

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

April 2026 Independent Living

MOVIES EVERY FRIDAY AND SATURDAY 2:30 PM AND 7:00 PM AND SUNDAYS AT 5:00 PM
TEA TIME 2:00PM MONDAY - SATURDAY

WEEK MENU # 2



1	8:30 AM OPEN SWIM - 9:15 AM	P
	8:30 AM BALANCE CLASS	FC
	9:30 AM AQUA AEROBICS	P
	9:30 AM FITNESS CLASS	FC
	10:00 AM THIRWOOD SINGERS PRACTICE	A
	10:15 AM OPEN SWIM - 11:30 AM	P
	10:30 AM BALANCE CLASS	FC
	12:00 PM EXERCISE W/CHRIS	FC
	12:00 PM OPEN SWIM - 3:00PM	P
	1:00 PM BINGO	B
	1:30 PM SHAW'S	FL

2	8:30 AM OPEN SWIM - 9:15 AM	P
	9:30 AM AQUA AEROBICS	P
	9:30 AM CHAIR YOGA	FC
	10:15 AM OPEN SWIM - 11:15AM	P
	10:30 AM CAPE & COAST BANK	FL
	10:30 AM YOGA	FC
	11:00 AM BUS LOOP	FL
	11:30 AM WALKING GROUP	FC
	12:00 PM BUS LOOP	FL
	12:00 PM OPEN SWIM - 3:00PM	P
	1:30 PM STOP & SHOP	FL
	2:30 PM DOCUMENTARY	C

3	8:30 AM OPEN SWIM - 9:15 AM	P
	8:30 AM BALANCE CLASS	FC
	9:30 AM AQUA AEROBICS	P
	9:30 AM FITNESS CLASS	FC
	10:00 AM ST. PIUS COMMUNION	A
	10:15 AM OPEN SWIM - 11:15 AM	P
	10:30 AM BALANCE CLASS	FC
	12:00 PM DANCE CLASS	A
	12:30 PM MAH JONGG	BL
	1:00 PM BRIDGE	MS
	1:00 PM OPEN SWIM - 3PM	P
	2:00 PM NANCY FRANKS	A

4	9:00 AM OPEN SWIM - 12 PM	P
	9:30 AM CHAIR YOGA	FC
	10:30 AM CATEGORIES	MS
	10:30 AM YOGA	FC
	11:30 AM CATEGORIES	MS
	1:00 PM BINGO	A



5	9:00 AM COFFEE HOUR	CS
	1:30 PM GAMES WITH FRIENDS	M
	2:00 PM DOCUMENTARY	C
	4:00 PM CHURCH SERVICES	C
	5:10 PM MOVIE	C

Happy Easter

WEEK MENU # 3

6	8:30 AM OPEN SWIM - 9:15	P
	8:30 AM BALANCE CLASS	FC
	9:30 AM AQUA AEROBICS	P
	9:30 AM FITNESS CLASS	FC
	10:15 AM OPEN SWIM - 11:30AM	P
	10:30 AM BALANCE CLASS	FC
	12:00 PM EXERCISE W/ CHRIS	FC
	12:00 PM OPEN SWIM - 3:00PM	P
	12:30 PM MAH JONGG	BL
	2:00 PM CRIBBAGE	MS

7	8:30 AM OPEN SWIM - 9:15 AM	P
	9:30 AM AQUA AEROBICS	P
	9:30 AM CHAIR YOGA	FC
	10:15 AM OPEN SWIM - 11:15AM	P
	10:30 AM YOGA	FC
	11:30 AM WALKING CLUB	FC
	12:00 PM OPEN SWIM- 3:00PM	P
	1:00 PM MAH JONGG	MS
	3:00 PM WOMENS WAY'S OF KNOWING DISCUSSION TO FOLLOW	C

8	8:30 AM OPEN SWIM - 9:15 AM	P
	8:30 AM BALANCE CLASS	FC
	9:30 AM AQUA AEROBICS	P
	9:30 AM CHAIR YOGA	FC
	10:00 AM THIRWOOD SINGERS PRACTICE	A
	10:15 AM OPEN SWIM - 11:30 AM	P
	10:30 AM BALANCE CLASS	FC
	12:00 PM EXERCISE W/CHRIS	FC
	12:00 PM OPEN SWIM- 3:00PM	P
	1:00 PM BINGO	B
	1:30 PM SHAW'S	FL
	7:00 PM FRED BOYLE	A

