




October

WELLNESS CENTER CALENDAR ACTIVE LIFESTYLE COMMUNITY

ALYSSA: (843) - 375 - 5007 , (843) - 375 - 5016



BAC-Burges Arts & Crafts BL-Burges Library BCR -Card Room BCY-Burges Courtyard DP-Dog Park
BDR-Burges Dining Room HCY-Health Care Courtyard BMA-Burges Multi-Purpose Room A
BMA-Burges Multi-Purpose Room B BL-Lounge P-Pool WC-Wellness Center
Z-Zoom V-Virtual G- Garde PG - Putting Green

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1. 	2. Open Bocce Ball Open Corn Hole 9:00 - Body Blast (WC) 10:00 - Blood Pressure (WC) 10:00 - Walking Club (WC) 11:00 - Aqua Fitness (P) 11:00 - Balance (WC) 1:00 - Chair Strengthen (WC) 1:30 - Tai Chi Beginner (WC) 2:00 - Aqua Tone (P) 3:00 - Ping Pong (WC)	3. Open Bocce Ball 8:00 - Aqua Aerobics (P) 8:00 - 1:00 Open Croquet (HCY) 9:00 - Cardio Splash (P) 10:15 - Chair Strengthen (WC) 11:00 - Balance (WC) 1:00 - Chair Dance (WC) 1:30 - Tai Chi Intermediate (WC) 2:00 - Pilates (WC)	4. Open Bocce Ball 8:00 - Open Lap Swim (P) 9:00 - Body Blast (WC) 10:00 - Croquet Instruction (CL) 10:00 - BMI Testing (WC) 10:00 - Walking Club (WC) 11:00 - Balance (WC) 11:00 - Aqua Fitness (P) 1:00 - Chair Strengthen (WC) 2:00 - Aqua Tone (P) 2:30 - WATER WALK-OFF (P)	5. Open Bocce Ball 8:00 - Aqua Aerobics (P) 8:00 - 1:00 Open Croquet (HCY) 9:00 - Cardio Splash (P) 9:30 - Stretch (WC) 11:00 - Balance (WC) 1:00 - Chair Dance (WC) 1:30 - Finger Fitness (WC) 2:00 - Pilates (WC)	6. Open Bocce Ball Open Corn Hole 8:00 - Open Lap Swim (P) 9:00 - Body Blast (WC) 10:00 - Walking Club (WC) 10:00 - Blood Pressure (WC) 11:00 - Balance (WC) 11:00 - Aqua Fitness (P) 11:30 - PingPong(WC)	7. 8:00-10:30 Open Croquet (HCY) Open Bocce Ball
8. 	9. Open Bocce Ball Open Corn Hole 9:00 - Body Blast (WC) 10:00 - Blood Pressure (WC) 10:00 - Walking Club (WC) 11:00 - Aqua Fitness (P) 11:00 - Balance (WC) 1:00 - Chair Strengthen (WC) 1:30 - Tai Chi Beginner (WC) 2:00 - Aqua Tone (P) 3:00 - Ping Pong (WC)	10. Open Bocce Ball 8:00 - Aqua Aerobics (P) 8:00 - 1:00 Open Croquet (HCY) 9:30 - Stretch (WC) 9:00 - Cardio Splash (P) 10:15 - Chair Strengthen (WC) 11:00 - Balance (WC) 1:00 - Chair Dance (WC) 1:30 - Tai Chi Intermediate (WC) 2:00 - Pilates (WC)	11. Open Bocce Ball 8:00 - Open Lap Swim (P) 9:00 - Body Blast (WC) 10:00 - Croquet Instruction (CL) 10:00 - BMI Testing (WC) 10:00 - Walking Club (WC) 11:00 - Balance (WC) 11:00 - Aqua Fitness (P) 1:00 - Chair Strengthen (WC) 2:00 Aqua Tone (P)	12. Open Bocce Ball 8:00 - Aqua Aerobics (P) 8:00 - 1:00 Open Croquet (HCY) 9:00 - Cardio Splash (P) 9:30 - Stretch (WC) 11:00 - Balance (WC) 1:00 - Chair Dance (WC) 1:30 - Finger Fitness (WC) 2:00 - Pilates (WC)	13. Open Bocce Ball Open Corn Hole 8:00 - Open Lap Swim (P) 9:00 - Body Blast (WC) 10:00 - Walking Club (WC) 10:00 - Blood Pressure (WC) 11:00 - Balance (WC) 11:00 - Aqua Fitness (P) 11:30 - PingPong(WC)	14. 8:00-10:30 Open Croquet (HCY) Open Bocce Ball
15. 	16. Open Bocce Ball Open Corn Hole 9:00 - Body Blast (WC) 10:00 - Blood Pressure (WC) 10:00 - Walking Club (WC) 11:00 - Aqua Fitness (P) 11:00 - Balance (WC) 1:00 - Chair Strengthen (WC) 1:30 - Tai Chi Beginner (WC) 2:00 - Aqua Tone (P) 3:00 - Ping Pong (WC)	17. Open Bocce Ball 8:00 - Aqua Aerobics (P) 8:00 - 1:00 Open Croquet (HCY) 9:30 - Stretch (WC) 9:00 - Cardio Splash (P) 10:15 - Chair Strengthen (WC) 11:00 - Balance (WC) 1:00 - Chair Dance (WC) 1:30 - Tai Chi Intermediate (WC) 2:00 - Pilates (WC)	18. Open Bocce Ball 8:00 - Open Lap Swim (P) 9:00 - Body Blast (WC) 10:00 - Croquet Instruction (CL) 10:00 - BMI Testing (WC) 10:00 - Walking Club (WC) 11:00 - Balance (WC) 11:00 - Aqua Fitness (P) 1:00 - Chair Strengthen (WC) 2:00 Aqua Tone (P)	19. Open Bocce Ball 8:00 - Aqua Aerobics (P) 8:00 - 1:00 Open Croquet (HCY) 9:00 - Cardio Splash (P) 9:00 - Circuit Training (WC) 9:30 - Stretch (WC) 11:00 - Balance (WC) 1:00 - Chair Dance (WC) 1:30 - Finger Fitness (WC) 2:00 - Pilates (WC)	20. Open Bocce Ball Open Corn Hole 8:00 - Open Lap Swim (P) 9:00 - Body Blast (WC) 10:00 - Walking Club (WC) 10:00 - Blood Pressure (WC) 11:00 - Balance (WC) 11:00 - Aqua Fitness (P) 11:30 - PingPong(WC)	21. 8:00-10:30 Open Croquet (HCY) Open Bocce Ball

