

Cassidy offers Supported Gym Hours @ 12:30 daily	Cassidy's 360 Well Classes: 9:00 am Yoga 10/13, 10/20 & 10/27 2:00 Step & Move 3:45 15 min Abs	Cassidy's 360 Well Classes: 8:00 am Neighborhood Walk 10/07, 10/21 9:00 am Chair Sit to Fit 2:30 Chair Leg Strength 3:30 Horror or History 10/14, 10/28 3:45 Guided Meditation 10/07, 10/21 3:45 pm Cleanse & Circulate 10/14, 10/28	Cassidy's 360 Well Classes: 9:00 am Morning Stretch 2:00 pm Mat Stretching	Cassidy's 360 Well Classes: 9:00 am Body Balance 2:30 pm Chair Arm Strength 3:30 Pumpkin Brain Teasers 3:45 pm Stand Up! Exercise	Cassidy's 360 Well Classes: 9:00 am Senior Circuit 10:30 am Water Aerobics 1:30 pm Medicine Ball Moves Oct. 10 1:30 Seated Coordination Oct. 17 11:00 Walk for Breast Cancer & 1:30 Water Aerobics	
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Happy Birthday Diane S. – 5th Jeffrey W. – 6th Stella D. – 9th Lucille H. – 21st Irene B. – 22nd			10:00 Bocce Ball Bonanza 11:00 Tickled with Taboo! (GC) 1:00 Bridge (GC) 1:00 Hand and Foot Card Game (BR) 3:00 Veteran's Cocktails and Commraderie (GC) 4:00 Happy Hour (B)	10:00 Chess and Chinese Checkers (BR) 10:00 Guided Nature Walk @ Camp Helen 11:00 Simulator Games Challenge 1:00 Bridge (GC) 1:00 Canasta (BR) 2:00 Regular Dominoes (VL) 3:00 Matinee: Rebel Ridge (T) 4:00 Live Family Feud (H) 7:15 LA Rams vs. 49 ers Football (T)	8:30 Deer lake State Park Beach Walk 9:30 Coffee, Tea and Conversation (GP) 1:00 Bridge (GC) 1:00 Mah-Jang (BR) 1:00 WU: Cardiologist Talk with New Doctor (H) 2:30 Live Wheel of Fortune (H) 4:00 Happy Hour (B) 4:00 Captain Anderson's Seafood Festival	10:00 Bible Study w/ Terry and Charmane (TH) 10:00 Check Mate! Chess Game (BI) 11:00 Kentucky vs. Georgia (T) 1:00 Alys Beach Car Show 1:00 Bridge (GC) 1:00 Hand and Foot Card Game (BR) 3:00 WU: Great Courses Series Mao to Tao Continues (H)
10:00 Livestream Haynes Barton, North Carolina Service (T) 12:00 Broncos vs. Eagles (T) 1:00 Bingo (H) 1:00 Bridge (GC) 3:00 Mexican Train Dominoes (BR) 7:20 Bills vs. Patriots (T)	8:30 Nature Walk @ Grayton Beach 10:30 Publix Run 1:00 Bridge (GC) 1:00 Rummikub (BR) 2:00 5 Kings Card Game (BR) 3:00 Fountains Book Club (L) 4:00 Mix it up Monday Happy Hour with Music by Mike (TB)	10:00 Corny with Corn Hole (PD) 11:00 National Taco Day Tuesday Lunch (D) 11:00 Trumped with Trivia (BR) 12:30 Supported Gym Hour (V) 1:00 Bridge (GC) 1:00 Canasta (BR) 2:00 Regular Dominoes (VL) 2:30 Chair Leg Strength w/ Cassidy (BS) 3:00 ROMEO'S Happy Hour @ Amicis 3:00 WU: Seaglass and Shell Creations with Thalia (CS) 3:45 Guided Meditation: Letting go like the Leaves (BA) 6:00 Sip N Paint with Emma (CS)	10:00 Bocce Ball Bonanza (PD) 11:00 360Well Principle of the Month: Wisdom (H) 11:00 Tickled with Taboo! (GA) 1:00 Bridge (GC) 1:00 Hand and Foot Card Game (BR) 2:30 Laughter & Looping, Quilting and Crochet (CS) 3:30 Spin the Wheel, Wheel of Fortune (H) 4:00 Happy Hour (B) 5:00 Dinner @ Crust	10:00 Chess & Chinese Checkers (BR) 10:00 WU: National Mental Health