

DAILY ACTIVITIES WITH CASSIDY(360 WELL) 12:00 GUIDED FITNESS HOUR 12:00 09/10 FITNESS CENTER ORIENTATION	Cassidy (360 Well) Classes (except Labor Day) 9:00 Gentle Yoga 2:00 Walking Cardio 3:45 15 Min Chair Abs	Cassidy (360 Well) Classes 9:00 Chair sit to Fit 10:00 Aqua Stretch 11:00 Aqua Stretch 09/02 2:00 Chair Leg Strength 3:30 Quigong	Cassidy (360 Well) Classes 9:00 Morning Stretch 11:00 360 Well Principle of the Month: Connection 2:00 Mat Stretch 2:00 Tai Chi 09/24	Cassidy (360 Well) Classes 9:00 Body Balance & Core 2:00 Chair Arm Strength 3:30 15 min Off the Floor Exc./ Grip Strength	Cassidy (360 Well) Classes 8:30 Senior Circuit 9:30 Senior Circuit (Sept. 5th ONLY) 10:30 Water Aerobics 1:00 Medicine Ball Moves (Sept. 19th ONLY) 1:30 Seated Coordination 09/12 & 09/26 2:00 Apple Nachos	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<ul style="list-style-type: none"> 11:00 Labor Day BBQ (DAD) 1:00 Bridge (GC) 2:00 Mexican Train Dominoes (BR) 3:00 Billiards and Shuffleboard 4:00 Mix it up Monday Happy Hour (TB) 	<ul style="list-style-type: none"> 10:15 Publix Run 1:00 Bridge (GC) 1:00 Canasta (BR) 2:00 Regular Dominoes (VL) 3:00 WU: Seaglass and Shell Creations with Thalia (CS) 	<ul style="list-style-type: none"> 10:00 Chess (BR) 11:00 Left, Right and Center (GA) 12:00 Guided Fitness Center Hour (V) 1:00 Bridge (GC) 1:00 Hand and Foot Card Game (BR) 2:30 WU: Brain and Spine Center in Watersound 3:30 Veteran's Cocktails and Commraderie (GC) 4:00 Happy Hour (BA) 	<ul style="list-style-type: none"> 10:00 Grief Counseling with Good News Church (H) 11:00 Sequence Game (BR) 1:00 Bridge (GC) 1:00 Canasta (BR) 2:00 Regular Dominoes (VL) 3:00 Progressive Event for Prospects 7:20 Opening Night Football Cowboys Vs. Eagles (T) 	<ul style="list-style-type: none"> 8:30 Neighborhood Bike Ride 11:00 Mexican Train Dominoes (BR) 1:00 Bridge (GC) 1:00 Mah-Jang (BR) 4:00 Happy Hour (BA) 	<ul style="list-style-type: none"> 10:00 Bible Study w/ Terry and Charmane (TH) 10:30 Chess (BR) 10:30 Outing to PCB Indoor Flea Market and Lunch @ Longhorn's 11:00 Pittsburgh Vs. Central MI (T) 1:00 Bridge (GC) 1:00 Hand and Foot Card Game (BR) 2:30 Georgia Vs. Austin Peay (T) 3:00 WU: Great Courses Series Musical Masterpieces (H) 4:30 Golf Cart Rides 6:30 Auburn Vs. Ball State
<ul style="list-style-type: none"> 10:00 Livestream Haynes Barton, North Carolina Service (T) 12:00 Sunday Football Bucs Vs. Falcons (T) 1:00 Bridge (GC) 3:00 Mexican Train Dominoes (BR) 3:25 Lions Vs. Green Bay Packers (T) 4:00 Hymnals at the Piano with Kim (PI) 7:20 Sunday Night Football Bills Vs. Ravens (T) 	<ul style="list-style-type: none"> 10:00 Little Walmart Run 1:00 Bridge (GC) 1:00 Scattegories (GC) 2:00 Rummikub (BR) 3:00 Live Interactive Wheel of Fortune Game (H) 4:00 Mix it up Monday Happy Hour (TB) 	<ul style="list-style-type: none"> 9:00 Beignets and Brews Restaurant 11:00 Trivia in the Gallery (GC) 1:00 Bridge (GC) 1:00 Canasta (BR) 2:00 Regular Dominoes (VL) 3:00 WU: Seaglass and Shell Creations with Thalia (CS) 	<ul style="list-style-type: none"> 10:00 Chess (BR) 11:00 Left, Right and Center (GA) 1:00 Bridge (GC) 1:00 Hand and Foot Card Game (BR) 2:30 Matinee: My Oxford Year (SR) 3:00 WU: Intro to Quilting/Sewing (CS) 4:00 Happy Hour with Chuck Lawson 	<ul style="list-style-type: none"> 10:00 Grief Counseling with Good News Church (H) 11:00 Sequence Game (BR) 1:00 Bridge (GC) 1:00 Canasta (BR) 2:00 Regular Dominoes (VL) 3:00 Scrabble in the Cafe' (GC) 4:30 Scouts Tavern Watersound 7:15 Thursday Night Football Packers Vs. Commanders (T) 	<ul style="list-style-type: none"> 8:30 Senior Circuit w/ Cassidy (BS) 9:00 Beach Walk 10:45 Water Aerobics w/ Cassidy (P) 11:00 Mexican Train Dominoes 1:00 Bridge (GC) 1:00 Mah-Jang (BR) 3:00 Bingo (H) 4:00 Happy Hour (BA) 	<ul style="list-style-type: none"> 8:30 Woodworking Guild Workshop 10:30 Chess (BR) 11:00 Alabama Vs. Wisconsin (T) 11:15 Bible Study w/ Terry and Charmane (TH) 1:00 Bridge (GC) 1:00 Hand and Foot Card Game (BR) 2:30 Georgia Vs. Tennessee (T) 3:00 WU: Great Courses Series Music Masterpieces (H) 4:30 Golf Cart Rides 6:30 Florida Vs. LSU
<ul style="list-style-type: none"> 10:00 Livestream Haynes Barton, North Carolina Service (T) 11:00 WU: Flowers with Melissa (H) 12:00 Pittsburgh Steelers Vs. Seahawks (T) 1:00 Bridge (GC) 3:00 Mexican Train Dominoes (BR) 3:05 Broncos Vs. Colts (T) 7:20 Falcons Vs. Vikings (T) 	<ul style="list-style-type: none"> 10:00 Publix Run 11:00 Bookmobile 1:00 Bridge (GC) 1:00 Scattegories 2:00 Rummikub (BR) 3:00 Rob Roy's Trip to Argentina 4:00 Coffee and Liqueur Happy Hour with Music by Mike (TB) 6:00 Bucs Vs. Texans (T) 	<ul style="list-style-type: none"> 9:30 Coffee, Tea and Conversation (GP) 11:00 Trivia in the Gallery (GC) 1:00 Bridge (GC) 1:00 Canasta (BR) 2:00 Regular Dominoes (VL) 3:00 Billiards/Shuffleboard (BR) 3:00 WU: Seaglass and Shell Creations with Thalia (CS) 4:15 Wild Olives Dinner 	<ul style="list-style-type: none"> 10:00 Member Chat with Team (H) 11:00 Left, Right and Center (GA) 11:30 WU: Staying Vertical (H) 1:00 Bridge (GC) 1:00 Hand and Foot Card Game (BR) 2:30 Matinee: Night Always Comes (SR) 3:00 WU: Intro to Quilting/Sewing (CS) 4:00 Happy Hour (BA) 5:00 Paella Night at North Beach Social 	<ul style="list-style-type: none"> 10:00 Grief Counseling with Good News Church (H) 10:45 Ladies Day Out Brunch at Bay Cafe Sandestin 11:00 Sequence Game (BR) 1:00 Bridge (GC) 1:00 Canasta (BR) 2:00 Regular Dominoes (VL) 3:00 Scrabble in the Cafe' (GC) 7:15 Dolphins Vs. Bills (T) 	<ul style="list-style-type: none"> 9:00 Beach Walk and Picnic @ the Beach 11:00 Mexican Train Dominoes (BR) 1:00 Bridge (GC) 1:00 Mah-Jang (BR) 3:00 Bingo (H) 4:00 Happy Hour (BA) 	<ul style="list-style-type: none"> 9:30 Grand Boulevard Farmer's Market & Brunch @ Another Broken Egg 10:00 Bible Study w/ Terry and Charmane (TH) 10:30 Chess (BR) 1:00 Bridge (GC) 1:00 Hand and Foot Card Game (BR) 3:00 WU: Great Courses Series Musical Masterpieces (H) 3:30 Auburn Vs. Oklahoma (T) 3:30 Florida Vs. UM (T) 4:30 Golf Cart Rides
