

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 11am- Spanish Class (CR) 1pm- Needlework Social (CR) 3pm- Wii Bowling (WC) 7:30pm- Evening Yoga (MC)	2 11am-2pm Men's Poker (WG) 1pm Bus Trip to the Museum and Barnaby's Café (MC)	3 10:30am- Nail Art w/ Abby (CR) 1pm- Open Art Studio (CR) 1:30pm- Shop & Grocery (MC) 3pm- Weights Only (MC) 5:30pm- Happy Feet Class (MC)	4 11am- Beginner Yoga (MC) 11am- Men's Poker (WG) 12:30pm- Sports in the Court - Shuffleboard (PD)	5 9am- Socialize with a Donut (MC) 10am- Sit to Be Fit (MC) 11:30am- Giddy Up Walking Club (MC) 1pm- Open Art Studio (CR) 6pm- Salsa & Swimming (PD)	6 11am- Line Dancing (MC) 1pm- Intermediate Bridge (WC)
7	8 10:30am- Tech Class with Chris (WC) 11am- Spanish Class (CR) 12pm- Chess Class (WG) 7:30pm- Evening Yoga (MC)	9 11am-2pm Men's Poker (WG) 12pm-4pm- Gemz & Jewelz Jewelry Blow Out Sale with MK Purse Vendor 12:30pm- Sports in the Court - Bocce Ball (BC) 1:30pm- Patriot Craft (CR) 3pm- Aqua Fitness (PD)	10 10:30am- Nail Art w/ Abby (CR) 1pm- Open Art Studio (CR) 3pm- Res. Discussion Group (CR) 3pm- Weights Only (MC) 5:30pm- Happy Feet Class (MC)	11 11am- Beginner Yoga (MC) 11am- Men's Poker (WG) 6pm- Volleyball in the Pool (PD)	12 10am- Mother's Day Brunch (MC) 11:30am- Complimentary Chair Massages (CR) 1pm- Open Art Studio (CR)	13 11am- Line Dancing (MC)
14	15 11am- Spanish Class (CR) 1pm- Needlework Social (CR) 7:30pm- Evening Yoga (MC)	16 11am-2pm Men's Poker (WG) 1pm- Cooking Class - Grilled Salmon (WC/W-Garden) 3pm- Aqua Fitness (PD)	17 10:30am- Nail Art w/ Abby (CR) 1pm- Open Art Studio (CR) 1:30pm- Shop & Grocery (MC) 3pm- Weights Only (MC) 5:30pm- Happy Feet Class (MC)	18 11am- Beginner Yoga (MC) 11am- Men's Poker (WG) 12:30pm- Sports in the Court - Croquet (BC) 2pm- Make a Sequence Board (CR)	19 9am- Socialize with a Donut (MC) 10am- Sit to Be Fit (MC) 11:30am- Giddy Up Walking Club (MC) 1pm- Open Art Studio (CR) 4pm- Men's Happy Hour (WC) 5pm- Ladies Game Night & Pizza (MC)	20 11am- Line Dancing (MC) 12pm- May Birthday Lunch (CR) 1pm- Intermediate Bridge (WC) 2pm- Saturday Matinee "La La Land" (MC)
21	22 11am- Spanish Class (CR) 12pm- Chess Class (WG) 1:30pm- Signing Belles Choir (MC) 3pm- Learn LRC Dice Game (MC) 7:30pm- Evening Yoga (MC)	23 11am-2pm Men's Poker (WG) 12:30pm- Sports in the Court - Bocce Ball (BC) 3pm- Aqua Fitness (PD)	24 10:30am- Nail Art w/ Abby (CR) 1pm- Open Art Studio (CR) 3pm- Res. Discussion Group (CR) 3pm- Weights Only (MC) 5:30pm- Happy Feet Class (MC)	25 Resident Appreciation Day!!! 11am- Beginner Yoga (MC) 11am- Men's Poker (WG) 6pm- Volleyball in the Pool (PD)	26 9am- Coffee's On (MC) 10am- Sit to Be Fit (MC) 1pm- Open Art Studio (CR) 1pm- Red, White and Blue Sundaes (MC)	27 11am- Line Dancing (MC)
28	29 Happy Memorial Day! Office Closed	30 11am-2pm Men's Poker (WG) 3pm- Aqua Fitness (PD) 6pm- Top Golf Happy Hour (at Top Golf)	31 1pm- The Lunch Bunch El Real 1pm- Open Art Studio (CR) 3pm- Weights Only (MC) 5:30pm- Happy Feet Class (MC) 6:30pm- Evening Bingo (MC)			

ACTIVITY LOCATIONS

- CR—Craft Room
- WG—West Game Room
- MC—Main Clubhouse
- WC—West Clubhouse
- PD—Pool/Pool Deck
- PPE/PPW—Pet Park
- BC— Bocce Court
- FC—Fitness Center

May 2017



RSVP REQUIRED
Email: info@fitcasa.com
Web: www.fitcasa.com
Call: (855) 398-2272