

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
   Walk and Talk with Cathy Mon-Fri 9:00						
9:30 Sunday Service 2 10:15 Workout LIVE 10:45 Mini Meditation 11:00 Brain Fitness 11:45 Daily Devotions 1:00 Porch Time Trivia 1:45 Quarter BINGO 4:00 Billiards Meet Up	10:15 Sit & Be Fit 3 10:45 Mini Meditation 11:00 Brain Boosters 11:45 Positive Vibes 1:00 Christmas Gift Swap!! 2:15 Pictionary Fun 3:30 1st Happy Hour of 2022 6:00 Strolling Meet Up	10:15 LIVE Exercise/Weight 4 10:30 Water Aerobics 11:00 Brain Train 11:30 Good Health Challenge 1:00 Publix Shopping 2:00 '22 Charity Planning 3:30 Quarter Bingo 5:00 BIRTHDAY BASH	10:15 Sit & Be Fit 5 10:45 Meditation Station 11:00 Cranium Crunches 11:45 Laughter Therapy 1:00 New Year, New Journal 2:00 4 th Grade Challenge! 3:30 Happy Hour with Friends 6:00 Game Room Meet Up	10:15 LIVE Exercise/Weight 6 10:30 Water Aerobics 10:45 Affirmation Station 11:00 Brain Train/Get Positive 1:00 Singing Church Lady 2:00 Town Hall Meeting 3:30 Quarter BINGO 6:30 Sunset Meet Up/ Pool	10:15 Sit & Be Fit 7 10:45 Tapping Relaxation 11:00 Train Your Brain 12:00 Sand Sprit Park Picnic/Walk/Excercise 2:00 Pool time/weights 3:30 FRI-YAY Happy Hour 6:30 Poolside Movie	9:30 TED Talk;Setting Goals 1 10:15 Sit & Be Fit! 10:45 Healthy Breathing 11:00 Brain Games 1:00 New Years' Trivia 1:45 New Years' BINGO 3:30 Resolutions Meet Up 6:30 Poolside Movie New Year's Day
9:30 Sunday Service 9 10:15 Workout LIVE 10:45 Mini Meditation 11:00 Brain Fitness 11:45 Daily Devotions 1:00 Porch Time Trivia 1:45 Quarter BINGO 4:00 Chefs Menu Meeting	10:15 Sit & Be Fit 10 10:45 Mini Meditation 11:00 Brain Boosters 11:45 Guided Relaxation 1:00 Book Club Planning 2:15 Afternoon Trivia 3:30 Happy Hour 6:00 Strolling Meet Up	10:15 LIVE Exercise/Weight 11 10:30 Water Aerobics 11:00 Brain Games 11:30 Good Health Challenge 1:00 Walmart Shopping 2:00 Crafting with Lynn 3:30 Quarter Bingo 6:00 Pool Chat Meet Up	10:15 Sit & Be Fit 12 10:45 Meditation Station 11:00 Brain Train 11:45 Chair Yoga 1:00 Finish The Line 2:00 5th Grade Challenge! 3:30 Happy Hour with Friends 6:00 Game Room Meet Up	10:15 LIVE Exercise/Weight 13 10:30 Water Aerobics 11:00 Brain Games/Positivity 1:00 Singing Church Lady 2:00 Internet: Let's Get On! 3:30 Quarter BINGO 5:00 Dinner Out/ Duffys 6:30 Billiards Meet Up	10:15 Sit & Be Fit 14 10:45 Guided Relaxation 11:00 Brain Games/Tapping 12:00 Twin Rivers Walk & Picnic 2:00 Noodles in the Pool 3:30 FRI-YAY Happy Hour 6:30 Game Room Meet Up	9:30 TED Talk-Journaling 15 10:15 Sit & Be Fit! 10:45 Healthy Breathing 11:00 Brain Games 11:45 Tapping 1:45 Quarter Bingo 3:30 Patio Chat Meet UP 6:00 Saturday Night Movie
