



SUN	MON	TUE	WED	THUR	FRI	SAT
LOCATION KEY CRD - Card Room FIT - Fitness Center LOB - Lobby MLT - Multipurpose Room	PAC - Performing Arts Center		8:30 Curls and Crunches (FIT) 1 10:15 Fitness Foundations (Beginners and Intermediate) (FIT) 1:00 Craft Corner: Prom Night (ACR) 1:45 * Publix and Walmart Shopping (LOB)	9:30 Fitness Foundations Level II 2 10:15 Fitness Foundations (Beginners) (FIT) 11:30 Chair Yoga (MLT) 4:00 Happy Hour - Deano Uno (PAC)	8:30 Core Fitness (FIT) 3 10:15 Balance and Stability (FIT) 10:30 Best of Bonita Day (LOB) 1:00 Duplicate Bridge (CRD) 7:00 Evening Movie	9:45 Wake Up Your Brain (CRD) 4 10:30 Low Impact Aerobics (FIT) 1:00 Kentucky Derby Betting (LR) 6:00 Kentucky Derby Watch Party (PAC) 7:00 Evening Movie
Cinco de Mayo 5 9:30 * Bay Presbyterian Church Run (LOB) 10:15 * First Presbyterian Church Run (LOB) 10:30 St Leo's Church Run (LOB) 1:45 * Publix and Coconut Point Shopping (LOB) 7:00 Evening Movie	8:30 Curls and Crunches (FIT) 6 9:15 Arts and Crafts (Arts and Craft Room) 10:15 Balance and Stability (FIT) 11:00 Your Brain and More in 2024! (CRD) 2:00 Super Bingo (PAC)	9:30 Fitness Foundations Level II (Intermediate) (FIT) 7 10:15 Fitness Foundations (Beginners) (FIT) 1:00 Bridge (CRD) 4:00 Cheer Time (Bistro)	8:30 Curls and Crunches (FIT) 8 9:30 Check-in with Becky (Sunset Lounge) 10:15 Fitness Foundations (Beginners and Intermediate) (FIT) 10:30 Check-in with Becky (Sunset Lounge) 1:00 Terraces Book Discussion (MLT) 1:45 Publix and Coconut Point (LOB) 3:00 Murder Mystery Series (PAC)	9:30 Fitness Foundations Level II (Intermediate) (FIT) 9 10:00 Alzheimer's Support Group (MLT) 10:15 Fitness Foundations (Beginners) (FIT) 11:00 Blood Pressure Clinic (Clinic) 4:00 Happy Hour - Senior Prom Happy Hour (PAC)	8:30 Core Fitness (FIT) 10 10:15 Balance and Stability (FIT) 11:00 Bubbles and Bundtini's (MLT) 1:00 Duplicate Bridge (CRD) 7:00 Evening Movie	9:45 Wake Up Your Brain (CRD) 11 10:30 Low Impact Aerobics (FIT) 1:30 Saturday Movie "Boys in the Boat" (PAC) 7:00 Evening Movie 7:15 Estonia Hour (LR)
Mother's Day 12 9:30 * Bay Presbyterian Church Run (LOB) 10:15 * First Presbyterian Church Run (LOB) 10:30 St Leo's Church Run (LOB) 1:45 * Publix and Coconut Point Shopping (LOB) 7:00 Evening Movie	8:30 Curls and Crunches (FIT) 13 9:15 Arts and Crafts (Arts and Craft Room) 10:15 Balance and Stability (FIT) 11:00 TDM Tech Workshop (MLT) 3:45 BINGO - (CRD)	9:30 Fitness Foundations Level II (Intermediate) (FIT) 14 10:00 St. Leos Mass (MLT) 10:15 Fitness Foundations (Beginners) (FIT) 10:30 Annual Shred Day (North Lot) 1:00 Bridge (CRD) 4:00 Cheer Time (Bistro)	8:30 Curls and Crunches (FIT) 15 10:15 Fitness