

12:30 Supported Gym Daily	9:00 Yoga 2:00 Strength & Balance 3:45 Chair Abs	9:00 Chair St to fit 10:30 Aqua Stretch 2:30 Chair Cardio 3:45 Memory & Movement 13th & 27th @ 11:00 Aqua Stretch	9:00 Morning Stretch 2:00 Mat Stretch 3:45 Nutrition for Energy	9:00 Balance & Core 2:30 Chair Strength 3:45 Stretch & Mobility 8th 360 Well WU: Principle 11:00 15th WU: Cultivating Comm. Culture 11:00 29th Med. Management 11:00	9:00 Vitality Circuit 11:00 Upper Body Workout 1:30 Tai Chi	11:00 Wednesday January 10th Fitness Center Orientation
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Happy Birthday Geraldine M. - 3rd Regina T. - 7th Rob Roy 25th Walt Harty 31st	<ul style="list-style-type: none"> ● Body ● Community ● Entertainment ● Mind ● Outing ● Spirit 			<ul style="list-style-type: none"> ● 10:00 Chess and Chinese Checkers (BR) ● 1:00 Bridge (GC) ● 1:00 Canasta (BR) ● 3:00 Regular Dominoes (GC) 	1 <ul style="list-style-type: none"> ● 9:30 Beach Walk ● 11:00 Neighborhood Bike Ride ● 1:00 Bridge (GC) ● 1:00 Mah-Jang (BR) ● 3:00 Watersound Book Club (L) ● 4:00 Happy Hour (BA) 	2 <ul style="list-style-type: none"> ● 9:00 Pray the Rosary ● 10:00 Bible Study w/ Terry and Charmane (TH) ● 11:00 Seaside Farmers Market & Lunch @ Cracklings Grayton ● 1:00 Bridge (GC) ● 1:00 Hand and Foot Card Game (BR) ● 2:30 Learning another Language with Kathy Houlihan (TH) ● 3:30 Golf Cart Rides
<ul style="list-style-type: none"> ● 10:00 Livestream Haynes Barton, North Carolina Service (T) ● Bills vs Jets TBD ● Panthers vs Bucs ● Ravens vs Steelers TBD ● 1:00 Bridge (GC) ● 3:00 Mexican Train Dominoes (BR) ● 6:30 Scrabble Challenge (BR) 	4 <ul style="list-style-type: none"> ● 10:00 Walmart Run ● 1:00 Bingo (H) ● 1:00 Bridge (GC) ● 2:00 Rummikub (BR) ● 4:00 Mix it up Monday Happy Hour with Mike (TB) ● 5:00 Papa Surf Burger Bar Trivia Night 	5 <ul style="list-style-type: none"> ● 9:30 Conservation Park PCB Nature Trail ● 11:00 Mexican Train Dominoes (BR) ● 1:00 Bridge (GC) ● 1:00 Canasta (BR) ● 3:00 Regular Dominoes (GC) ● 3:00 WU: Creative Art (CS) ● 6:30 Scrabble Challenge (BR) 	6 <ul style="list-style-type: none"> ● 10:00 Shuffleboard Bonanza (BR) ● 11:00 Tricky with Taboo (GA) ● 12:30 Supported Gym Hour (V) ● 1:00 Bridge (GC) ● 1:00 Hand and Foot Card Game (BR) ● 3:00 Quilting and Crochet (CS) ● 3:00 Veteran's Cocktails and Commraderie (GC) ● 4:00 Happy Hour with Gene Mitchell (BA) ● 4:30 The Bay for dinner and a bonfire 	7 <ul style="list-style-type: none"> ● 10:00 Chess and Chinese Checkers (BR) ● 11:00 Tricky Trivia (BR) ● 12:00 Lunch @ Steamboats Grill 30 A ● 1:00 Bridge (GC) ● 1:00 Canasta (BR) ● 3:00 Coffee, Cocoa, Tea and Pastries (GC) ● 3:00 Matinee: Man on the Inside Season 2 (T) ● 3:00 Regular Dominoes (GC) ● 6:00 Game Night with Emma & Michelle (BR&GC) 	8 <ul style="list-style-type: none"> ● 10:00 Floral Class (TH) ● 11:00 Beach Walk ● 12:30 National Law Enforcement Day: Take Treats to Police Station ● 1:00 Bridge (GC) ● 1:00 Mah-Jang (BR) ● 1:00 Neighborhood Bike Ride ● 4:00 Happy Hour (BA) 	9 <ul style="list-style-type: none"> ● 9:00 Pray the Rosary ● 11:15 Bible Study w/ Terry and Charmane (TH) ● 12:15 The Work of our Hands: A Collaborative Exhibition ● 1:00 Bridge (GC) ● 1:00 Hand and Foot Card Game (BR) ● 2:30 WU: Learning a New Language with Kathy (TH) ● 3:30 Rummikub (BR) ● 4:30 Golf Cart Rides ● 5:45 Americana Concerts @ the Lodge, Camp Helen