Awareness Day: Mental Health Awareness with Kevin (H) 1:00 Bridge (GC) 1:00 Canasta (BR) 2:00 Regular Dominoes (VL) 3:00 Matinee:The Map That Leads To You (T) 3:00 WU: Wine and Chips with Joe Mara (H) 3:45 Stand up! Exercises (BS)	8:30 Beach Walk @ Topsail State Park 10:00 Euchre for Fun 1:00 Bridge (GC) 1:00 Mah-Jang (BR) 2:00 Fly High with VR Adventures (VL) 4:00 Happy Hour (B)	8:30 Woodworking Guild of Walton County 10:00 Check Mate! Chess Game (BR) 11:00 Alabama vs. Missouri (T) 11:15 Bible Study w/ Terry and Charmane (TH) 1:00 Bridge (GC) 1:00 Hand and Foot Card Game (BR) 1:30 Baytowne Beer Fest 4:30 Golf Cart Ride
10:00 Livestream Haynes Barton, North Carolina Service (T) 12:00 Bucs vs. 49 ers (T) 1:00 Bingo (H) 1:00 Bridge (GC) 3:00 Mexican Train Dominoes (BR) 3:00 Porch Fest Watersound Pavillion @ Town Center (TCIW) 4:00 Hymnals with Kim 7:20 Lions vs. Chiefs (T)	10:00 Little Walmart Run 12:00 Bookmobile Visit (OFOB) 1:00 Bridge (GC) 1:00 Rummikub (BR) 2:00 5 Kings Card Game 3:00 WU: Rob Roy Tours Canadian Rockies (H) 4:00 Mix it up Monday Happy Hour with Music by Mike (TB) 6:15 Bills vs. Falcons (T)	10:00 Corny with Corn Hole (PD) 11:00 Fall Flower Arranging (H) 11:00 Test Your Balance With Julie 12:30 Supported Gym Hour (V) 1:00 Bridge (GC) 1:00 Canasta (BR) 2:00 Brain & Spine Support Group (H) 3:00 Regular Dominoes (VL) 3:00 WU: Seaglass and Shell Creations with Thalia (CS) 3:45 Cleanse and Circulate (BS) 4:00 Dinner @ Louie Louie 6:00 Scrabble Challenge	10:00 Bocce Ball Bonanza (PD) 11:00 Tickled with Taboo! (GC) 1:00 Bridge (GC) 1:00 Hand and Foot Card Game (BR) 3:00 Fountains Farmer's Market & Music with Tall Cotton (C) 4:00 Happy Hour (B)	10:00 Member Chat (H) 11:00 Par Putting Challenge (PGO) 11:00 Schooners Oyster Fest 1:00 Bridge (GC) 1:00 Canasta (BR) 2:00 Regular Dominoes (VL) 3:00 Matinee:Working Man (T) 4:00 Live Family Feud (H) 5:00 October Birthday Dinner (PDR) 7:15 Steelers vs. Bengals (T)	8:30 Neighborhood Bike Ride 9:30 Coffee, Tea and Conversation (GP) 10:00 Euchre for Fun (GP) 10:00 Pickle for Fun, Pickle Ball Game (PBCDLRP) 11:00 Strides Against Breast Cancer (LO) 12:30 Supported Gym Hour (V) 1:00 Bridge (GC) 1:00 Mah-Jang (BR) 2:30 Fly High with VR Adventures 4:00 Happy Hour (B)	9:00 Panama City Publishing Company & Lunch @ Bayou on the Beach 10:00 Bible Study w/ Terry and Charmane (TH) 10:00 Check Mate! Chess Game (BR) 1:00 Bridge (GC) 1:00 Hand and Foot Card Game (BR) 3:00 WU: Great Course Series: Mao to Tao Continued 4:00 Golf Cart Ride
10:00 Livestream Haynes Barton, North Carolina Service (T) 11:00 Lunch @ Cajun Corner 12:00 Eagles vs. Vikings (T) 1:00 Bingo (H) 1:00 Bridge (GC) 3:00 Mexican Train Dominoes (BR) 3:05 Broncos vs. Giants (T) 6:00 Bucs vs. Lions (T)	10:00 Publix Run 1:00 Bridge (GC) 1:00 Rummikub (BR) 2:00 Tricks with Spades (BR) 3:00 Fountains Book Club with Author Kristi Caudwell 4:00 Mix it up Monday Happy Hour (TB)	10:00 Corny with Corn Hole (PD) 11:00 Trumped with Trivia (BR) 1:00 Bridge (GC) 1:00 Canasta (BR) 2:00 