





















Independent Living Wellness Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
ALL WELLNESS CLASSES ARE HELD IN THE WELLNESS CENTER UNLESS SPECIFIED	For 1-on-1 Consultations, Tailored Exercise plans, or Machine Tutorials please reach out to our Wellness Coordinator Malcolm Scott at 346-269-7130					 Functional Pathways <i>Therapy that exceeds expectations</i>
1 GET ACTIVE Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3	2 9:30A Adv. Core & Balance 10:00A Int. Core & Balance 10:30 A Beg. Core & Balance 12:30P Resident Consultation 1:30P Functional Strength Training 2:30P Guided Stretch & Breathing	3 Partner Workout 9:30A Advanced Strength 10:00A Intermediate Strength 10:30A Beginner Strength 11:00A Aqua Strength 12:30P Equipment Tutorial 1:30P Women's Strength Circuit 2:30P Walking Aerobics	4 9:30A Adv. Stretch & Balance 10:00A Int. Stretch & Balance 10:30A Beg. Stretch & Balance 11:00A Chair Volleyball (AU) 1:30P Chair Yoga 2:00P Resident Consultation	5 Partner Workout 9:30A Adv. Functional Strength 10:00A Int. Functional Strength 10:30A Beg. Functional Strength 11:00A Aqua Cardio 12:30P Equipment Tutorial 1:30P Line Dance Fitness	6 9:30A Advanced Cardio 10:00A Intermediate Cardio 10:30A Chair Aerobics 11:00A Trivia (Wii Room) 1:00P Men's Circuit Training 1:30P Mobility vs. Flexibility Workshop 2:00P Cornhole (CC)	7 GET ACTIVE Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3
8 GET ACTIVE Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3	9 9:30A Adv. Core & Balance 10:00A Int. Core & Balance 10:30 A Beg. Core & Balance 12:30P Resident Consultation 1:30P Functional Strength Training 2:30P Guided Stretch & Breathing	10 9:30A Advanced Strength 10:00A Intermediate Strength 10:30A Beginner Strength 11:00A Aqua Strength 12:30P Equipment Tutorial 1:30P Women's Strength Circuit 2:30P Walking Aerobics	11 9:30A Adv. Stretch & Balance 10:00A Int. Stretch & Balance 10:30A Beg. Stretch & Balance 11:00A Chair Volleyball (AU) 1:30P Chair Yoga 2:00P Resident Consultation	12 9:30A Adv. Functional Strength 10:00A Int. Functional Strength 10:30A Beg. Functional Strength 11:00A Aqua Cardio 12:30P Equipment Tutorial 1:30P Line Dance Fitness	13 9:30A - 12P Heart-Health Fest 1:00P Men's Circuit Training 1:30P Mobility vs. Flexibility Workshop 2:00P Cornhole (CC)	14 GET ACTIVE Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3
15 GET ACTIVE Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3	16 Partner Workout 9:30A Adv. Core & Balance 10:00A Int. Core & Balance 10:30 A Beg. Core & Balance 12:30P Resident Consultation 1:30P Functional Strength Training 2:30P Guided Stretch & Breathing	17 9:30A Advanced Strength 10:00A Intermediate Strength 10:30A Beginner Strength 11:00A Aqua Strength 12:30P Equipment Tutorial 1:30P Women's Strength Circuit 2:30P Walking Aerobics	18 Partner Workout 9:30A Adv. Stretch & Balance 10:00A Int. Stretch & Balance 10:30A Beg. Stretch & Balance 11:00A Chair Volleyball (AU) 1:30P Chair Yoga 2:00P Resident Consultation	19 9:30A Adv. Functional Strength 10:00A Int. Functional Strength 10:30A Beg. Functional Strength 11:00A Aqua Cardio 12:30P Equipment Tutorial 1:30P Line Dance Fitness	20 9:30A Advanced Cardio 10:00A Intermediate Cardio 10:30A Chair Aerobics 11:00A Trivia (Wii Room) 1:00P Men's Circuit Training 1:30P Mobility vs. Flexibility Workshop 2:00P Cornhole (CC)	21 GET ACTIVE Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3
