					175 C.	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<ul> <li>10:00 Livestream Haynes Barton, North Carolina Service (T)</li> <li>1:00 5 Crowns Card Game (RL)</li> <li>1:00 Bridge (GC)</li> <li>2:00 Matinee: Conclave (T)</li> </ul>	8:00 Nature Walk w/ Cassidy (L) 9:00 Power Yoga w/ Cassidy (V) 10:00 Walmart Run 11:30 5 Crowns Card Game (BR) 12:00 Guided Fitness Center Hour (V) 1:00 Bridge (GC) 1:00 Line Dancing (FR) 2:00 Regular Dominoes (VL) 2:00 Travel the World Movement Tour w/ Cassidy (L(R) 3:00 Watersound Book Club (LI) 3:45 15 min Chair Abs w/ Cassidy (B) 4:00 Mix it up Monday Happy Hour (TB)	9:00 Chair Sit-to-Fit w/ Cassidy (BS) 9:30 Coffee, Donuts and Conversation, Pets included (GP) 10:30 Euchre Card Game (GC) 12:00 Guided Fitness (V) 1:00 Bridge (GC) 1:00 Canasta (BR) 2:00 Chair Upper-body Strength w/ Cassidy (BS) 2:30 Seaglass and Shell Creations with Thalia (CS) 3:30 Qigong for beginners w/ Cassidy (B) 4:15 Dinner @ Comelfo	9:00 Morning Stretch w/ Cassidy (BS) 9:30 Nature Walk @ Butterfly Garden in Rosemary Beach 11:30 Hand and Foot Card Game (BR) 11:30 Fitness Center Orientation w/ Cassidy (V) 12:00 Guided Fitness Center Hour (V) 1:00 Bridge (GC) 1:00 Mexican Train Dominoes (BR) 2:00 Mat Stretch and Mobility w/ Cassidy (V) 3:00 Movie: Me Before You (SR) 3:00 Veteran's Cocktails and Commraderie (GC) 3:30 15 min Chair Cardio Blast w/ Cassidy (B) 4:00 Happy Hour (BA) 6:30 Salsa Dancing (FS)	<ul> <li>9:00 Body Balance and Core w/ Cassidy (V)</li> <li>10:30 Rummikub (BR)</li> <li>11:00 WU: Man, it's Time to Move (VL)</li> <li>12:00 Guided Fitness Center Hour (V)</li> <li>1:00 Bridge (GC)</li> <li>1:00 Canasta (BR)</li> <li>2:00 Air Force Armament Museum &amp; Dinner @ Tradewinds</li> <li>2:00 Chair Band Strength w/ Cassidy (B)</li> <li>2:30 Left, Right and Center (BR)</li> <li>3:30 Wheel of Fortune (VL)</li> </ul>	8:30 Senior Circuit w/ Cassidy (BS) 9:00 Beach Walk 10:30 Water Aerobics w/ Cassidy (P) 11:00 E.O. Wilson Biophelia Center and Lunch @ Nick's 12:00 Guided Fitness Center Hour (V) 1:00 Bridge (GC) 1:00 Mah-Jang (BR) 2:00 Macular Degeneration Support Group (H) 3:00 Chair Beach Volleyball (B) 3:00 Regular Dominoes (VL) 4:00 Happy Hour (BA)	<ul> <li>10:00 Bible Study w/ Terry and Charmane (TH)</li> <li>11:00 Dat Cajun Place Lunch</li> <li>12:30 Hand and Foot Card Game (BR)</li> <li>1:00 Bridge (GC)</li> <li>2:30 Crosswords in the Cafe (GC)</li> <li>4:00 Neighborhood Ride on Golf Cart</li> </ul>
