



# 2024 Calendar - November 01 - 16



Intellectual



Social



Physical

## 01 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 (TP)
- 10:00 AM Trip to the Shops ... (CD)
- 10:00 AM Functionality and ... (CMA)
- 10:00 AM Aqua Aerobics (TP)
- 10:00 AM Floor Meditation a... (CRB)
- 11:00 AM Seated Strength (CMA)
- 1:30 PM Woodlands Stitchin... (AC)
- 3:30 PM Furman First Frida... (CA)
- 7:00 PM Friday Night Movie... (MR)

## 02 Saturday

- 10:00 AM My Neighbor's Voic... (DR)
- 2:00 PM Ping Pong/ Yard Ga... (CA)
- 6:00 PM Foothills Philharm... (CD)
- 7:00 PM Greenville Chorale... (CD)
- 7:00 PM Saturday Night Mov... (MR)

## 03 Sunday

- 2:00 PM Ping Pong/ Yard Ga... (CA)
- 2:00 PM Greenville Walk to... (CD)
- 7:00 PM Sunday Night Movie... (MR)

## 04 Monday

- 8:00 AM Let's Get Fit (FC)
- 9:00 AM Splash Fit (TP)
- 9:00 AM Power Up (FC)
- 10:00 AM Aqua Aerobics (TP)
- 10:00 AM Functionality and ... (FC)
- ~~10:00 AM Floor Meditation a... (CRB)~~
- 10:30 AM "One Stop Holiday... (CA)
- ~~11:00 AM Seated Strength (CMA)~~
- 2:00 PM Prime Time Tappers (FC)
- 2:00 PM Healing After Loss... (S)
- 3:00 PM Mahjong (CR)
- 3:00 PM Resident Council M... (CA)
- 3:30 PM "Musical Memories"... (MLC)
- ~~6:15 PM Furman Men's Baske... (CD)~~
- 7:00 PM Monday Night Movie... (MR)

## 05 Tuesday

- 9:00 AM Mind Muscle Motion (CMA)
- 10:00 AM Balance and Core (CMA)
- 10:00 AM Sewing For Others (AC)
- 10:00 AM Aqua Barre (TP)
- 10:00 AM Learning in Retire... (MR)
- 10:00 AM Shuttle to Vote (CD)
- 10:00 AM Canasta! (CR)
- 10:45 AM Learning in Retire... (MR)
- 11:00 AM Chair Yoga (CMA)
- 12:30 PM Independent Therap... (TP)
- 1:30 PM Flower Arranging (AC)
- 4:00 PM Aqua HIIT (TP)
- 6:30 PM Tuesday Night Mov... (MR)
- 7:00 PM Furman Music Prese... (CD)

## 06 Wednesday

- 8:00 AM Let's Get Fit (CMA)
- 9:00 AM Splash Fit (TP)
- 9:00 AM Power Up (CMA)
- 9:00 AM Shopping at Publix (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)
- 1:00 PM Bible Study with J... (AC)
- 3:00 PM Mahjong (CR)
- 6:30 PM Wednesday Night M... (MR)
- 7:00 PM Furman Music Prese... (CD)

## 07 Thursday

- 9:00 AM Mind Muscle Motion (CMA)
- 10:00 AM Learning in Retire... (MR)
- 10:00 AM Balance and Core (CMA)
- 10:00 AM Aqua Barre (TP)
- 10:45 AM Learning in Retire... (MR)
- 11:00 AM Chair Yoga (CMA)
- 11:30 AM Antioxidants: Free... (MR)
- 1:00 PM Independent Therap... (TP)
- 1:30 PM Introductory Balle... (FC)
- 2:00 PM Sing Along (MLC)
- 4:00 PM Aqua HIIT (TP)
- 4:00 PM Meet Glenis Redmon... (CA)
- 7:00 PM Furman Music Prese... (CD)

## 08 Friday

- 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 Functionality and ... (CMA)
- 10:00 AM Floor Meditation a... (CRB)
- 10:00 AM Sunshine Mobile De... (WC)
- 10:00 AM Aqua Aerobics (TP)
- 11:00 AM Seated Strength (CMA)
- 1:30 PM Woodlands Stitchin... (AC)
- 3:30 PM Last Call Band at ... (CA)
- 7:00 PM Friday Night Movie... (MR)

## 09 Saturday

- 9:00 AM Columbia Art Museum (CD)
- 10:00 AM My Neighbor's Voic... (DR)
- 1:15 PM Furman Football vs... (CD)
- 2:00 PM Ping Pong/ Yard Ga... (CA)
- 7:00 PM Saturday Night Mov... (MR)