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 Z-Zoom V-Virtual G- Garde PG - Putting Green CL - Croquet Lawn

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>22.</p> 	<p>23.</p> <p>Open Bocce Ball Open Corn Hole 9:00 - Body Blast (WC) 10:00 - Blood Pressure (WC) 10:00 - Walking Club (WC) 11:00 - Aqua Fitness (P) 11:00 - Balance (WC) 1:00 - Chair Strengthen (WC) 1:30 - Tai Chi Beginner (WC) 2:00 - Aqua Tone (P) 3:00 - Ping Pong (WC)</p>	<p>24.</p> <p>Open Bocce Ball 8:00 - Aqua Aerobics (P) 8:00 - 1:00 Open Croquet (HCY) 9:30 - Stretch (WC) 9:00 - Cardio Splash (P) 10:15 - Chair Strengthen (WC) 11:00 - Balance (WC) 1:00 - Chair Dance (WC) 1:30 - Tai Chi Intermediate (WC) 2:00 - Pilates (WC)</p>	<p>25.</p> <p style="text-align: center;"><u>SENIOR</u> <u>GAMES!</u></p> <p style="text-align: center;">10 AM — 1:30 PM</p>	<p>26.</p> <p>Open Bocce Ball 8:00 - Aqua Aerobics (P) 8:00 - 1:00 Open Croquet (HCY) 9:00 - Cardio Splash (P) 9:30 - Stretch (WC) 11:00 - Balance (WC) 1:00 - Chair Dance (WC) 1:30 - Finger Fitness (WC) 2:00 - Pilates (WC)</p>	<p>27.</p> <p>Open Bocce Ball Open Corn Hole 8:00 - Open Lap Swim (P) 9:00 - Body Blast (WC) 10:00 - Walking Club (WC) 10:00 - Blood Pressure (WC) 11:00 - Balance (WC) 11:00 - Aqua Fitness (P) 11:30 - Ping Pong (WC)</p>	<p>28.</p> <p>8:00-10:30 Open Croquet (HCY) Open Bocce Ball</p>
<p>29.</p> 	<p>30.</p> <p>Open Bocce Ball Open Corn Hole 9:00 - Body Blast (WC) 10:00 - Blood Pressure (WC) 11:00 - Aqua Fitness (P) 11:00 - Balance (WC) 1:00 - Chair Strengthen (WC) 1:30 - Tai Chi Beginner (WC) 2:00 - Aqua Tone (P) 3:00 - Ping Pong (WC)</p>	<p>31.</p> <p>Open Bocce Ball 8:00 - Aqua Aerobics (P) 8:00 - 1:00 Open Croquet (HCY) 9:30 - Stretch (WC) 9:00 - Cardio Splash (P) 10:15 - Chair Strengthen (WC) 11:00 - Balance (WC) 1:00 - Chair Dance (WC) 1:30 - Tai Chi Intermediate (WC) 2:00 - Pilates (WC)</p>	<p>1.</p> <p>8:00 - Open Lap Swim (P) 9:00 - Open Bocce Ball 9:00 - Body Blast (WC) 10:00 - Croquet Instruction (CL) 10:00 - BMI Testing (WC) 10:00 - Walking Club (WC) 11:00 - Balance (WC) 11:00 - Aqua Fitness (P) 1:00 - Chair Strengthen (WC) 2:00 Aqua Tone (P)</p>	<p>2.</p> <p>Open Bocce Ball 8:00 - Aqua Aerobics (P) 8:00 - 1:00 Open Croquet (HCY) 9:00 - Cardio Splash (P) 9:30 - Stretch (WC) 11:00 - Balance (WC) 1:00 - Chair Dance (WC) 1:30 - Finger Fitness (WC) 2:00 - Pilates (WC)</p>	<p>3.</p> <p>Open Bocce Ball Open Corn Hole 8:00 - Open Lap Swim (P) 9:00 - Body Blast (WC) 10:00 - Walking Club (WC) 10:00 - Blood Pressure (WC) 11:00 - Balance (WC) 11:00 - Aqua Fitness (P) 11:30 - Ping Pong (WC)</p>	<p>4.</p> <p>8:00-10:30 Open Croquet (HCY) Open Bocce Ball</p>