

# Independent Living Wellness Calendar



**PARKWAY PLACE**  
Inspiring happiness.™

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| SUN                                                                                                                                                         | MON                                                                                                                                                                                                                                        | TUE                                                                                                                                                                                                                             | WED                                                                                                                                                                                           | THU                                                                                                                                                                                                                          | FRI                                                                                                                                                                                       | SAT                                                                                                                                                      |
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| <p><b>ALL WELLNESS CLASSES ARE HELD IN THE WELLNESS CENTER UNLESS SPECIFIED</b></p>                                                                         |                                                                                                                                                                                                                                            | <p><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></p>                                                                |                                                                                                                                                                                               |                                                                                                                                                                                                                              | <p><b>1</b><br/>9:30A Advanced Cardio<br/>10:00A Intermediate Cardio<br/>10:30A Chair Aerobics<br/>11:00A Trivia (Wii Room)<br/>1:00P Men's Circuit Training<br/>2:30P Cornhole (CC)</p>  | <p><b>2</b><br/><b>GET ACTIVE</b><br/><b>Get up and active!</b><br/><b>Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3</b></p>  |
| <p><b>3</b><br/><b>GET ACTIVE</b><br/><b>Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3</b></p>                | <p><b>4</b><br/>9:30A Adv. Core &amp; Balance<br/>10:00A Int. Core &amp; Balance<br/>10:30 A Beg. Core &amp; Balance<br/>12:30P Resident Consultation<br/>1:30P Functional Strength Training<br/>2:30P Guided Stretch &amp; Breathing</p>  | <p><b>5</b><br/>9:30A Advanced Strength<br/>10:00A Intermediate Strength<br/>10:30A Beginner Strength<br/>11:00A Aqua Strength<br/>12:30P Equipment Tutorial<br/>1:30P Women's Strength Circuit<br/>2:30P Walking Aerobics</p>  | <p><b>6</b><br/>9:30A Adv. Stretch &amp; Balance<br/>10:00A Int. &amp; Beg. Stretch &amp; Balance<br/>11:00A Chair Volleyball (AU)<br/>1:30P Chair Yoga<br/>2:00P Work It Wednesday (AU)</p>  | <p><b>7</b><br/>9:30A Adv. Functional Strength<br/>10:00A Int. Functional Strength<br/>10:30A Beg. Functional Strength<br/>11:00A Aqua Cardio<br/>12:30P Mobility and Flexibility Workshop<br/>1:30P Line Dance Fitness</p>  | <p><b>8</b><br/>9:30A Advanced Cardio<br/>10:00A Intermediate Cardio<br/>10:30A Chair Aerobics<br/>11:00A Trivia (Wii Room)<br/>1:00P Men's Circuit Training<br/>2:30P Cornhole (CC)</p>  | <p><b>9</b><br/><b>GET ACTIVE</b><br/><b>Get up and active!</b><br/><b>Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3</b></p>  |