22 GET ACTIVE Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3	23 9:30A Adv. Core & Balance 10:00A Int. Core & Balance 10:30 A Beg. Core & Balance 12:30P Resident Consultation 1:30P Functional Strength Training 2:30P Guided Stretch & Breathing	24 9:30A Advanced Strength 10:00A Intermediate Strength 10:30A Beginner Strength 11:00A Aqua Strength 12:30P Equipment Tutorial 1:30P Women's Strength Circuit 2:30P Walking Aerobics	25 9:30A Adv. Stretch & Balance 10:00A Int. Stretch & Balance 10:30A Beg. Stretch & Balance 11:00A Chair Volleyball (AU) 1:30P Chair Yoga 2:00P Resident Consultation	26 9:30A Adv. Functional Strength 10:00A Int. Functional Strength 10:30A Beg. Functional Strength 11:00A Aqua Cardio 12:30P Equipment Tutorial 1:30P Line Dance Fitness	27 Partner Workout 9:30A Advanced Cardio 10:00A Intermediate Cardio 10:30A Chair Aerobics 11:00A Trivia (Wii Room) 1:00P Men's Circuit Training 1:30P Mobility vs. Flexibility Workshop 2:00P Cornhole (CC)	28 GET ACTIVE Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3

Independent Living Lifestyles Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
 <p>"We have known and have believed the love that God has for us. God is love, and those who remain in love remain in God and God remains in them." 1 JOHN 4:16</p>		 <p>SPREAD THE LOVE</p>		<p>MAP LEGEND AC—Arts & Crafts Room AU—Auditorium/Chapel CC—Cabana Café CR — Cabana Room G — Garden GR— Game Room ML— Main Lobby PG — Putting Green WR — Wii Room</p>	<p>**Events highlighted in BLUE require sign-up in the message center.</p>	<p>Cancellations as well as changes are often unavoidable. We appreciate your cooperation and understanding. Don't see anything you love? Please let us know so we may add to our calendar.</p>
<p>1</p> <p>11:00A Episcopal Service (B Building 2nd Floor) 12:00P-2:00P Sunday Brunch 3:30P Vespers (AU/Ch2) 4:30P Coffee and Chatter (CC)</p>	<p>2 Spread your Love Mural starts today!</p> <p>10:00A Art Group (AC) 1:30P Bible School (GR) 3:00P Bingo Store (AC) 5P & 6P Mexican Train (GR)</p> <p>Groundhog Day </p>	<p>3</p> <p>10:00A Grocery Trip (ML) 11:00A Men's Group (GR) 1:00P Wii Bowling (WiiRoom) 3:00P Movie Matinee: "Mother of the Bride" (AU) 6:15P Bingo (AC)</p>	<p>4 </p> <p>9A-12P Podiatrist Visit 10:30A Crochet & Knitting (AC) 1:00P Cake Decor with Flair (AU) 3:00P Learn Spanish (GR) 6:15P Bridge (GR)</p> <p>Carnations go on Sale</p>	<p>5</p> <p>11:15A Prayer Group (GR) 2:00P Rummikub (GR) 4:00P Super Bowl Social Hour (CC) 6:15P Bingo (AC)</p> <p></p>	<p>6 </p> <p>1:00P Catholic Service (AU) 2:15P Bible Study w/Chaplain John Bender (AU) - Psalms Canceled 2:30P Associate Chili Cook-off (DR) 6:00P Rummikub (GR) 6:15P Trivia Night (AC)</p> <p></p>	<p>7</p> <p>9:00A Putting Club (PG) 9:30A Coffee w/Neighbors (CC) 6:15P Bingo (AC)</p>
