

SG FITNESS CLASSES:

Mondays:

9 & 10 Water Aerobics
10:00 Light Aerobics
11:00 Tai Chi (video)
2:00 Line Dancing-ADV

Tuesdays

10 & 11 Strength & Balance

Wednesdays

9 & 10 Water Aerobics
10:00 Light Aerobics
11:00 Chair Yoga

Thursdays

10&11 Strength & Balance
2:00 Line Dancing-INT

Fridays

9 & 10 Water Aerobics
10:00 Light Aerobics
11:00 Tai Chi (video)

OB FITNESS CLASSES:

Mondays:

9:30 Strength & Stamina

Tuesdays:

9:30 Water Aerobics
(starting 5/9)

Wednesdays:

9:30 Strength & Stamina
10:00 Walking Club

Thursdays:

2:30 Water Aerobics
(starting 5/11)

Fridays:

9:30 Strength & Stamina
1:00 Traditional Yoga

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 See boxes On side	2 10,11,1- Shopping 11 Boutique Shopping SG-Cottage 4:30 Singles Social-OB	3 See boxes On side	4 9-11 iT Support Group 2:00 Speaker Thursday "Dr. Mellissa Sharpe" OB Royal Oak Room	5 Cinco de Mayo 10,11,1- Shopping 10 am Trip to Coffee Concert 2:00 POKER-SG 4:30 BINGO-SG	6 5:30 Kentucky Derby Party (Each Campus) OB - \$35 Buffet SG - hors d'oeuvres in Auditorium or, 5pm dinner in Dining room
7 Church Van 4:30 Sunday Seminar SG-Auditorium	8 See boxes On side	9 10,11,1- Shopping 10:30 Book Club-SG "The Cartographers" 5pm Sawgrass Singers SG Auditorium	10 9:00 "Meet Mr. Lincoln" performance SG Auditorium 12:30 RFID-TEM System informational- OB Royal Oak Room	11 9-11 iT Support Group 3:30 Quarterly Board Meeting SG Auditorium	12 10,11,1- Shopping 11:00 RFID-TEM System informational- OB Royal Oak Room	13
14  Mother's Day No Sunday Seminar	15 Rhonda Returns <3 9:00 Vicar's Woods Clean-up -SG 4:30 Chapel Service for Peace SG-Chapel	16 10,11,1- Shopping 4:30 Singles Social-OB	17 11:00 Dementia Discussion SG Cardroom 5:15 Charlie Goldsmith Piano Lounge-SG	18 9-11 iT Support Group 11am Trip to Centenarian Luncheon	19 10,11,1- Shopping 2:00 POKER- SG 4:30 BINGO-SG	20 6:30 Trip to Jax Symphony
21 Church Van 2:30 Yacht Club Regatta- SG 4:30 Sunday Seminar SG-Auditorium	22 11:30 Bible Study SG Cardroom	23 10,11,1- Shopping See boxes On side	24 1:30 Celebration for Life Work students SG Auditorium 3:00pm Heath Services Orientation OB Royal Oak Room 5:00 TRIVIA-SG	25 9-11 iT Support Group 5:15 Nancy Mock Piano Lounge-SG	26 10,11,1- Shopping 10am Trip to Coffee Concert	27
28 Church Van 4:30 Sunday Seminar SG-Auditorium	29 Memorial Day 	30 10,11,1- Shopping 4:30 Singles Social-OB	31 4:00 pm TRAVEL PROGRAM "Egypt" SG Auditorium	SG = Sawgrass OB = Oak Bridge		

Ongoing Weekly Activities



Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
11:00 Catholic Mass SG- Chapel 1:00 "Hand & Foot" Canasta OB Haw. Lounge	8:30 Croquet-SG 12:00 Eucharist-SG	11:00 Legacy Writers-SG 1:30 Beginner's Canasta OB Haw. Lounge 5- 5:45 Solo's Dinner-SG	10:00 Current Events-SG 2:00 Party Bridge-OB	8:30 Croquet- SG 1:00 Duplicate Bridge-SG