

# SG—GROUP FITNESS

## Mondays:

10:00 Light Aerobics  
11:00 Tai Chi (video)

## Tuesdays

10&11 Strength/Balance  
2:00 Line Dancing

## Wednesdays

10:00 Light Aerobics  
11:00 Chair Yoga

## Thursdays

10&11 Strength/Balance  
2:00 Line Dancing

## Fridays

10:00 Light Aerobics  
11:00 Tai Chi (video)

# OB—GROUP FITNESS

## Mondays:

9:30 Movement-strength  
balance-stretch

## Tuesdays:

9:30 Stretch-Balance  
Agility

## Wednesdays:

9:30 Movement-strength  
balance-stretch

## Thursdays:

2:30 Stretch-Balance  
Agility

## Fridays:

9:30 Movement-strength  
balance-stretch

1:00 Yoga

# VICAR'S LANDING

# NOVEMBER 2023

| Sunday                                                                                                           | Monday                                                                                            | Tuesday                                                                                                                         | Wednesday                                                                                                    | Thursday                                                                                           | Friday                                                                                                | Saturday                                                                                      |
|------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|
|                                 |                  |                                               | 1<br>OAK BRIDGE<br>TOWN HALL<br>MEETING<br>10am<br>Dining Room                                               | 2 2pm Wellness<br>Presentation, OB<br><br>TRAVEL PROGRAM<br>"Israel"<br>4:30pm, OB<br>Royal Oak Rm | 3 10am Trip.<br>Symphony Coffee<br>Series<br><br>2:00pm Poker, SG<br><br>NO 2:30 OB<br>EXERCISE CLASS | 4 8:15am<br>Trip to hike<br>Guana Preserve<br><br>NO DUPLICATE<br>BRIDGE<br>(Boutique set-up) |
| 5 Church Van<br>NO SUNDAY<br>SEMINAR<br>(Boutique set-up)<br>1:15 Trip. Players by<br>the Sea, "Adams<br>Family" | 6 Legacy Writers<br>11:00<br>Royal Oak Room<br>& listed below under<br>"ongoing activities"       | 7 ANNUAL<br>BOUTIQUE!!<br>10AM—1PM<br>Sawgrass Campus<br>4:30pm Singles<br>Social<br>OB —Dining RSVP                            | 8 Movie, "Singing In<br>The Rain"<br>3:00 SG Auditorium<br>&<br>7:30pm, OB<br>Royal Oak Room                 | 9<br><br>See ongoing events<br>below & to the side                                                 | 10<br><br>MASTER PLAN<br>PRESENTATION<br>2:00PM<br>Auditorium, SG<br>BINGO, 4:30pm, SG                | 11<br><br>6:30pm Trip.<br>Symphony Classical<br>Series                                        |
| 12 Church Van<br>4:30 Sunday<br>Seminar, SG<br><br>2:30 Yacht Club<br>Regatta                                    | 13 Bible Study<br>11:00 Estes Room<br><br>FBI Presentation<br>"Elder Fraud"<br>2:00pm, Auditorium | 14 10:30 Book Club,<br>SG<br>6 & 6:30<br>Sharing Table<br>OB Dining—RSVP<br>6:45pm WORLD<br>AFFAIRS Live Feed<br>Auditorium, SG | 15 REPEAT OF<br>MASTER PLAN<br>PRESENTATION<br>10am<br>Auditorium, SG<br>Piano Lounge, SG<br>5:15 Nancy Mock | 16 LCPV<br>QUARTERLY<br>MEETING<br>3:30PM<br>Auditorium, SG                                        | 17 10am<br>Alzheimer's Walk<br><br>2:00pm Poker, SG<br>BINGO, 4:30pm, SG                              | 18<br><br>See ongoing events<br>below & to the side                                           |
| 19 Church Van<br>2:15 Trip. "Hansel &<br>Gretel," (opera) UNF<br><br>4:30 Sunday Seminar                         | 20<br><br>4:30 Chapel Service<br>For Peace<br>Special Vigil<br>Service                            | 21<br><br>4:30pm Singles<br>Social<br>OB —Dining RSVP                                                                           | 22<br><br>NO TRIVIA<br>TODAY                                                                                 | 23<br><br>Thanksgiving<br>Day                                                                      | 24<br><br>NO CURRENT<br>EVENTS TODAY                                                                  | 25<br><br>See ongoing events<br>below & to the side                                           |
| 26 Church Van<br>4:30 Sunday<br>Seminar, SG                                                                      | 27 2-4 FASHION<br>SHOW<br>OB Dining<br>Room                                                       | 28 6 & 6:30<br>Sharing Table<br>OB Dining—RSVP                                                                                  | 29 TRAVEL PROGRAM<br>"Amalfi" 4:30pm<br>Auditorium, SG<br>Piano Lounge, OB<br>Charlie Goldsmith<br>5:30pm    | 30<br><br>See ongoing events<br>below & to the side                                                |                                                                                                       |                                                                                               |

## MONDAYS

9am Vicar's Golf  
The Yards  
11am Legacy  
Writers, OB  
Royal Oak Room

## 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

11am Current Events-  
SG, Auditorium  
1pm Party Bridge-OB

## SATURDAYS

8:30 Croquet- SG  
1pm Duplicate  
Bridge-SG

Ongoing  
Weekly Activities

