

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)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <i>See below & side for on-going events</i>	2 <i>No Boutique Sale Today</i>	3 <i>See below & side for on-going events</i>	4 4:30 Trip. St. Aug. Boat, Nights of Lights	5 11-1 Cottage Shopping 2:00 Poker, SG 4:30 BINGO, SG	6 Trip to Symphony Classical Series 6:30pm <i>See below for on-going events</i>
7 4:30 Sunday Seminar	8 <i>See below & side for on-going events</i>	9 Boutique Today 11-1 Book Club, 10:30 SG Card Room World Affairs, 7pm Live Feed Auditorium, SG	10 Travel Program "Amalfi" 4:30pm, Auditorium	11 Health Care Presentation "Advance Directives" 3pm Auditorium	12 11-1 Cottage Shopping	13 <i>See below for on-going events</i>
14 4:30 Sunday Seminar	15 2pm Movie, "Jaws" Auditorium 4:30 Chapel Service For Peace 7pm Movie, "Jaws" OB Royal Oak Rm	16 Tentative Start Date for OB Duplicate Bridge, 1pm, Royal Oak Health Care Follow up "Advance Directives", 3pm Auditorium T R I V I A, 4pm OB Lounge	17 Piano Lounge, OB Charlie Goldsmith 5:30pm	18 Wellness Presentation, OB, 2pm 4:30 Travel Program, OB, 2nd Floor Piano Lounge, SG	19 Trip to Symphony Coffee Series, 10am 11-1 Cottage 2:00 Poker, SG	20 Trip, 1:00pm "Mutts Gone Nuts" Florida Theater
21 4:30 Sunday Seminar Trip to Beaches Fine Arts Series 4pm	22 Bible Study, SG 11:00 Card Room	23 "The Crown," 2-4pm Auditorium Piano Lounge, SG Charlie G., 5:15	24 T R I V I A, 5pm SG Card Room	25 10am Trip to Okefenokee	26 9:45am Trip to Artist Lecture Cultural Center 11-1 Cottage Shopping	27 Trip to Symphony Classical Series 6:30pm <i>See below for on-going events</i>
28 4:30 Sunday Seminar	29 <i>See below & side for on-going events</i>	30 "The Crown," 2-4pm Auditorium	31 PLAY READING "Redemption" 4:30 Bar; 5:00 Play Auditorium			

OB—GROUP FITNESS**Mondays:**

9:30 Movement-strength balance-stretch

Tuesdays:

9:30 Stretch-Balance Agility

Wednesdays:

9:30 Movement-strength balance-stretch

Thursdays:10:30 Tai Chi
Resumes 1/18

No 2:30 Class

Fridays:

9:30 Movement-strength balance-stretch

1:00 Yoga

MONDAYS**9am** Vicar's Golf
*The Yards***TUESDAYS****11am** Catholic Mass
SG— Chapel
1pm "Hand & Foot"
Canasta, OB
1pm Duplicate, OB
*Dates to be announced***WEDNESDAYS****9:00** Croquet-SG
12pm Eucharist-SG
1pm Mahjong-OB**THURSDAYS****10:30 OB Tai Chi** (resumes 1/18)
9-11 IT Support Group, SG
11 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****9:00** Croquet— SG
1pm Duplicate Bridge-SGOngoing
Weekly Activities