<ul> <li>10:00 Livestream Haynes Barton, North Carolina Service (T)</li> <li>1:00 5 Crowns Card Game (RL)</li> <li>1:00 Bridge (GC)</li> <li>2:00 Matinee: And So It Goes (T)</li> </ul>	8:30 Power Yoga w/ Cassidy (V) 10:00 Publix Run 11:15 5 Crowns Card Game (BR) 11:30 Book mobile (FOB) 12:00 Guided Fitness Center Hour (V) 1:00 Bridge (GC) 1:00 Scrabble with Friedns (VL) 2:00 Regular Dominoes (VL) 2:30 Travel the World Movement Tour w/ Cassidy (L(A) 3:00 Billiards and Shuffleboard (BR) 3:45 15 min Chair Abs w/ Cassidy (B) 4:00 Mix it up Monday Happy Hour with Music by Mike (TB)	<ul> <li>9:00 Chair Sit-to-Fit w/ Cassidy (BS)</li> <li>10:30 Euchre Card Game (GC)</li> <li>10:45 Indoor Mini Golf and Lunch @ Fat Boys</li> <li>12:00 Guided Fitness (V)</li> <li>1:00 Bridge (GC)</li> <li>1:00 Canasta (BR)</li> <li>2:00 Chair Upper-body Strength w/ Cassidy (BS)</li> <li>2:30 Seaglass and Shell Creations with Thalia (CS)</li> <li>3:30 Qigong for beginners w/ Cassidy (B)</li> <li>4:00 Music at the Piano with Kim (PI)</li> </ul>	<ul> <li>9:00 Morning Stretch w/ Cassidy (BS)</li> <li>9:30 Nature Walk @ Dune Lake (BR)</li> <li>11:00 Hand and Foot Card Game (BR)</li> <li>12:00 Guided Fitness Center Hour (V)</li> <li>1:00 Bridge (GC)</li> <li>1:00 Flowers with Melissa (H)</li> <li>1:00 Mexican Train Dominoes (BI)</li> <li>2:00 Mat Stretch and Mobility w/ Cassidy (V)</li> <li>3:00 Movie: Because I said So (SR)</li> <li>3:30 I5 min Chair Cardio Blast w/ Cassidy (B)</li> <li>4:00 Happy Hour (BA)</li> </ul>	<ul> <li>9:00 Body Balance and Core w/ Cassidy (V)</li> <li>10:30 Rummikub (BR)</li> <li>11:00 360Well Principle of the Month: Legacy (H)</li> <li>12:00 Guided Fitness Center Hour (V)</li> <li>1:00 Bridge (GC)</li> <li>1:00 Canasta (BR)</li> <li>2:00 Chair Band Strength w/ Cassidy (B)</li> <li>2:30 Left, Right and Center (BR)</li> <li>3:00 WU: Safe Driving (H)</li> <li>3:30 Wheel of Fortune (VL)</li> <li>4:15 Father's Day Boat Trip</li> </ul>	8:30 Senior Circuit w/ Cassidy (BS) 9:00 Beach Walk 10:30 WU: World's Greatest Geological wonders (H) 12:00 Guided Fitness Center Hour (V) 1:00 Bridge (GC) 1:00 Mah-Jang (BR) 1:00 Water Aerobics w/ Cassidy (P) 2:00 Quilting with Beverly: Making Lap Blankets (CS) 3:00 Regular Dominoes (VL) 4:00 Happy Hour (BA) 5:15 BurntPine Dinner @ Sandestin	<ul> <li>10:30 Trivia (VL)</li> <li>11:15 Bible Study w/ Terry and Charmane (TH)</li> <li>12:30 Hand and Foot Card Game (BR)</li> <li>1:00 Bridge (GC)</li> <li>2:30 Crosswords in the Cafe (GC)</li> <li>3:45 Farm and Fire Dinner</li> <li>4:00 Neighborhood Ride in Golf Cart</li> </ul>
<ul> <li>9:00 Rosemary Farmer's Market</li> <li>10:00 Livestream Haynes Barton, North Carolina Service (T)</li> <li>11:30 Father's Day Brunch with Music by Chuck</li> <li>1:00 5 Crowns Card Game (RL)</li> <li>1:00 Bridge (GC)</li> <li>2:00 Matinee: Trouble With The Curve (T)</li> </ul>	8:00 Nature Walk w/ Cassidy (LR)     9:00 Power Yoga w/ Cassidy (V)     10:00 Walmart Run     11:30 5 Crowns Card Game (BR)     12:00 Guided Fitness Center Hour (V)     1:00 Bridge (GC)     1:00 Line Dancing (FR)     2:00 Regular Dominoes (VL)     2:00 Travel the World Movement Tour w/ Cassidy (L(A)     3:00 Book Club Zoom Meeting with Author (TH)     3:00 Golf Simulator Games (SI)     3:45 Is min Chair Abs w/ Cassidy (B)     4:00 Mix it up Monday Happy Hour (TB)	<ul> <li>9:00 Chair Sit-to-Fit w/ Cassidy (BS)</li> <li>9:30 Coffee, Donuts and Conversation, Dogs included (GP)</li> <li>10:30 Euchre Card Game (GC)</li> <li>12:00 Guided Fitness (V)</li> <li>1:00 Bridge (GC)</li> <li>1:00 Canasta (BR)</li> <li>2:00 Chair Upper-body Strength w/ Cassidy (BS)</li> <li>2:30 Seaglass and Shell Creations with Thalia (CS)</li> <li>3:30 Qigong for beginners w/ Cassidy (B)</li> <li>5:15 Pirates Voyage Dinner and a Show</li> </ul>	<ul> <li>8:30 Nature Walk @ Lynn Haven Bayou Park and Preserve</li> <li>11:00 Fitness Center Orientation w/ Cassidy (V)</li> <li>11:00 Hand and Foot Card Game (BR)</li> <li>12:00 Guided Fitness Center Hour (V)</li> <li>1:00 Bridge (GC)</li> <li>1:00 Mexican Train Dominoes (BIL)</li> <li>2:00 Afternoon Stretch w/ Cassidy (V)</li> <li>3:30 Movie: Somewhere In Time (SR)</li> <li>3:30 15 min Chair Cardio Blast w/ Cassidy (B)</li> <li>4:00 Happy Hour (BA)</li> <li>6:30 Salsa Dancing (FS)</li> </ul>	(V)  10:00 Member Chat with the Team (H)  12:00 Guided Fitness Center Hour (V)  1:00 Bridge (GC)  1:00 Canasta (BR)  2:00 Chair Band Strength w/ Cassidy (B)  2:30 Left, Right and Center (BR)  3:00 360Well Workshop Part 1 w/ Cassidy (H)  3:30 Billiards and Shuffleboard (BR)	<ul> <li>8:30 Senior Circuit w/ Cassidy (BS)</li> <li>9:00 Beach Walk</li> <li>10:30 Water Aerobics w/ Cassidy (P)</li> <li>11:00 Macular Degeneration Support Group (H)</li> <li>12:00 Guided Fitness Center Hour (V)</li> <li>1:00 Bridge (GC)</li> <li>1:00 Mah-Jang (BR)</li> <li>1:45 Idyll Hounds Brewery Tour/Tasting</li> <li>3:00 Chair Beach Volleyball (B)</li> <li>3:00 Trivia (BR)</li> <li>4:00 Happy Hour (BA)</li> </ul>	<ul> <li>10:00 Bible Study w/ Terry and Charmane (TH)</li> <li>11:00 Salty Sues BBQ Lunch</li> <li>12:30 Hand and Foot Card Game (BR)</li> <li>1:00 Bridge (GC)</li> <li>2:30 Crosswords in the Cafe (GC)</li> <li>4:00 Neighborhood Ride in golf Cart</li> </ul>
<ul> <li>10:00 Livestream     Haynes Barton, North     Carolina Service (T)</li> <li>1:00 5 Crowns Card Game (RL)</li> <li>1:00 Bridge (GC)</li> <li>2:00 Matinee:The     Accountant (T)</li> </ul>	8:00 Nature Walk w/ Cassidy (LR)     9:00 Power Yoga w/ Cassidy (V)     10:00 Publix Run     11:15 5 Crowns Card Game (BR)     12:00 Guided Fitness Center Hour (V)     1:00 Bridge (GC)     1:00 Scrabble with Friends (VL)     2:00 Regular Dominoes (VL)     2:00 Travel the World Movement Tour w/ Cassidy (L(A)     2:30 Baking Pies with Sammy     3:00 Golf Simulator Games (SIM)     3:45 Is min Chair Abs w/ Cassidy (B)     4:00 Mix it up Monday Happy Hour with Music by Mike (TB)	<ul> <li>9:00 Chair Sit-to-Fit w/ Cassidy (BS)</li> <li>10:30 Euchre Card Game (GC)</li> <li>12:00 Guided Fitness (V)</li> <li>1:00 