

Monday

Tuesday

Wednesday

Thursday

Friday



May 2026

| | | | | |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | | | | 1 |
| | | | | <p>9:15am Fitness @ The Villas (TR)</p> <p>11:00am Town Hall</p> <p>3:00pm Chair Volleyball (CR)</p> |
| <p>9:15am Indoor Walk with Weights (WS) 4</p> <p>10:00am Men's Swim Class (POOL)</p> <p>10:45am Strength and Balance (WS)</p> <p>11:30am Core and Chair Yoga (WS)</p> <p>2:00pm Woman's Swim (POOL)</p> | <p>9:15am Outdoor/Indoor Walk with Weights (WS) 5</p> <p>10:00am Women's Cardio Swim (POOL)</p> <p>10:45am Chair Strength (WS)</p> <p>11:30am Core (WS)</p> | <p>9:15am Fitness @ The Villas (TR) 6</p> <p>10:00am Men's Swim Class (POOL)</p> <p>10:45am Strength and Balance</p> <p>11:30am Core and Chair Yoga</p> <p>2:00pm Woman's FREE Swim - (Must have 2 or more residents present to swim!)</p> <p>2:30pm Cornhole (Oaks Lawn)</p> | <p>9:30am Outdoor Yoga by the Lake! RSVP w/ Calliope(LL) 7</p> <p>10:30am Woman's Swim (Pool)</p> <p>11:15 Strength and Balance</p> <p>200pm Core (WS)</p> | 8 |
| <p>9:15am Indoor Walk with Weights(WS) 11</p> <p>10:00am Men's Swim Class (POOL)</p> <p>10:45am Strength and Balance (WS)</p> <p>11:30am Core and Chair Yoga (WS)</p> <p>2:00pm Woman's Swim (POOL)</p> | <p>9:15am Outdoor/Indoor Walk with Weights (WS) 12</p> <p>10:00am Women's Cardio Swim (POOL)</p> <p>10:45am Chair Strength (WS)</p> <p>11:30am Core (WS)</p> <p>2:30pm Bocce Ball (Oaks Lawn)</p> | <p>9:15 Fitness @ The Villas (TR) 13</p> <p>10:00am Men's Swim Class (POOL)</p> <p>10:45am Strength and Balance</p> <p>11:30 Core and Chair Yoga</p> <p>2:00pm Woman's FREE Swim - (Must have 2 or more residents present to swim!)</p> <p>3:00pm Gym Tour (OUTPATIENT)</p> | <p>9:15am Outdoor/Indoor Walk w/weights (WS) 14</p> <p>10:00am Women's Cardio Swim (POOL)</p> <p>10:45am Strength and Balance</p> <p>11:30am Core</p> <p>2:00pm Mõlkky (Oaks Lawn)</p> | 15 |
| <p>9:15am Indoor Walk with Weights (WS) 18</p> <p>10:00am Outdoor Yoga RSVP WITH CALLIOPE (OAKS Lawn)</p> <p>10:45am Strength and Balance (WS)</p> <p>11:30am Core and Chair Yoga (WS)</p> <p>2:00pm Woman's Swim (POOL)</p> | <p>9:15am Outdoor/Indoor Walk with Weights (WS) 19</p> <p>10:00am Women's Cardio Swim (POOL)</p> <p>10:45am Chair Strength (WS)</p> <p>11:30am Core (WS)</p> <p>3:00pm Bean Bag Baseball (RR)</p> | <p>9:15 Fitness @ The Villas (TR) 20</p> <p>10:00am Men's Swim Class (POOL)</p> <p>10:45am Strength and Balance</p> <p>11:30 Core and Chair Yoga</p> <p>2:00pm Woman's Swim</p> | <p>10:00am Greenhill Park Walk and lunch with the food trucks!!! (Lobby) 21</p> <p>2:00pm Strength and Balance (WS)</p> <p>3:00pm Chair Yoga (WS)</p> | 22 |
| <p>25</p> <p>HAPPY MEMORIAL DAY</p> | <p>9:30am Outdoor Yoga by the Lake! RSVP w/ Calliope (LL) 26</p> <p>10:30am Woman's Swim (Pool)</p> <p>11:15 Strength and Balance</p> <p>2:00pm Core (WS)</p> | <p>9:15 Fitness @The Villas (TR) 27</p> <p>10:00am Men's Swim Class (POOL)</p> <p>10:45am Strength and Balance</p> <p>11:30 Core and Chair Yoga</p> <p>2:00pm Woman's Swim</p> | <p>9:15am Strength Class (WS) 28</p> <p>10:00am POKER WALK</p> <p>3pm Balance Class (WS)</p> | 29 |
| | | | | <p>9:15 Fitness @ The Villas (TR)</p> <p>10:00am Men's Swim</p> <p>10:45 Chair Strength (WS)</p> <p>11:30am Chair Yoga (WS)</p> <p>3:00pm Chair Volleyball (CR)</p> |