

SUN	MON	TUE	WED	THUR	FRI	SAT
10:30 AM Sunday Church Service (A) 3:30 PM Bible Study (CR) 6:00 PM Sunday Movie: They were expendable (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) 4:30 PM Happy Hour (Living Room/Auditorium)	9:00 AM Harris Teeter Pick-up 10:00 AM Drum Exercise (A) 11:30 AM Balance & Strength (A) 1:00 PM Chair Yoga W/ Mary (A)	9:45 AM Seabrook Singers (A) 10:00 AM Catholic Communion Service (FRASER CHAPEL) 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))	9:45 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) 2:00 PM Rumikub (LR) 4:30 PM Happy Hour (Living Room/Auditorium)	10:30 AM Current Events (CR) 11:30 AM Chair Yoga W/ Mary (A) 1:00 PM Bridge (LR)
10:30 AM Sunday Church Service (A) 3:30 PM Bible Study (CR) 6:00 PM Sunday Movie: Calendar Girls (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) 1:00 PM Teacher's Stories - Share Yours! (A) 2:00 PM Monday Mingle (LR) 2:00 PM Ping Pong (GR) 4:30 PM Happy Hour (Living Room/Auditorium) 6:45 PM HHSO: AN EVENING AT HOGWARTS THE MUSIC OF HARRY POTTER (OUTING)	9:00 AM Harris Teeter Pick-up 10:00 AM Drum Exercise (A) 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 Chair Yoga W/ Mary (A) 3:00 PM Financial Scam Talk (A)	9:45 AM Seabrook Singers (A) 10:00 AM Catholic Mass (FRASER CHAPEL) 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)	9:45 AM Grocery Shopping 11:00 AM Welcome Committee: New Member Orientation (LR) 11:30 AM Balance & Strength (A)	9:00 AM Walking Club (Beach Walk) (Front of Seabrook House) 10:00 AM Lunch @ Panini's on the Waterfront & Carriage Tour of Historic Beaufort (OUTING) 11:15 AM Balance & Strength (A) 12:00 PM Chair Exercise (A) 2:00 PM Rumikub (LR) 4:30 PM Happy Hour (Living Room/Auditorium)	10:30 AM Current Events (CR) 11:30 AM Chair Yoga W/ Mary (A) 1:00 PM Bridge (LR) 7:00 PM Cordials (LR)
10:30 AM Sunday Church Service (A) 3:30 PM Bible Study (CR) 3:30 PM Bible Discussion (FRASER CHAPEL) 6:00 PM Sunday Movie: Sunday March 15th: Where the Boys Are (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) 4:30 PM Happy Hour (Living Room/Auditorium)	St. Patrick's Day 9:00 AM Harris Teeter Pick-up 10:00 AM Drum Exercise (A) 11:30 AM Balance & Strength (A) 1:00 PM Chair Yoga W/ Mary (A) 2:15 PM Build your own parfait and learn about St. Paddy's Day (LR/A) 4:00 PM Technology Advancement Seminar (A)	9:45 AM Seabrook Singers (A) 10:00 AM Catholic Communion Service (FRASER CHAPEL) 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))	9:45 AM Grocery Shopping 11:30 AM Balance & Strength (A) 11:30 AM Lunch & Learn (OUTING) 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 Chair Exercise (A) 2:00 PM Rumikub (LR) 4:30 PM Happy Hour (Living Room/Auditorium)	10:30 AM Current Events (CR) 11:30 AM Chair Yoga W/ Mary (A) 1:00 PM Bridge (LR)
10:30 AM Sunday Church Service (A) 3:30 PM Bible Study (CR) 6:00 PM Sunday Movie: Marley & Me (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) 4:30 PM Happy Hour (Living Room/Auditorium) 4:45 PM Jazz Corner (OUTING)	9:00 AM Harris Teeter Pick-up 10:00 AM Drum Exercise (A) 10:00 AM Bank Run 11:30 AM Balance & Strength (A) 1:00 PM Chair Yoga W/ Mary (A) 2:00 PM Poker Club (LR) 3:15 PM The Seabrook Book Club (CC)	9:45 AM Seabrook Singers (A) 10:00 AM Catholic Communion Service (FRASER CHAPEL) 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)	9:00 AM Audiologist (Nurses Office) 9:45 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) 2:00 PM Rumikub (LR) 4:30 PM Happy Hour (Living Room/Auditorium) 6:15 PM HHCS (OUTING)	10:30 AM Current Events (CR) 11:30 AM Chair Yoga W/ Mary (A) 1:00 PM Bridge (LR)
10:30 AM Sunday Church Service (A) 3:30 PM Bible Study (CR) 3:30 PM Sunday Movie: Miracles From Heaven (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) 4:30 PM Happy Hour (Living Room/Auditorium)	9:00 AM Harris Teeter Pick-up 10:00 AM Drum Exercise (A) 11:30 AM Balance & Strength (A) 1:00 PM Chair Yoga W/ Mary (A) 2:00 PM Spring Wreath Making (LR)	LOCATION KEY A - AUDITORIUM CR - CONFERENCE ROOM CC - COZY CORNER GR - GAME ROOM	LR - LIVING ROOM		

March 2026



you are amazing
REMEMBER THAT.