

**GYM OPEN 24/7 FOR RESIDENTS**  
**FITNESS ROOM OPEN 24/7 FOR RESIDENTS**

# 2023 November

**KEY**  
 GYM - GYM  
 FITNESS CENTER - FC  
 CORRIDOR - CD  
 (THIS IS THE AREA BETWEEN TC AND THE POOL - WHERE THE PING PONG TABLE IS)

**Pool Open 5-8 PM**

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| Sun   | Mon   | Tue   | Wed  | Thu  | Fri   | Sat  |
|---|---|---|--|--|---|--|
| 29<br>                           | 30  | 31<br><i>lll</i><br><b>1P-3P-BILLIARDS AND FELLOWSHIP</b>   | 1<br><b>9A-1P-OPEN PICKLEBALL - GYM</b><br><b>11A-SIT AND BE FIT - FC</b>     | 2<br><b>10A-WATER AEROBICS</b><br><b>630P-WATER ZUMBA</b>  | 3<br><b>9A-1P-OPEN PICKLEBALL-GYM</b> <br><b>8A-WALKING CLUB-PL</b><br><b>10A-COFFEE CHAT-PL</b> | 4<br> <b>1-5 OPEN SWIM</b>  |
| 5<br><b>KAYAKING 11-1</b><br>    | 6<br><b>9A-1P PICKLEBALL - GYM</b><br><b>11A SIT AND BE FIT - FC</b>  | 7<br><b>10A-WATER AEROBICS</b><br><b>11A-SIT AND BE FIT - FC</b>  | 8<br><b>9A-1P-OPEN PICKLEBALL - GYM</b><br><b>11A-SIT AND BE FIT - FC</b>  | 9<br><b>9A-1P-OPEN PICKLEBALL - GYM</b><br><b>1P-BACKYARD GAMES-GYM</b><br><b>630- WATER ZUMBA</b>                               | 10<br><b>9A-1P-OPEN PICKLEBALL-GYM</b><br><b>8A-WALKING CLUB-PL</b>   | 11<br> <b>1-5 OPEN SWIM</b>   |
| 12<br>                          | 13<br><b>9A-1P PICKLEBALL - GYM</b><br><b>11A SIT AND BE FIT - FC</b>  | 14<br><b>10A-WATER AEROBICS</b><br><b>11A-SIT AND BE FIT - FC</b>   | 15<br><b>9A-1P-OPEN PICKLEBALL - GYM</b> <br><b>11A-SIT AND BE FIT - FC</b> | 16<br><b>10A-WATER AEROBICS</b><br><b>1P-CHIPPER GOLF</b><br><b>630P-WATER ZUMBA</b>   | 17<br><b>9A-1P-OPEN PICKLEBALL-GYM</b><br><b>8A-WALKING CLUB-PL</b>   | 18<br> <b>1-5 OPEN SWIM</b>  |
| 19<br><b>KAYAKING 11-1</b><br> | 20<br><b>9A-1P PICKLEBALL - GYM</b><br><b>11A SIT AND BE FIT - FC</b>   | 21<br><b>10A-WATER AEROBICS</b> <br><b>11A-SIT AND BE FIT - FC</b> | 22<br><b>9A-1P-OPEN PICKLEBALL - GYM</b><br><b>11A-SIT AND BE FIT - FC</b>   | 23<br> <b>Closed</b><br><b>Thanksgiving</b> | 24<br><b>9A-1P-OPEN PICKLEBALL-GYM</b><br><b>JEREMY GONE!!!</b>                                | 25<br> <b>1-5 OPEN SWIM</b>   |
| 26  | 27<br><i>ll</i><br><b>9A-1P PICKLEBALL - GYM</b><br><b>11A SIT AND BE FIT - FC</b>  | 28<br><b>10A-WATER AEROBICS</b><br><b>11A-SIT AND BE FIT - FC</b>   | 29<br><b>9A-1P-OPEN PICKLEBALL - GYM</b><br><b>11A-SIT AND BE FIT - FC</b>  | 30<br><b>10A-WATER AEROBICS</b><br><b>630P-WATER ZUMBA</b>   | 1   | 2<br>   |

Wellness Calendar

