

Independent Living Wellness Calendar



PARKWAY PLACESM
Inspiring happiness.SM

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

1
9:30A Adv. Stretch & Balance
10:00A Int & Beg Stretch & Balance
11:00A Chair Volleyball (AU)
1:30P Chair Yoga
2:00P Resident Consultation

2
9:30A Adv. Functional Strength
10:00A Int. Functional Strength
10:30A Beg. Functional Strength
11:00A Aqua Cardio
12:30P Mobility and Flexibility Workshop
1:30P Line Dance Fitness

3
9:30A Advanced Cardio
10:00A Intermediate Cardio
10:30A Chair Aerobics
11:00A Trivia (Wii Room)
1:00P Men's Circuit Training
2:00P Cornhole (CC)

4
GET ACTIVE
Get up and active!
Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3

5
GET ACTIVE
Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3

6
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

7
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

8
9:30A Adv. Stretch & Balance
10:00A Int & Beg Stretch & Balance
11:00A Chair Volleyball (AU)
1:30P Chair Yoga
2:00P Resident Consultation

9
9:30A Adv. Functional Strength
10:00A Int. Functional Strength
10:30A Beg. Functional Strength
11:00A Aqua Cardio
12:30P Mobility and Flexibility Workshop
1:30P Line Dance Fitness

10
9:30A Advanced Cardio
10:00A Intermediate Cardio
10:30A Chair Aerobics
11:00A Trivia (Wii Room)
1:00P Men's Circuit Training
2:00P Cornhole (CC)

11
GET ACTIVE
Get up and active!
Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3

12
GET ACTIVE
Get up and active!
Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3

13
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

14
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

15
9:30A Adv. Stretch & Balance
10:00A Int & Beg Stretch & Balance
11:00A Chair Volleyball (AU)
1:30P Chair Yoga
2:00P Resident Consultation

16
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


17
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)

18
GET ACTIVE
Get up and active!
Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3

19
GET ACTIVE
Get up and active!
Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3

20
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

21
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

22 
9:30A Adv. Stretch & Balance
10:00A Int & Beg Stretch & Balance
11:00A Chair Volleyball (AU)
1:30P Chair Yoga
2:30P Kite-Flying Contest (G)

23
9:30A Adv. Functional Strength
10:00A Int. Functional Strength
10:30A Beg. Functional Strength
11:00A Aqua Cardio
12:30P Mobility and Flexibility Workshop
1:30P Line Dance Fitness

24
9:30A Advanced Cardio
10:00A Intermediate Cardio
10:30A Chair Aerobics
11:00A Trivia (Wii Room)
1:00P Men's Circuit Training
2:00P Cornhole (CC)

25
GET ACTIVE
Get up and active!
Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3

26
GET ACTIVE
Get up and active!
Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3

27
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

28
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

29
9:30A Adv. Stretch & Balance
10:00A Int & Beg Stretch & Balance
11:00A Chair Volleyball (AU)
1:30P Chair Yoga
2:00P Resident Consultation