9:30 Sunday Service 16 10:15 Workout LIVE 10:45 Mini Meditation 11:00 Brain Fitness 11:45 Daily Devotions 1:00 Porch Time Trivia 1:45 Quarter BINGO 4:00 Billiards Meet Up	10:15 Sit & Be Fit 17 10:45 Mini Meditation 11:00 Brain Boosters 11:45 Positive Vibes 1:00 I Have A Dream 2:15 Crafty Hour 3:30 Happy Hour 6:00 Strolling Meet Up Martin Luther King Jr. Day	10:15 LIVE Exercise/Weight 18 10:30 Water Aerobics 11:00 Brain Train 11:30 Good Health Challenge 1:00 Kindness Club/Charity 2:00 Winter Tea Party 3:30 Quarter Bingo 6:00 Porch Chat Meet Up	10:15 Sit & Be Fit 19 10:45 Meditation Station 11:00 Brain Train 11:45 Guided Relaxation 1:00 Jeopardy! 2:00 Celebrations Meeting 3:30 Happy Hour with Friends 6:00 Game Room Meet Up	10:15 LIVE Exercise/Weight 20 10:30 Water Aerobics 11:00 Brain Games 11:45 Chair Yoga 1:00 Singing Church Lady 2:00 Computer: Cyber Safety 3:30 Quarter BINGO 6:30 Sunset Meet Up/ Pool	10:15 Sit & Be Fit 21 10:45 Belly Breathing 11:00 Brain Work Out 12:00 Halpatiokee Trail Walk and Picnic 2:00 Pool Workout 3:30 FRI-YAY Happy Hour 6:00 Pool side Movie	9:30 TED Talk-Decluttering 22 10:15 Sit & Be Fit! 10:45 Healthy Breathing 11:00 Brain Games 11:45 Chair Yoga 1:45 Quarter Bingo 3:30 Patio Chat Meet UP 6:00 Classic TV Night
9:30 Sunday Service 23 10:15 Workout LIVE 10:45 Mini Meditation 11:00 Brain Fitness 11:45 Daily Devotions 1:00 Porch Time Trivia 1:45 Quarter BINGO 4:00 Porch Chat Meet Up Activity Professionals Week	10:15 Sit & Be Fit 24 10:45 Mini Meditation 11:00 Brain Boosters 11:45 Positive Vibes 1:00 Book Club/ Library Trip 2:15 Crafty Hour 3:30t Happy Hour 6:00 Strolling Meet Up	10:15 LIVE Exercise/Weight 25 10:30 Water Aerobics 11:00 Brain Games 11:30 Good Health Challenge 1:00 Publix Shopping 2:00 Crafting with Lynn 3:30 Quarter Bingo 6:30 Sunset Meet Up/Pool	10:15 Sit & Be Fit 26 10:45 Good News Only 11:00 Cranium Crunches 11:45 Laughter Therapy 1:00 Winter Words Hamgman 2:00 Winter Trivia Games 3:30 Winter Happy Hour 6:00 Game Room Meet Up Australia Day (observed)	10:15 LIVE Exercise/Weight 27 10:30 Water Aerobics 11:00 Brain Games 11:45 Positive Vibes 1:00 Singing Church Lady 2:00 Internet; TED Talks 3:30 Quarter BINGO 6:30 Billiards Meet Up	10:15 Sit & Be Fit 28 10:45 Tapping Relaxation 11:00 Cranium Crunches 12:00 St. Lucie Locks Walk & Picnic 2:00 Pool Workout 3:30 FRI-YAY Happy Hour 6:00 Game Room Meet Up	9:30 TED Talk-Focus 29 10:15 Sit & Be Fit! 10:45 Healthy Breathing 11:00 Brain Games 11:45 Stretching 1:45 Quarter Bingo 3:30 Patio Chat Meet UP 6:30 Saturday Night Movie
9:30 Sunday Service 30 10:15 Workout LIVE 10:45 Mini Meditation 11:00 Brain Fitness 11:45 Daily Devotions 1:00 Porch Time Trivia 1:45 Quarter BINGO 4:00 Game Room Meet Up	10:15 Sit & Be Fit 31 10:45 Mini Meditation 11:00 Brain Boosters 11:45 Positive Vibes 1:00 Scrap Booking 2:15 Trivia Time 3:30t Happy Hour 6:00 Strolling Meet Up	  				

