

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

Activity Locator Key: H = Hub (TH) The Hub
CS = Create Studio
T = Theater
GC = Gallery Cafe

BR = Billiards Room
BA = Bar (TB) The Bar
BS = Balance Studio
V = Vitality (Weight Room)