

SUN	MON	TUE	WED	THUR	FRI	SAT
					9:00 AM Walking Club (Beach Walk) (Front of Seabrook House) 11:15 AM Balance & Strength (A) 12:00 PM Chair Exercise (A) 5:00 PM Happy Hour (Living Room/Auditorium) 1	9:45 AM Sales Tax Free Shopping @ Shelter Cove (OUTING) 10:30 AM Current Events (CR) 11:30 AM Chair Yoga W/ Mary (A) 1:00 PM Bridge 2
10:30 AM Sunday Church Service (A) 3 3:30 PM Bible Discussion (FRASER CHAPEL) 6:00 PM Sunday Movie (A)	9:45 AM Morning Mingle (LR) 11:15 AM Balance & Strength (A) 12:00 PM Chair Exercise (A) 2:00 PM Monday Mingle (LR) 2:00 PM Ping Pong (GR) 5:00 PM Happy Hour (Living Room/Auditorium) 4	9:00 AM Harris Teeter Pick-up 11:30 AM Balance & Strength (A) 1:00 PM Chair Yoga W/ Mary (A) 2:00 PM Trivial Pursuit (CC) 4:00 PM Reiki w/ Shirley (A) 5	10:00 AM Catholic Communion Service (FRASER CHAPEL) 10:00 AM Seabrook Singers (LR) 10:00 AM Walmart/Dollar Tree/Barnes & Noble 11:15 AM Balance & Strength (A) 12:00 PM Chair Exercise (A) 12:30 PM Duplicate Bridge (LR) 2:00 PM Ping Pong ((GR)) 6	9:30 AM Water Fitness Class (P) 7 10:00 AM Grocery Shopping 11:30 AM Balance & Strength (A)	9:00 AM Walking Club (Beach Walk) (Front of Seabrook House) 11:15 AM Balance & Strength (A) 12:00 PM Chair Exercise (A) 5:00 PM Happy Hour (Living Room/Auditorium) 8	10:30 AM Current Events (CR) 11:30 AM Chair Yoga W/ Mary (A) 1:00 PM Bridge 4:00 PM Celebration of Life: Larry & Ellen Smith (LR/A) 7:00 PM Cordials (LR) 9
10:30 AM Sunday Church Service (A) 10 3:30 PM Prayer Group (FRASER CHAPEL) 6:00 PM Sunday Movie (A)	9:45 AM Morning Mingle (LR) 10:00 AM Aldi's/Hobby Lobby/Target Shopping 10:30 AM Book Mobile (Front of Seabrook House) 11:15 AM Balance & Strength (A) 12:00 PM Chair Exercise (A) 2:00 PM Monday Mingle (LR) 2:00 PM Ping Pong (GR) 5:00 PM Happy Hour (Living Room/Auditorium) 11	9:00 AM Harris Teeter Pick-up 10:00 AM Bank Run 11:00 AM Surviving Grief (CC) 11:30 AM Resident Council (CR) 11:30 AM Balance & Strength (A) 1:00 PM Tonya's 2 Cents (LR) 1:00 PM Chair Yoga W/ Mary (A) 2:00 PM Trivial Pursuit (CC) 3:00 PM Constituent Meeting w/ Senator Davis (A) 6:45 PM Summer: The Donna Summer Musical (OUTING) 12	10:00 AM Catholic Mass (FRASER CHAPEL) 10:00 AM Seabrook Singers (LR) 11:15 AM Balance & Strength (A) 12:00 PM Chair Exercise (A) 12:30 PM Duplicate Bridge (LR) 2:00 PM Ping Pong ((GR)) 7:00 PM Bingo (A) 13	9:30 AM Water Fitness Class (P) 14 10:00 AM BLOOD PRESSURE CLINIC (Nurses Office) 10:00 AM Grocery Shopping 11:30 AM Balance & Strength (A) 2:00 PM Crabs, Cones & Coastal History: A Tasty Trip to Tybee Island (OUTING)	9:00 AM Walking Club (Beach Walk) (Front of Seabrook House) 11:15 AM Balance & Strength (A) 12:00 PM Chair Exercise (A) 5:00 PM Happy Hour (Living Room/Auditorium) 15	10:30 AM Current Events (CR) 11:30 AM Chair Yoga W/ Mary (A) 1:00 PM Bridge 2:00 PM Celebration of Life: Joe Lieser (LR/A) 16
