

SUN	MON	TUE	WED	THUR	FRI	SAT
			10:15 Workout w/ Brooke (Gym) 10:30 Crafty Ladies (P.D.R.) 11:00 Fit Brains (G.R.) 11:45 Mini Meditation (G.R.) 1:00 Coloring & Crosswords (D.R.) 2:30 Quick Tech (D.R.) 3:30 Wine Down (Pool) 6:15 Sunset Meet Up (Pool)	10:15 Workout w/ Brooke (Gym) 10:45 Meditation (Gym) 11:00 Fit Brains (G.R.) 11:45 Let's do Lunch - OUT! (Meet in the Lobby) 1:30 Fellowship Reverend Conde (G.R.) 2:30 Puzzles (3rd Floor) 3:00 Trivia Games (G.R.) 3:30 BINGO (G.R.)	10:15 Workout w/ Frankie (Gym) 10:45 Belly Breathing (Gym) 11:00 Friday Brain Flex (G.R.) 1:30 Water Aerobics (Pool) 2:30 Trivia Challenge (G.R.) 3:30 Happy Hour (D.R.)	10:15 Workout w/ Frankie (Gym) 10:45 Belly Breathing (Gym) 10:45 Positive Vibes (Gym) 11:00 Fit Brains (G.R.) 1:15 BINGO (G.R.) 2:30 Scrabble (D.R.)
10:00 Sunday Morning Church Service (Lobby) 10:30 Workout w/ Brooke (Gym) 11:00 Brain Games (Gym) 1:15 Drum Circle (Gym) 2:30 Sunday at the Movies (G.R.) 6:15 Classic TV Night Meet Up (G.R.)	10:00 Garden Club Meeting (Porch) 10:15 Workout w/ Brooke (Gym) 11:00 Fit Brains (G.R.) 1:00 National Oreo Cookie Day (D.R.) 1:15 Jeopardy! (D.R.) 2:30 New Resident Orientation (D.R.) 3:30 Mixed Drinks Monday (D.R.) 6:15 Sunset Meet Up (Pool)	10:00 Workout w/ Frankie (Gym) 10:15 Water Aerobics (Pool) 10:45 Meditation (Gym) 11:00 Fit Brains (G.R.) 12:30 St. Patrick Day's Luncheon (Meet in the Lobby) 2:45 Scrabble (G.R.) 3:30 BINGO (G.R.) 5:00 Birthday Bash (D.R.) 6:30 Billiards Meet Up (Billiards)	10:15 Workout w/ Brooke (Gym) 11:00 Fit Brains (G.R.) 11:45 Mini Meditation (G.R.) 12:45 Publix Shopping (Meet in the Lobby) 1:00 Coloring & Crosswords (D.R.) 2:30 Online Shopping (Library) 3:30 Wine Down (Pool) 6:15 Sunset Meet Up (Pool)	10:15 Workout w/ Brooke (Gym) 10:45 Meditation (Gym) 11:00 Fit Brains (G.R.) 1:00 Stuart Ceramics (Meet in the Lobby) 1:30 Fellowship Reverend Conde (G.R.) 2:30 Puzzles (3rd Floor) 3:00 Trivia Games (G.R.) 3:30 BINGO (G.R.)	10:15 Workout w/ Frankie (Gym) 10:45 Belly Breathing (Gym) 11:00 Friday Brain Flex (G.R.) 1:30 Ladies Tea Party (3rd Floor Kitchen) 1:30 Water Aerobics (Pool) 2:30 Trivia Challenge (G.R.) 3:30 Happy Hour (D.R.)	10:15 Workout w/ Frankie (Gym) 10:45 Belly Breathing (Gym) 10:45 Positive Vibes (Gym) 11:00 Fit Brains (G.R.) 1:15 BINGO (G.R.) 2:30 Scrabble (D.R.)
10:00 Sunday Morning Church Service (Lobby) 10:30 Workout w/ Brooke (Gym) 11:00 Brain Games (Gym) 1:15 Drum Circle (Gym) 2:30 Sunday at the Movies (G.R.) 6:15 Classic TV Night Meet Up (G.R.)	10:15 Workout w/ Brooke (Gym) 11:00 Fit Brains (G.R.) 1:00 Women's History Month (D.R.) 1:15 Jeopardy! (D.R.) 2:30 Food Committee (D.R.) 3:30 Mixed Drinks Monday (D.R.) 6:15 Sunset Meet Up (Pool)	10:00 Workout w/ Frankie (Gym) 10:15 Water Aerobics (Pool) 10:45 Meditation (Gym) 11:00 Fit Brains (G.R.) 12:45 Publix (Lobby) 2:45 Scrabble (G.R.) 3:30 BINGO (G.R.) 4:45 Dinner Out! (Lobby) 6:30 Billiards Meet Up (Billiards)	10:15 Workout w/ Brooke (Gym) 11:00 Fit Brains (G.R.) 11:45 Mini Meditation (G.R.) 1:00 Coloring & Crosswords (D.R.) 2:00 Town Hall (D.R.) 3:30 Safespace Fundraiser (Poolside) 6:15 Sunset Meet Up (Pool)	10:15 Workout