

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



<p>Gym Open 24/7 for Residents</p> <p>Fitness Room Open 24/7 for Residents</p>		<p>Glen Oaks Wellness Calendar</p> <p>October 2022</p>	<p>KEY</p> <p>GYM – GYM</p> <p>FITNESS CENTER – FC</p> <p>Corridor – CD (this is the area between TC and the Pool – where the ping pong table is)</p>			<p>1</p> <p>1-5 Open Swim</p>
<p>2</p>	<p>3</p> <p>6am-2pm Open Swim</p> <p>9a-1p Pickleball – Gym</p> <p>11a-11:30a Sit and Be Fit - FC</p>	<p>4</p> <p>6am-2pm Open Swim</p> <p>10a – Sit and Be Fit - FC</p> <p>1p-3p – Billiards and Fellowship – SP</p>	<p>5</p> <p>6am-5pm Open Swim</p> <p>9a-1p – Open Pickleball – Gym</p> <p>11a-11:30a Sit and Be Fit - FC</p>	<p>6</p> <p>6am-2pm Open Swim</p>	<p>7</p> <p>6am-2pm Open Swim</p> <p>9a-1p – Pickleball – Gym</p> <p>10A- Coffee Social Pool Area</p>	<p>8</p> <p>1-5 Open Swim</p>
<p>9</p>	<p>10</p> <p>6am-2pm Open Swim</p> <p>9a-1p Pickleball – Gym</p> <p>11a-11:30a Sit and Be Fit – FC</p> <p>COLUMBUS DAY</p>	<p>11</p> <p>6am-2pm Open Swim</p> <p>10a – Sit and Be Fit - FC</p> <p>1p-3p – Billiards and Fellowship – SP</p>	<p>12</p> <p>6am-5pm Open Swim</p> <p>9a-1p – Open Pickleball – Gym</p> <p>11a-11:30a Sit and Be Fit - FC</p>	<p>13</p> <p>6am-2pm Open Swim</p>	<p>14</p> <p>6am-2pm Open Swim</p> <p>9a-1p – Open Pickleball – Gym</p>	<p>15</p> <p>1-5 Open Swim</p>
<p>16</p>	<p>17</p> <p>6am-2pm Open Swim</p> <p>11a-11:30a Sit and Be Fit - FC</p>	<p>18</p> <p>6am-2pm Open Swim</p> <p>10a – Sit and Be Fit - FC</p> <p>1p-3p – Billiards and Fellowship – SP</p>	<p>19</p> <p>6am-5pm Open Swim</p> <p>9-1 Pickleball-Gym</p> <p>11a-11:30a Sit and Be Fit - FC</p>	<p>20</p> <p>6am-2pm Open Swim</p>	<p>21</p> <p>6am-2pm Open Swim</p> <p>9a-1pm Pickleball-Gym</p>	<p>22</p> <p>1-5 Open Swim</p>
<p>23</p>	<p>24</p> <p>6am-2pm Open Swim</p> <p>9a-1p – Open Pickleball</p> <p>11a-11:30a Sit and Be Fit - FC</p>	<p>25</p> <p>6am-2pm Open Swim</p> <p>10a – Sit and Be Fit - FC</p> <p>1p-3p – Billiards and Fellowship – SP</p> <p>1-3 Timbercrest Open House</p>	<p>26</p> <p>6am-5pm Open Swim</p> <p>9-1 Pickleball-Gym</p> <p>11a-11:30a Sit and Be Fit - FC</p>	<p>27</p> <p>6am-2pm Open Swim</p>	<p>28</p> <p>9a-1p- Pickleball- Gym</p> <p>6am-2pm Open Swim</p>	<p>29</p> <p>1-5 Open Swim</p>
<p>30</p>	<p>31</p> <p>6am-2pm Open Swim</p> <p>9a-1p – Open Pickleball</p> <p>11a-11:30a Sit and Be Fit - FC</p> 					