

MAY 2026 CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Yuengling Grill Out 5:00 - 8:00 PM	2 Kentucky Derby Day 5:00 - 8:00 PM
3 Clubhouse Closed	4 Clubhouse Closed	5	6	7	8 Double Bubble 5:00 - 8:00 PM	9
10 Mother's Day Brunch 11:00 AM - 1:00 PM	11 Clubhouse Closed	12	13 Euchre Night in the Pub	14 Members Only 5:30 PM Kids Club	15 Double Bubble 5:00 - 8:00 PM	16
17 Clubhouse Closed	18 Clubhouse Closed	19 Ladies Day	20 Burger Night 5:00 - 8:00 PM	21	22 Pool Opens	23 Poolside Grill Out 12:00 - 3:00 PM
24 Clubhouse Closed	25 Clubhouse Closed Memorial Day Luau	26	27	28	29	30 Ice Cream Social on the Pool Deck 2:00 - 4:00 PM
31 Sunday Supper 3:00 - 7:00 PM						

CLUBHOUSE LUNCH

Tuesday - Friday
11:00 AM - 2:00 PM

CLUBHOUSE DINNER

Wednesday - Saturday
5:00 - 8:00 PM

SUNDAY SUPPER

May 31st
3:00 - 7:00 PM

MAY 2026 WELLNESS CALENDAR

DAY/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>Yoga Classes are one hour. All other classes are 45 minutes.</i>						
8:00 AM		Functional Training		Functional Training		
9:00 AM	Functional Training	Living Strong	Functional Training	Living Strong		Living Strong
10:00 AM				Tai Chi		
11:00 AM	Chair Yoga	Chair Strength	Yoga	Chair Strength	Chair Yoga	
5:30 PM	Dance Fitness	Dance Fitness				

CLASS DESCRIPTIONS

FUNCTIONAL TRAINING - You will be using all varieties of fitness equipment and your own bodyweight in this class. This class is as little or as much as you want it to be. It will complement your current workouts.

TAI CHI - Tai Chi originates from ancient China and is now practiced throughout the world as a means to improve quality of life. Tai Chi consists of slow, fluid, gentle movements. Breathing is slow, relaxed and deep to aid concentration. Tai Chi can be done almost anywhere and is suitable for individuals of all fitness levels. It is often referred to as meditation in motion.

YOGA - a practice that connects the body, breath, and mind. It uses physical postures, breathing exercises, and meditation to improve overall health.

CHAIR YOGA- Great for all levels. Rehabbing an injury? Needing more stability while exercising? Can't get down on the floor for exercises? This class can be as little or as much as you want it to be. Using dumbbells, bands, physiotherapy, balls etc.

DANCE FITNESS - let's get your body moving to some great music. The weight loss is just an added bonus.

LIVING STRONG - Lose weight, maintain your current level of fitness, or gain strength and increase your level of fitness. We will be working with all our fun equipment to achieve your fitness goals. Come prepared to work hard and have some fun!

Schedule subject to change