| <p><b>10</b><br/><b>GET ACTIVE</b><br/><b>Get up and active!</b><br/><b>Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3</b></p>    | <p><b>11</b><br/>9:30A Adv. Core &amp; Balance<br/>10:00A Int. Core &amp; Balance<br/>10:30 A Beg. Core &amp; Balance<br/>12:30P Resident Consultation<br/>1:30P Functional Strength Training</p>                                          | <p><b>12</b><br/>9:30A Advanced Strength<br/>10:00A Intermediate Strength<br/>10:30A Beginner Strength<br/>11:00A Aqua Strength<br/>12:30P Equipment Tutorial<br/>1:30P Women's Strength Circuit<br/>2:30P Walking Aerobics</p> | <p><b>13</b><br/>9:30A Adv. Stretch &amp; Balance<br/>10:00A Int. &amp; Beg. Stretch &amp; Balance<br/>11:00A Chair Volleyball (AU)<br/>1:30P Chair Yoga<br/>2:00P Resident Consultation</p>  | <p><b>14</b><br/>9:30A Adv. Functional Strength<br/>10:00A Int. Functional Strength<br/>10:30A Beg. Functional Strength<br/>11:00A Aqua Cardio<br/>12:30P Equipment Tutorial<br/>1:30P Line Dance Fitness</p>                | <p><b>15</b><br/>9:30A Advanced Cardio<br/>10:00A Intermediate Cardio<br/>10:30A Chair Aerobics<br/>11:00A Trivia (Wii Room)<br/>1:00P Men's Circuit Training<br/>2:30P Cornhole (CC)</p> | <p><b>16</b><br/><b>GET ACTIVE</b><br/><b>Get up and active!</b><br/><b>Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3</b></p> |
| <p><b>17</b><br/><b>GET ACTIVE</b><br/><b>Get up and active!</b><br/><b>Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3</b></p>    | <p><b>18</b><br/>9:30A Adv. Core &amp; Balance<br/>10:00A Int. Core &amp; Balance<br/>10:30 A Beg. Core &amp; Balance<br/>12:30P Resident Consultation<br/>1:30P Functional Strength Training<br/>2:30P Guided Stretch &amp; Breathing</p> | <p><b>19</b><br/>9:30A Advanced Strength<br/>10:00A Intermediate Strength<br/>10:30A Beginner Strength<br/>11:00A Aqua Strength<br/>12:30P Equipment Tutorial<br/>1:30P Women's Strength Circuit<br/>2:30P Walking Aerobics</p> | <p><b>20</b><br/>9:30A Adv. Stretch &amp; Balance<br/>10:00A Int. &amp; Beg. Stretch &amp; Balance<br/>11:00A Chair Volleyball (AU)<br/>1:30P Chair Yoga<br/>2:00P Work It Wednesday (AU)</p> | <p><b>21</b><br/>9:30A Adv. Functional Strength<br/>10:00A Int. Functional Strength<br/>10:30A Beg. Functional Strength<br/>11:00A Aqua Cardio<br/>12:30P Mobility and Flexibility Workshop<br/>1:30P Line Dance Fitness</p> | <p><b>22</b><br/>9:30A Advanced Cardio<br/>10:00A Intermediate Cardio<br/>10:30A Chair Aerobics<br/>11:00A Trivia (Wii Room)<br/>1:00P Men's Circuit Training<br/>2:30P Cornhole (CC)</p> | <p><b>23</b><br/><b>GET ACTIVE</b><br/><b>Get up and active!</b><br/><b>Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3</b></p> |
| <p><b>24/31</b><br/><b>GET ACTIVE</b><br/><b>Get up and active!</b><br/><b>Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3</b></p> | <p><b>25</b><br/>9:30A Adv. Core &amp; Balance<br/>10:00A Int. Core &amp; Balance<br/>10:30 A Beg. Core &amp; Balance<br/>12:30P Resident Consultation<br/>1:30P Functional Strength Training</p>                                          | <p><b>26</b><br/>9:30A Advanced Strength<br/>10:00A Intermediate Strength<br/>10:30A Beginner Strength<br/>11:00A Aqua Strength<br/>12:30P Equipment Tutorial<br/>1:30P Women's Strength Circuit<br/>2:30P Walking Aerobics</p> | <p><b>27</b><br/>9:30A Adv. Stretch &amp; Balance<br/>10:00A Int. &amp; Beg. Stretch &amp; Balance<br/>11:00A Chair Volleyball (AU)<br/>1:30P Chair Yoga<br/>2:00P Resident Consultation</p>  | <p><b>28</b><br/>9:30A Adv. Functional Strength<br/>10:00A Int. Functional Strength<br/>10:30A Beg. Functional Strength<br/>11:00A Aqua Cardio<br/>12:30P Equipment Tutorial<br/>1:30P Line Dance Fitness</p>                | <p><b>29</b><br/>9:30A Advanced Cardio<br/>10:00A Intermediate Cardio<br/>10:30A Chair Aerobics<br/>11:00A Trivia (Wii Room)<br/>1:00P Men's Circuit Training<br/>2:30P Cornhole (CC)</p> | <p><b>30</b><br/><b>GET ACTIVE</b><br/><b>Get up and active!</b><br/><b>Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3</b></p> |

# Independent Living Lifestyles Calendar

| SUN                                                                                                                                                                                                                                                                                                                     | MON                                                                                                                                                                                                                           | TUE                                                                                                                                                                                                | WED                                                                                                                                                                                                                                                                  | THU                                                                                                                                                                                                                                                                | FRI                                                                                                                                                                                                                            | SAT                                                                                                                                                                                                  |
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| <p><b>MAP LEGEND</b><br/>           AC—Arts &amp; Crafts Room<br/>           AU—Auditorium/Chapel<br/>           CC—Cabana Café<br/>           CR — Cabana Room<br/>           G — Garden<br/>           GR— Game Room<br/>           ML— Main Lobby<br/>           PG — Putting Green<br/>           WR — Wii Room</p> | <p>Cancellations as well as changes are often unavoidable.<br/>           We appreciate your cooperation and understanding.<br/>           Don't see anything you love? Please let us know so we may add to our calendar.</p> | <p><b>**Events highlighted in BLUE require sign-up in the message center.</b></p>                                                                                                                  |                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                    | <p>1:00P Catholic Service (AU)<br/>           2:15P Bible Study with Chaplain John Bender (AU)<br/> <b>3:00P Musical Tribute by LaVonne Collins (AU)</b><br/>           6:15P Trivia Night (AC)</p>                            | <p>9:00A Putting Club (PG)<br/>           9:30A Coffee w/Neighbors (CC)<br/> <b>1:45P Stratford Playhouse: Joseph and the Amazing Technicolor Dreamcoat (ML)</b><br/>           6:15P Bingo (AC)</p> |
| <p>11:00A Episcopal Service (B Building 2nd Floor)<br/>           12:00P-2:00P Sunday Brunch<br/>           3:30P Vespers (Terrin Stafford) (AU/Ch2)<br/>           4:30P Coffee and Chatter (CC)</p>                                                                                                                   | <p>10:00A Art Group (AC)<br/> <b>11:00A Mother's Day Floral Arrangements (GR)</b><br/>           1:30P Bible School (GR)<br/> <b>3:00P Bingo Store (AC)</b><br/>           5P &amp; 6P Mexican Train (GR)</p>                 | <p><b>CINCO DE MAYO</b><br/> <b>10:00A Grocery Trip (ML)</b><br/>           11:00A Men's Group Speaker (GR)<br/> <b>3:00P Uno, Dos, Tres F-I-E-S-T-A! (AU)</b><br/>           6:15P Bingo (AC)</p> | <p><b>On-Site Car Wash &amp; Detailing</b><br/>           10:30A Crochet &amp; Knitting (AC)<br/>           11:30A Faithful Paws Visit (ML)<br/>           2:00P Work It Wednesday (AU)<br/>           3:00P Learn Spanish (GR)<br/>           6:15P Bridge (GR)</p> | <p><b>National Day of Prayer</b><br/> <b>11:00A Day of Prayer Service with Chaplain John Bender (AU)</b><br/>           2:00P Rummikub (GR)<br/>           4:00P Social Hour - FIESTA (CC)<br/>           6:15P Bingo (AC)</p>                                     | <p><b>10:00A Jay's Bazar (GR)</b><br/>           1:30P Bible Study with Chaplain John Bender (AU)<br/> <b>2:30P Mother's Day High Tea (DR)</b><br/>           6:00P Rummikub (GR)</p>                                          | <p>9:00A Putting Club (PG)<br/>           9:30A Coffee w/Neighbors (CC)<br/>           6:15P Bingo (AC)</p>                                                                                          |
