



PARKWAY  
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Inspiring happiness.<sup>SM</sup>

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# Independent Living Wellness Calendar

SUN MON TUE WED THU FRI SAT

SUN	MON	TUE	WED	THU	FRI	SAT
<b>ALL WELLNESS CLASSES ARE HELD IN THE WELLNESS CENTER UNLESS SPECIFIED</b>	<b>For 1-on-1 Consultations, Tailored Exercise plans, or Machine Tutorials please reach out to our Wellness Coordinator Malcolm Scott at 346-269-7130</b>					 Functional Pathways <small>Therapy that exceeds expectations</small>
<b>1</b>  <b>GET ACTIVE</b> Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3	<b>2</b>  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	<b>3</b> <b>Partner Workout</b>  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	<b>4</b>  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	<b>5</b> <b>Partner Workout</b>  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	<b>6</b>  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)	<b>7</b>  <b>GET ACTIVE</b> Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3
<b>8</b>  <b>GET ACTIVE</b> Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3	<b>9</b>  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	<b>10</b>  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	<b>11</b>  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	<b>12</b>  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	<b>13</b>  <b>9:30A - 12P Heart-Health Fest</b> 1:00P Men's Circuit Training 1:30P Mobility vs. Flexibility Workshop 2:00P Cornhole (CC)	<b>14</b>  <b>GET ACTIVE</b> Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3
<b>15</b>  <b>GET ACTIVE</b> Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3	<b>16</b> <b>Partner Workout</b>  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	<b>17</b>  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	<b>18</b> <b>Partner Workout</b>  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	<b>19</b>  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	<b>20</b>  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)	<b>21</b>  <b>GET ACTIVE</b> Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3
<b>22</b>  <b>GET ACTIVE</b> Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3	<b>23</b>  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	<b>24</b>  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	<b>25</b>  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	<b>26</b>  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	<b>27</b> <b>Partner Workout</b>  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)	<b>28</b>  <b>GET ACTIVE</b> Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3





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**\*\*Events highlighted in BLUE require sign-up in the message center.**

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.

<b>1</b>	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)
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<b>2</b>	<b>Spread your Love Mural starts today!</b>  Groundhog Day
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<b>3</b>	10:00A Art Group (AC) 1:30P Bible School (GR) 3:00P Bingo Store (AC) 5P & 6P Mexican Train (GR)
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<b>4</b>	10:00A <b>Grocery Trip (ML)</b> 11:00A Men's Group (GR) 1:00P Wii Bowling (WiiRoom) <b>3:00P Movie Matinee: "Mother of the Bride" (AU)</b> 6:15P Bingo (AC)
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<b>5</b>	11:15A Prayer Group (GR) 2:00P Rummikub (GR) 4:00P Super Bowl Social Hour (CC) 6:15P Bingo (AC)
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<b>6</b>	1:00P Catholic Service (AU) 2:15P Bible Study w/Chaplain John Bender (AU) - Psalms Canceled <b>2:30P Associate Chili Cook-off (DR)</b> 6:00P Rummikub (GR) 6:15P Trivia Night (AC)
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<b>7</b>	9:00A Putting Club (PG) 9:30A Coffee w/Neighbors (CC) 6:15P Bingo (AC)
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<b>8</b>	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) <b>5:30P Super Bowl Viewing (CC)</b>
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<b>9</b>	<b>Love Your Heart Week</b> 10:00A Art Group (AC) <b>11:00A Out to Lunch: Flower Child Restaurant (ML)</b> 1:30P Bible School (GR) 5P & 6P Mexican Train (GR)
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<b>10</b>	<b>Love Your Heart Week</b> 10:00A <b>Grocery Trip (ML)</b> 11:00A PWP Choir (AU) <b>1:45P Hearts Bingo w/St. John Paul II Catholic School (CC)</b> <b>4:00P Mobile Phone 101 (GR)</b> 6:15P Bingo (AC)
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<b>11</b>	<b>Love Your Heart Week</b> 10:30A Crochet & Knitting (AC) 11:30A Faithful Paws Visit (ML) <b>1:00P Chess Club (GR)</b> <b>2:30P The Perfect Pair: Wine &amp; Chocolate Valentine's (DR)</b> 6:15P Bridge (GR)
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<b>12</b>	<b>Love Your Heart Week</b> 10:00A Writer's Workshop (AC) 11:15A Prayer Group (GR) <b>12:30P Keep it Pumping - Heart Health Walk (ML)</b> 2:00P Rummikub (GR) 4:00P Social Hour (CC) 6:15P Bingo (AC)
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<b>13</b>	<b>Love Your Heart Week</b> <b>9:30A-12P Heart-Health Fair (WC)</b> 10:00A Jay's Bazaar (GR) 1:30P Bible Study w/Chaplain John Bender (AU) <b>2:30P CVS/Walgreens (\$)</b> 6:00P Rummikub (GR)
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<b>14</b>	9:00A Putting Club (PG) 9:30A Coffee w/Neighbors (CC) 6:15P Bingo (AC)
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<b>15</b>	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)
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<b>16</b>	<b>HAPPY BIRTHDAY</b> 10:00A Art Group (AC) <b>11:00A Presidents' Day Trivia (AC)</b> 1:30P Bible School (GR) 3:00P Birthday Social (AU) 5P & 6P Mexican Train (GR)
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<b>17</b>	<b>Meal of the Month</b> 10:00A <b>Grocery Trip (ML)</b> 2:00P Sing-A-Long w/ Tim Holder (AU) <b>3:00P Fat Tuesday: Mardi Gras Festival (CC)</b>
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<b>18</b>	<b>Ash Wednesday</b> 10:30A Crochet & Knitting (AC) <b>1:00P Episcopal Service w/Barbara Boghetich (AU)</b> <b>2:00P Catholic Service (AU)</b> 3:00P Chef Chat (AU) 5:00P Catholic Women's Dinner (DR) 6:15P Bridge (GR)
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<b>19</b>	<b>Pest Control Building C</b> 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)
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<b>20</b>	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) <b>3:00P Bunko w/Amy (GR)</b> 6:00P Rummikub (GR) 6:15P Trivia Night (AC)
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<b>21</b>	9:00A Putting Club (PG) 9:30A Coffee w/Neighbors (CC) 3:30P Music of Harmony (AU) 6:15P Bingo (AC)
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<b>22</b>	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)
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<b>23</b>	10:00A Art Group (AC) 10:30A Vessels of Joy (GR) 1:30P Bible School (GR) <b>3:00P The Game Show Showdown w/Chaplain John Bender: Oldieword Game (AU)</b> 5P & 6P Mexican Train (GR)
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<b>24</b>	<b>On-Site Car Wash &amp; Detailing</b> 10:00A <b>Grocery Trip - HEB (ML)</b> <b>10:30A PWP Choir (HC)</b> 2:00P Bingo w/HHR (AC) 6:15P BINGO (AC)
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<b>25</b>	10:30A Crochet & Knitting (AC) 11:30A Faithful Paws Visit (ML) <b>1:00P Chess Club (GR)</b> <b>1:30P Shopping Squad: Joseph's Coat (ML)</b> 3:00P Learn Spanish (GR)
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**26**	10:00