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



January 2022



Discovery Village at Stuart MC Programming Calendar

 January 2022  Discovery Village at Stuart MC Programming Calendar												10:00 Move & Groove 11:00 Courtyard Walk 11:15 Gazebo Games 1:15 Puzzles & Games 2:00 Arts & Crafts 3:00 Happy Hour 3:30 Movie Matinee 4:00 Sing-a-long 6:00 Movie Time New Year's Day	
10:00 Bodies in Motion 10:30 Daily Chronicles 11:00 Cornhole on Patio 1:15 Puzzles & Games 2:00 Put-Putt 3:00 Movie Matinee 4:00 Sing-a-long 6:00 Movie 2		9:30 Sit & B Fit 10:30 Noodle Ball 11:00 News & Views 11:15 Sing-a-long 1:15 Puzzles & Games 2:00 Horse racing 3:00 Happy Hour 3:45 Bingo 6:00 Movie & Massage 3		9:30 Groovy Moves 10:30 Balloon Volleyball 10:30 Water Aerobics 11:00 Daily Chronicle 11:15 Song-a-long 1:15 Scented Massages 3:00 Snack & Chat 3:30 Bingo 4:15 Horseshoes 4		10:00 Eldergrow 10:00 Reach For the Stars 10:30 Snacktivity 10:30 Pictionary 11:15 Out To Lunch Bunch! 1:15 Color and Puzzles 3:00 Scrumptious Snacks 4:00 Name That Tune 6:00 Movie and Massage 5		9:30 Bodies in Motion 10:30 Kickball 10:30 Water Aerobics 11:00 On the Spot Trivia 1:15 Bingo 2:30 Singing Church Lady 3:15 Snack & Sip 4:00 Giant Connect 4 & Jinga 6:00 Movie 6		10:00 Stretch w/ Jeff 11:00 Musical Band 11:15 Talking Trivia 1:15 Puzzles & Games 2:00 Hangman & Other Games 3:00 I'll Drink to That! 3:30 Ring Toss 6:00 Relaxation Yoga 6:00 Movie 7		10:00 Bodies in Motion 10:30 Chair Kickball 11:00 This Day in History 1:15 Puzzles & Games 2:00 Crafts 3:00 Happy Hour 3:30 Name a Word.... 4:00 Bingo 6:00 Magic Melodies 8	
10:00 Groovy Moves 11:00 Noodle Ball 11:15 Cranium Crunches 1:15 Puzzles & Games 2:00 Finish the Phrase 3:00 Snacks 3:30 Walking Club 4:00 Ring Toss Contest 6:00 Movies 9		9:30 Sit & B Fit 10:30 Noodle Ball 11:15 Sing-a-long 1:15 Puzzles & Games 2:00 Bus Outing-TBD 2:15 Connect 4 3:00 Snack and Chat 3:45 Bingo 6:00 Movie & Massage 10		9:30 Move & Groove 10:30 Balloon Volleyball 10:30 Water Aerobics 11:00 Daily Chronicle 1:15 Crafting & Puzzles 2:00 Flickin' Chicken 3:00 Sip & Snack 3:30 Watercolors 6:00 Smooth Jazz 11		10:00 Jazz and Stretch 10:30 Snack & Sip 11:15 Noodle Ball 1:15 Puzzles & Games 2:00 No Bake Fudge 3:00 Happy Hour 4:00 Hangman 6:00 Movie and Massages 12		9:30 Bodies in Motion 10:30 Kickball 11:00 Opposites 11:15 Old Time Music Jam 10:30 Water Aerobics 2:30 Singing Church Lady 3:15 Happy Hour 3:45 Ring Toss 6:00 Soothing Jazz 13		10:00 Stretch w/ Jeff 10:30 Sip & Snack 11:00 Balloon Volley 11:15 Brain Train 1:15 Scented Massages 2:30 Gino Sings! 3:00 Snack Shack & Chat 3:45 Bingo 6:00 Movie 14		10:00 Chair Yoga 11:00 Good News Report 11:15 Sing-a long 1:15 Puzzles & Games 2:00 Bingo 3:00 Snack & Sip 3:45 Word Games and Trivia 6:00 Movie 15	
