) 3:00 Corn Hole (MPR) <small>Autumn Begins</small></p>	<p>8:00 Foundations (DVD-WC) 9:00 Noodle Workout (Pool) 10:30 Stretch/Balance (WC) <b>1:30 New Resident Orientation (BSL)</b> 2:00 Co-Ed Line Dance (WC) <b>3:00 Scattergories (RR)</b></p>	<p>8:00 Cardio (DVD-WC) 9:00 Water Aerobics (Pool) 10:30 Sit &amp; Be Fit (WC) 1:30 Core (DVD-WC) 2:15 Walking DVD – Both Seated &amp; Standing Workouts (WC) 3:00 Ping Pong (WC) <b>3:00 Happy Hour (Bistro)</b></p>	<p><b>10:30 Morning Exercise (RR)</b> <b>11:00-3:00 Miraculous Creations Jewelry Sale with Sandra McConaty (1st Floor Lobby)</b> <b>OPEN GYM</b></p>
<p><b>OPEN GYM</b> 9:00am-2:00pm Sunday Brunch (DR) 4:00 Quarter Rummikub (BSL)</p>	<p>8:00 Cardio (DVD-WC) 9:00 Water Aerobics (Pool) 10:30 Sit &amp; Be Fit (WC) 1:30 Strength w/ Weights (DVD-WC) <b>2:15 Watercolor Class (RR)</b> 2:15 Walking DVD – Both Seated &amp; Standing Workouts (WC) <b>3:00 Ice Cream Social (GS)</b></p>	<p>8:00 Foundations (DVD-WC) 9:00 Water Aerobics (Pool) 10:30 Stretch/Balance (WC) 1:30 Drum/Rhythm Class (WC) 2:00 Sit &amp; Be Fit (WC) 2:30 Badminton (MPR) 2:30 Tai Chi (DVD-WC) <b>3:00 Meet &amp; Greet Social (RR)</b> <small>Simchat Torah Begins</small></p>	<p>8:00 Cardio (DVD-WC) - <b>Kathi</b> 9:00 Water Aerobics (Pool) - <b>Resident Led</b> <b>9:00 Health Museum Senior Art &amp; Exercise Program; Free Lunch &amp; Speaker - Kathi</b> <b>10:00-3:00 Stretch Therapy with Ryan Terry (WC)</b> 10:30 Sit &amp; Be Fit (WC) - <b>Resident Led</b> 1:30 Core (DVD-WC) - <b>Irina</b> 2:15 Walking DVD – Both Seated &amp; Standing Workouts (WC) - <b>Irina</b> 3:00 Corn Hole (MPR) - <b>Resident Led</b></p>	<p>8:00 Foundations (DVD-WC) 9:00 Noodle Workout (Pool) 10:30 Stretch/Balance (WC) 1:30 Knee Workout (DVD-WC) 2:00 Co-Ed Line Dance (WC) <b>3:00 Entertainment with Karen Pfeiffer (MPR)</b></p>	<p><b>ITEMS IN RED M-F ARE FROM THE ACTIVITY CALENDAR EQUIPMENT SANITIZED AFTER EACH CLASS</b></p> 	

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; DR=Dining Room