
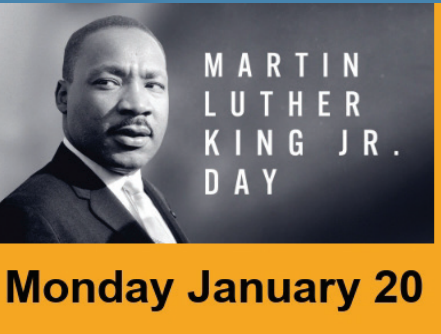



SUN	MON	TUE	WED	THUR	FRI	SAT
			New Year's Day 9:15 Body Conditioning (FIT) 11:00 Brain Games (CRD) 1:45 Publix and Coconut Point (LOB) 5:30 Holiday Lights at Victoria Park in 2025! (LOB)	9:00 Bocce Practice (CRT) 9:15 Forever Fit (FIT) 10:15 Fitness Foundations/Tone (FIT) 11:00 Flex and Stretch (FIT) 4:00 Happy Hour with Kel and Shel (PAC)	8:30 Core on the Floor (FIT) 9:15 Body Conditioning (FIT) 10:15 Balance and Stability (FIT) 1:00 Duplicate Bridge (CRD)	10:30 Low Impact Aerobics (FIT) 7:00 Evening Movie (Channel 9023)
Monday January 20 9:15 * Bay Presbyterian Church Run (LOB) 5 10:15 First Presbyterian Church Run (LOB) 10:45 St. Leo's Church Run (LOB) 1:45 * Publix and Coconut Point Shopping (LOB) 4:30 Evening Movie (Channel 9023)	9:00 Arts and Crafts (ACR) 6 9:15 Body Conditioning (FIT) 10:15 Balance and Stability (FIT) 3:45 BINGO - (CRD)	Wednesday January 29 Chinese New Year 2025 Year of the Snake 9:00 Bocce Practice (CRT) 7 9:15 Forever Fit (FIT) 10:15 Fitness Foundations/Tone (FIT) 11:00 Ask The Attorney with Zacharia Brown, PC. (MLT) 11:00 Flex and Stretch (FIT) 1:00 Bridge (CRD) 4:00 Cheer Time (Bistro)	9:15 Body Conditioning (FIT) 8 10:15 Fitness Foundations/Cardio (FIT) 1:00 Terraces Book Discussion (PAC) 1:45 * Publix and Walmart Shopping (LOB) 4:00 Dr. Adrian Kerr Presents... (MLT)	1 9:00 Bocce Practice (CRT) 2 9:15 Forever Fit (FIT) 10:00 Alzheimer's Support Group (MLT) 10:15 Fitness Foundations/Tone (FIT) 11:00 Blood Pressure Clinic (Clinic) 11:00 Flex and Stretch (FIT) 4:00 Happy Hour w/ Deano (PAC)	3 8:30 Core on the Floor (FIT) 10 9:15 Body Conditioning (FIT) 10:15 Balance and Stability (FIT) 11:00 Brain Games (LR) 1:00 Duplicate Bridge (CRD)	4 9:45 Wake Up Your Brain (CRD) 11 10:30 Low Impact Aerobics (FIT) 1:00 National Strawberry Ice Cream Day (CRD) 2:30 Jewelry Spa Day (MLT) 7:00 Evening Movie (Channel 9023)
9:15 * Bay Presbyterian Church Run (LOB) 12 10:15 First Presbyterian Church Run (LOB) 10:45 St. Leo's Church Run (LOB) 1:45 * Publix and Coconut Point Shopping (LOB) 2:00 Non Denominational Church Service (REN MLT) 4:30 Evening Movie (Channel 9023)	9:00 Arts and Crafts (ACR) 13 9:15 Body Conditioning (FIT) 10:15 Balance and Stability (FIT) 11:00 Mobile Device Workshop with TDM Technologies (MLT) 1:00 Keep The Brain Alive in 2025! (LR) 3:45 BINGO - (CRD)	9:00 Bocce Practice (CRT) 14 9:15 Forever Fit (FIT) 10:00 St. Leos Mass (MLT) 10:15 Fitness Foundations/Tone (FIT) 11:00 Flex and Stretch (FIT) 1:00 Bridge (CRD) 1:15 Just One (Sign Up Room) 3:00 Hudak on Hollywood: Hall of Fame Actresses (PAC) 4:00 Cheer Time (Bistro)	9:15 Body Conditioning (FIT) 15 10:15 Fitness Foundations/Cardio (FIT) 11:00 Brain Teasers 1:00 Travel Club Meeting (MLT) 1:45 Publix and Coconut Point (LOB) 4:00 Dr. Cimarusti Talks.... (PAC)	9:00 Bocce Practice (CRT) 16 9:15 Forever Fit (FIT) 10:15 Fitness Foundations/Tone (FIT) 11:00 Flex and Stretch (FIT) 1:30 Turco Talks: Artificial Intelligence (MLT)	8:30 Core on the Floor (FIT) 17 9:15 Body Conditioning (FIT) 10:15 Balance and Stability (FIT) 1:00 Duplicate Bridge (CRD)	10:30 Low Impact Aerobics (FIT) 18 7:00 Evening Movie (Channel 9023)