<ul style="list-style-type: none"> ● 10:00 Livestream Haynes Barton, North Carolina Service (T) ● 11:30 Bayou Joes Lunch ● 1:00 Bridge (GC) ● 3:00 Mexican Train Dominoes (BR) ● 4:00 Hymnals at the Piano with Kim (P) ● 6:30 Scrabble Challenge (BR) 	11 <ul style="list-style-type: none"> ● 10:00 Publix Run ● 1:00 Bingo (H) ● 1:00 Bridge (GC) ● 2:00 Rummikub (BR) ● 4:00 Mix it up Monday Happy Hour (TB) 	12 <ul style="list-style-type: none"> ● 11:00 Mexican Train Dominoes (BR) ● 11:30 Balance with Julie (FS) ● 1:00 Bridge (GC) ● 1:00 Canasta (BR) ● 2:00 Brain and Spine Support Group (TH) ● 3:00 Regular Dominoes (GC) ● 3:00 WU: Creative with Art (CS) ● 4:00 ROMEO'S Dinner & Happy Hour @ Shunk Gully ● 6:30 Scrabble Challenge (BR) 	13 <ul style="list-style-type: none"> ● 10:00 Shuffleboard Bonanza (PD) ● 11:00 Tricky with Taboo (GA) ● 1:00 Bridge (GC) ● 1:00 Hand and Foot Card Game (BR) ● 2:45 Book Club visits Coastal Library Bookstore ● 3:00 Quilting & Crochet (CS) ● 3:00 Regular Dominoes (GC) ● 3:30 Dinner @ Tarpons in Hotel Indigo ● 4:00 Happy Hour with Chuck 	14 <ul style="list-style-type: none"> ● 10:00 Food Committee Meeting (TH) ● 11:00 Tricky Trivia (BR) ● 12:30 Supported Gym Hour (V) ● 1:00 Bridge (GC) ● 1:00 Canasta (BR) ● 3:00 Matinee: Jay Kelly with George Clooney (T) ● 3:00 Regular Dominoes (GC) ● 4:40 Grayton Wine Walk 	15 <ul style="list-style-type: none"> ● 10:00 Beach Walk ● 11:00 Brain Cafe Course (TH) ● 12:30 Supported Gym Hour (V) ● 1:00 Bridge (GC) ● 1:00 Mah-Jang (BR) ● 1:00 Neighborhood Bike Ride ● 4:00 Happy Hour (BA) 	16 <ul style="list-style-type: none"> ● 9:00 Pray the Rosary ● 10:00 Bible Study w/ Terry and Charmane (TH) ● 11:00 The Pearl Hotel Brunch ● 1:00 Bridge (GC) ● 1:00 Hand and Foot Card Game (BR) ● 2:30 WU: Learning A New language with Kathy (TH) ● 3:30 Rummikub (BR) ● 4:30 Golf Cart Rides
<ul style="list-style-type: none"> ● 10:00 Livestream Haynes Barton, North Carolina Service (T) ● 1:00 Bridge (GC) ● 3:00 Mexican Train Dominoes (BR) ● 6:30 Scrabble Challenge (BR) 	18 <ul style="list-style-type: none"> ● 10:00 Walmart Run ● 12:00 Bookmobile Visits (FOB) ● 1:00 Bingo (H) ● 1:00 Bridge (GC) ● 2:00 Rummikub (BR) ● 2:00 Strength and Balance (V) ● 3:00 Rob Roy Travels to Southeast Asia (TH) ● 3:45 15 min Chair Abs (B) ● 4:00 Mix it up Monday Happy Hour (TB) ● 4:00 National Popcorn Day (BA) ● 6:30 National College Championship (T) 	19 <ul style="list-style-type: none"> ● 10:00 Shopping @ Carousel Market & Nest Boutique ● 11:00 Mexican Train Dominoes (BR) ● 1:00 Bridge (GC) ● 1:00 Canasta (BR) ● 2:00 Regular Dominoes (GC) ● 3:00 WU: Creative with Art (CS) ● 6:30 Scrabble Challenge (BL) 	20 <ul style="list-style-type: none"> ● 10:00 