

# September 2019

Cabana at Jensen Dunes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
<p> 9:45 St. Martins De Pores Catholic Service (Bus) 10:45 Trinity Methodist Church Jensen Beach (Bus), SB</p> <p> 1:30 Bingo, MC</p> <p> 3:30 Happy Hour, SB</p>	<p> 10:30 Fitness Class w/ Terri, WC</p> <p> 11:00 Games with Friends, SB</p> <p> 11:00 Manicure Mondays, AC</p> <p> 1:30 Afternoon Movie, MC</p> <p> 2:00 Open Swim, OG</p> <p> 3:30 Happy Hour, SB</p> <p> 6:30 Movie Night, MC</p>	<p> 10:00 St. Martins De Pores Catholic Service, MC</p> <p> 11:00 Arts &amp; Crafts " Fall", AC</p> <p> 1:30 Tai Chi, WC</p> <p> 2:30 Bingo, MC</p> <p> 3:30 Happy Hour, SB</p> <p> 6:30 Movie Night, MC</p>	<p> 9:45 Bus for Errands " Wal-Mart", SB</p> <p> 10:00 Fitness Class w/P. T, WC</p> <p> 1:30 Bus for Errands, SB</p> <p> 1:30 Afternoon Movie, MC</p> <p> 2:00 Open Swim, OG</p> <p> 3:30 Happy Hour, SB</p> <p> 6:30 Movie Night, MC</p>	<p> 10:00 Thursday Fitness Class, WC</p> <p> 11:00 Baking/Cooking in The Sand Bar, SB</p> <p> 1:30 Tai Chi, WC</p> <p> 2:30 Bingo, MC</p> <p> 3:30 Happy Hour, SB</p> <p> 6:30 Movie Night, MC</p>	<p> 10:00 Friday Fitness Class w/ P.T, WC</p> <p> 10:45 Lunch Bunch " Olive Garden", SB</p> <p> 11:00 Games With Friends, SB</p> <p> 1:30 Afternoon Movie, MC</p> <p> 2:00 Open Swim, OG</p> <p> 3:30 Happy Hour w/ " Matt", SB</p> <p> 6:30 Movie Night, MC</p>	<p> 10:00 Saturday Stretch, WC</p> <p> 11:00 Bingo, MC</p> <p> 1:30 Afternoon Movie, MC</p> <p> 2:00 Open Swim, OG</p> <p> 3:30 Happy Hour, SB</p> <p> 6:30 Movie Night, MC</p>
8	9	10	11	12	13	14
<p> 9:45 St. Martins De Pores Catholic Service (Bus) 9:45, SB</p> <p> 10:45 Trinity Methodist Church Jensen Beach (Bus), SB</p> <p> 1:30 Bingo, MC</p> <p> 3:30 Happy Hour, SB</p>	<p> 10:00 Monday Morning Fitness, WC</p> <p> 11:00 Games with Friends, SB</p> <p> 11:00 Manicure Mondays, AC</p> <p> 1:30 Afternoon Movie, MC</p> <p> 2:00 Open Swim, OG</p> <p> 2:30 "Doctors House Call's Chat" MC</p> <p> 3:30 Happy Hour, SB</p> <p> 6:30 Movie Night, MC</p>	<p> 10:00 St. Martins De Pores Catholic Service, MC</p> <p> 11:00 Games with Friends, SB</p> <p> 1:30 Bus Trip " Stuart Heritage Museum", SB</p> <p> 3:30 Happy Hour, SB</p> <p> 6:30 Movie Night, MC</p>	<p> 9:45 Bus for Errands "Target", SB</p> <p> 10:00 Fitness Class w/ P.T, WC</p> <p> 1:30 Bus for Errands, SB</p> <p> 1:30 Afternoon Movie, MC</p> <p> 2:00 Open Swim, OG</p> <p> 3:30 Happy Hour &amp; Monthly Birthday Celebration, SB</p> <p> 6:30 Movie Night, MC</p>	<p> 10:00 Thursday Fitness Class, WC</p> <p> 11:00 Baking/Cooking in The Sand Bar, SB</p> <p> 1:30 Tai Chi, WC</p> <p> 2:30 "Oxy Pros Plus" Safety Check, MC</p> <p> 3:30 Happy Hour, SB</p> <p> 6:30 Movie Night, MC</p>	<p> 10:00 Friday Fitness Class w/ P.T, WC</p> <p> 10:45 Lunch Bunch "Red Lobster", SB</p> <p> 11:00 Games With Friends, SB</p> <p> 1:30 Afternoon Movie, MC</p> <p> 2:00 Open Swim, OG</p> <p> 3:30 Happy Hour, SB</p> <p> 6:30 Movie Night, MC</p>	<p> 10:00 Saturday Stretch, WC</p> <p> 11:00 Bingo, MC</p> <p> 1:30 Afternoon Movie, MC</p> <p> 2:00 Open Swim, OG</p> <p> 3:30 Happy Hour, SB</p> <p> 6:30 Movie Night, MC</p>
15	16	17	18	19	20	21
