

SUN	MON	TUE	WED	THUR	FRI	SAT
	Labor Day 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 Summer Send Off: A Champagne & Ivory Party (Living Room/Auditorium)	1 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 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))	3 9:30 AM Water Fitness Class (P) 10:00 AM Grocery Shopping 11:30 AM Balance & Strength (A) 2:00 PM Paint & Sip (A)	4 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)	5 10:30 AM Current Events (CR) 11:30 AM Chair Yoga W/ Mary (A) 1:00 PM Bridge (LR)
7 10:30 AM Sunday Church Service (A) 3:30 PM Bible Discussion (FRASER CHAPEL) 6:00 PM Sunday Movie (A)	8 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)	9 9:00 AM Harris Teeter Pick-up 10:00 AM Bank Run 10:30 AM Brunch @ Plantation Cafe & Deli (OUTING) 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)	10 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)	11 9:30 AM Water Fitness Class (P) 10:00 AM BLOOD PRESSURE CLINIC (Nurses Office) 10:00 AM Grocery Shopping 11:30 AM Balance & Strength (A) 2:00 PM Monthly Documentary: 9/11 (A)	12 9:00 AM Walking Club (Beach Walk) (Front of Seabrook House) 11:15 AM Balance & Strength (A) 12:00 PM Chair Exercise (A) 1:30 PM Dancing w/ Armando (Professional Dance Instructor) (A) 5:00 PM Happy Hour (Living Room/Auditorium)	13 10:30 AM Current Events (CR) 11:30 AM Chair Yoga W/ Mary (A) 1:00 PM Bridge (LR) 7:00 PM Cordials (LR)
14 10:30 AM Sunday Church Service (A) 3:30 PM Prayer Group (FRASER CHAPEL) 6:00 PM Sunday Movie (A)	15 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) 5:30 PM Dinner @ Riley's (OUTING)	16 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 Technology Advancement Seminar (A)	17 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))	18 9:30 AM Water Fitness Class (P) 10:00 AM Grocery Shopping 11:30 AM Balance & Strength (A) 2:00 PM Regime Meeting (A)	19 BOT Retreat 9:00 AM Walking Club (Beach Walk) (Front of Seabrook House) 11:15 AM Balance & Strength (A) 12:00 PM Chair Exercise (A) 2:00 PM Line Dancing w/ Scott (A) 5:00 PM Board of Trustees Meeting (A) 5:00 PM Happy Hour (Living Room/Auditorium)	20 BOT Retreat 10:30 AM Current Events (CR) 11:30 AM Chair Yoga W/ Mary (A) 1:00 PM Bridge (LR)
21 10:30 AM Sunday Church Service (A) 3:00 PM Ryan's Pound Cake Tasting Social (LR) 3:30 PM Bible Discussion (FRASER CHAPEL) 6:00 PM Sunday Movie (A)	22 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)	23 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)	24 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)) 7:00 PM Bingo (A)	25 9:00 AM Audiologist (Nurses Office) 9:30 AM Water Fitness Class (P) 10:00 AM Grocery Shopping 11:30 AM Balance & Strength (A) 5:45 PM Sunset Lowcountry Boil Dinner Cruise (OUTING)	26 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)	27 10:30 AM Current Events (CR) 11:30 AM Chair Yoga W/ Mary (A) 1:00 PM Bridge (LR)
28 10:30 AM Sunday Church Service (A) 3:30 PM Prayer Group (FRASER CHAPEL) 6:00 PM Sunday Movie (A)	29 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 Sock Hop! (Living Room/Auditorium)	30 9:00 AM Harris Teeter Pick-up 10:15 AM No Carve Pumpkin Decorating (LR) 11:30 AM Balance & Strength (A) 1:00 PM Chair Yoga W/ Mary (A) 2:00 PM Trivial Pursuit (CC)	LOCATION KEY A - AUDITORIUM CR - CONFERENCE ROOM CC - COZY CORNER GR - GAME ROOM		LR - LIVING ROOM P - POOL	