## 10 Sunday

- 2:00 PM Ping Pong/ Yard Ga... (CA)
- 2:15 PM Greenville Symphon... (CD)
- 6:30 PM Sunday Night Movie... (MR)

## 11 Monday

- 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 Meditation a... (CRB)
- 10:00 AM Functionality and ... (CMA)
- 10:30 AM Tech Talk with Bil... (MLC)
- ~~11:00 AM Seated Strength (CMA)~~
- 12:30 PM Celebrating Our He... (CA)
- 2:00 PM Healing After Loss... (S)
- 2:00 PM Prime Time Tappers (CRB)
- 3:00 PM Mahjong (CR)
- 6:15 PM Furman Men's Baske... (CD)
- 6:30 PM Monday Night Movie... (MR)
- 7:00 PM Bingo (CA)

## 12 Tuesday

- 9:00 AM Mind Muscle Motion (CMA)
- 10:00 AM Balance and Core (CMA)
- 10:00 AM Aqua Barre (TP)
- 10:00 AM Canasta! (CR)
- 10:00 AM Learning in Retire... (MR)
- 10:00 AM Sewing For Others (AC)
- 10:45 AM Learning in Retire... (MR)
- 11:00 AM Chair Yoga (CMA)
- 1:00 PM Independent Therap... (TP)
- 3:00 PM Music with Tom Fisch (CA)
- 4:00 PM Aqua HIIT (TP)
- 7:00 PM Furman Music Prese... (CD)
- 7:00 PM Tuesday Night Movi... (MR)

## 13 Wednesday

- 8:00 AM Let's Get Fit (CMA)
- 9:00 AM Shopping at Publix (CD)
- 9:00 AM Power Up (CMA)
- 9:00 AM Splash Fit (TP)
- ~~10:00 AM Functionality and ... (CMA)~~
- ~~10:00 AM Floor Mediation an... (CRB)~~
- 10:00 AM Aqua Aerobics (TP)
- ~~11:00 AM Seated Strength (CMA)~~
- 12:30 PM Friendsgiving Cele... (CA)
- 1:00 PM Bible Study with J... (AC)
- 2:30 PM Ballroom Dancing: ... (DR)
- 3:00 PM Mahjong (CR)
- 7:00 PM Wednesday Night Mo... (MR)
- 7:00 PM Duplicate Bridge (CA)

## 14 Thursday

- 9:00 AM Mind Muscle Motion (CMA)
- 10:00 AM Learning in Retire... (MR)
- 10:00 AM Balance and Core (CMA)
- 10:00 AM Aqua Barre (TP)
- 10:45 AM Learning in Retire... (MR)
- 11:00 AM Chair Yoga (CMA)
- 1:00 PM Independent Therap... (TP)
- 1:30 PM Introductory Balle... (FC)
- 2:00 PM Sing Along (MLC)
- 3:00 PM Bears and Bulls Me... (AC)
- 4:00 PM Aqua HIIT (TP)
- 7:00 PM The Upstate Men's ... (CA)

## 15 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 (TP)
- 10:00 AM Trip to Downtown H... (CD)
- 10:00 AM Aqua Aerobics (TP)
- 10:00 AM Functionality and ... (CMA)
- 10:00 AM Floor Meditation a... (CRB)
- 11:00 AM Seated Strength (CMA)
- 1:30 PM Woodlands Stitchin... (AC)
- 3:30 PM Mensa with Dave Jo... (CA)
- 6:15 PM Furman Men's Baske... (CD)
- 6:45 PM Furman Fall Sympho... (CD)
- 7:00 PM Friday Night Movie... (MR)

## 16 Saturday

- ~~10:00 AM My Neighbor's Voic... (DR)~~
- 10:30 AM Book Club (CA)
- 2:00 PM Ping Pong/ Yard Ga... (CA)
- 7:00 PM Saturday Night Mov... (MR)



# 2024 Calendar - November 17 - 30



Intellectual



Social



Physical

**17 Sunday**

- 2:00 PM Ping Pong/ Yard Ga... (CA)
- 2:15 PM Music on Sunday at... (CD)
- 6:45 PM Sunday Night Movie... (MR)

**18 Monday**

- 8:00 AM Let's Get Fit (CMA)
- 9:00 AM Power Up (CMA)
- 9:00 AM Splash Fit (TP)
- 10:00 AM Aqua Aerobics (TP)
- 10:00 AM Floor Meditation a... (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 Mahjong (CR)
- 3:30 PM Everyone Has A Sto... (CA)
- 6:45 PM Monday Night Movie... (MR)

