

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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

May 2026



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

WEEK #6

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 ST. PIUS COMMUNION	C
	10:15 AM OPEN SWIM - 11:15 AM	P
	10:30 AM BALANCE CLASS	FC
	10:45 AM RUMMIKUB	MS
	12:00 PM DANCE CLASS	A
	12:00 PM OPEN SWIM - 3PM	MS
	1:00 PM BRIDGE	P
	2:00 PM NANCY FRANKS	A
	4:00 PM THIRWOOD SOCIAL	DR
	5:00 PM POLISH NIGHT	DR

2	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

3	9:00 AM COFFEE HOUR	CS
	9:30 AM BUS TO ST. PIUS	FL
	1:30 PM GAMES WITH FRIENDS	MS
	2:00 PM DOCUMENTARY	C
	4:00 PM CHURCH SERVICES	C
	5:10 PM MOVIE	C
WEEK #1		

4	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
	12:30 PM MAH JONGG	BL
	12:00 PM OPEN SWIM - 3:00PM	P
	2:00 PM CRIBBAGE	MS
	7:00 PM FRED BOYLE	A

5	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 SKIPPER CHOWDER HOUSE	FL
	11:30 AM WALKING CLUB	FC
	12:00 PM BRIDGE	BL
	3:30 AM WOMENS WAYS OF KNOWING DISCUSSION TO FOLLOW	C

6	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	P
	12:00 PM OPEN SWIM- 3:00PM	P
	1:00 PM BINGO	B
	1:30 AM SHAW'S	FL

7	8:30 AM OPEN SWIM - 9:15 AM	P
	9:30 AM AQUA AEROBICS	P
	9:30 AM CHAIR YOGA	FC
	10:00 AM CAPE & COAST	FL
	10:15 AM OPEN SWIM - 11:15AM	P
	10:30 AM YOGA	FC
	11:00 AM ARTS & CRAFTS	AR
	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

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 FITNESS CLASS	FC
	10:00 AM ST. PIUS COMMUNION	C
	10:15 AM OPEN SWIM - 11:15 AM	P
	10:30 AM BALANCE CLASS	FC
	10:45 AM RUMMIKUB	MS
	12:00 PM DANCE CLASS	A
	12:00 PM OPEN SWIM - 3PM	MS
	1:00 PM BRIDGE	P
	3:30 AM COMPUTER CLASS	BL

9	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

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

11	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
	1:00 PM ZUMBA	C
	2:00 PM CRIBBAGE	MS

12	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 SUPPORT	C
	10:15 AM OPEN SWIM - 11:15AM	P
	10:30 AM YOGA	FC
	11:30 AM WALKING CLUB	FC
	12:00 PM BRIDGE	BL
	2:00 PM JULIE CHARLAND	A
	3:30 AM WOMENS WAYS OF KNOWING DISCUSSION TO FOLLOW	C

13	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	P
	12:00 PM OPEN SWIM- 3:00PM	P
	1:00 PM BINGO	B
	1:30 AM SHAW'S	FL

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 CAPE & COAST	FL
	10:15 AM OPEN SWIM - 11:15AM	P
	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

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 FITNESS CLASS	FC
	10:00 AM ST. PIUS COMMUNION	C
	10:15 AM OPEN SWIM - 11:15 AM	P
	10:30 AM BALANCE CLASS	FC
	10:45 AM RUMMIKUB	MS
	12:00 PM DANCE CLASS	A
	12:00 PM OPEN SWIM - 3PM	MS
	1:00 PM BRIDGE	P
	2:00 PM SUE KELLER	A

16	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
	2:00 PM JOYFUL VARIATIONS	A

17	9:00 AM COFFEE HOUR	CS
	9:30 AM BUS TO ST. PIUS	FL
	1:30 PM GAMES WITH FRIENDS	MS
	2:00 PM DOCUMENTARY	C
	4:00 PM CHURCH SERVICES	C
	5:10 PM MOVIE	C
WEEK #3		

18	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
	1:00 PM ZUMBA	C
	2:00 PM CRIBBAGE	MS
	2:00 PM DOUD RICCIARDI	A
	JAZZ TILL DAWN BAND	
	3:00 PM BOOK CLUB	C

19	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 BRIDGE	BL
	10:00 AM ART FOR YOUR MIND FAMOUS IMPRESSIONS	A
	3:30 AM WOMENS WAYS OF KNOWING DISCUSSION TO FOLLOW	C

20	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	P
	12:00 PM OPEN SWIM- 3:00PM	P
	1:00 PM BINGO	B
	1:30 AM SHAW'S	FL

21	8:30 AM OPEN SWIM - 9:15 AM	P
	9:30 AM AQUA AEROBICS	P
	9:30 AM CHAIR YOGA	FC
	10:00 AM CAPE & COAST	FL
	9:00 AM MEN'S GROUP	BL
	10:00 AM PAINTING WITH WENDY	AR
	10:15 AM OPEN SWIM - 11:15AM	P
	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

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 ST. PIUS COMMUNION	C
	10:15 AM OPEN SWIM - 11:15 AM	P
	10:30 AM BALANCE CLASS	FC
	10:45 AM RUMMIKUB	MS
	12:00 PM OPEN SWIM - 3PM	MS
	1:00 PM BRIDGE	P
	3:30 AM COMPUTER CLASS	BL

23	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

24/31	9:00 AM COFFEE HOUR	CS
	9:30 AM BUS TO ST. PIUS	FL
	1:15 PM CAPE SYMPHONY 5/31	FL
	1:30 PM GAMES WITH FRIENDS	MS
	2:00 PM DOCUMENTARY	C
	4:00 PM CHURCH SERVICES	C
	5:10 PM MOVIE	C
WEEK #4		

Honoring and Remembering
MEMORIAL DAY

26	8:30 AM OPEN SWIM - 9:15 AM	P
	9:30 AM AQUA AEROBICS	P
	9:30 AM CHAIR YOGA	FC
	10:00 AM ST. DAVID'S	C
	10:00 AM CAREGIVERS SUPPORT	BL
	10:15 AM OPEN SWIM - 11:15AM	P
	10:30 AM YOGA	FC
	11:30 AM MARGARITAVILLE	FL
	11:30 AM WALKING CLUB	FC
	12:00 PM BRIDGE	BL
	3:30 AM WOMENS WAYS OF KNOWING DISCUSSION TO FOLLOW	C

27	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
	11:00 AM REIKI	MS
	12:00 PM EXERCISE W/ CHRIS	P
	12:00 PM OPEN SWIM- 3:00PM	P
	1:00 PM BINGO	B
	1:30 AM SHAW'S	FL
	7:00 PM TOM TELESNANICK	A

28	8:30 AM OPEN SWIM - 9:15 AM	P
	9:30 AM AQUA AEROBICS	P
	9:30 AM CHAIR YOGA	FC
	10:00 AM CAPE & COAST	FL
	10:15 AM OPEN SWIM - 11:15AM	P
	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
	3:00 PM ALYSSA WONG	A
	MUSIC DIRECTOR OF CAPE SYMPHONY	

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 ST. PIUS COMMUNION	C
	10:15 AM OPEN SWIM - 11:15 AM	P
	10:30 AM BALANCE CLASS	FC
	10:45 AM RUMMIKUB	MS
	12:00 PM OPEN SWIM - 3PM	MS
	1:00 PM BRIDGE	P
	2:00 PM THE NOTEABLES	A

30	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