

Wellness Calendar November, 2018

AR = Activities Room MR= Meeting Room **PBC= Pickle Ball Court**

FH = **Founder's Hall** LB = Library

FP = Founder's Hall Pool VP = Villa Pool **PG** = Paradise Grille

Thursday Sunday Monday Tuesday Wednesday Friday Saturday 2 1 3 10:00 Tennis Open Play 7:30 WAMBAM - MR 8:00 Fitness Together FH 10:15 H20 Aerobics w/Betty FP 8:00 Fitness Together FH 8:00 PB Drills/Practice PBC 8:00 PB Drills/Practice PBC 9:00 PB Open Play PBC 9:00 Tennis Open Play 9:15 H20 Aerobics w/Dot FP 9:00 PB Open Play PBC 11:00 Senior Fitness Class AR Adopt a Senior Pet Month! 9:15 H20 Aerobics w/Betty FP 2:00 PB Advanced Play PBC 2:00 PB Adv. Play Men's PBC 9 7 Body Transformations 8 6 10 AR 4 pm 1:00 Bocce Ball 8:00 Fitness Together FH 8:00 Fitness Together FH 8:00 Fitness Together FH 8:00 Fitness Together FH 7:30 WAMBAM - MR 8:00 PB Drills/Practice PBC 10:00 Tennis Open Play 8:00 PB Drills/Practice PBC 8:00 PB Drills/Practice PBC 8:00 PB Drills/Practice PBC 8:00 Fitness Together FH 9:00 PB Open Play PBC 10:15 H20 Aerobics w/Betty FP 9:00 PB Open Play PBC 9:00 PB Open Play PBC 8:30 Yoga w/Sylvia AR 8:00 PB Drills/Practice PBC 9:15 H20 Aerobics w/Dot FP 9:15 H20 Aerobics w/Dot FP 9:15 H20 Aerobics w/Dot FP 9:15 H20 Aerobics w/Betty FP 9:00 Tennis Open Play 11:00 Senior Fitness Class AR 2:00 PB Advanced Play PBC 11:00 Senior Fitness Class AR 10:00 Pickle Pals PBC 9:00 PB Open Play PBC 2:00 PB Advanced Play PBC 2:00 PB Advanced Play PBC 2:00 PB Advanced Play PBC 9:15 H20 Aerobics w/Betty FP 2:00 PB Adv. Play Men's PBC 12 13 14 15 16 **17** 11 10:00 Tennis Open Play 8:00 Fitness Together FH 8:00 Fitness Together FH 8:00 Fitness Together FH 8:00 Fitness Together FH 7:30 WAMBAM - MR 10:15 H20 Aerobics w/Betty FP 8:00 PB Drills/Practice PBC 1:00 Bocce Ball 8:00 PB Drills/Practice PBC 8:00 PB Drills/Practice PBC 8:00 PB Drills/Practice PBC 8:00 Fitness Together FH 9:00 PB Open Play PBC 8:30 Yoga w/Sylvia AR 9:00 PB Open Play PBC 9:00 PB Open Play PBC 8:00 PB Drills/Practice PBC 9:15 H20 Aerobics w/Dot FP 9:15 H20 Aerobics w/Dot FP 9:15 H20 Aerobics w/Dot FP 9:15 H20 Aerobics w/Betty FP 9:00 Tennis Open Play 11:00 Senior Fitness Class AR 2:00 PB Advanced Play PBC 11:00 Senior Fitness Class AR 10:00 Pickle Pals PBC 9:00 PB Open Play PBC 2:00 PB Advanced Play PBC 2:00 PB Advanced Play PBC 2:00 PB Advanced Play PBC 9:15 H20 Aerobics w/Betty FP 2:00 PB Adv. Play Men's PBC 20 21 HRH Office Closed 24 19

18 1:00 Bocce Ball Mickey Mouse's **Birthday**



8:00 Fitness Together FH 8:00 PB Drills/Practice PBC 9:00 PB Open Play PBC

9:15 H20 Aerobics w/Dot FP

2:00 PB Advanced Play PBC

11:00 Senior Fitness Class AR

8:00 Fitness Together FH 8:00 PB Drills/Practice PBC 8:30 Yoga w/Sylvia AR 9:15 H20 Aerobics w/Betty FP 10:00 Pickle Pals PBC 2:00 PB Advanced Play PBC

8:00 Fitness Together FH 8:00 PB Drills/Practice PBC 9:00 PB Open Play PBC 9:15 H20 Aerobics w/Dot FP 2:00 PB Advanced Play PBC

22 Thanksgiving Day HRH Office Closed

29

7:30 WAMBAM - MR 8:00 PB Drills/Practice PBC 9:00 Tennis Open Play 9:00 PB Open Play PBC 9:15 H20 Aerobics w/Betty FP 2:00 PB Adv. Play Men's PBC

10:00 Tennis Open Play 10:15 H20 Aerobics w/Betty FP

1:00 Bocce Ball 8:00 Fitness Together FH 8:00 PB Drills/Practice PBC 9:00 PB Open Play PBC 9:15 H20 Aerobics w/Dot FP 11:00 Senior Fitness Class AR 2:00 PB Advanced Play PBC

26

27 Alzheimer/Dementia Group AR 2 pm

8:00 Fitness Together FH 8:00 PB Drills/Practice PBC 8:30 Yoga w/Sylvia AR 9:15 H20 Aerobics w/Betty FP 10:00 Pickle Pals PBC 2:00 PB Advanced Play PBC

28

8:00 Fitness Together FH 8:00 PB Drills/Practice PBC 9:00 PB Open Play PBC 9:15 H20 Aerobics w/Dot FP 2:00 PB Advanced Play PBC

7:30 WAMBAM - MR 8:00 Fitness Together FH 8:00 PB Drills/Practice PBC 8:00 Fitness Together FH 8:00 PB Drills/Practice PBC 9:00 PB Open Play PBC 9:15 H20 Aerobics w/Dot FP 9:00 PB Open Play PBC 11:00 Senior Fitness Class AR 9:00 Tennis Open Play 2:00 PB Advanced Play PBC 9:15 H20 Aerobics w/Betty FP 2:00 PB Adv. Play Men's PBC

30

8:00 PB Drills/Practice PBC

9:15 H20 Aerobics w/Dot FP

2:00 PB Advanced Play PBC

11:00 Senior Fitness Class AR

9:00 PB Open Play PBC