**19 Tuesday**

- 9:00 AM Mind Muscle Motion (CMA)
- 10:00 AM Aqua Barre (TP)
- 10:00 AM Canasta! (CR)
- 10:00 AM Sewing For Others (AC)
- 10:00 AM Learning in Retire... (MR)
- 10:00 AM Balance and Core (CMA)
- 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)
- 3:45 PM Tales of History w... (CA)
- 4:00 PM Aqua HIIT (TP)
- 7:00 PM Furman Music Prese... (CD)
- 7:00 PM Tuesday Night Movi... (MR)

**20 Wednesday**

- 8:00 AM Let's Get Fit (CMA)
- 9:00 AM Shopping at Publix (CD)
- 9:00 AM Power Up (CMA)
- 9:00 AM Splash Fit (TP)
- 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)
- 1:00 PM Bible Study with J... (AC)
- 3:00 PM Monthly Town Hall (CA)
- 3:00 PM Mahjong (CR)
- 6:00 PM Furman Men's Baske... (CD)
- 7:00 PM Wednesday Night Mo... (MR)

**21 Thursday**

- 9:00 AM Mind Muscle Motion (CMA)
- 10:00 AM Aqua Barre (TP)
- 10:00 AM Learning in Retire... (MR)
- 10:00 AM Balance and Core (CMA)
- 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)
- 2:00 PM Fire Safety Awareness (CA)
- 4:00 PM Furman/OLLI Lectur... (CA)
- 4:00 PM Aqua HIIT (TP)
- 7:00 PM Furman Music Prese... (CD)

**22 Friday**

- 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 Functionality and ... (CMA)
- 10:00 AM Floor Meditation a... (CRB)
- 11:00 AM Trip to the 39th A... (CD)
- 11:00 AM Seated Strength (CMA)
- 1:30 PM Woodlands Stitchin... (AC)
- 3:30 PM Happy Hour (CA)

**23 Saturday**

- 10:00 AM My Neighbor's Voic... (DR)
- 2:00 PM Ping Pong/ Yard Ga... (CA)

**24 Sunday**

- 1:15 PM Greenville Symphon... (CD)
- 2:00 PM Ping Pong/ Yard Ga... (CA)
- 4:00 PM Gathering of First... (CA)

**25 Monday**

- ~~8:00 AM Let's Get Fit (CMA)~~
- 9:00 AM Power Up (CMA)
- 9:00 AM Splash Fit (TP)
- 10:00 AM Floor Meditation a... (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 4th Annual Turkey ... (CVL)
- 2:00 PM Prime Time Tappers (CRB)
- 3:00 PM Mahjong (CR)
- 7:00 PM Furman Music Prese... (CD)

**26 Tuesday**

- 9:00 AM Mind Muscle Motion (CMA)
- 10:00 AM Aqua Barre (TP)
- 10:00 AM Learning in Retire... (MR)
- 10:00 AM Canasta! (CR)
- 10:00 AM Sewing For Others (AC)
- 10:00 AM Balance and Core (CMA)
- 10:45 AM Learning in Retire... (MR)
- 11:00 AM Chair Yoga (CMA)
- 1:00 PM Independent Therap... (TP)
- 2:00 PM Alzheimer's Suppor... (CA)

**27 Wednesday**

- ~~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... (CRB)
- 10:00 AM Aqua Aerobics (TP)
- 10:00 AM Functionality and ... (CMA)
- 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)

**28 Thursday**

- ~~10:00 AM Learning in Retire... (MR)~~
- 10:45 AM Learning in Retire... (MR)
- 2:00 PM Sing Along (MLC)

**29 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 (TP)~~
- ~~10:00 AM Functionality and ... (CMA)~~
- ~~10:00 AM Aqua Aerobics (TP)~~
- ~~10:00 AM Floor Meditation a... (CRB)~~
- ~~11:00 AM Seated Strength (CMA)~~
- 1:30 PM Woodlands Stitchin... (AC)
- 3:30 PM Happy Hour (CA)

**30 Saturday**

- ~~10:00 AM My Neighbor's Voic... (DR)~~
- 2:00 PM Ping Pong/ Yard Ga... (CA)

**Location**

- AC Arts & Crafts Room
- CA Camellia Room
- CD Concierge Desk (TRAVEL)
- CMA Camellia Room A
- CR Card Room
- CRB Camellia Room B
- CVL Community Village Lobby
- DR Evergreen Dining Room
- FC Fitness Center
- MLC Mary Lou's Cafe

**Location**

- MR Media Room
- S Solarium
- TBD To Be Determined
- TP Therapy Pool
- WC Woodlands Community