Regular Dominoes (VL) 3:00 WU: Seaglass and Shell Creations with Thalia (CS) 3:45 Guided Meditation: Letting go like the Leaves (BA) 5:00 Dinner @ Ruth Chris Steakhouse	10:00 Bay County History Museum & Lunch @ Trigo Deli 10:00 Bocce Ball Bonanza (PD) 11:00 Tickled with Taboo! (GC) 1:00 Bridge (GC) 1:00 Hand and Foot Card Game (BR) 2:00 Mat Stretch and Posture Align w/ Cassidy (V) 2:30 Laughter & Looping, Quilting and Crochet (CS) 3:30 Spin the wheel, Wheel of Fortune (H) 4:00 Music with Chuck (B) 6:00 Old Fashioned's and Game Night with Emma	9:30 Alys Beach Nature Walk 10:00 Chess & Chinese Checkers (BR) 11:00 Par Putting Challenge (PGO) 1:00 Bridge (GC) 1:00 Canasta (BR) 2:00 Regular Dominoes (VL) 3:00 Food Committee Meeting, Members Only Please (H) 3:00 Matinee:Black Bag (T) 4:45 Dinner @ Edward's Rosemary Beach	8:30 Inlet Beach Beach Walk and Meditation Picnic 1:00 Bridge (GC) 1:00 Mah-Jang (BR) 2:30 Left, Right and Center for Change (BIL) 4:00 Happy Hour (B)	10:00 Bible Study w/ Terry and Charmane (TH) 11:00 Mattie Kelly Festival of the Arts 1:00 Bridge (GC) 1:00 Hand and Foot Card Game (BR) 3:00 WU: Great Courses Series: Mao to Tao (H) 4:00 Golf Cart Ride
10:00 Livestream Haynes Barton, North Carolina Service (T) 12:00 Eagles vs. Giants (T) 1:00 Bingo (H) 1:00 Bridge (GC) 3:00 Mexican Train Dominoes (BR) 3:25 Cowboys vs. Broncos (T) 7:20 Steelers vs. Packers (T)	Move Your Bones Movement Challenge 10:30 Little Walmart Run 1:00 Bridge (GC) 1:00 Rummikub (BR) 2:00 Tricks with Spades (BR) 3:00 Billiards or Bust Competition 3:45 15 min Chair Abs w/ Cassidy (BA) 4:00 Mix it up Monday Happy Hour (TB)	Move Your Bones Movement Challenge 9:00 Gulf Breeze Zoo 10:00 Corny with Corn Hole (PD) 10:30 Aqua Stretch and Balance w/ Cassidy (P) 11:00 Trumped with Trivia (BR) 12:30 Supported Gym Hour (V) 1:00 Bridge (GC) 1:00 Canasta (BR) 2:00 Regular Dominoes (VL) 2:30 Chair Leg Strength w/ Cassidy (BS) 3:00 WU: Seaglass and Shell Creations with Thalia (CS) 6:00 Scrabble Challenge	Move Your Bones Movement Challenge 10:00 Bocce Ball Bonanza (PD) 11:00 Tickled with Taboo! (GA) 11:00 WU: Pumpkin Facts, Fall Nutrition + Tasting (H) 1:00 Bridge (GC) 1:00 Hand and Foot Card Game (BR) 1:00 The Glass Menagerie @ Emerald Coast Theater & Dinner @ Bricktops 2:00 Mat Stretch and Posture Align w/ Cassidy (V) 2:30 Laughter & Looping ,Quilting and Crochet (CS2F) 3:30 Spin the Wheel, Wheel of Fortune (H) 4:00 Happy Hour (B)	Move Your Bones Movement Challenge 10:00 Chess & Chinese Checkers (BR) 11:00 Lunch @ Chanticlear 11:00 Trumped with Trivia (BR) 1:00 Bridge (GC) 1:00 Canasta (BR) 2:00 Regular Dominoes (VL) 3:00 Matinee: Tom Cruise Mission Impossible: The Final Reckoning (T)	Move Your Bones Movement Challenge 8:30 Neighborhood Bike Ride 9:30 Pickle for Fun, Pickle Ball Game (PBCDLRP) 10:00 Doggy Costume Contest! Prizes for the Best (FFADP) 1:00 Bridge (GC) 1:00 Mah-Jang (BR) 2:00 Halloween Costume Party/Cocktail Hour (B) 4:00 Happy Hour (B)	Body Community Entertainment Mind Outing Spirit