

SUN	MON	TUE	WED	THUR	FRI	SAT
LOCATION KEY CRD - Card Room CRT - Courtyard FIT - Fitness Center LOB - Lobby	MLT - Multipurpose Room PAC - Performing Arts Center	 2:00AM Sunday, Nov 3	 Monday, November 11 VETERANS DAY HONORING ALL WHO SERVED	 Thursday November 28	9:15 Body Conditioning (FIT) 1 10:15 Balance and Stability (FIT) 11:00 Kristin McCrae: "Organizing for Stress Free Holidays" (MLT) 1:00 Duplicate Bridge (CRD) 7:00 Evening Movie (Channel 9023)	9:45 Wake Up Your Brain (LR) 2 10:30 Low Impact Aerobics (FIT) 1:00 Wreathtivity "Holiday Edition" (PAC) 7:00 Evening Movie (Channel 9023)
Daylight Savings Time Ends 3 9:15 * Bay Presbyterian and First Presbyterian Church Run (LOB) 10:30 St. Leo's Church Run (LOB) 1:45 * Publix and Coconut Point Shopping (LOB) 2:00 Non Denominational Church Service (REN MLT) 4:30 Evening Movie (Channel 9023)	9:15 Body Conditioning (FIT) 4 9:15 Arts and Crafts (Arts and Craft Room) 10:00 First Presbyterian Meet and Greet (MLT) 10:15 Balance and Stability (FIT) 1:00 Your Brain and More in 2024! (CRD) 3:45 BINGO - (CRD)	9:00 Bocce Practice (CRT) 5 9:15 Forever Fit (FIT) 10:15 Fitness Foundations/Tone (FIT) 1:00 Bridge (CRD) 3:00 All Star Veteran Salute with Tate Emo (PAC) 4:00 Cheer Time (Bistro)	9:15 Body Conditioning (FIT) 6 10:15 Fitness Foundations/Cardio (FIT) 11:00 Dr. Adrian Kerr Presents... (MLT) 1:45 Publix and Coconut Point (LOB) 4:30 ACTS Resident Reception (Deleon and PAC)	9:00 Bocce Practice (CRT) 7 9:15 Forever Fit (FIT) 10:15 Fitness Foundations/Tone (FIT) 11:30 Chair Yoga (MLT) 4:00 Birthday Happy Hour with Deano Uno (PAC)	9:15 Body Conditioning (FIT) 8 10:00 Chicos Trunk Show (MLT) 10:15 Balance and Stability (FIT) 11:00 Brain Teasers (LR) 1:00 Duplicate Bridge (CRD) 7:00 Evening Movie (Channel 9023)	10:30 Low Impact Aerobics (FIT) 9 7:00 Evening Movie (Channel 9023) 7:15 Estonia Hour (LR)
9:15 * Bay Presbyterian and First Presbyterian Church Run (LOB) 10 10:30 St. Leo's Church Run (LOB) 1:45 * Publix and Coconut Point Shopping (LOB) 4:30 Evening Movie (Channel 9023)	Veterans Day 11 9:15 Body Conditioning (FIT) 9:15 Arts and Crafts (Arts and Craft Room) 10:00 Coffee with Veterans (PAC) 10:15 Balance and Stability (FIT) 11:00 TDM Tech Workshop (MLT) 1:00 Your Brain and More in 2024! (CRD) 3:00 Veterans Day Concert with Katie Eagleson (PAC) 3:45 BINGO - (CRD)	9:00 Bocce Practice (CRT) 12 9:15 Forever Fit (FIT) 10:00 St. Leos Mass (MLT) 10:15 Fitness Foundations/Tone (FIT) 11:30 Chair Yoga (MLT) 1:00 Bridge (CRD) 4:00 Cheer Time (Bistro)	9:15 Body Conditioning (FIT) 13 9:30 Chatty with Patty (Sunset Lounge) 10:15 Fitness Foundations/Cardio (FIT) 10:30 Chatty with Patty (Sunset Lounge) 1:00 Terraces Book Discussion (MLT) 1:45 * Publix and Walmart Shopping (LOB) 4:30 Ladies Night Out - Figs Grille (LOB)	9:00 Bocce Practice (CRT) 14 9:15 Forever