<p>8 Super Bowl Sunday</p> <p>11:00A Episcopal Service (B Building 2nd Floor) 12:00P-2:00P Sunday Brunch 3:30P Vespers (AU/Ch2) 4:30P Coffee and Chatter (CC) 5:30P Super Bowl Viewing (CC) </p>	<p>9 Love Your Heart Week</p> <p>10:00A Art Group (AC) 11:00A Out to Lunch: Flower Child Restaurant (ML) 1:30P Bible School (GR) 5P & 6P Mexican Train (GR)</p>	<p>10 Love Your Heart Week</p> <p>10:00A Grocery Trip (ML) 11:00A PWP Choir (AU) 1:45P Hearts Bingo w/St. John Paul II Catholic School (CC) 4:00P Mobile Phone 101 (GR) 6:15P Bingo (AC)</p>	<p>11 Love Your Heart Week</p> <p>10:30A Crochet & Knitting (AC) 11:30A Faithful Paws Visit (ML) 1:00P Chess Club (GR) 2:30P The Perfect Pair: Wine & Chocolate Valentine's (DR) 6:15P Bridge (GR)</p> <p>Carnations Sale End </p>	<p>12 Love Your Heart Week</p> <p>10:00A Writer's Workshop (AC) 11:15A Prayer Group (GR) 12:30P Keep it Pumping - Heart Health Walk (ML) 2:00P Rummikub (GR) 4:00P Social Hour (CC) 6:15P Bingo (AC)</p>	<p>13 Love Your Heart Week</p> <p>9:30A - 12P Heart-Health Fair (WC) 10:00A Jay's Bazar (GR) 1:30P Bible Study w/Chaplain John Bender (AU) 2:30P CVS/Walgreens (\$)  6:00P Rummikub (GR)</p>	<p>14</p> <p>9:00A Putting Club (PG) 9:30A Coffee w/Neighbors (CC) 6:15P Bingo (AC)</p> <p></p>
<p>15</p> <p>11:00A Episcopal Service (B Building 2nd Floor) 12:00P-2:00P Sunday Brunch 3:30P Vespers (AU/Ch2) 4:30P Coffee and Chatter (CC)</p>	<p>16 </p> <p>10:00A Art Group (AC) 11:00A Presidents' Day Trivia (AC) 1:30P Bible School (GR) 3:00P Birthday Social (AU) 5P & 6P Mexican Train (GR)</p> <p>Presidents Day</p>	<p>17 Meal of the Month</p> <p>10:00A Grocery Trip (ML) 2:00P Sing-A-Long w/ Tim Holder (AU) 3:00P Fat Tuesday: Mardi Gras Festival (CC)  6:15P Bingo (AC)</p>	<p>18 Ash Wednesday</p> <p>10:30A Crochet & Knitting (AC) 1:00P Episcopal Service w/Barbara Boghetich (AU) 2:00P Catholic Service (AU) 3:00P Chef Chat (AU) 5:00P Catholic Women's Dinner (DR) 6:15P Bridge (GR)</p>	<p>19 Pest Control Building C</p> <p>11:00A Episcopal Service (AU) 11:15A Prayer Group (GR) 2:00P Rummikub (GR) 3:00P Town Hall (AU) 4:00P Social Hour (CC) 6:15P Bingo (AC)</p> <p></p>	<p>20</p> <p>10:30A Let's Rodeo: "Houston Livestock Show & Rodeo Conference" (AU) 11:30A Book Club (L) 1:30P Bible Study w/Chaplain John Bender (AU) 3:00P Bunco w/Amy (GR) 6:00P Rummikub (GR) 6:15P Trivia Night (AC)</p>	<p>21</p> <p>9:00A Putting Club (PG) 9:30A Coffee w/Neighbors (CC) 3:30P Music of Harmony (AU) 6:15P Bingo (AC)</p>
<p>22 </p> <p>11:00A Episcopal Service (B Building 2nd Floor) 12:00P-2:00P Sunday Brunch 3:30P Vespers (AU/Ch2) 4:30P Coffee and Chatter (CC)</p>	<p>23</p> <p>10:00A Art Group (AC) 10:30A Vessels of Joy (GR) 1:30P Bible School (GR) 3:00P The Game Show Showdown w/Chaplain John Bender: Oldiewed Game (AU) 5P & 6P Mexican Train (GR)</p>	<p>24</p> <p>On-Site Car Wash & Detailing 10:00A Grocery Trip - HEB (ML) 10:30A PWP Choir (HC) 2:00P Bingo w/HHR (AC) 6:15P BINGO (AC)</p> <p></p>	<p>25</p> <p>10:30A Crochet & Knitting (AC) 11:30A Faithful Paws Visit (ML) 1:00P Chess Club (GR) 1:30P Shopping Squad: Joseph's Coat (ML) 3:00P Learn Spanish (GR)</p>	<p>26</p> <p>10:00A Writer's Workshop (AC) 11:15A Prayer Group (GR) 1:00P Wii Bowling (WiiRoom) 2:00P Rummikub (GR) 4:00P Social Hour (CC) 6:15P Bingo (AC)</p>	<p>27 Go Texan Day! Wear Western Clothing </p> <p>1:30P Bible Study w/Chaplain John Bender (AU) 2:30P CVS/Walgreens (\$) 1:30P Bible Study w/Chaplain John Bender (AU) 3:00P Go Texan Day! Entertainment by Floyd Callen (AU) 6:00P Rummikub (GR)</p>	<p>28</p> <p>9:00A Putting Club (PG) 9:30A Coffee w/Neighbors (CC) 6:15P Dollar Bingo (AC)</p> <p></p>