




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<h1>August Exercise Calendar</h1>				<p>James Garton, SLP Rehabilitation Director</p> <p>512-266-5600 ext 2647</p> <p>Fax 512-628-6170</p> <p>jgarton@longhornvillage.com</p>
<p><u>Location Key (with floor)</u></p> <p>ACR Activity Room (3) AC Aquatic Center (1) BR Billiard Room (2) CC Com. Center (1) CH Chapel (4) CL Cocktail Lounge (2) CR Club Room (4) FAR Forty Acres Room (2) HC Health Care (2) L Lobby (1) LL Littlefield Library (1) LR Living Room (1) PDR Private Dining Rm (3) TT Trusty Theatre (1)</p>	<p><b>Chauffeur:</b>  <b>Lloyd Miller</b> Cell: 512-635-1383</p> <p>Dining Statement <a href="http://dining.longhornvillage.com">http://dining.longhornvillage.com</a></p> <p>Daily View Channel 1890</p> <p>Longhorn Village Website <a href="http://longhornvillage.com">http://longhornvillage.com</a></p> <p>Texas Exes <a href="http://www.texasexes.org/longhornvillage">www.texasexes.org/longhornvillage</a></p> 	<p><b>1</b></p> <p>8:00-Lap Swimming-AC</p> <p>10:00—Balance and Sculpt-FAR</p> <p>9:30—Aquatics-AC</p> <p>11:00—Age Defying Fitness – FAR</p> <p>2:00—S.T.A.R Fitness-FAR</p> <p>7:00– Dance Lessons with Ryan-</p>	<p><b>2</b></p> <p><b>**ROOM CHANGES</b></p> <p>7:30 – Walking Club-Meet in IL Lobby</p> <p>8:00-Lap Swimming-AC</p> <p>9:15—Breath of Fresh Air – ACR</p> <p>10:00—T’ai Chi-ACR</p> <p>11:00—Yoga Advanced-CR</p> <p>12:45—Stay Strong-ACR</p>	<p><b>3</b></p> <p><b>**ROOM CHANGES</b></p> <p>8:00-Lap Swimming-AC</p> <p>9:30 -Aquatics-AC</p> <p>10:00—Move and Groove-ACR</p> <p>11:00– Age Defying Fitness-CR</p> <p>12:00 Keep Moving BIG-ACR <b>BEN HALL</b></p> <p>1:00– S.T.A.R.-</p>	<p><b>4</b></p> <p>7:30— Walking Club Meet in IL Lobby</p> <p>8:00-Lap Swimming-AC</p> <p>9:15—Breath of Fresh Air-RG</p> <p>10:00—T’ai Chi-FAR</p> <p>11:30—Balance and Sculpt-FAR</p>	<p><b>5</b></p> <p>Longhorn Village <a href="http://longhornvillage.com">http://longhornvillage.com</a></p> <p>Ruth Hicks RN Director of Clinical Services 512-382-4664 Ext 2037</p> <p>Lynn Nalodka, Wellness Coordinator 512-663-1999</p>
<p><b>6</b></p> <p>Please HYDRATE in this HOT weather.</p> 	<p><b>7</b></p> <p>7:30 — Walking Club Meet in IL Lobby</p> <p>8:00—Lap Swimming-AC</p> <p>9:15—Breath of Fresh Air –RG</p> <p>10:00—Yoga Basics-FAR</p> <p>11:00—Yoga Advanced-□ FAR</p> <p>12:45—Stay Strong-FAR</p> <p>2:00-FITNESS CENTER ORIENTATION</p>	<p><b>8</b></p> <p>8:00-Lap Swimming-AC</p> <p>10:00—Balance and Sculpt-FAR</p> <p>9:30—Aquatics-AC</p> <p>11:00—Age Defying Fitness – FAR</p> <p>2:00—S.T.A.R Fitness-FAR</p> <p>7:00– Dance Lessons with Ryan-FAR</p>	<p><b>9</b></p> <p>7:30 – Walking Club-Meet in IL Lobby</p> <p>8:00-Lap Swimming-AC</p> <p>9:15—Breath of Fresh Air –RG</p> <p>10:00—T’ai Chi-FAR</p> <p>11:00—Yoga Advanced-FAR</p> <p>12:45—Stay Strong-FAR</p>	<p><b>10</b></p> <p>8:00-Lap Swimming-AC</p> <p>10:00—Move and Groove-FAR</p> <p>11:00– Age Defying Fitness-FAR</p> <p>12:00 Keep Moving BIG-FAR <b>JENNI GARY</b></p> <p>1:00– S.T.A.R.-FAR</p>	<p><b>11</b></p> <p>7:30— Walking Club Meet in IL Lobby</p> <p>8:00-Lap Swimming-AC</p> <p>9:15—Breath of Fresh Air-RG</p> <p>10:00—T’ai Chi-FAR</p> <p>11:30—Balance and Sculpt-FAR</p>	