Fit (FIT) 10:00 Alzheimer's Support Group (MLT) 10:15 Fitness Foundations/Tone (FIT) 11:00 Blood Pressure Clinic (Clinic) 11:30 Chair Yoga (MLT) 4:00 Happy Hour with Kel and Shel (PAC)	9:15 Body Conditioning (FIT) 15 10:15 Balance and Stability (FIT) 1:00 Duplicate Bridge (CRD) 7:00 Evening Movie (Channel 9023)	9:45 Wake Up Your Brain (LR) 16 10:30 Low Impact Aerobics (FIT) 1:00 Aloha Lane Crafts: Winter Holidays (ACR) 7:00 Evening Movie (Channel 9023)
9:15 * Bay Presbyterian and First Presbyterian Church Run (LOB) 17 10:30 St. Leo's Church Run (LOB) 1:45 * Publix and Coconut Point Shopping (LOB) 2:00 Non Denominational Church Service (REN MLT) 4:30 Evening Movie (Channel 9023)	9:15 Body Conditioning (FIT) 18 9:15 Arts and Crafts (Arts and Craft Room) 10:15 Balance and Stability (FIT) 11:00 Phil Leto Presents... (PAC) 1:00 Your Brain and More in 2024! (CRD) 4:30 Beer with The Boys - Ted's Montana Grille (LOB)	9:00 Bocce Practice (CRT) 19 9:15 Forever Fit (FIT) 10:15 Fitness Foundations/Tone (FIT) 11:30 Chair Yoga (MLT) 1:00 Bridge (CRD) 4:00 Cheer Time (Bistro)	9:15 Body Conditioning (FIT) 20 10:15 Fitness Foundations/Cardio (FIT) 11:00 Brain Games (CRD) 1:45 Publix and Coconut Point (LOB) 3:00 Stress Remedies with Julie (MLT)	9:00 Bocce Practice (CRT) 21 9:15 Forever Fit (FIT) 10:15 Fitness Foundations/Tone (FIT) 11:30 Chair Yoga (MLT) 4:00 Happy Hour with Quiet Storm (PAC)	9:15 Body Conditioning (FIT) 22 10:15 Balance and Stability (FIT) 11:00 Brain Teasers (LR) 1:00 Duplicate Bridge (CRD) 7:00 Evening Movie (Channel 9023)	10:30 Low Impact Aerobics (FIT) 23 7:00 Evening Movie (Channel 9023)
9:15 * Bay Presbyterian and First Presbyterian Church Run (LOB) 24 10:30 St. Leo's Church Run (LOB) 1:45 * Publix and Coconut Point Shopping (LOB) 4:30 Evening Movie (Channel 9023)	9:15 Body Conditioning (FIT) 25 9:15 Arts and Crafts (Arts and Craft Room) 10:15 Balance and Stability (FIT) 11:00 Maxine Moore: Art History Series "Gluttony" (MLT) 1:00 Your Brain and More in 2024! (CRD) 3:45 BINGO - (CRD)	9:00 Bocce Practice (CRT) 26 9:15 Forever Fit (FIT) 10:00 St. Leos Mass (MLT) 10:15 Fitness Foundations/Tone (FIT) 11:30 Chair Yoga (MLT) 1:00 Bridge (CRD) 3:00 Empath Home Health (MLT) 4:00 Cheer Time (Bistro)	9:15 Body Conditioning (FIT) 27 10:00 Ask The Director (PAC) 1:00 Brain Power (CRD) 1:45 * Publix and Walmart Shopping (LOB) 4:00 Dr. Cimarusti Talks.... (PAC)	Thanksgiving 28 May Your day be filled With love, peace, and lots of turkey, gravy and apple pie! 9:15 Forever Fit (FIT) 10:15 Fitness Foundations/Tone (FIT)	9:15 Body Conditioning (FIT) 29 10:15 Balance and Stability (FIT) 1:00 Duplicate Bridge (CRD) 7:00 Evening Movie (Channel 9023)	9:45 Wake Up Your Brain (LR) 30 10:30 Low Impact Aerobics (FIT) 1:00 Christmas Craft (ACR) 7:00 Evening Movie (Channel 9023)

November 2024

The Terraces

