



# 2024 Calendar - August 01 - 17



Physical



Social

## 01 Thursday

- 9:00 AM Muscle Mind & Motion (CMA)
- 9:00 AM Walking Club: Furm... (CVL)
- 9:00 AM Aqua Barre (TP)
- 10:00 AM Balance and Core (CMA)
- 10:00 AM Learning in Retire... (MR)
- 10:45 AM Learning in Retire... (MR)
- 11:00 AM Chair Yoga (CMA)
- 1:00 PM Independent Therap... (TP)
- 2:00 PM Sing Along (MLC)
- 4:00 PM Inside Furman Bask... (CA)
- 6:30 PM Furman Music by th... (CD)
- 7:00 PM Gilbert & Sullivan... (MR)

## 02 Friday

- 8:00 AM Let's Get Fit! (CMA)
- 8:00 AM Energize with a Wa... (CVL)
- 9:00 AM Power Up (CMA)
- 9:00 AM Splash Fit & Strength (TP)
- 9:30 AM Trip to Upcountry ... (CD)
- 10:00 AM Floor Yoga (CRB)
- 10:00 AM Functionality and ... (CMA)
- 10:00 AM Aqua Aerobics (TP)
- 11:00 AM Seated Strength (CMA)
- 1:30 PM Woodlands Stitchin... (AC)
- 3:30 PM Happy Hour (CA)
- 7:00 PM Friday Night Film:... (MR)

## 03 Saturday

- 10:00 AM My Neighbor's Voic... (DR)
- 2:00 PM Ping Pong- Residen... (CMA)
- 7:00 PM Saturday Night Mov... (MR)

## 04 Sunday

- 1:00 PM Brevard Music Cent... (CD)
- 2:00 PM Ping Pong- Residen... (CMA)
- 7:00 PM Sunday Night Movie... (MR)

## 05 Monday

- 8:00 AM Let's Get Fit! (CMA)
- 9:00 AM Power Up (CMA)
- 9:00 AM Splash Fit & Strength (TP)
- 10:00 AM Aqua Aerobics (TP)
- 10:00 AM Floor Yoga (CRB)
- 10:00 AM Functionality and ... (CMA)
- 10:30 AM "Posh Peacock" Pai... (AC)
- 11:00 AM Seated Strength (CMA)
- 2:00 PM Healing After Loss... (S)
- 2:00 PM Prime Time Tappers (CRB)
- 3:00 PM Resident Council M... (CA)
- 3:00 PM Mahjong (CR)
- 3:30 PM "Musical Memories"... (MLC)

## 06 Tuesday

- 9:00 AM Aqua Barre (TP)
- 9:00 AM Muscle Mind & Motion (CMA)
- 10:00 AM Learning in Retire... (MR)
- 10:00 AM Sewing For Others (AC)
- 10:00 AM Balance and Core (CMA)
- 10:00 AM Canasta! (CR)
- 10:45 AM Learning in Retire... (MR)
- 11:00 AM Chair Yoga (CMA)
- 1:00 PM Independent Therap... (TP)
- 2:00 PM The Arboretum: Exp... (CA)
- 4:00 PM Aqua HIIT (TP)
- 7:00 PM Foreign Film: A Pe... (MR)

## 07 Wednesday

- 8:00 AM Let's Get Fit! (CMA)
- 9:00 AM Splash Fit & Strength (TP)
- 9:00 AM Power Up (CMA)
- 9:00 AM Shopping at Publix (CD)
- 10:00 AM Aqua Aerobics (TP)
- 10:00 AM Floor Yoga & Medit... (T)
- 10:00 AM Functionality and ... (CMA)
- 10:30 AM Journaling for Rem... (AC)
- 1:00 PM Bible Study with J... (AC)
- 3:00 PM Mahjong (CR)
- 7:00 PM Foreign Film: A Pe... (MR)

## 08 Thursday

- 8:00 AM Bike the Swamp Rabbit (CVP)
- 9:00 AM Muscle Mind & Motion (CMA)
- 9:00 AM Aqua Barre (TP)
- 10:00 AM Balance and Core (CMA)
- 10:00 AM Learning in Retire... (MR)
- 10:45 AM Learning in Retire... (MR)
- 11:00 AM Chair Yoga (CMA)
- 1:00 PM Independent Therap... (TP)
- 1:00 PM Trip to The Cheese... (CD)
- 2:00 PM Sing Along (MLC)
- 4:00 PM Jim Stehlik Presen... (CA)
- 4:00 PM Aqua HIIT (TP)