w/ Brooke (Gym) 10:45 Meditation (Gym) 11:00 Fit Brains (G.R.) 12:30 Loggerhead Marinelife Center (Meet in the Lobby) 1:30 Fellowship Reverend Conde (G.R.) 2:30 Puzzles (3rd Floor) 3:30 BINGO (G.R.)	10:15 Workout w/ Frankie (Gym) 10:45 Belly Breathing (Gym) 11:00 Friday Brain Flex (G.R.) 1:30 Water Aerobics (Pool) 2:30 Trivia Challenge (G.R.) 3:30 St. Patty's Happy Hour (D.R.)	10:15 Workout w/ Frankie (Gym) 10:45 Belly Breathing (Gym) 10:45 Positive Vibes (Gym) 11:00 Fit Brains (G.R.) 1:15 BINGO (G.R.) 2:30 Scrabble (D.R.)
10:00 Sunday Morning Church Service (Lobby) 10:30 Workout w/ Brooke (Gym) 11:00 Brain Games (Gym) 1:15 Drum Circle (Gym) 2:00 Dance Around the Blarney Stone (Meet in the Lobby) 2:30 Sunday at the Movies (G.R.) 6:15 Classic TV Night Meet Up (G.R.)	10:00 Workout w/ Brooke (Gym) 11:00 Fit Brains (G.R.) 1:00 Famous Women (D.R.) 2:30 Celebration Meeting (D.R.) 3:30 Mixed Drinks Monday (D.R.) 6:15 Sunset Meet Up (Pool)	10:00 Workout w/ Frankie (Gym) 10:15 Water Aerobics (Pool) 10:45 Meditation (Gym) 11:00 Fit Brains (G.R.) 12:45 Publix (Lobby) 2:45 Scrabble (G.R.) 3:30 BINGO (G.R.) 6:30 Billiards Meet Up (Billiards)	10:15 Workout w/ Brooke (Gym) 11:00 Fit Brains (G.R.) 11:45 Mini Meditation (G.R.) 1:00 Coloring & Crosswords (D.R.) 2:30 Online Shopping (Library) 3:30 Wine Down (Pool) 6:15 Sunset Meet Up (Pool)	10:15 Workout w/ Brooke (Gym) 10:45 Meditation (Gym) 11:00 Fit Brains (G.R.) 1:00 Barnes & Nobbles (Meet in the Lobby) 1:30 Fellowship Reverend Conde (G.R.) 2:30 Puzzles (3rd Floor) 3:00 Trivia Games (G.R.) 3:30 BINGO (G.R.)	10:15 Workout w/ Frankie (Gym) 10:45 Belly Breathing (Gym) 11:00 Friday Brain Flex (G.R.) 1:30 Water Aerobics (Pool) 2:30 Trivia Challenge (G.R.) 3:30 Happy Hour (D.R.)	10:15 Workout w/ Frankie (Gym) 10:45 Belly Breathing (Gym) 10:45 Positive Vibes (Gym) 11:00 Fit Brains (G.R.) 1:15 BINGO (G.R.) 2:30 Scrabble (D.R.)
10:00 Sunday Morning Church Service (Lobby) 10:30 Workout w/ Brooke (Gym) 11:00 Brain Games (Gym) 1:15 Drum Circle (Gym) 2:30 Sunday at the Movies (G.R.) 6:15 Classic TV Night Meet Up (G.R.)	10:15 Workout w/ Brooke (Gym) 10:30 Grand Friends (D.R.) 11:00 Fit Brains (G.R.) 1:15 Jeopardy! (D.R.) 2:30 Residents Council (D.R.) 3:30 Mixed Drinks Monday (D.R.) 6:15 Sunset Meet Up (Pool)	10:00 Workout w/ Frankie (Gym) 10:15 Water Aerobics (Pool) 10:45 Meditation (Gym) 11:00 Fit Brains (G.R.) 12:45 Walmart Shopping (Lobby) 2:45 Scrabble (G.R.) 3:30 BINGO (G.R.) 6:30 Billiards Meet Up (Billiards)	10:15 Workout w/ Brooke (Gym) 11:00 Fit Brains (G.R.) 11:45 Mini Meditation (G.R.) 12:30 Movie Outing (Meet in the Lobby) 1:00 Coloring & Crosswords (D.R.) 3:30 Wine Down (Pool) 6:15 Sunset Meet Up (Pool)	10:15 Workout w/ Brooke (Gym) 10:45 Meditation (Gym) 11:00 Fit Brains (G.R.) 1:00 Ross Shopping (Meet in the Lobby) 1:30 Fellowship Reverend Conde (G.R.) 2:30 Puzzles (3rd Floor) 3:00 Trivia Games (G.R.) 3:30 BINGO (G.R.)	10:15 Workout w/ Frankie (Gym) 10:45 Belly Breathing (Gym) 11:00 Friday Brain Flex (G.R.) 1:30 Water Aerobics (Pool) 2:30 Trivia Challenge (G.R.) 3:30 Happy Hour (D.R.)	

March 2023

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