<ul style="list-style-type: none"> 10:00 Livestream Haynes Barton, North Carolina Service (T) 12:00 Steelers Vs. Patriots (T) 1:00 "Beautiful" Carole King Play @ ECT 1:00 Bridge (GC) 3:00 Mexican Train Dominoes (BR) 3:20 Cowboys Vs. Bears (T) 4:00 Hymnals at the Piano with Kim (PI) 7:20 Chiefs Vs. Giants (T) 	<ul style="list-style-type: none"> 10:00 Little Walmart Run 1:00 Bridge (GC) 1:00 Scattegories (GC) 2:30 Live Interactive Wheel of Fortune Game (H) 3:30 Watersound Book Club 4:00 Mix it up Monday Happy Hour (TB) 7:15 Lions Vs. Ravens (T) 	<ul style="list-style-type: none"> 9:30 Coffee, Tea and Conversation (GP) 11:00 Trivia in the Gallery (GC) 1:00 Bridge (GC) 1:00 Canasta (BR) 2:00 Regular Dominoes (VL) 3:00 Billiards/Shuffleboard (BR) 3:00 WU: Seaglass and Shell Creations with Thalia (CS) 5:00 Dinner @ Elevated Asian 	<ul style="list-style-type: none"> 10:00 Chess (BR) 11:00 Left, Right and Center (GA) 1:00 Bridge (GC) 1:00 Hand and Foot Card Game (BR) 2:30 Matinee: Spencer Confidential (T) 2:45 ROMEO'S @ Local Cantina 3:00 WU: Intro to Quilting/Sewing 4:00 Happy Hour 	<ul style="list-style-type: none"> 10:00 Bistrolology Brunch 10:00 Grief Counseling with Good News Church (H) 11:00 Sequence Game (BR) 1:00 Bridge (GC) 1:00 Canasta (BR) 2:00 Regular Dominoes (VL) 3:00 Food Committee Members Only (H) 5:00 September Birthday Dinner 	<ul style="list-style-type: none"> 9:00 Neighborhood Bike Ride 10:00 Wild Feather Art Gallery 11:00 Mexican Train Dominoes (BR) 1:00 Bridge (GC) 1:00 Mah-Jang (BR) 3:00 Meet N Greet with Brain and Spine Watersound (H) 4:00 Happy Hour (BA) 	<ul style="list-style-type: none"> 10:00 Bible Study w/ Terry and Charmane (TH) 10:30 Chess (BR) 11:00 The Back Porch Lunch 1:00 Bridge (GC) 1:00 Hand and Foot Card Game (BR) 3:00 WU: Great Courses Series Musical Masterpieces (H) 3:30 Auburn Vs. Texas A&M (T) 3:30 Louisville Vs. Pittsburgh (T) 4:30 Golf Cart Rides 6:30 Georgia Vs. Alabama (T)
<ul style="list-style-type: none"> 10:00 Livestream Haynes Barton, North Carolina Service (T) 12:00 Saints Vs. Bills (T) 1:00 Bridge (GC) 3:00 Mexican Train Dominoes (BR) 3:25 Chiefs Vs. Ravens (T) 7:20 Packers Vs. Cowboys (THA) 	<ul style="list-style-type: none"> 10:00 Publix Run 1:00 Bridge (GC) 1:00 Quirkle (GC) 2:00 Rummikub (BR) 3:00 Bingo 4:00 Mix it up Monday Happy Hour with Music by Mike (TB) 6:15 Dolphins Vs. Jets (T) 	<ul style="list-style-type: none"> 1:00 Bridge (GC) 1:00 Canasta (BR) 2:00 Regular Dominoes (VL) 3:00 Billiards/Shuffleboard (BR) 3:00 WU: Seaglass and Shell Creations with Thalia (CS) 4:15 Nick's New York Pizza 		HAPPY BIRTHDAY MICHAEL H. - 10TH JEAN H. - 13TH MARY R. - 26TH GAYNEL L. - 30TH		<ul style="list-style-type: none"> Body Community Entertainment Mind Outing Spirit

September 2025