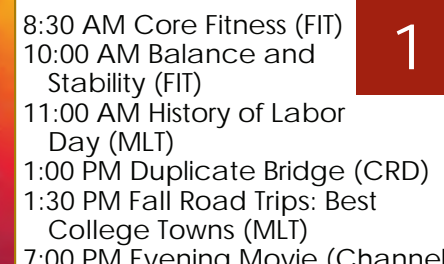


SUN	MON	TUE	WED	THUR	FRI	SAT
LOCATION KEY ART - Arts and Crafts Room CRD - Card Room FIT - Fitness Center LOB - Lobby MLT - Multipurpose Room PAC - Performing Arts Center	 Monday Sept 4	 September 15 -16	 Sat. Sept 23 2:49am	 Yom Kippur Sept 24-25	 1	 2
9:30 AM * Presbyterian Church Runs 1:45 PM * Publix and Coconut Point Shopping (LOB) 7:00 PM Evening Movie (Channel 195)	3 Labor Day 11:00 AM Word Power (CRD) 2:30 PM I Did It...Broadway! (PAC)	4 8:30 AM Aqua Aerobics (Pool) 10:00 AM Fitness Foundations (FIT) 11:30 AM Chair Yoga (MLT) 1:00 PM Bridge (CRD) 4:00 PM Cheer Time (Bistro)	5 8:30 AM Curls and Crunches (FIT) 10:00 AM Fitness Foundations (FIT) 10:30 AM Fine Mark Round Table (MLT) 1:00 PM Wii Bowling (FIT) 1:45 PM * Publix and Walmart Shopping (LOB)	6 8:30 AM Aqua Aerobics (Pool) 10:00 AM Fitness Foundations (FIT) 11:30 AM Chair Yoga (MLT) 4:00 PM Happy Hour with Kel and Shel (PAC)	7 8:30 AM Core Fitness (FIT) 10:00 AM Balance and Stability (FIT) 1:00 PM Duplicate Bridge (CRD) 7:00 PM Evening Movie (Channel 195)	8 9:45 AM Wake Up Your Brain (CRD) 10:30 AM Low Impact Aerobics (FIT) 1:00 PM Bejeweled! (ART) 7:00 PM Evening Movie (Channel 195)
10 9:30 AM * Presbyterian Church Runs 1:45 PM * Publix and Coconut Point Shopping (LOB) 7:00 PM Evening Movie (Channel 195)	11 8:30 AM Curls and Crunches (FIT) 10:00 AM Balance and Stability (FIT) 10:00 AM Allie's Boutique (MLT) 10:30 AM Brain Power (CRD) 11:00 AM TDM Tech Workshop (PAC - location change) 3:45 PM BINGO - (CRD)	12 8:30 AM Aqua Aerobics (Pool) 10:00 AM Fitness Foundations (FIT) 10:00 AM St Leo Mass (MLT) 11:00 AM Introduction to Touchtown Community App (PAC) 11:30 AM Chair Yoga (MLT) 1:00 PM Bridge (CRD) 4:00 PM Cheer Time (Bistro)	13 8:30 AM Curls and Crunches (FIT) 9:00 AM Chatty with Patty (Sunset Lounge) 10:00 AM Fitness Foundations (FIT) 10:30 AM Brain Tickler (CRD) 10:30 AM Chatty with Patty (Sunset Lounge) 1:00 PM Terraces Book Discussion (MLT) 1:00 PM Wii Bowling (FIT) 1:45 PM Publix and Coconut Point (LOB) 2:00 PM Flower Power Session (ART)	14 8:30 AM Aqua Aerobics (Pool) 10:00 AM Alzheimer's Support Group (MLT) 10:00 AM Fitness Foundations (FIT) 11:00 AM Blood Pressure Clinic (Clinic) 11:30 AM Chair Yoga (MLT) 4:00 PM Happy Hour with Quiet Storm (PAC)	15 8:30 AM Core Fitness (FIT) 10:00 AM Balance and Stability (FIT) 11:15 AM Let's Get Quizzical (CRD) 1:00 PM Duplicate Bridge (CRD) 5:00 PM Rosh Hashanah Dinner (PAC) 7:00 PM Evening Movie (Channel 195)	16 Rosh Hashanah 10:30 AM Low Impact Aerobics (FIT) 7:00 PM Evening Movie (Channel 195)
