October Independent Living 2026

WEEK MENU # 4

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

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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 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 10:00 AM CAPE & COAST BANK FL 10:15 AM OPEN SWIM - 11:15 AM P 10:30 AM YOGA FC 11:00 AM RESIDENT ASSOCIATION MEETING A 11:00 AM BUS LOOP FL 11:30 AM WALKING GROUP FC 12:00 PM BUS LOOP FL 12:00 PM OPEN SWIM - 3:00 PM P 1:30 PM STOP & SHOP FL 2:30 AM DOCUMENTARY C	2 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 COMMUNION C 10:15 AM OPEN SWIM - 11:30 PM P 10:30 AM BALANCE CLASS FC 10:45 AM RUMMIKUB MS 11:30 AM OPEN GYM FC 12:00 PM OPEN SWIM - 3PM P 2:00 PM NANCY FRANKS A	3 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
4 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 MENU # 5	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 10:15 AM OPEN SWIM - 11:30 AM P 10:30 AM BALANCE CLASS FC 12:00 PM EXERCISE WITH CHRIS FC 12:00 PM OPEN SWIM - 3 PM P 7:00 PM FRED BOYLE TRIO BAND A	6 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 - 11:15 AM P 10:30 AM YOGA FC 11:30 AM WALKING GROUP FC 11:30 AM MATTAKEESE WARF FL 12:00 PM OPEN SWIM - 3 PM P 3:00 PM CREATIVE AGING DISCUSSION TO FOLLOW C	7 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 10:15 AM OPEN SWIM - 11:30 AM P 10:30 AM BALANCE CLASS FC 12:00 PM EXERCISE WITH CHRIS FC 12:00 PM OPEN SWIM - 3 PM P 1:00 PM THIRWOOD SINGERS PRACTICE A 1:00 PM BINGO B 1:30 PM SHAW'S FL 4:00 PM WORLD'S GREATEST GEOLOGICAL WONDERS C	8 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 BANK FL 10:15 AM OPEN SWIM - 11:15 AM P 10:30 AM YOGA FC 11:00 AM BUS LOOP FL 11:30 AM WALKING GROUP FC 11:30 AM DRUM FIT A 12:00 PM BUS LOOP FL 12:00 PM OPEN SWIM - 3 PM P 1:30 PM STOP & SHOP FL 2:30 PM DOCUMENTARY C	9 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 COMMUNION C 10:15 AM OPEN SWIM - 11:30 PM P 10:30 AM BALANCE CLASS FC 10:45 AM RUMMIKUB MS 11:30 AM OPEN GYM FC 12:00 PM OPEN SWIM - 3PM P 2:00 PM HONKY TONK PIANO MAN A 3:30 PM COMPUTER CLASS BL	10 9:00 PM 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
11 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 MENU # 6	12 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 10:15 AM OPEN SWIM - 11:30 AM P 10:30 AM BALANCE CLASS FC 12:00 PM EXERCISE WITH CHRIS FC 12:00 PM OPEN SWIM - 3 PM P	13 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 - 11:15 AM P 10:30 AM YOGA FC 11:30 AM WALKING GROUP FC 11:30 AM JACQUELINE ON TWENTY EIGHT FL 12:00 PM OPEN SWIM - 3 PM P 3:00 PM CREATIVE AGING DISCUSSION TO FOLLOW C	14 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 10:15 AM OPEN SWIM - 11:30 AM P 10:30 AM BALANCE CLASS FC 12:00 PM EXERCISE WITH CHRIS FC 1:00 PM THIRWOOD SINGERS PRACTICE A 1:00 PM BINGO B 1:30 PM SHAW'S FL 4:00 PM WORLD'S GREATEST GEOLOGICAL WONDERS C	15 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 10:00 AM CAREGIVERS GROUP C 10:00 AM CAPE & COAST BANK FL 10:15 AM OPEN SWIM - 11:15 AM 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 PM P 1:30 PM STOP & SHOP FL 2:30 PM DOCUMENTARY C	16 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 COMMUNION C 10:15 AM OPEN SWIM - 11:30 PM P 10:30 AM BALANCE CLASS FC 10:45 AM RUMMIKUB MS 11:30 AM OPEN GYM FC 12:00 PM OPEN SWIM - 3PM P 2:00 PM JULIE CHARLAND A	17 9:00 PM 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
18 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 2:00 PM CAPE SYMPHONY FL 4:00 PM CHURCH SERVICES C 5:10 PM MOVIE C WEEK MENU # 1	19 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 10:15 AM OPEN SWIM - 11:30 AM P 10:30 AM BALANCE CLASS FC 12:00 PM EXERCISE WITH CHRIS FC 12:00 PM OPEN SWIM - 3 PM P 1:00 PM ZUMBA GOLD C 7:00 PM DOUG RICCIARDI JAZZ TIL DAWN BAND A	20 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. DAVIDS C 10:15 AM OPEN SWIM - 11:15 AM P 10:30 AM YOGA FC 11:30 AM WALKING GROUP FC 11:30 AM WHYDAH PIRATE MUSUEM / CAPT. PARKER FL 12:00 PM OPEN SWIM - 3 PM P 3:00 PM CREATIVE AGING DISCUSSION TO FOLLOW C	21 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 10:15 AM OPEN SWIM - 11:30 AM P 10:30 AM BALANCE CLASS FC 12:00 PM EXERCISE WITH CHRIS FC 1:00 PM BINGO B 1:30 PM SHAW'S FL 2:00 PM DOUBLE PLAY FLUTE & TUBA A 4:00 PM WORLD'S GREATEST GEOLOGICAL WONDERS C	22 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 BANK FL 10:15 AM OPEN SWIM - 11:15 AM 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 PM P 1:30 PM STOP & SHOP FL 2:30 PM DOCUMENTARY C	23 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 COMMUNION C 10:15 AM OPEN SWIM - 11:30 PM P 10:30 AM BALANCE CLASS FC 10:45 AM RUMMIKUB MS 11:30 AM OPEN GYM FC 12:00 PM OPEN SWIM - 3PM P 3:30 PM COMPUTER CLASS BL	24 9:00 PM 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
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