## 09 Friday

- 8:00 AM Let's Get Fit! (CMA)
- 8:00 AM Energize with a Wa... (CVL)
- 9:00 AM Splash Fit & Strength (TP)
- 9:00 AM Power Up (CMA)
- 9:45 AM Tour of Greenville... (CD)
- 10:00 AM Aqua Aerobics (TP)
- 10:00 AM Functionality and ... (CMA)
- 10:00 AM Floor Yoga (CRB)
- 10:00 AM Sunshine Mobile De... (WC)
- 11:00 AM Seated Strength (CMA)
- 1:30 PM Woodlands Stitchin... (AC)
- 3:30 PM Happy Hour (CA)

## 10 Saturday

- 10:00 AM My Neighbor's Voic... (DR)
- 2:00 PM Ping Pong- Residen... (CMA)

## 11 Sunday

- 2:00 PM Ping Pong- Residen... (CMA)

## 12 Monday

- 8:00 AM Let's Get Fit! (CMA)
- 9:00 AM Power Up (CMA)
- 9:00 AM Splash Fit & Strength (TP)
- 10:00 AM Functionality and ... (CMA)
- 10:00 AM Aqua Aerobics (TP)
- ~~10:00 AM Floor Yoga (CRB)~~
- 10:30 AM Glass Art & Crafts... (AC)
- ~~11:00 AM Seated Strength (CMA)~~
- 2:00 PM Healing After Loss... (S)
- ~~2:00 PM Tech Talk with Bil... (CA)~~
- 2:00 PM Prime Time Tappers (CRB)
- 3:00 PM Mahjong (CR)
- 7:00 PM Bingo (CA)

## 13 Tuesday

- 9:00 AM Muscle Mind & Motion (CMA)
- 9:00 AM Aqua Barre (TP)
- 10:00 AM Balance and Core (CMA)
- 10:00 AM Sewing For Others (AC)
- 10:00 AM Canasta! (CR)
- 10:00 AM Learning in Retire... (MR)
- 10:45 AM Learning in Retire... (MR)
- 11:00 AM Chair Yoga (CMA)
- 1:00 PM Independent Therap... (TP)
- 1:30 PM Flower Arranging (AC)
- 3:00 PM Music with Tom Fisch (CA)
- 4:00 PM Aqua HIIT (TP)

## 14 Wednesday

- 8:00 AM Let's Get Fit! (CMA)
- 9:00 AM Power Up (CMA)
- 9:00 AM Splash Fit & Strength (TP)
- 9:00 AM Shopping at Publix (CD)
- 9:15 AM Trip to the Saluda... (CD)
- 10:00 AM Floor Yoga & Medit... (T)
- 10:00 AM Functionality and ... (CMA)
- 10:00 AM Aqua Aerobics (TP)
- 11:00 AM Seated Strength (CMA)
- 1:00 PM Bible Study with J... (AC)
- 2:30 PM Ballroom Dancing: ... (DR)
- 3:00 PM Mahjong (CR)
- 7:00 PM Duplicate Bridge (CA)

## 15 Thursday

- 9:00 AM Muscle Mind & Motion (CMA)
- 9:00 AM Aqua Barre (TP)
- 10:00 AM Thrift Shopping at... (CD)
- 10:00 AM Balance and Core (CMA)
- 10:00 AM Learning in Retire... (MR)
- 10:30 AM Glass Art & Crafts... (AC)
- 10:45 AM Learning in Retire... (MR)
- 11:00 AM Chair Yoga (CMA)
- 1:00 PM Independent Therap... (TP)
- 2:00 PM Sing Along (MLC)
- 4:00 PM Aqua HIIT (TP)

