

May 2024
May Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>"We must not allow the clock and the calendar to blind us to the fact that each moment of life is a miracle and mystery." — H.G. Wells</p>		Wellness Center 7am-7pm 1	9:00 ☉ Water Aerobics [P] 2 10:00 ☉ Zumba Gold [V] 11:00 ☉ Strength Training [V] 4:00 ☉ Water Aerobics [P]	9:00 ☉ Water Aerobics [P] 3 11:00 ☉ Balance and Flex [CC]	Wellness Center Closed 4
Wellness Center 1:00pm-5:00pm 5	9:00 ☉ Water Aerobics [P] 6 11:00 ☉ Strength Training [V] 1:30 ☉ Cardio Boxing [VS]	9:00 ☉ Water Aerobics [P] 7 1:30 🦋 Tai Chi [CC] 3:00 ☉ Yoga [CC] 4:00 ☉ Water Aerobics [P]	Wellness Center 7am-7pm 8	9:00 ☉ Water Aerobics [P] 9 10:00 ☉ Zumba Gold [V] 11:00 ☉ Strength Training [V] 4:00 ☉ Water Aerobics [P]	9:00 ☉ Water Aerobics [P] 10 11:00 ☉ Balance and Flex [CC]	Wellness Center Closed 11
Wellness Center 1:00pm-5:00pm 12	9:00 ☉ Water Aerobics [P] 13 11:00 ☉ Strength Training [V]	9:00 ☉ Water Aerobics [P] 14 1:30 🦋 Tai Chi [CC] 3:00 ☉ Yoga [CC]	Wellness Center 7am-7pm 15	9:00 ☉ Water Aerobics [P] 16 10:00 ☉ Zumba Gold [V] 11:00 ☉ Strength Training [V]	Wellness Center Closed 17	Wellness Center Closed 18
Wellness Center 1:00pm-5:00pm 19	9:00 ☉ Water Aerobics [P] 20 11:00 ☉ Strength Training [V] 1:30 ☉ Cardio Boxing [VS]	9:00 ☉ Water Aerobics [P] 21 1:30 🦋 Tai Chi [CC] 3:00 ☉ Yoga [CC]	Wellness Center 7am-7pm 22	9:00 ☉ Water Aerobics [P] 23 10:00 ☉ Zumba Gold [V] 11:00 ☉ Strength Training [V] 4:00 ☉ Water Aerobics [P]	9:00 ☉ Water Aerobics [P] 24 11:00 ☉ Balance and Flex [CC]	Wellness Center Closed 25
Wellness Center 1:00pm-5:00pm 26	Memorial Day-Closed 27	9:00 ☉ Water Aerobics [P] 28 1:30 🦋 Tai Chi [CC] 3:00 ☉ Yoga [CC] 4:00 ☉ Water Aerobics [P]	Wellness Center 7am-7pm 29	9:00 ☉ Water Aerobics [P] 30 10:00 ☉ Zumba Gold [V] 11:00 ☉ Strength Training [V] 4:00 ☉ Water Aerobics [P]	9:00 ☉ Water Aerobics [P] 31 11:00 ☉ Balance and Flex	CC = Community Center P = Pool V = Villa Activity Room VS = Villa Sunroom