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13 <div></div>	14 <div>7:30 — Walking Club Meet in IL Lobby</div> <div>8:00—Lap Swimming-AC</div> <div>9:15—Breath of Fresh Air –RG</div> <div>10:00—Yoga Basics-FAR</div> <div>11:00—Yoga Advanced-□ FAR</div> <div>12:45—Stay Strong-FAR</div>	15 <div>8:00-Lap Swimming-AC</div> <div>10:00—Balance and Sculpt-FAR</div> <div>9:30—Aquatics-AC</div> <div>11:00—Age Defying Fitness –FAR</div> <div>2:00—S.T.A.R Fitness-FAR</div> <div>7:00– Dance Lessons with Ryan-FAR</div>	16 <div>7:30 – Walking Club-Meet in IL Lobby</div> <div>8:00-Lap Swimming-AC</div> <div>9:15—Breath of Fresh Air –RG</div> <div>10:00—T’ai Chi-FAR</div> <div>11:00—Yoga Advanced-FAR</div> <div>12:45—Stay Strong-FAR</div>	17 <div>8:00-Lap Swimming-AC</div> <div>11:00—Move and Groove-CL</div> <div>11:00– Age Defying Fitness-FAR</div> <div>1:00– S.T.A.R.-FAR</div>	18 <div>7:30— Walking Club Meet in IL Lobby</div> <div>8:00-Lap Swimming-AC</div> <div>9:15—Breath of Fresh Air-RG</div> <div>10:00—T’ai Chi-FAR</div> <div>11:30—Balance and Sculpt-FAR</div>	19 <div>“We don’t stop moving because we get old. We get old because we stop moving.”</div>
20 <div>“Exercise not only changes your body, it changes your mind, your attitude and your mood.”</div>	21 <div>7:30 — Walking Club Meet in IL Lobby</div> <div>8:00—Lap Swimming-AC</div> <div>9:15—Breath of Fresh Air –RG</div> <div>10:00—Yoga Basics-FAR</div> <div>11:00—Yoga Advanced-□ FAR</div> <div>12:45—Stay Strong-FAR</div>	22 <div>8:00-Lap Swimming-AC</div> <div>10:00—Balance and Sculpt-FAR</div> <div>9:30—Aquatics-AC</div> <div>11:00—Age Defying Fitness –FAR</div> <div>2:00—S.T.A.R Fitness-FAR</div> <div>7:00– Dance Lessons with Ryan-FAR</div>	23 <div>7:30 – Walking Club-Meet in IL Lobby</div> <div>8:00-Lap Swimming-AC</div> <div>9:15—Breath of Fresh Air –RG</div> <div>10:00—T’ai Chi-FAR</div> <div>11:00—Yoga Advanced-FAR</div> <div>12:45—Stay Strong-FAR</div>	24 <div>8:00-Lap Swimming-AC</div> <div>9:30 -Aquatics-AC</div> <div>10:00—Move and Groove-FAR</div> <div>11:00– Age Defying Fitness-FAR</div> <div>12:00– Keep Moving BIG-FAR LYNN NALODKA</div> <div>1:00– S.T.A.R.-FAR</div>	25 <div>7:30— Walking Club Meet in IL Lobby</div> <div>8:00-Lap Swimming-AC</div> <div>9:15—Breath of Fresh Air-RG</div> <div>10:00—T’ai Chi-FAR</div> <div>11:30—Balance and Sculpt-FAR</div>	26 <div>“The only bad workout is the one you didn’t do.”</div>
27 <div>“Do something today that your future self will thank you for.”</div>	28 <div>7:30 — Walking Club Meet in IL Lobby</div> <div>8:00—Lap Swimming-AC</div> <div>9:15—Breath of Fresh Air –RG</div> <div>10:00—Yoga Basics-</div> <div>11:00—Yoga Advanced-</div> <div>12:45—Stay Strong-FAR</div>	29 <div>8:00-Lap Swimming-AC</div> <div>10:00—Balance and Sculpt-FAR</div> <div>9:30—Aquatics-AC</div> <div>11:00—Age Defying Fitness –FAR</div> <div>2:00—S.T.A.R Fitness-FAR</div> <div>7:00– Social Dance Hour with Ryan-FAR</div>	30 <div>7:30 – Walking Club-Meet in IL Lobby</div> <div>8:00-Lap Swimming-AC</div> <div>9:15—Breath of Fresh Air –RG</div> <div>10:00—T’ai Chi-FAR</div> <div>11:00—Yoga Advanced-</div> <div>12:45—Stay Strong-FAR</div>	31 <div>8:00-Lap Swimming-AC</div> <div>10:00—Move and Groove-FAR</div> <div>11:00– Age Defying Fitness-FAR</div> <div>12:00– Keep Moving BIG-FAR TRACY HENSELY</div> <div>1:00– S.T.A.R.-FAR</div>	<div>Wellness Clinic</div> <div>Hours: 10:00 am—12:00 pm</div> <div>Phone: 512-382-4675</div> <div>512-597-2964 (Fax)</div> <div>Wellness Director</div> <div>512-266-5600, Ext. 2074</div> <div>Audiologist</div> <div>Dr. Natasha Dewald</div> <div>Question:</div> <div>Do you know where your pendant is?</div>	<div>The Canyon View Calendar</div> <div>A Publication of</div> <div>LONGHORN VILLAGE</div> <div></div> <div></div>