17 9:30 AM * Presbyterian Church Runs 1:45 PM * Publix and Coconut Point Shopping (LOB) 7:00 PM Evening Movie (Channel 195)	18 8:30 AM Curls and Crunches (FIT) 10:00 AM Balance and Stability (FIT) 10:30 AM Cranial Corner (CRD) 11:00 AM Nature Talk - Curious Habits of Our Birds (MLT) 11:00 AM Phil Leto Presents... (PAC) 3:45 PM BINGO - (CRD)	19 8:30 AM Aqua Aerobics (Pool) 10:00 AM Fitness Foundations (FIT) 11:30 AM Chair Yoga (MLT) 1:00 PM Bridge (CRD) 4:00 PM Cheer Time (Bistro)	20 8:30 AM Curls and Crunches (FIT) 10:00 AM Fitness Foundations (FIT) 11:00 AM Brain Power (CRD) 1:00 PM "How to Navigate the Complicated Health Care System" (MLT) 1:00 PM Wii Bowling (FIT) 1:45 PM * Publix and Walmart Shopping (LOB) 2:00 PM National Punch Day (Living Room)	21 10:00 AM Fitness Foundations with Lindsey (FIT) 11:00 AM Dr. Adrian Kerr Presents... (PAC) 11:30 AM Chair Yoga (MLT) 4:00 PM Happy Hour with DJ Ace (PAC)	22 1:00 PM Duplicate Bridge (CRD) 4:30 PM Terraces on The Town Jimmy P's Charred - Bonita (LOB) 7:00 PM Evening Movie (Channel 195)	23 8:45 AM Bonita Brunch (LOB) 9:45 AM Wake Up Your Brain: Religious Holiday Trivia (CRD) 10:30 AM Low Impact Aerobics (FIT) 1:00 PM Macaroons n More in The Kitchen (ART) 7:00 PM Evening Movie (Channel 195)
24 Yom Kippur Begins 9:30 AM * Presbyterian Church Runs 1:45 PM * Publix and Coconut Point Shopping (LOB) 7:00 PM Evening Movie (Channel 195)	25 Yom Kippur Ends 10:00 AM Fitness Foundations with Lindsey (FIT) 11:00 AM Learn to Play Samba (CRD) 3:45 PM BINGO - (CRD) 5:00 PM Yom Kippur (PAC)	26 10:00 AM Fitness Foundations with Lindsey (FIT) 10:00 AM St Leo Mass (MLT) 11:30 AM Chair Yoga (MLT) 1:00 PM Bridge (CRD) 3:00 PM Empath Home Health (REN MLT) 4:00 PM Cheer Time (Bistro)	27 8:00 AM Curls and Crunches (FIT) 9:15 AM Fitness Foundations (FIT) 10:00 AM Ask The Director (PAC) 1:00 PM Wii Bowling (FIT) 1:45 PM Publix and Coconut Point (LOB) 4:00 PM Dr. Cimarusti Talks.... (PAC)	28 8:30 AM Aqua Aerobics (Pool) 10:00 AM Fitness Foundations (FIT) 11:00 AM Blood Pressure Clinic (Clinic) 11:30 AM Chair Yoga (MLT) 4:00 PM Happy Hour with Hafenskapelle Band (PAC)	29 8:30 AM Core Fitness (FIT) 10:00 AM Balance and Stability (FIT) 1:00 PM Duplicate Bridge (CRD) 7:00 PM Evening Movie (Channel 195)	30 9:45 AM Wake Up Your Brain (CRD) 10:30 AM Low Impact Aerobics (FIT) 11:00 AM Broadway Palm "Hairspray" (LOB) 7:00 PM Evening Movie (Channel 195) 7:15 PM Estonia Hour (LV)

September 2023

The Terraces

