

Plymouth Harbor - October 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				8:15a Aqua Fit 8:30a Tai Chi Meditation 9a Tai Chi 9:45a Body Moves 10:30a Line Dancing 5:30p Paul in the Cafe 7:45p Althorp Castle DVD	8:30a Total Fitness 10a Sit Fit 10:30a Chapel Talk	10a eTeam Clinic 10a -11:30 Toastmasters
4	5	6	7	8	9	10
2p Movie: Far from Heaven 7p Movie: Far from Heaven	8:15a Aqua Fit 8:30a Total Fitness 10a Sit Fit 11a Yoga 4p iPad Class 7:45p Forsyte Saga	8:15a Aqua Fit 8:30a Tai Chi 9:45a Body Moves 10:30a Line Dancing 11:30a Equipment Orientation 4:30p Mezzanine Art Reception 7p Bus: Players 7:45p Movie: Red Army	8:15a Aqua Fit 8:30a Total Fitness 10a Sit Fit 10:30a Chapel 11a Better Balance 2p Scrabble 2p Tap Dancing	8:15a Aqua Fit 8:30a Tai Chi Meditation 9a Tai Chi 9:45a Body Moves 10a Fire Drill 10:30a Catholic Mass 10:30a Line Dancing 5:15p Jim in the Cafe 7:45p Chatsworth Castle DVD	8:30a Total Fitness 8:45a Bus: Byrd Institute 10a Sit Fit 10a Cafe Chat: Harry 10:30a Chapel Talk	10a eTeam Clinic
11	Columbus Day	12	13	14	15	16
2p Movie: Second Best Marigold Hotel 7p Movie: Second Best Marigold Hotel	8:15a Aqua Fit 8:30a Total Fitness 10a Sit Fit 11a Yoga 4p iPad Class 7:45p Forsyte Saga	8:15a Aqua Fit 8:30a Tai Chi 9:45a Body Moves 10a Eyewear Adjustments 10:30a Line Dancing 11a Episcopal Eucharist 11:30a Equipment Orientation 2p Cafe Chat: Rene 7:45p Movie: Akeelah and the Bee	8:15a Aqua Fit 8:30a Total Fitness 10a Sit Fit 10:30a Chapel 11a Better Balance 2p Scrabble 2p Tap Dancing	8:15a Aqua Fit 8:30a Tai Chi Meditation 9a Tai Chi 9:45a Body Moves 10:30a Line Dancing 5:30p Paul in the Cafe 7:45p John Goodman: Opera Season	8:30a Total Fitness 10a Sit Fit 10:30a Chapel Talk 3p Book Discussion	9:30a Board of Directors 10a eTeam Clinic 7p French Film
18	19	20	21	22	23	24
2p Movie: Love and Mercy 7p Movie: Love and Mercy	8:15a Aqua Fit 8:30a Total Fitness 10a Sit Fit 11a Yoga 4p iPad Class 5:30p Bus: DaRuMa 7:45p Forsyte Saga	8:15a Aqua Fit 8:30a Tai Chi 9:45a Body Moves 10a Cafe Chat: Rene 10:30a Line Dancing 11:30a Equipment Orientation 3p Caregiver Support 7:30p Bus: WBTT 7:45p Movie: 2 Days, 1 Night	8:15a Aqua Fit 8:30a Total Fitness 9:30a Health Chat 10a Sit Fit 10:30a Chapel 11a Better Balance 2p Scrabble 2p Tap Dancing 3p Health Matters: Randy Powell, MD	8:15a Aqua Fit 8:30a Tai Chi Meditation 9a Tai Chi 9:45a Body Moves 10:30a Catholic Mass 10:30a Line Dancing 4p Ted Talks 5:15p Jim in the Cafe	8:30a Total Fitness 9:30a Fund Shop Bag Day 10a Sit Fit 10:30a Chapel Talk 12p Bus: Lemur Reserve	10a eTeam Clinic 1:15p Bus: Ballet
25	26	27	28	29	30	Halloween
2p Movie: The Red Tent (Part 1) 7p Movie: The Red Tent (Part 2)	8:15a Aqua Fit 8:30a Total Fitness 10a Sit Fit 11a Yoga 3p Health Matters: Varmints & Vaccinations 4p iPad Class 7:45p Forsyte Saga	8:15a Aqua Fit 9:45a Body Moves 10:30a Line Dancing 11:30a Equipment Orientation 7:45p Movie: The Third Secret	8:15a Aqua Fit 8:30a Total Fitness 10a Sit Fit 10:30a Chapel 11a Better Balance 2p Scrabble 2p Tap Dancing 3p Art & Artists	8:15a Aqua Fit 9:45a Body Moves 10a Hearing Loss Group 10:30a Line Dancing 2p Feldenkrais 4p Resident Meeting: 2016 Budget 5:30p Paul in the Cafe 7:45p Ringling Museum	8:30a Total Fitness 10a Sit Fit 10:30a Chapel Talk 4p Ted Rehl Recital	9:30a Colony Meeting 10a eTeam Clinic 6p -9:00 Halloween Dance 6:45p Bus: Artist Series
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