30
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





PARKWAY PLACESM
Inspiring happiness.SM

Independent Living Lifestyles Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
<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>1 </p> <p>10:30A Explore Bluebonnet Trails, Blue Bell Creamery & Lunch (ML) 3:00P Laugh with us with Comedian Scott Hardy (AU) 6:15P Bridge (GR)</p>	<p>2</p> <p>10:00A - 4:00P The Great Egg Hunt (All Buildings) 11:15A Prayer Group (GR) 2:00P Rummikub (GR) 4:00P Social Hour (CC) 6:15P Bingo (AC)</p> 	<p>3 Good Friday</p> <p>11:00A Good Friday Service with Chaplain John Bender (AU) 1:00P Catholic Service (AU) 6:00P Rummikub (GR) 6:15P Trivia Night (AC)</p> 	<p>4</p> <p>9:00A Putting Club (PG) 9:30A Coffee w/Neighbors (CC) 6:15P Bingo (AC)</p>
<p>5 Easter Sunday </p> <p>11:00A Episcopal Service (B Building 2nd Floor) 12:00P-2:00P Sunday Brunch 3:30P Vespers (David Sproul) (AU/Ch2) 4:30P Coffee and Chatter (CC)</p>	<p>6</p> <p>10:00A Art Group (AC) 10:30A Ladybug Painted Rocks (AC) 3:00P Bingo Store (AC) 5P & 6P Mexican Train (GR)</p> 	<p>7</p> <p>10:00A Grocery Trip (ML) 11:00A Men's Group (GR) 2:00P Shopping Squad: Joseph's Coat (ML) 4:00P Mobile Phone 101 (GR) 6:15P Bingo (AC)</p>	<p>8 </p> <p>9A - 12P Podiatrist Visit 10:30A Crochet & Knitting (AC) 11:00A Jim the Jeweler (GR) 11:30A Faithful Paws Visit (ML) 3:00P Learn Spanish (GR) 6:15P Bridge (GR)</p>	<p>9</p> <p>10:00A Writer's Workshop (AC) 11:15A Prayer Group (GR) 2:00P Rummikub (GR) 4:00P Social Hour (CC) 6:15P Bingo (AC)</p>	<p>10</p> <p>10:00A Jay's Bazar (GR) 1:30P Bible Study with Chaplain John Bender (AU) 2:30P CVS/Walgreens (\$)  6:00P Rummikub (GR)</p>	<p>11 </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>12</p> <p>11:00A Episcopal Service (B Building 2nd Floor) 12:00P-2:00P Sunday Brunch 3:30P Vespers (Khris Slaughter) (AU/Ch2) 4:30P Coffee and Chatter (CC)</p>	<p>13 </p> <p>10:00A Art Group (AC) 10:30A Invite Birds into PWP Backyard (AC) 1:30P Bible School (GR) 5P & 6P Mexican Train (GR)</p>	<p>14 Meal of the Month</p> <p>10:00A Grocery Trip (ML) 11:00A Men's Group (GR) 11:00A PWP Choir (AU) 2:00P Movie Matinee (AU) 6:15P Bingo (AC)</p>	<p>15</p> <p>9:00A Men's Group Outing: National Museum of Funeral History (ML) 10:30A Crochet & Knitting (AC) 5:00P Catholic Women's Dinner (DR) 6:15P Bridge (GR)</p>	<p>16 </p> <p>11:00A Episcopal Service (AU) 11:15A Prayer Group (GR) 2:00P Rummikub (GR) 2:00P SPRING FEST CELEBRATION (G) 6:15P Bingo (AC)</p> <p><small>Pest Control Building B</small></p>	<p>17 </p> <p>11:30A Book Club (L) 1:30P Bible Study with Chaplain John Bender (AU) 2:30P CVS/Walgreens (\$)  6:00P Rummikub (GR) 6:15P Trivia Night (AC)</p>	<p>18</p> <p>9:00A Putting Club (PG) 9:30A Coffee w/Neighbors (CC) 6:15P Bingo (AC)</p> 
<p>19 </p> <p>11:00A Episcopal Service (B Building 2nd Floor) 12:00P-2:00P Sunday Brunch 3:30P Vespers (Michael Meyer) (AU/Ch2) 4:30P Coffee and Chatter (CC)</p>	<p>20 </p> <p>10:00A Art Group (AC) 1:30P Bible School (GR) 3:00P Birthday Social (AU) 5P & 6P Mexican Train (GR)</p>	<p>21</p> <p>10:00A Grocery Trip (ML) 11:00A Men's Group (GR) 2:00P Sing-A-Long with Tim Holder (AU) 6:15P Bingo (AC)</p>	<p>22</p> <p>10:30A Crochet & Knitting (AC) 11:30A Faithful Paws Visit (ML) 2:30P Kite-Flying Contest (G) 3:00P Chef Chat (AU)</p> 	<p>23 </p> <p>10:00A Writer's Workshop (AC) 11:15A Prayer Group (GR) 1:00P "Becoming his Masterpiece" - Meet the Author: Sharon Collins (AU) 2:00P Rummikub (GR) 3:00P Town Hall (AU) 4:00P Social Hour (CC) 6:15P Bingo (AC)</p>	<p>24</p> <p>1:30P Bible Study with Chaplain John Bender (AU) 2:30P Musical Tribute by LaVonne Collins (AU) 6:00P Rummikub (GR)</p> 	<p>25</p> <p>9:00A Putting Club (PG) 9:30A Coffee w/Neighbors (CC) 6:15P Dollar Bingo (AC)</p>
<p>26</p> <p>11:00A Episcopal Service (B Building 2nd Floor) 12:00P-2:00P Sunday Brunch 3:30P Vespers (Biyi Osanya) (AU/Ch2) 4:30P Coffee and Chatter (CC)</p>	<p>27 </p> <p>10:00A Art Group (AC) 1:30P Bible School (GR) 3:00P The Game Show Showdown with Chaplain John Bender (AU) 5P & 6P Mexican Train (GR) 7:00P Bayou City Singer Patriotic Concert (AU)</p>	<p>28</p> <p>10:00A Grocery Trip (ML) 10:30A PWP Choir (HC) 11:00A Men's Group (GR) 2:00P Bingo with HHR (AC) 6:15P BINGO (AC)</p>	<p>29</p> <p>10:30A Crochet & Knitting (AC) 11:00A Brookwood Community Visit & Lunch (ML) 3:00P Learn Spanish (GR)</p> 	<p>30</p> <p>10:30A Vessels of Joy (GR) 11:15A Prayer Group (GR) 2:00P Rummikub (GR) 3:00P Bunco with Amy (AC) 4:00P Social Hour (CC) 6:15P Bingo (AC)</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>

APRIL