Shuffleboard Bonanza (PD) ● 11:00 Tricky with Taboo (GA) ● 1:00 Bridge (GC) ● 1:00 Hand and Foot Card Game (BR) ● 3:00 Quilting & Crochet (CS) ● 4:00 Happy Hour with Dennis Phy (BA) ● 4:45 Wild Olives Dinner and Free Bingo 	21 <ul style="list-style-type: none"> ● 10:00 Member Chat (TH) ● 11:00 Tricky Trivia (BR) ● 1:00 Bridge (GC) ● 1:00 Canasta (BR) ● 3:00 Matinee:Murder in Monaco (T) ● 4:00 Happy Hour with Dennis Phy (BA) ● 4:45 Wild Olives Dinner and Free Bingo 	22 <ul style="list-style-type: none"> ● 9:30 Beach Walk ● 11:00 Brain Cafe Course (TH) ● 12:30 Supported Gym Hour (V) ● 1:00 Bridge (GC) ● 1:00 Mah-Jang (BR) ● 1:00 Neighborhood Bike Ride ● 4:00 Happy Hour (BA) 	23 <ul style="list-style-type: none"> ● 9:00 Pray the Rosary ● 10:00 Bible Study w/ Terry and Charmane (TH) ● 11:45 Great Pages Circus Panama City ● 2:30 WU: Learning A New language with Kathy (TH) ● 3:30 Rummikub (BR) ● 4:30 Golf Cart Rides
<ul style="list-style-type: none"> ● 10:00 Livestream Haynes Barton, North Carolina Service (T) ● 1:00 Bridge (GC) ● 3:00 Mexican Train Dominoes (BR) ● 6:30 Scrabble Challenge (BR) 	25 <ul style="list-style-type: none"> ● 10:00 Publix Run ● 11:00 Shopping in Watersound: Art of Facts(new store) & Lunch @ Village Market ● 1:00 Bingo (H) ● 1:00 Bridge (GC) ● 2:00 Rummikub (BR) ● 3:00 Regular Dominoes (GC) ● 4:00 Mix it up Monday Happy Hour (TB) ● 6:00 National Spouses Day: Match Maker Game Night (TH) 	26 <ul style="list-style-type: none"> ● 9:30 Gayle's Trails PCB Nature Walk ● 11:00 Mexican Train Dominoes (BR) ● 1:00 Bridge (GC) ● 1:00 Canasta (BR) ● 3:00 Regular Dominoes (GC) ● 3:00 WU: Creative with Art (CS) ● 6:30 Scrabble Challenge (BR) 	27 <ul style="list-style-type: none"> ● 10:00 Shuffleboard Bonanza (BR) ● 11:00 Tricky with Taboo (GA) ● 1:00 "Murder on the Orient Express" ECT and Dinner @ Craft Bar ● 1:00 Bridge (GC) ● 1:00 Hand and Foot Card Game (BR) ● 2:00 Mat Stretching (V) ● 3:00 Quilting & Crochet (CS) ● 4:00 Happy Hour (BA) 	28 <ul style="list-style-type: none"> ● 9:30 Beach Walk ● 11:00 Brain Cafe Course (TH) ● 11:45 Mardi Gras Festival PCB ● 1:00 Bridge (GC) ● 1:00 Canasta (BR) ● 3:00 Coffee, Cocoa, Tea and Pastries (GC) ● 3:00 Matinee: Train Dreams (T) ● 3:00 Regular Dominoes (GC) ● 4:00 Happy Hour (BA) 	29 <ul style="list-style-type: none"> ● 9:30 Beach Walk ● 11:00 Brain Cafe Course (TH) ● 11:45 Mardi Gras Festival PCB ● 1:00 Bridge (GC) ● 1:00 Canasta (BR) ● 3:00 Coffee, Cocoa, Tea and Pastries (GC) ● 3:00 Matinee: Train Dreams (T) ● 3:00 Regular Dominoes (GC) ● 4:00 Happy Hour (BA) 	30 <ul style="list-style-type: none"> ● 9:00 Pray the Rosary ● 10:00 Bible Study w/ Terry and Charmane (TH) ● 11:00 Fort Walton Foodee Fest ● 1:00 Bridge (GC) ● 1:00 Hand and Foot Card Game (BR) ● 3:30 Rummikub (BR) ● 4:30 Golf Cart Rides

Activity Locator Key: H = Hub (TH) The Hub

BR = Billiards Room

CS = Create Studio

T = Theater

GC = Gallery Cafe

BR = Billiards Room

BA = Bar (TB) The Bar

BS = Balance Studio

V = Vitality (Weight Room)

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