## 16 Friday

- 8:00 AM Energize with a Wa... (CVL)
- 8:00 AM Let's Get Fit! (CMA)
- 9:00 AM Power Up (CMA)
- 9:00 AM Splash Fit & Strength (TP)
- 10:00 AM Functionality and ... (CMA)
- 10:00 AM Floor Yoga (CRB)
- 10:00 AM Aqua Aerobics (TP)
- 11:00 AM Seated Strength (CMA)
- 1:30 PM Woodlands Stitchin... (AC)
- 3:30 PM Happy Hour (CA)

## 17 Saturday

- ~~10:00 AM My Neighbor's Voic... (DR)~~
- 10:30 AM Book Club (CA)
- 2:00 PM Ping Pong- Residen... (CMA)



# 2024 Calendar - August 18 - 31



Physical



Social

18 Sunday	19 Monday	20 Tuesday	21 Wednesday	22 Thursday	23 Friday	24 Saturday
<p>● 2:00 PM Ping Pong- Residen... (CMA)</p>	<p>● 8:00 AM Let's Get Fit (CMA) ● 9:00 AM Splash Fit (TP) ● 9:00 AM Power Up (CMA) ● 10:00 AM Aqua Aerobics (TP) ● 10:00 AM Floor Mediation an... (CRB) ● 10:00 AM Functionality and ... (CMA) ● 11:00 AM Seated Strength (CMA) ● 2:00 PM Healing After Loss... (S) ● 2:00 PM Prime Time Tappers (CRB) ● 3:00 PM Bears and Bulls Me... (AC) ● 3:00 PM Mahjong (CR)</p>	<p>● 9:00 AM Balance and Core (CMA) ● 9:00 AM Aqua Barre (TP) ● 10:00 AM Learning in Retire... (MR) ● 10:00 AM Sewing For Others (AC) ● 10:00 AM Mind Muscle Motion (CMA) ● 10:00 AM Canasta! (CR) ● 10:45 AM Learning in Retire... (MR) ● 11:00 AM Chair Yoga (CMA) ● 1:00 PM Independent Therap... (TP) ● 3:45 PM Tales of History w... (CA) ● 4:00 PM Aqua HIIT (TP)</p>	<p>● 8:00 AM Let's Get Fit (CMA) ● 9:00 AM Splash Fit (TP) ● 9:00 AM Shopping at Publix (CD) ● 9:00 AM Power Up (CMA) ● 10:00 AM Floor Mediation an... (T) ● 10:00 AM Functionality and ... (CMA) ● 10:00 AM Aqua Aerobics (TP) ● 11:00 AM Seated Strength (CMA) ● 1:00 PM Bible Study with J... (AC) ● 3:00 PM Monthly Town Hall (CA) ● 3:00 PM Mahjong (CR)</p>	<p>● 8:00 AM Bike the Swamp Rabbit (CVP) ● 9:00 AM Balance and Core (CMA) ● 9:00 AM Aqua Barre (TP) ● 9:45 AM Vanessa Cole Histo... (CD) ● 10:00 AM Learning in Retire... (MR) ● 10:00 AM Mind Muscle Motion (CMA) ● 10:30 AM Glass Art &amp; Crafts... (AC) ● 10:45 AM Learning in Retire... (MR) ● 11:00 AM Chair Yoga (CMA) ● 1:00 PM Independent Therap... (TP) ● 2:00 PM Sing Along (MLC) ● 4:00 PM Aqua HIIT (TP) ● 6:00 PM Greenville Drive v... (CD)</p>	<p>● 8:00 AM Let's Get Fit (CMA) ● 8:00 AM Energize with a Wa... (CVL) ● 9:00 AM Power Up (CMA) ● 9:00 AM Splash Fit (TP) ● 9:30 AM Upstate Senior Wel... (CD) ● 10:00 AM Aqua Aerobics (TP) ● 10:00 AM Functionality and ... (CMA) ● 10:00 AM Floor Mediation an... (CRB) ● 11:00 AM Seated Strength (CMA) ● 1:30 PM Woodlands Stitchin... (AC) ● 3:30 PM Mensa with Dave Jo... (CA)</p>	<p>● 10:00 AM My Neighbor's Voic... (DR)</p> <p>● 2:00 PM Ping Pong- Residen... (CA)</p>
25 Sunday	26 Monday	27 Tuesday	28 Wednesday	29 Thursday	30 Friday	31 Saturday