Bridge (GC)</li> <li>1:00 Canasta (BR)</li> <li>2:00 Chair Upper-body Strength w/ Cassidy (BS)</li> <li>2:30 Seaglass and Shell Creations with Thalia (CS)</li> <li>3:30 Dinner at Louisiana Lagniappe</li> <li>3:30 Qigong for beginners w/ Cassidy (B)</li> </ul>	<ul> <li>8:30 Nature Walk Conservation Park</li> <li>11:00 Hand and Foot Card Game (BR)</li> <li>12:00 Guided Fitness Center Hour (V)</li> <li>1:00 Bridge (GC)</li> <li>1:00 Mexican Train Dominoes (BR)</li> <li>2:00 Mat Stretch and Mobility w/ Cassidy (V)</li> <li>3:00 Movie:The Great Gatsby (SR)</li> <li>3:30 Happy Hour (BA)</li> <li>5:00 June Birthday Dinner (PD)</li> </ul>	9:00 Body Balance and Core w/ Cassidy (V) 10:30 Rockit Lanes Bowling and Lunch @ American Charlie Grill 10:30 Rummikub (BR) 12:00 Guided Fitness Center Hour (V) 1:00 Bridge (GC) 1:00 Canasta (BR) 2:00 Chair Band Strength w/ Cassidy (B) 2:30 360Well Workshop part 2 w/ Cassidy (H) 2:30 Left, Right and Center (BR) 3:30 Food Committee (committee members only) (H)	8:30 Senior Circuit w/ Cassidy (BS)  9:00 Beach Walk  10:30 Water Aerobics w/ Cassidy (P)  10:30 WU: Worlds Greatest Geological Wonders (H)  12:00 Guided Fitness Center Hour (V)  1:00 Bridge (GC)  1:00 Mah-Jang (BR)  2:00 Quilting with Beverly: Making Lap Blankets (CS)  3:00 Fitness Charades w/ Cassidy (H)  3:00 Regular Dominoes (VL)  4:00 Happy Hour (BA)	<ul> <li>10:00 Bible Study w/ Terry and Charmane (TH)</li> <li>10:00 Billiards and Shuffleboard (BR)</li> <li>12:30 Hand and Foot Card Game (BR)</li> <li>1:00 Bridge (GC)</li> <li>2:30 Crosswords in the Cafe (GC)</li> <li>4:00 Community Ride on Golf Cart</li> <li>4:00 Pazzo Italiano</li> </ul>
<ul> <li>10:00 Livestream     Haynes Barton, North     Carolina Service (T)</li> <li>10:45 Brunch @ Craft Bar</li> <li>1:00 5 Crowns Card Game (RL)</li> <li>1:00 Bridge (GC)</li> <li>2:00 Matinee: Silver Linings     Playbook (T)</li> </ul>	8:00 Nature Walk w/ Cassidy (LR) 9:00 Power Yoga w/ Cassidy (V) 10:00 Walmart Run 11:30 5 Crowns Card Game (BR) 12:00 Guided Fitness Center Hour (V) 12:00 Red Robin Lunch 1:00 Bridge (GC) 2:00 Regular Dominoes (VL) 2:00 Travel the World Movement Tour w/ Cassidy (L(A) 3:00 Family Feud (BR) 3:45 15 min Chair Abs w/ Cassidy (B) 4:00 Mix it up Monday Happy Hour (TB)		June Birthdays: Joe Feliciano 06/07 Carolyn Cavalaris 06/14			<ul><li>Body</li><li>Community</li><li>Entertainment</li><li>Mind</li><li>Outing</li><li>Spirit</li></ul>

## Month Year



a watermark retirement community®

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						Body
						<ul><li>Community</li><li>Entertainment</li><li>Mind</li><li>Outing</li></ul>
						Spirit

Café = C The Inns Patio = P Farm House = FH Channel 1970 = Ch Second Floor Activity Room = 2AR First Floor Activity Room = 1AR
In Room = IR
The Inns Lower Level Dining Room =
LLD
The Garden Level = GL