<p> 9:45 St. Martins De Pores Catholic Service (Bus) 9:45, SB</p> <p> 10:45 Trinity Methodist Church Jensen Beach (Bus), SB</p> <p> 1:30 Bingo, MC</p> <p> 3:30 Happy Hour, SB</p>	<p> 10:00 Monday Morning Fitness, WC</p> <p> 11:00 Games with Friends, SB</p> <p> 11:00 Manicure Mondays, AC</p> <p> 1:30 Afternoon Movie, MC</p> <p> 2:00 Open Swim, OG</p> <p> 3:30 Happy Hour, SB</p> <p> 6:30 Movie Night, MC</p>	<p> 10:00 St. Martins De Pores Catholic Service, MC</p> <p> 11:00 Arts &amp; Crafts "Fall", AC</p> <p> 1:30 Tai Chi, WC</p> <p> 2:30 Bingo, MC</p> <p> 3:00 Residents Council Meeting, MC</p> <p> 3:30 Happy Hour, SB</p> <p> 6:30 Movie Night, MC</p>	<p> 9:45 Bus for Errands " Wal-Mart", SB</p> <p> 10:00 Fitness Class w/ P.T, WC</p> <p> 1:30 Bus for Errands, SB</p> <p> 1:30 Afternoon Movie, MC</p> <p> 2:00 Open Swim, OG</p> <p> 3:30 Happy Hour, SB</p> <p> 6:30 Movie Night, MC</p>	<p> 10:00 Thursday Fitness Class, WC</p> <p> 11:00 Baking/Cooking in The Sand Bar, SB</p> <p> 1:30 Tai Chi, WC</p> <p> 2:30 Bingo, MC</p> <p> 2:30 Ice Cream Social, SB</p> <p> 3:30 Happy Hour, SB</p> <p> 6:30 Movie Night, MC</p>	<p> 10:00 Friday Fitness Class w/ P.T, WC</p> <p> 10:00 Lunch Bunch Treasure Coast Mall Shopping &amp; Lunch, SB</p> <p> 11:00 Games With Friends, SB</p> <p> 1:30 Afternoon Movie, MC</p> <p> 2:00 Open Swim, OG</p> <p> 3:30 Happy Hour, SB</p> <p> 6:30 Movie Night, MC</p>	<p> 10:00 Saturday Stretch, WC</p> <p> 11:00 Bingo, MC</p> <p> 1:30 Afternoon Movie, MC</p> <p> 2:00 Open Swim, OG</p> <p> 3:30 Happy Hour, SB</p> <p> 6:30 Movie Night, MC</p>
22	23	24	25	26	27	28
<p> 9:45 St. Martins De Pores Catholic Service (Bus) 9:45, SB</p> <p> 10:45 Trinity Methodist Church Jensen Beach (Bus), SB</p> <p> 1:30 Bingo, MC</p> <p> 3:30 Happy Hour, SB</p>	<p> 10:30 Fitness Class w/ Terri, WC</p> <p> 11:00 Games with Friends, SB</p> <p> 11:00 Manicure Mondays, AC</p> <p> 1:30 Afternoon Movie, MC</p> <p> 2:00 Open Swim, OG</p> <p> 3:30 Happy Hour, SB</p> <p> 6:30 Movie Night, MC</p>	<p> 10:00 St. Martins De Pores Catholic Service, MC</p> <p> 11:00 Games with Friends, SB</p> <p> 1:30 Tai Chi, WC</p> <p> 2:30 Decorate Your Own Cupcake, SB</p> <p> 3:30 Happy Hour, SB</p> <p> 6:30 Movie Night, MC</p>	<p> 9:45 Bus for Errands "Target", SB</p> <p> 10:00 Fitness Class w/ P.T, WC</p> <p> 1:30 Bus for Errands, SB</p> <p> 1:30 Afternoon Movie, MC</p> <p> 2:00 Open Swim, OG</p> <p> 3:30 Happy Hour, SB</p> <p> 6:30 Movie Night, MC</p>	<p> 10:00 Thursday Fitness Class, WC</p> <p> 11:00 Baking/Cooking in The Sand Bar, SB</p> <p> 1:30 Tai Chi, WC</p> <p> 2:45 Laughing Class, WC</p> <p> 3:30 Happy Hour, SB</p> <p> 6:30 Movie Night, MC</p>	<p> 10:00 Friday Fitness Class w/ P.T, WC</p> <p> 10:00 Dollar Tree &amp; Lunch At "Wendy's", SB</p> <p> 11:00 Games With Friends, SB</p> <p> 1:30 Afternoon Movie, MC</p> <p> 2:00 Open Swim, OG</p> <p> 3:30 Happy Hour w/ "Annette &amp; Company", SB</p> <p> 6:30 Movie Night, MC</p>	<p> 10:00 Saturday Stretch, WC</p> <p> 11:00 Bingo, MC</p> <p> 1:30 Afternoon Movie, MC</p> <p> 2:00 Open Swim, OG</p> <p> 3:30 Happy Hour, SB</p> <p> 6:30 Movie Night, MC</p>
29	30				<b>MEETING PLACES</b>	<b>DIMENSIONS OF WELLNESS</b>
<p> 9:45 St. Martins De Pores Catholic Service (Bus) 9:45, SB</p> <p> 10:45 Trinity Methodist Church Jensen Beach (Bus), SB</p> <p> 1:30 Bingo, MC</p> <p> 3:30 Happy Hour w/ " Random Play", SB</p>	<p> 10:00 Monday Morning Fitness, WC</p> <p> 11:00 Games with Friends, SB</p> <p> 11:00 Manicure Mondays, AC</p> <p> 1:30 Afternoon Movie, MC</p> <p> 2:00 Open Swim, OG</p> <p> 3:30 Happy Hour, SB</p> <p> 6:30 Movie Night, MC</p>				<p>SB - Sand Bar</p> <p>MC - Media Center</p> <p>WC - Wellness Center</p> <p>AC - Arts &amp; Craft Room</p> <p>OG - Oasis Grill (Pool)</p>	<p> Physical</p> <p> Spiritual</p> <p> Vocational</p> <p> Intellectual</p> <p> Nutritional</p> <p> Emotional</p> <p> Environmental</p> <p> Social</p> <p> Health Services</p> <p> Purposeful</p>