<p>● 2:00 PM Ping Pong- Residen... (CA)</p> <p>● 4:00 PM Gathering of First... (CA)</p>	<p>● 8:00 AM Let's Get Fit (CMA) ● 9:00 AM Splash Fit (TP) ● 9:00 AM Power Up (CMA) ● 10:00 AM Floor Mediation an... (CRB) ● 10:00 AM Functionality and ... (CMA) ● 10:00 AM Aqua Aerobics (TP) ● 10:30 AM Woodlands Monthly ... (TBD) ● 11:00 AM Seated Strength (CMA) ● 2:00 PM Healing After Loss... (S) ● 2:00 PM Prime Time Tappers (CRB) ● 3:00 PM Mahjong (CR) ● 4:00 PM Everyone Has A Sto... (CA)</p>	<p>● 9:00 AM Balance and Core (CMA) ● 9:00 AM Aqua Barre (TP) ● 10:00 AM Mind Muscle Motion (CMA) ● 10:00 AM Canasta! (CR) ● 10:00 AM Sewing For Others (AC) ● 10:00 AM Learning in Retire... (MR) ● 10:45 AM Learning in Retire... (MR) ● 11:00 AM Chair Yoga (CMA) ● 1:00 PM Independent Therap... (TP) ● 1:30 PM Flower Arranging (AC) ● 2:00 PM Alzheimer's Suppor... (CA) ● 3:30 PM Music with Mare Ca... (MLC) ● 4:00 PM Aqua HIIT (TP)</p>	<p>● 8:00 AM Let's Get Fit (CMA) ● 9:00 AM Splash Fit (TP) ● 9:00 AM Shopping at Publix (CD) ● 9:00 AM Power Up (CMA) ● 9:30 AM Trip to Spare Time... (CD) <del>● 10:00 AM Floor Mediation an... (T)</del> ● 10:00 AM Functionality and ... (CMA) ● 10:00 AM Aqua Aerobics (TP) ● 11:00 AM Seated Strength (CMA) ● 1:00 PM Bible Study with J... (AC) ● 2:30 PM Ballroom Dancing: ... (DR) ● 3:00 PM Mahjong (CR) ● 4:00 PM Furman/OLLI Lectur... (CA) ● 7:00 PM Duplicate Bridge (CA)</p>	<p>● 9:00 AM Aqua Barre (TP) ● 9:00 AM Balance and Core (CMA) ● 10:00 AM Learning in Retire... (MR) ● 10:00 AM Mind Muscle Motion (CMA) ● 10:30 AM Glass Art &amp; Crafts... (AC) ● 10:45 AM Learning in Retire... (MR) ● 11:00 AM Chair Yoga (CMA) ● 1:00 PM Independent Therap... (TP) ● 2:00 PM Sing Along (MLC) ● 4:00 PM Aqua HIIT (TP)</p>	<p>● 8:00 AM Let's Get Fit (CMA) ● 8:00 AM Energize with a Wa... (CVL) ● 9:00 AM Splash Fit (TP) ● 9:00 AM Power Up (CMA) ● 10:00 AM Floor Mediation an... (CRB) ● 10:00 AM Aqua Aerobics (TP) ● 10:00 AM Functionality and ... (CMA) ● 11:00 AM Seated Strength (CMA) ● 1:30 PM Woodlands Stitchin... (AC) ● 3:30 PM The Foundation Fif... (CA)</p>	<p><del>● 10:00 AM My Neighbor's Voic... (DR)</del></p> <p>● 2:00 PM Ping Pong- Residen... (CA)</p>
<p><b>Location</b></p> <p>AC Arts &amp; Crafts Room</p> <p>CA Camellia Room</p> <p>CD Concierge Desk (TRAVEL)</p> <p>CMA Camellia Room A</p> <p>CR Card Room</p> <p>CRB Camellia Room B</p> <p>CVL Community Village Lobby</p> <p>CVP Community Village Parking...</p> <p>DR Evergreen Dining Room</p> <p>FC Fitness Center</p>	<p><b>Location</b></p> <p>MLC Mary Lou's Cafe</p> <p>MR Media Room</p> <p>S Solarium</p> <p>T Terrace</p> <p>TBD To Be Determined</p> <p>TP Therapy Pool</p> <p>WC Woodlands Community</p>					