

Vicar's Landing

September 2023

SG—GROUP FITNESS

Mondays:

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

Tuesdays

10&11 Strength & Balance
2:00 Line Dancing
(returns 9/19)

Wednesdays

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

Thursdays

10&11 Strength & Balance
2:00 Line Dancing
(returns 9/21)

Fridays

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

OB—GROUP FITNESS

Mondays:

9:30 Strength & Stamina

Tuesdays:

9:30 Water Aerobics

Wednesdays:

9:30 Strength & Stamina

Thursdays:

2:30 Flexibility & Balance
Training

Fridays:

9:30 Water Aerobics

Ongoing Weekly Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*NOTICE: SAWGRASS EXERCISE CLASSES <u>Rhonda's Light Aerobics:</u> Canceled on 9/15, 9/18 & 9/20. <u>Diane's Chair Yoga:</u> Canceled on 9/20.						1 10:00am MOVIE-- OB "RAY" — 2hrs 30mins OB Royal Oak Room 2:00 POKER - SG 4:30 BINGO-SG
3 Church Van *NO SUNDAY SEMINAR TODAY	4 LABOR DAY 12- 5pm Labor Day Buffet SG & OB Dining RSVP	5 10,11,1- Shopping Boutique Shopping 11am—1pm 6 & 6:30 Sharing Table OB- Dining RSVP	6 12pm Trip to Cummer Museum	7 9-11 IT Support 2pm Speaker Thursday "Hearing Loss & Brain Health" OB Magnolia Room 4:30 Scholarship Campaign Cocktail Party SG Auditorium	8 10am Current Events Returns! SG Auditorium Shuttle available from OB Starting at 9:00am 4:30 Scholarship Campaign Cocktail Party OB Clubhouse 2nd Floor	9 See ongoing events below
10 Church Van 2:30 Yacht Club Regatta- SG 4:30 Sunday Seminar SG-Cardroom 5-7 OB Mix & Mingle OB Dining RSVP	11 See ongoing events below	12 10,11,1- Shopping 10:30 Book Club-SG 5:15pm Nancy Mock SG Piano Lounge 4:30pm Singles Social OB- Dining RSVP	13 See ongoing events below	14 9-11 IT Support 3:30 LCPV Quarterly Meeting SG Auditorium	15 10am Trip to Coffee Series 10am Current Events SG Auditorium 2:30 Movie "Guys & Dolls" SG Auditorium 2:00 POKER - SG 4:30 BINGO-SG	16 See ongoing events below
17 Church Van 4:30 Sunday Seminar SG-Cardroom	18 11am Gary Sass "History of Jacksonville" OB Royal Oak 4:30 Chapel Service for Peace -SG	19 10,11,1- Shopping Line Dancing Begins See Group Fitness To the left 6 & 6:30 Sharing Table OB- Dining RSVP	20 4:30 Travel Program "Italy" SG Auditorium	21 9-11 IT Support 4:00 Members Association Quarterly Meeting SG Auditorium	22 10am Current Events SG Auditorium 5:15pm Charlie Goldsmith SG Piano Lounge	23 See ongoing events below
24 Church Van 4:30 Sunday Seminar SG-Cardroom 5:30 Trip to Alhambra, "Elvis"	25 11am Bible Study SG- Card Room	26 10,11,1- Shopping 10:45am Trip to Town Center 4:30pm Singles Social OB- Dining RSVP	27 10am Trip Jax Tour—"Stories & Stops of Jax.- Faces & Places" 3:00pm Health Sys Orientation OB- Royal Oak 5:00 TRIVIA SG	28 9-11 IT Support 4:30 Travel Program "Egypt" OB Royal Oak	29 10am Current Events SG Card Room 2:00 POKER - SG 4:30 BINGO-SG 5:45pm -Charlie Goldsmith OB Piano Lounge	30 6:30pm Trip to Symphony Classical Concert

MONDAYS

8am Vicar's Golf
The Yards

11am Knitting Group
SG- Parlor

TUESDAYS

11am Catholic Mass
SG- Chapel

1pm "Hand & Foot"
Canasta
OB Haw. Lounge

WEDNESDAYS

8:30 Croquet-SG

12pm Eucharist-SG
1pm Mahjong-OB

THURSDAYS

11am Legacy Writers-SG

1pm Beginner's Canasta
OB Haw. Lounge
5- 5:45 Solo's Dinner-SG

FRIDAYS

10am Current Events-SG
RETURNS 9/8 !

1pm Party Bridge-OB

SATURDAYS

8:30 Croquet- SG

1pm Duplicate Bridge-SG