9:15 * Bay Presbyterian Church Run (LOB) 19 10:15 First Presbyterian Church Run (LOB) 10:45 St. Leo's Church Run (LOB) 1:45 * Publix and Coconut Point Shopping (LOB) 4:30 Evening Movie (Channel 9023)	Martin Luther King Jr. Day 20 9:00 Arts and Crafts (ACR) 9:15 Body Conditioning (FIT) 10:15 Balance and Stability (FIT) 11:00 Phil Leto Presents... (PAC) 1:00 Keep The Brain Alive in 2025! (LR) 3:45 BINGO - (CRD)	9:00 Bocce Practice (CRT) 21 9:15 Forever Fit (FIT) 10:15 Fitness Foundations/Tone (FIT) 11:00 Flex and Stretch (FIT) 1:00 Bridge (CRD) 4:00 Cheer Time (Bistro)	8:15 Body Conditioning (FIT) 22 9:15 Fitness Foundations/Cardio (FIT) 10:00 Ask The Director (PAC) 1:45 * Publix and Walmart Shopping (LOB)	9:00 Bocce Practice (CRT) 23 9:15 Forever Fit (FIT) 10:15 Fitness Foundations/Tone (FIT) 11:00 Blood Pressure Clinic (Clinic) 11:00 Flex and Stretch (FIT) 4:00 Happy Hour with Elderly Brothers (CRD)	8:30 Core on the Floor (FIT) 24 9:15 Body Conditioning (FIT) 10:15 Balance and Stability (FIT) 1:00 Duplicate Bridge (CRD)	9:45 Wake Up Your Brain (CRD) 25 10:30 Low Impact Aerobics (FIT) 11:00 Broadway Palm Presents (LOB) 7:00 Evening Movie (Channel 9023)
9:15 * Bay Presbyterian Church Run (LOB) 26 10:15 First Presbyterian Church Run (LOB) 10:45 St. Leo's Church Run (LOB) 1:45 * Publix and Coconut Point Shopping (LOB) 2:00 Non Denominational Church Service (REN MLT) 4:30 Evening Movie (Channel 9023)	9:00 Arts and Crafts (ACR) 27 9:15 Body Conditioning (FIT) 10:15 Balance and Stability (FIT) 11:00 Keep The Brain Alive in 2025! (LR) 3:45 BINGO - (CRD)	9:00 Bocce Practice (CRT) 28 9:15 Forever Fit (FIT) 10:00 St. Leos Mass (MLT) 10:15 Fitness Foundations/Tone (FIT) 11:00 Flex and Stretch (FIT) 1:00 Bridge (CRD) 3:00 Empath Home Health (MLT) 4:00 Cheer Time (Bistro)	Chinese New Year 29 9:15 Body Conditioning (FIT) 10:15 Fitness Foundations/Cardio (FIT) 1:45 Publix and Coconut Point (LOB)	9:00 Bocce Practice (CRT) 30 9:15 Forever Fit (FIT) 10:15 Fitness Foundations/Tone (FIT) 11:00 Flex and Stretch (FIT) 4:00 Chinese New Year Happy Hour with Nicole D Andrea (PAC)	8:30 Core on the Floor (FIT) 31 9:15 Body Conditioning (FIT) 10:15 Balance and Stability (FIT) 11:15 Brain Teasers (LR) 1:00 Duplicate Bridge (CRD)	LOCATION KEY CRD - Card Room CRT - Courtyard FIT - Fitness Center LOB - Lobby MLT - Multipurpose Room PAC - Performing Arts Center

January 2025

The Terraces