9	8:30 AM OPEN SWIM - 9:15 AM	P
	9:30 AM AQUA AEROBICS	P
	9:30 AM CHAIR YOGA	FC
	10:15 AM OPEN SWIM - 11:15AM	P
	10:30 AM CAPE & COAST BANK	FL
	10:30 AM YOGA	FC
	11:00 AM BUS LOOP	FL
	11:30 AM DRUM FIT	A
	11:30 AM WALKING GROUP	FC
	12:00 PM BUS LOOP	FL
	12:00 PM OPEN SWIM - 3:00PM	P
	1:30 PM STOP & SHOP	FL
	2:30 PM DOCUMENTARY	C
	5:00 PM A DINNER WITH LAURIA SCHOEN CASUAL NIGHT	DR

10	8:30 AM OPEN SWIM - 9:15 AM	P
	8:30 AM BALANCE CLASS	FC
	9:30 AM AQUA AEROBICS	P
	9:30 AM FITNESS CLASS	FC
	10:00 AM ST. PIUS COMMUNION	A
	10:15 AM OPEN SWIM - 11:15 AM	P
	10:30 AM BALANCE CLASS	FC
	12:00 PM DANCE CLASS	A
	12:30 PM MAH JONGG	BL
	1:00 PM BRIDGE	MS
	1:00 PM OPEN SWIM - 3PM	P
	2:00 PM JODY EBLING	A
	3:30 PM COMPUTER CLASS	BL

11	9:00 AM OPEN SWIM - 12 PM	P
	9:30 AM CHAIR YOGA	FC
	10:30 AM CATEGORIES	MS
	10:30 AM YOGA	FC
	11:30 AM CATEGORIES	MS
	1:00 PM BINGO	A
	2:00 PM ALL WORN OUT JUG BAND	A

12	9:00 AM COFFEE HOUR	CS
	9:30 AM BUS TO ST. PIUS	FL
	1:30 PM GAMES WITH FRIENDS	M
	1:15 PM CAPE SYMPHONY	FL
	2:00 PM DOCUMENTARY	C
	4:00 PM CHURCH SERVICES	C
	5:10 PM MOVIE	C

WEEK MENU # 4

13	8:30 AM OPEN SWIM - 9:15	P
	8:30 AM BALANCE CLASS	FC
	9:30 AM AQUA AEROBICS	P
	9:30 AM FITNESS CLASS	FC
	10:15 AM OPEN SWIM - 11:30AM	P
	10:30 AM BALANCE CLASS	FC
	12:00 PM EXERCISE W/ CHRIS	FC
	12:00 PM OPEN SWIM - 3:00PM	P
	12:30 PM MAH JONGG	BL
	2:00 PM CRIBBAGE	MS

14	8:30 AM OPEN SWIM - 9:15 AM	P
	9:30 AM AQUA AEROBICS	P
	9:30 AM CHAIR YOGA	FC
	10:00 AM CAREGIVERS GROUP	C
	10:15 AM OPEN SWIM - 11:15AM	P
	10:30 AM YOGA	FC
	11:30 AM WALKING CLUB	FC
	12:00 PM OPEN SWIM- 3:00PM	P
	2:30 PM RESIDENT ASSOCIATION MEETING	A

15	8:30 AM OPEN SWIM - 9:15 AM	P
	8:30 AM BALANCE CLASS	FC
	9:30 AM AQUA AEROBICS	P
	9:30 AM CHAIR YOGA	FC
	9:30 AM FITNESS CLASS	FC
	10:00 AM THIRWOOD SINGERS PRACTICE	A
	10:15 AM OPEN SWIM - 11:30 AM	P
	10:30 AM BALANCE CLASS	FC
	12:00 PM EXERCISE W/CHRIS	FC
	12:00 PM OPEN SWIM- 3:00PM	P
	1:00 PM BINGO	B
	1:30 PM SHAW'S	FL

16	8:30 AM OPEN SWIM - 9:15 AM	P
	9:30 AM AQUA AEROBICS	P
	9:30 AM CHAIR YOGA	FC
	10:00 AM PAINTING WITH WENDY	AR
	10:15 AM OPEN SWIM - 11:15AM	P
	10:30 AM CAPE & COAST BANK	FL
	10:30 AM YOGA	FC
	11:00 AM BUS LOOP	FL
	11:30 AM WALKING GROUP	FC
	12:00 PM BUS LOOP	FL
	12:00 PM OPEN SWIM - 3:00PM	P
	1:30 PM STOP & SHOP	FL
	2:30 PM DOCUMENTARY	C

