

## SUNDAY

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

MARCH

2024

## 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



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

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	C
10:15 AM OPEN SWIM - 11:15AM	P
10:30 AM BALANCE CLASS	FC
12:00 PM DANCE CLASS	A
12:30 PM MAH JONGG	BL
1:00 PM BRIDGE	MS

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

## WEEK MENU # 1

9:00 AM COFFEE HOUR	CS
9:30 AM BUS TO DENNIS UNION	FL
1:30 PM GAMES WITH FRIENDS	M
2:00 PM DOCUMENTARY	C
4:00 PM CHURCH SERVICE	C
5:10 PM MOVIE	C
WEEK MENU # 2	

8:30 AM OPEN SWIM - 9:15AM	P
8:30 AM BALANCE CLASS	FC
9:30 AM AQUA AEROBICS	P
9:30 AM FITNESS CLASS	FC
10:00 AM SHAW'S	FL
10:15 AM OPEN SWIM - 11:30AM	P
10:30 AM BALANCE CLASS	FC
12:00 PM EXERCISE W/ ELAINE	FC
1:00 PM OPEN SWIM - 3:00PM	P
1:30 PM POOL & BILLIARDS	BL
2:00 PM CRIBBAGE	MS
7:00 PM FRED BOYLE	A

8:30 AM OPEN SWIM - 9:15AM	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
11:30 AM BRAX LANDING	FL
1:00 PM OPEN SWIM - 3:00PM	P
4:00 PM COCKTAIL HOUR	B



8:30 AM OPEN SWIM - 9:15PM	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/ ELAINE	FC
1:00 PM OPEN SWIM - 3:00PM	P
1:00 PM BINGO	A
1:00 PM THIRWOOD SINGERS PRACTICE	C

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

8:30 AM OPEN SWIM - 3:00PM	P
8:30 AM BALANCE CLASS	FC
9:30 AM FITNESS CLASS	FC
10:00 AM ST. PIUS COMMUNION	C
10:30 AM BALANCE CLASS	FC
11:00 AM ARTS & CRAFTS	AR
12:30 PM MAH JONGG	BL
1:00 PM BRIDGE	MS
2:00 PM JULIE CHARLAND	A
3:30 PM COMPUTER CLASS	BL

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



9:00 AM COFFEE HOUR	CS
9:30 AM BUS TO DENNIS UNION	FL
1:30 PM GAMES WITH FRIENDS	M
2:00 PM DOCUMENTARY	C
2:00 PM WILLIE NININGER	A
4:00 PM CHURCH SERVICE	C
5:10 PM MOVIE	C



## WEEK MENU #3

8:30 AM OPEN SWIM - 11:30AM	P
8:30 AM BALANCE CLASS	FC
9:30 AM FITNESS CLASS	FC
10:00 AM SHAW'S	FL
10:30 AM BALANCE CLASS	FC
12:00 PM EXERCISE W/ ELAINE	FC
1:00 PM OPEN SWIM - 3:00PM	P
1:00 PM STRETCHING CLASS	C
1:30 PM POOL & BILLIARDS	BL
2:00 PM CRIBBAGE	MS
2:00 PM NANCY FRANKS	A

8:30 AM OPEN SWIM - 9:15AM	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

8:30 AM OPEN SWIM - 9:15PM	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/ ELAINE	FC
1:00 PM OPEN SWIM - 3:00PM	P
1:00 PM BINGO	A
1:00 PM THIRWOOD SINGERS PRACTICE	C

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

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	C
10:15 AM OPEN SWIM - 11:15AM	P
10:30 AM BALANCE CLASS	FC
11:00 AM GAMES WITH RICK	AR
11:00 AM LOW VISION GROUP	B
12:00 PM DANCE CLASS	A
12:30 PM MAH JONGG	BL
1:00 PM BRIDGE	MS
2:30 PM ST. PATRICK'S DAY CELEBRATION	A

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



9:00 AM COFFEE HOUR	CS
9:30 AM BUS TO DENNIS UNION	FL
1:30 PM GAMES WITH FRIENDS	M
2:00 PM DOCUMENTARY	C
4:00 PM CHURCH SERVICE	C
5:10 PM MOVIE	C

