

SUN	MON	TUE	WED	THUR	FRI	SAT
LOCATION KEY A - AUDITORIUM CR - CONFERENCE ROOM CC - COZY CORNER GR - GAME ROOM	LR - LIVING ROOM		9:45 AM Seabrook Singers (A) 1 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 2 11:30 AM Balance & Strength (A) 2:00 PM Hmm. Homecare or Resident Services; Who Do I Call? (A)	9:00 AM Walking Club (Beach Walk) (Front of Seabrook House) 3 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) 4 11:30 AM Chair Yoga W/ Mary (A) 1:00 PM Bridge (LR)
Easter 10:30 AM Sunday Church Service (A) 5 3:30 PM Bible Study (FRASER CHAPEL) 6:00 PM Sunday Movie: Elenor The Great (A)	9:45 AM Morning Mingle (LR) 6 10:00 AM Aldi's/Hobby Lobby/Target Shopping 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 7 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)	9:45 AM Seabrook Singers (A) 8 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 9 11:30 AM Balance & Strength (A) 7:00 PM Bob Graff & Friends Musical Performance (A)	9:00 AM Walking Club (Beach Walk) (Front of Seabrook House) 10 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 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) 12 3:30 PM Bible Study (FRASER CHAPEL) 4:30 PM Men's Dinner Club: Reilley's Grill & Bar (OUTING) 6:00 PM Sunday Movie: Thursday Morning Murder Club (A)	9:45 AM Morning Mingle (LR) 13 10:30 AM Book Mobile (Front of Seabrook House) 11:15 AM Balance & Strength (A) 12:00 PM Chair Exercise (A) 1:15 PM Hilton Head Island Ocean Dolphin Cruise (OUTING) 2:00 PM Monday Mingle (LR) 2:00 PM Ping Pong (GR) 4:30 PM Happy Hour (Living Room/Auditorium) 6:45 PM HHSO: Opera Night (OUTING)	9:00 AM Harris Teeter Pick-up 14 10:00 AM Drum Exercise (A) 11:30 AM Resident Council (CR) 11:30 AM Balance & Strength (A) 1:00 PM Chair Yoga W/ Mary (A)	9:45 AM Seabrook Singers (A) 15 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)) 5:00 PM Pizza & Movie Social: The Intern (A)	9:45 AM Grocery Shopping 16 11:30 AM Lunch & Learn: The Modern Masters' Journey: TOPIC: Wassily Kandinsky (OUTING) 11:30 AM Balance & Strength (A) 2:00 PM Regime Meeting (A)	9:00 AM Walking Club (Beach Walk) (Front of Seabrook House) 17 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) 18 11:30 AM Chair Yoga W/ Mary (A) 1:00 PM Bridge (LR)
10:30 AM Sunday Church Service (A) 19 3:30 PM Bible Study (FRASER CHAPEL) 6:00 PM Sunday Movie: Mrs. Harris Goes to Paris (A)	9:45 AM Morning Mingle (LR) 20 10:00 AM Aldi's/Hobby Lobby/Target Shopping 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 21 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)	9:45 AM Seabrook Singers (A) 22 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)	9:45 AM Grocery Shopping 23 11:30 AM Balance & Strength (A) 3:00 PM Who's Who Social (A) 4:00 PM Sun City Social: A Former Residents Social (LR)	9:00 AM Walking Club (Beach Walk) (Front of Seabrook House) 24 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) 25 11:30 AM Lunch Out: Ma Daisys Porch (OUTING) 11:30 AM Chair Yoga W/ Mary (A) 1:00 PM Bridge (LR)
10:30 AM Sunday Church Service (A) 26 3:30 PM Bible Study (FRASER CHAPEL) 6:00 PM Sunday Movie: Book Club (A)	9:45 AM Morning Mingle (LR) 27 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) 6:45 PM HHSO: BRAHMS PIANO CONCERTO NO. 2 WITH JONATHAN MAMORA (OUTING)	9:00 AM Harris Teeter Pick-up 28 10:00 AM Drum Exercise (A) 11:30 AM Balance & Strength (A) 1:00 PM Chair Yoga W/ Mary (A) 3:15 PM The Seabrook Book Club (CC)	9:45 AM Seabrook Singers (A) 29 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))	9:00 AM Audiologist (Nurses Office) 30 9:45 AM Grocery Shopping 11:30 AM Balance & Strength (A) 2:00 PM Seasonal Allergies: Nip it in the Bud (A)		

April 2026