17	8:30 AM OPEN SWIM - 9:15 AM	P
	8:30 AM BALANCE CLASS	FC
	9:30 AM AQUA AEROBICS	P
	9:30 AM FITNESS CLASS	FC
	10:00 AM ST. PIUS COMMUNION	A
	10:15 AM OPEN SWIM - 11:15 AM	P
	10:30 AM BALANCE CLASS	FC
	12:00 PM DANCE CLASS	A
	12:30 PM MAH JONGG	BL
	1:00 PM BRIDGE	MS
	1:00 PM OPEN SWIM - 3PM	P
	2:00 PM JULIE CHARLAND	A
	3:30 PM COMPUTER CLASS	BL

18	9:00 AM OPEN SWIM - 12 PM	P
	9:30 AM CHAIR YOGA	FC
	10:30 AM CATEGORIES	MS
	10:30 AM YOGA	FC
	11:30 AM CATEGORIES	MS
	1:00 PM BINGO	A

19	9:00 AM COFFEE HOUR	CS
	9:30 AM BUS TO ST. PIUS	FL
	1:30 PM GAMES WITH FRIENDS	M
	2:00 PM DOCUMENTARY	C
	4:00 PM CHURCH SERVICES	C
	5:10 PM MOVIE	C

WEEK MENU # 5

20	8:30 AM OPEN SWIM - 9:15	P
	8:30 AM BALANCE CLASS	FC
	9:30 AM AQUA AEROBICS	P
	9:30 AM FITNESS CLASS	FC
	10:15 AM OPEN SWIM - 11:30AM	P
	10:30 AM BALANCE CLASS	FC
	12:00 PM EXERCISE W/ CHRIS	FC
	12:00 PM OPEN SWIM - 3:00PM	P
	12:30 PM MAH JONGG	BL
	2:00 PM CRIBBAGE	MS
	2:00 PM DOUG RICCIARDI JAZZ TILL DAWN BAND	A

21	8:30 AM OPEN SWIM - 9:15 AM	P
	9:30 AM AQUA AEROBICS	P
	9:30 AM CHAIR YOGA	FC
	10:15 AM OPEN SWIM - 11:15AM	P
	10:30 AM YOGA	FC
	11:30 AM WALKING CLUB	FC
	1:00 PM OPEN SWIM- 3:00PM	P
	1:00 PM ART FOR YOUR MIND LANDSCAPES OLD & NEW	A
	3:00 PM WOMENS WAY'S OF KNOWING DISCUSSION TO FOLLOW	C
	4:00 PM THIRWOOD SOCIAL	DR
	5:00 PM CASUAL NIGHT - RED SOX PARTY WEAR YOUR FAVORITE RED SOX GEAR	DR

22	8:30 AM OPEN SWIM - 9:15 AM	P
	8:30 AM BALANCE CLASS	FC
	9:30 AM AQUA AEROBICS	P
	9:30 AM FITNESS CLASS	FC
	10:00 AM THIRWOOD SINGERS PRACTICE	A
	10:15 AM OPEN SWIM - 11:30 AM	P
	10:30 AM BALANCE CLASS	FC
	12:00 PM EXERCISE W/CHRIS	FC
	12:00 PM OPEN SWIM- 3:00PM	P
	1:00 PM BINGO	B
	1:30 PM SHAW'S	FL

23	8:30 AM OPEN SWIM - 9:15 AM	P
	9:30 AM AQUA AEROBICS	P
	9:30 AM CHAIR YOGA	FC
	9:30 AM MEN'S GROUP	BL
	10:15 AM OPEN SWIM - 11:15AM	P
	10:30 AM CAPE & COAST BANK	FL
	10:30 AM YOGA	FC
	11:30 AM BEA SMITH WOMENS CLOTHING STORE	A
	11:00 AM BUS LOOP	FL
	11:30 AM WALKING GROUP	FC
	12:00 PM BUS LOOP	FL
	12:00 PM OPEN SWIM - 3:00PM	P
	1:30 PM STOP & SHOP	FL
	2:30 PM DOCUMENTARY	C