10:00 Groovy Moves 11:00 Noodle Ball 11:15 Cranium Crunches 1:15 Puzzles & Games 2:00 Finish the Phrase 3:00 Snacks 3:30 Walking Club 4:00 Ring Toss Contest 6:00 Movies 16		9:30 Sit & B Fit 10:30 Noodle Ball 11:15 Sing-a-long 1:15 Puzzles & Games 2:00 Crafty Monday 3:00 Snack and Chat 3:45 Bingo 6:00 Movie & Massage 17 Martin Luther King Jr. Day		9:30 Move & Groove 10:30 Water Aerobics 10:30 Balloon Volleyball 11:00 Daily Chronicle 11:15 Song-a-long 2:00 Shut the Box Game 3:00 Snack & Chat 3:30 Bingo 6:00 Smooth Jazz 18		10:00 Eldergrow 10:30 Snack & Sip 11:15 Noodle Ball 1:15 Puzzles & Games 2:00 Zebra Icebox Cake 3:00 Sweets Snacks & Sip 3:45 Put-Putt Golf Courtyard 6:00 Movie and Massages 19		9:30 Bodies in Motion 10:30 Kickball 10:30 Water Aerobics 11:00 Poetry Reading 11:15 Courtyard Stroll 1:15 Bingo 2:30 Singing Church Lady 3:45 Ring Toss 20		10:00 Stretch w/ Jeff 10:30 Chair Kickball 11:00 This Day in History 11:15 Brain Fitness 1:15 Scented Massages 2:00 Which Came First? 3:00 Snack Shack & Chat 3:45 Bingo 6:00 Movie 21		10:00 Chair Yoga 11:00 Good News Report 11:15 Sing-along 1:15 Collages Craft 2:00 Bingo 3:00 Snack & Sip 3:45 Word Games and Trivia 6:00 Movie 22	
10:00 Bodies in Motion 10:30 Daily Chronicles 11:00 Cornhole on Patio 1:15 Puzzles & Games 2:00 Put-Putt 3:00 Movie Matinee 4:00 Sing-a-long 6:00 Movie 23 Activity Professionals Week		9:30 Sit & B Fit 10:30 Noodle Ball 11:00 News & Views 11:15 Sing-a-long 1:15 Puzzles & Games 2:00 Horse racing 3:00 Sip and Chat 3:45 Bingo 6:00 Movie & Massage 24		9:30 Groovy Moves 10:30 Noodle Baseball 10:30 Water Aerobics 11:00 Daily Chronicle 11:15 Sing-a-long 1:15 Scented Massages 2:00 Crafty Crafts 3:30 Cornhole 6:00 Movie 25		10:00 Sit & Be Fit 10:30 Hydration Break 11:15 Toss Across 1:15 Opposites 2:00 Suncatcher Craft 3:00 Snack Shack 4:00 Name That Tune 6:00 Smooth Jazz and Movie 26 Australia Day (observed)		9:30 Bodies in Motion 10:30 Kickball 10:30 Water Aerobics 11:00 News & Views 11:15 Name That Tune 1:15 Puzzles & Games 2:30 Singing Church Lady 3:30 Hydration Station 4:00 Shut the Box Game 27		10:00 Stretch w/ Jeff 10:30 Courtyard Walk 11:15 Brain Games 1:15 Puzzles & Games 2:00 Crafty Friday 3:00 Happy Hour 4:00 Toss Across 6:00 Movie 28		10:00 Bodies in Motion 10:30 Daily Chronicles 11:00 Cornhole on Patio 1:15 Puzzles & Games 2:00 Put-Putt 3:00 Movie Matinee 4:00 Sing-a-long 6:00 Movie 29	
10:00 Groovy Moves 11:00 Noodle Ball 11:15 Cranium Crunches 1:15 Puzzles & Games 2:00 Finish the Phrase 3:00 Snacks 3:30 Walking Club 4:00 Cornhole 6:00 Movies 30		10:00 Move & Groove 10:30 Flyswatter Tennis 11:15 Sing-a-long 1:15 Puzzles & Games 2:00 Crafts~ 3:00 Snack and Chat 3:45 Finish Lines 6:00 Movie 31		Parallel programming always available.									