## WEEK MENU # 4

8:30 AM OPEN SWIM - 9:15AM	P
8:30 AM BALANCE CLASS	FC
9:30 AM AQUA AEROBICS	P
9:30 AM FITNESS CLASS	FC
10:00 AM SHAW'S	FL
10:15 AM OPEN SWIM - 11:30AM	P
10:30 AM BALANCE CLASS	FC
12:00 PM EXERCISE W/ ELAINE	FC
1:00 PM OPEN SWIM - 3:00PM	P
1:30 PM POOL & BILLIARDS	BL
2:00 PM CRIBBAGE	MS

8:30 AM OPEN SWIM - 9:15AM	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	A
MARY CASSATT	
A NEW WOMEN	



8:30 AM OPEN SWIM - 9:15PM	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/ ELAINE	FC
1:00 PM OPEN SWIM - 3:00PM	P
1:00 PM BINGO	A
1:00 PM THIRWOOD SINGERS PRACTICE	C

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

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	C
10:15 AM OPEN SWIM - 11:15AM	P
10:30 AM BALANCE CLASS	FC
11:00 AM ARTS & CRAFTS	AR
12:00 PM DANCE CLASS	A
12:30 PM MAH JONGG	BL
1:00 PM BRIDGE	MS
3:30 PM COMPUTER CLASS	BL

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

9:00 AM COFFEE HOUR	CS
9:30 AM BUS TO DENNIS UNION	FL
1:30 PM GAMES WITH FRIENDS	M
2:00 PM DOCUMENTARY	C
2:00 PM PATSY CLINE	A
24-Mar PERFORMED BY COURTNEY KARL	
4:00 PM CHURCH SERVICE	C
5:10 PM MOVIE	C

## WEEK MENU # 5

8:30 AM OPEN SWIM - 9:15AM	P
8:30 AM BALANCE CLASS	FC
9:30 AM AQUA AEROBICS	P
9:30 AM FITNESS CLASS	FC
10:00 AM SHAW'S	FL
10:15 AM OPEN SWIM - 11:30AM	P
10:30 AM BALANCE CLASS	FC
12:00 PM EXERCISE W/ ELAINE	FC
1:00 PM OPEN SWIM - 3:00PM	P
1:00 PM STRETCHING CLASS	C
1:30 PM POOL & BILLIARDS	BL
2:00 PM CRIBBAGE	MS
3:00 PM BOOK CLUB	C
7:00 PM DOUG RICCIARDI	A
JAZZ TIL DAWN BAND	

8:30 AM OPEN SWIM - 9:15AM	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
11:30 AM KREAM & KONE	FL
1:00 PM OPEN SWIM - 3:00PM	P

8:30 AM OPEN SWIM - 9:15PM	P
8:30 AM BALANCE CLASS	FC
9:30 AM AQUA AEROBICS	P
9:30 AM FITNESS CLASS	FC
11:00 AM ST. DAVIDS	C
10:15 AM OPEN SWIM 11:30AM	P
10:30 AM BALANCE CLASS	FC
11:00 AM REIKI	MS
12:00 PM EXERCISE W/ ELAINE	FC
1:00 PM OPEN SWIM - 3:00PM	P
1:00 PM BINGO	A
1:00 PM THIRWOOD SINGERS PRACTICE	C
6:30 PM TOM TELESMANICK	A

8:30 AM OPEN SWIM - 9:15AM	P
9:30 AM AQUA AEROBICS	P
9:30 AM CHAIR YOGA	FC
10:00 AM COOPERATIVE BANK	FL
10:15 AM OPEN SWIM - 11:15AM	P
10:30 AM YOGA	FC
11:00 AM BUS LOOP	FL
11:00 AM GAMES WITH RICK	A
11:30 AM WALKING CLUB	FC
12:00 PM BUS LOOP	FL
1:00 PM OPEN SWIM - 3:00PM	P
1:30 PM STOP & SHOP	FL
2:30 PM DOCUMENTARY	C

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	C
10:15 AM OPEN SWIM - 11:15AM	P
10:30 AM BALANCE CLASS	FC
12:00 PM DANCE CLASS	A
12:30 PM MAH JONGG	BL
1:00 PM BRIDGE	MS
7:00 PM STEVE FARRAR IRELAND	A

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