24	8:30 AM OPEN SWIM - 9:15 AM	P
	8:30 AM BALANCE CLASS	FC
	9:30 AM AQUA AEROBICS	P
	9:30 AM FITNESS CLASS	FC
	10:00 AM ST. PIUS COMMUNION	A
	10:15 AM OPEN SWIM - 11:15 AM	P
	10:30 AM BALANCE CLASS	FC
	12:00 PM DANCE CLASS	A
	12:30 PM MAH JONGG	BL
	1:00 PM BRIDGE	MS
	1:00 PM OPEN SWIM - 3PM	P
	3:30 PM COMPUTER CLASS	BL
	7:00 PM KEN BADGER TRIO BAND	A

25	9:00 AM OPEN SWIM - 12 PM	P
	9:30 AM CHAIR YOGA	FC
	10:30 AM CATEGORIES	MS
	10:30 AM YOGA	FC
	11:30 AM CATEGORIES	MS
	1:00 PM BINGO	A

26	9:00 AM COFFEE HOUR	CS
	9:30 AM BUS TO ST. PIUS	FL
	1:30 PM GAMES WITH FRIENDS	M
	2:00 PM DOCUMENTARY	C
	4:00 PM CHURCH SERVICES	C
	5:10 PM MOVIE	C

WEEK MENU # 6

27	8:30 AM OPEN SWIM - 9:15	P
	8:30 AM BALANCE CLASS	FC
	9:30 AM AQUA AEROBICS	P
	9:30 AM FITNESS CLASS	FC
	10:15 AM OPEN SWIM - 11:30AM	P
	10:30 AM BALANCE CLASS	FC
	12:00 PM EXERCISE W/ CHRIS	FC
	12:00 PM OPEN SWIM - 3:00PM	P
	12:30 PM MAH JONGG	BL
	2:00 PM CRIBBAGE	MS

28	8:30 AM OPEN SWIM - 9:15 AM	P
	9:30 AM AQUA AEROBICS	P
	9:30 AM CHAIR YOGA	FC
	11:00 AM CAREGIVERS GROUP	C
	10:15 AM OPEN SWIM - 11:15AM	P
	10:30 AM YOGA	FC
	11:00 AM ST. DAVID'S	C
	11:30 AM WALKING CLUB	FC
	11:30 AM KREAM N KONE	FL
	12:00 PM OPEN SWIM- 3:00PM	P
	3:00 PM I-- HUENG LEE CONCERT PIANIST FROM NEW YORK	A

29	8:30 AM OPEN SWIM - 9:15 AM	P
	8:30 AM BALANCE CLASS	FC
	9:30 AM AQUA AEROBICS	P
	9:30 AM FITNESS CLASS	FC
	10:00 AM THIRWOOD SINGERS PRACTICE	A
	10:15 AM OPEN SWIM - 11:30 AM	P
	10:30 AM BALANCE CLASS	FC
	12:00 PM EXERCISE W/CHRIS	FC
	12:00 PM OPEN SWIM- 3:00PM	P
	1:00 PM BINGO	B
	1:30 PM SHAW'S	FL
	7:00 PM TOM TELESMANICK WITH SPECIAL GUEST	A

30	8:30 AM OPEN SWIM - 9:15 AM	P
	9:30 AM AQUA AEROBICS	P
	9:30 AM CHAIR YOGA	FC
	10:15 AM OPEN SWIM - 11:15AM	P
	10:30 AM CAPE & COAST BANK	FL
	10:30 AM YOGA	FC
	11:00 AM BUS LOOP	FL
	11:30 AM WALKING GROUP	FC
	12:00 PM BUS LOOP	FL
	12:00 PM OPEN SWIM - 3:00PM	P
	1:30 PM STOP & SHOP	FL
	2:30 PM DOCUMENTARY	C

LOCATION KEY

ACTIVITIES ROOM	AR	HEALTH CENTER	HC
AUDITORIUM	A	LIBRARY	L
BILLIARDS ROOM	BL	MR. D'S BISTRO	B
BOARD ROOM	BR	PARKING LOT	PL
CONSERVATORY	C	POOL	P
COUNTRY STORE	CS	SUNDECK	SD
FITNESS CENTER	FC	WICKER ROOM	WR
FRONT LOBBY	FL		
DINING ROOM	DR		