Foundations (Beginners and Intermediate) (FIT) 1:45 * Publix and Walmart Shopping (LOB) 4:00 Dr. Adrian Kerr Presents... (MLT)	8:00 Blood Drive (North Lot) 16 9:30 Fitness Foundations Level II (Intermediate) (FIT) 10:15 Fitness Foundations (Beginners) (FIT)	8:30 Core Fitness (FIT) 17 10:15 Balance and Stability (FIT) 1:00 Duplicate Bridge (CRD) 7:00 Evening Movie	10:30 Low Impact Aerobics (FIT) 18 7:00 Evening Movie
9:30 * Bay Presbyterian Church Run (LOB) 19 10:15 * First Presbyterian Church Run (LOB) 10:30 St Leo's Church Run (LOB) 1:45 * Publix and Coconut Point Shopping (LOB) 7:00 Evening Movie	8:30 Curls and Crunches (FIT) 20 9:15 Arts and Crafts (Arts and Craft Room) 10:15 Balance and Stability (FIT) 11:00 Phil Leto Presents... (PAC) 11:00 Your Brain and More in 2024! (CRD) 3:45 BINGO - (CRD)	9:30 Fitness Foundations Level II (Intermediate) (FIT) 21 10:15 Fitness Foundations (Beginners) (FIT) 11:00 The Terraces Review Update with Ron Jennette (PAC) 1:00 Bridge (CRD) 4:00 Cheer Time (Bistro)	8:15 Curls and Crunches (FIT) 22 10:00 Ask The Director (PAC) 10:15 Fitness Foundations (Beginners and Intermediate) (FIT) 11:15 Brain Games (CRD) 1:00 Family Feud (MLT) 1:45 Publix and Coconut Point (LOB)	9:30 Fitness Foundations Level II 23 10:15 Fitness Foundations (Beginners) (FIT) 11:00 Blood Pressure Clinic (Clinic) 11:30 Chair Yoga (MLT)	8:30 Core Fitness (FIT) 24 10:15 Balance and Stability (FIT) 11:00 Where Am I? (CRD) 1:00 Duplicate Bridge (CRD) 6:45 Artis Naples - Patriotic Pops (LOB) 7:00 Evening Movie	9:45 Wake Up Your Brain (CRD) 25 10:30 Low Impact Aerobics (FIT) 1:00 Country Western Craft (ACR) 7:00 Evening Movie
9:30 * Bay Presbyterian Church Run (LOB) 26 10:15 * First Presbyterian Church Run (LOB) 10:30 St Leo's Church Run (LOB) 1:45 * Publix and Coconut Point Shopping (LOB) 7:00 Evening Movie	Memorial Day 27 9:15 Arts and Crafts (Arts and Craft Room) 10:30 Your Brain and More in 2024! (CRD) 2:30 Neil Zirconia "The Faux Diamond" (PAC)	9:30 Fitness Foundations Level II (Intermediate) (FIT) 28 10:00 St. Leos Mass (MLT) 10:15 Fitness Foundations (Beginners) (FIT) 11:30 Chair Yoga (MLT) 1:00 Bridge (CRD) 3:00 Empath Home Health (MLT) 4:00 Cheer Time (Bistro)	8:30 Curls and Crunches (FIT) 29 10:15 Fitness Foundations (Beginners and Intermediate) (FIT) 1:45 * Publix and Walmart Shopping (LOB) 4:00 Dr. Cimarusti Talks.... (PAC)	9:30 Fitness Foundations Level II 30 10:15 Fitness Foundations (Beginners) (FIT) 11:30 Chair Yoga (MLT) 4:00 Happy Hour with Quiet Storm (CRD)	8:30 Core Fitness (FIT) 31 10:15 Balance and Stability (FIT) 11:00 Who Am I (CRD) 1:00 Duplicate Bridge (CRD) 7:00 Evening Movie	

May 2024

The Terraces