| <p>11:00A Episcopal Service (B Building 2nd Floor)<br/> <b>11:30A-2:30P Mother's Day Brunch</b><br/>           3:30P Vespers (Khris Slaughter) (AU/Ch2)<br/>           4:30P Coffee and Chatter (CC)</p>                                                                                                                | <p>10:00A Art Group (AC)<br/>           1:30P Bible School (GR)<br/> <b>3:00P Movie Matinee (AU)</b><br/>           5P &amp; 6P Mexican Train (GR)</p>                                                                        | <p><b>10:00A Grocery Trip (ML)</b><br/> <b>2:30P Afternoon Tea in the Garden (G)</b><br/>           6:15P Bingo (AC)</p>                                                                           | <p>10:30A Crochet &amp; Knitting (AC)<br/> <b>2:00P Memorial Program: Home of the Brave (AU)</b><br/>           3:00P Learn Spanish (GR)<br/>           6:15P Bridge (GR)</p>                                                                                        | <p>11:00A Writer's Workshop (AC)<br/>           11:15A Prayer Group (GR)<br/>           2:00P Rummikub (GR)<br/>           4:00P Social Hour (CC)<br/>           6:15P Bingo (AC)</p>                                                                              | <p><b>11:00A Houston Greek Fest Outing (ML)</b><br/> <b>11:30A Book Club (L)</b><br/>           1:30P Bible Study with Chaplain John Bender (AU)<br/>           6:00P Rummikub (GR)<br/>           6:15P Trivia Night (AC)</p> | <p><b>Armed Forces Day</b><br/>           9:00A Putting Club (PG)<br/>           9:30A Coffee w/Neighbors (CC)<br/> <b>3:30P Music of Harmony (AU)</b><br/>           6:15P Bingo (AC)</p>           |
| <p>11:00A Episcopal Service (B Building 2nd Floor)<br/>           12:00P-2:00P Sunday Brunch<br/>           3:30P Vespers (Jason Moreno) AU/Ch2<br/>           4:30P Coffee and Chatter (CC)</p>                                                                                                                        | <p>10:00A Art Group (AC)<br/>           1:30P Bible School (GR)<br/> <b>3:00P Birthday Social (AU)</b><br/>           5P &amp; 6P Mexican Train (GR)</p>                                                                      | <p><b>Meal of the Month</b><br/> <b>10:00A Grocery Trip (ML)</b><br/>           11:00A Men's Group (GR)<br/>           6:15P Bingo (AC)</p>                                                        | <p>10:30A Crochet &amp; Knitting (AC)<br/>           11:30A Faithful Paws Visit (ML)<br/> <b>3:00P Chef Chat (AU)</b><br/>           5:00P Catholic Women's Dinner (DR)<br/>           6:15P Bridge (GR)</p>                                                         | <p><b>Pest Control Building C</b><br/> <b>10:00A Memorial Day Service with Chaplain John Bender (AU)</b><br/>           11:00A Episcopal Service (AU)<br/>           2:00P Rummikub (GR)<br/>           4:00P Social Hour (CC)<br/>           6:15P Bingo (AC)</p> | <p><b>10:30A Out to the Movies: The Devil Wears Prada 2 (\$)</b><br/> <b>2:30P CVS/Walgreens (\$)</b><br/>           6:00P Rummikub (GR)</p>                                                                                   | <p>9:00A Putting Club (PG)<br/>           9:30A Coffee w/Neighbors (CC)<br/>           6:15P Bingo (AC)</p>                                                                                          |
| <p>11:00A Episcopal Service (B Building 2nd Floor)<br/> <b>11:00A Sophia's Piano Recital (AU) - 31<sup>st</sup></b><br/>           12:00P-2:00P Sunday Brunch<br/>           3:30P Vespers (Pat Ryan) (AU/Ch2)<br/>           4:30P Coffee and Chatter (CC)</p>                                                         | <p><b>Memorial Day</b><br/>           10:00A Art Group (AC)<br/> <b>12:00P Memorial Day BBQ (DR)</b><br/>           1:30P Bible School (GR)<br/>           5P &amp; 6P Mexican Train (GR)</p>                                 | <p><b>10:00A Grocery Trip (ML)</b><br/>           11:00A Men's Group (GR)<br/>           2:00P Bingo with HHR (AC)<br/>           6:15P BINGO (AC)</p>                                             | <p><b>10:15A St. Martins' Episcopal Church Tour &amp; Lunch (ML)</b><br/>           10:30A Crochet &amp; Knitting (AC)<br/>           2:00P Work It Wednesday (AU)<br/>           6:15P Bridge (GR)</p>                                                              | <p>11:00A Writer's Workshop (AC)<br/>           11:15A Prayer Group (GR)<br/>           2:00P Rummikub (GR)<br/> <b>3:00P Town Hall (AU)</b><br/>           4:00P Social Hour - National Hamburger Day (CC)<br/>           6:15P Bingo (AC)</p>                    | <p>10:30A Vessels of Joy (GR)<br/> <b>3:00P Bunco with Amy (GR)</b><br/>           6:00P Rummikub (GR)</p>                                                                                                                     | <p>9:00A Putting Club (PG)<br/>           9:30A Coffee w/Neighbors (CC)<br/>           6:15P Bingo (AC)</p>                                                                                          |

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