10:30 AM Sunday Church Service (A) 17 3:30 PM Bible Discussion (FRASER CHAPEL) 6:00 PM Sunday Movie (A)	9:45 AM Morning Mingle (LR) 11:15 AM Balance & Strength (A) 12:00 PM Chair Exercise (A) 2:00 PM Monday Mingle (LR) 2:00 PM Ping Pong (GR) 5:00 PM Happy Hour (Living Room/Auditorium) 18	9:00 AM Harris Teeter Pick-up 11:30 AM Balance & Strength (A) 1:00 PM Chair Yoga W/ Mary (A) 2:00 PM Trivial Pursuit (CC) 2:30 PM Bitter, Sour, Salty, or Sweet A Foreign Candy & Snack Tasting Social (LR) 4:00 PM Technology Advancement Seminar (A) 19	10:00 AM Catholic Communion Service (FRASER CHAPEL) 10:00 AM Seabrook Singers (LR) 10:00 AM Walmart/Dollar Tree/Barnes & Noble 11:15 AM Balance & Strength (A) 12:00 PM Birthday Lunch (DR) 12:00 PM Chair Exercise (A) 12:30 PM Duplicate Bridge (LR) 2:00 PM Ping Pong ((GR)) 20	9:30 AM Water Fitness Class (P) 21 10:00 AM Grocery Shopping 11:30 AM Balance & Strength (A) 2:00 PM Regime Meeting (A)	9:00 AM Walking Club (Beach Walk) (Front of Seabrook House) 11:15 AM Balance & Strength (A) 12:00 PM Tour of Mighty 8 Museum & Dinner @ Cheddar's (OUTING) 12:00 PM Chair Exercise (A) 5:00 PM Happy Hour (Living Room/Auditorium) 22	9:30 AM Monthly Documentary: The Gilded Age Families Who Built Los Angeles (A) 10:30 AM Current Events (CR) 11:30 AM Chair Yoga W/ Mary (A) 1:00 PM Bridge 23
10:30 AM Sunday Church Service (A) 24 3:30 PM Prayer Group (FRASER CHAPEL) 6:00 PM Sunday Movie (A)	9:45 AM Morning Mingle (LR) 10:00 AM Aldi's/Hobby Lobby/Target Shopping 10:30 AM Book Mobile (Front of Seabrook House) 11:15 AM Balance & Strength (A) 12:00 PM Chair Exercise (A) 2:00 PM Monday Mingle (LR) 2:00 PM Ping Pong (GR) 5:00 PM Jamaican Party (Living Room/Auditorium) 25	9:00 AM Harris Teeter Pick-up 10:00 AM Bank Run 11:30 AM Balance & Strength (A) 1:00 PM Chair Yoga W/ Mary (A) 2:00 PM Trivial Pursuit (CC) 3:15 PM The Seabrook Book Club (CC) 26	10:00 AM Catholic Communion Service (FRASER CHAPEL) 10:00 AM Seabrook Singers (LR) 11:15 AM Balance & Strength (A) 12:00 PM Chair Exercise (A) 12:30 PM Duplicate Bridge (LR) 2:00 PM Ping Pong ((GR)) 2:00 PM Board of Trustees Meeting (A) 7:00 PM Bingo (A) 27	9:00 AM Audiologist (Nurses Office) 28 9:30 AM Water Fitness Class (P) 10:00 AM Grocery Shopping 11:30 AM Balance & Strength (A) 2:00 PM Paint & Sip (A)	9:00 AM Walking Club (Beach Walk) (Front of Seabrook House) 11:15 AM Balance & Strength (A) 12:00 PM Chair Exercise (A) 5:00 PM Happy Hour (Living Room/Auditorium) 29	10:30 AM Current Events (CR) 30 11:30 AM Chair Yoga W/ Mary (A) 1:00 PM Bridge
10:30 AM Sunday Church Service (A) 31 3:00 PM Sunday Movie (A)	LOCATION KEY A - AUDITORIUM CR - CONFERENCE ROOM CC - COZY CORNER	GR - GAME ROOM LR - LIVING ROOM P - POOL				Signup Hotline: 843-686-0901 Press: 2 Follow Prompts