



SAMPLE CALENDAR

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Dimensions of Wellness

- Physical
- Emotional
- Spiritual
- Vocational
- Social
- Intellectual

Meeting Places

- BB Breakers Bar
- JH Johnson Hall
- NP North Point
- NPP North Point Piano Room
- RR Retreat Room @ Mainstreet Dining
- SG Selva Gate
- TGP Tenenbaum Gathering Place
- WCC Windward Commons Classroom
- WCP Windward Commons Portecochère
- FC Windward Fitness Center
- WG Windward Gathering Place
- WL Windward Lobby
- SA Windward Studio A
- SB Windward Studio B
- JH Windward- Johnson Hall



10:00a **FL** **05**
Interdenominational
Chapel Service **JH**

06
LINCOLNVILLE MUSEUM and CULTURAL CENTER

2:00p **Grocery Shopping/Publix** **07**
2:00p **Hugh Christian, Jr. Presents "The Earth's Climate: Energy Balance"** **JH**
4:45p **Happy Hour with Blue Muse Jazz** **BB**

10:30a **Shopping at St. John's Town Center** **08**
WCP

2:00p **Grocery Shopping /Commissary** **02**
3:00p **Remembrance Ceremony** **JH**
10:00a **Jewelry Repair** **09**
2:00p **Grocery Shopping /Commissary** **WL**
2:30p **Resident Directory Photo Shoot** **WCP**
3:30p **Fleet Classics Concert** **WG**
JH

7:30a **Beach Walk** **03**
9:15a **Coffee Concert** **SG**
4:00p **Bella Voce Cabaret Concert** **WCP**
JH

2:00p **Movie- Comes a Horseman** **04**
JH
9:00a **Monthly Mat Yoga** **11**
10:00a **Monthly Meditation- "Journey into The Rainbow Light"** **SA**
2:00p **Movie- March of the Penguins** **SA**
JH

10:00a **FL** **12**
Interdenominational
Chapel Service **JH**

10:00a **Fleet Link Training & Refresher** **13**
11:00a **Classical Piano Concert** **WCC**
Featuring Bernard Katzman and Mindy Richard **TG**

10:00a **Resident Club Fair** **14**
2:00p **Grocery Shopping/Publix** **JH**
2:00p **Tabata Workout New Year Kick Off** **WCP**
4:45p **Happy Hour with Sue Tice** **SA**
BB

8:45a **MOSH Planetarium: "900 Days of the James Webb Space Telescope"** **15**
2:00p **WELLInspired Learning Series- "Navigating Health Services"** **JH**
4:30p **Happy Hour Featuring James Cargil** **TG**

10:30a **Shopping at Dillard's Outlet** **16**
2:00p **Grocery Shopping /Commissary** **WCP**
4:00p **100 Club Celebration** **JH**

10:00a **Caregiver Support Group** **17**
11:00a **Beach Walk & Lunch at Poe's Tavern** **RR**
2:00p **Performance by Gene Nordan** **SG**
NPP

2:00p **Movie- The Great Escape** **18**
JH

10:00a **FL** **19**
Interdenominational
Chapel Service **JH**
11:00a **Violin with Aaric Featheringill** **TG**

Martin Luther King, Jr. Day **20**
6:15p **Chanticleer Concert at Palms Presbyterian Church** **WCP**

2:00p **Grocery Shopping/Publix** **21**
2:00p **Resident Council Meeting** **JH**
4:45p **Happy Hour with Gene Nordan** **BB**
6:00p **World Affairs Council Reception & Live Stream** **JH**
6:15p **Transportation to UNF for World Affairs Council** **WCP**

10:00a **Caregiver Memory Support Group** **22**
11:15a **Lunch Out- Voo Doo Brewing Company** **RR**
2:00p **Proper Posture on Cardio Machines Workshop** **WCP**
4:30p **Happy Hour Featuring James Cargil** **FC**
NPB

10:00a **Jewelry repair** **23**
12:00p **Lunchtime Piano Performance by Gene Nordan** **WL**
2:00p **Grocery Shopping /Commissary** **TG**
4:00p **The Barefoot Movement Concert** **WCP**
JH

9:15a **Jacksonville University Marine Science Research Institute Guided Tour** **24**
WCP

2:00p **Movie- Mary Poppins** **25**
JH

10:00a **FL** **26**
Interdenominational
Chapel Service **JH**

7:30a **Cruise 'n Coffee** **27**
4:00p **San Marco Chamber Music Society Concert** **SG**
JH

9:00a **Lincolnville Museum & Cultural Center Civil Rights Guided Tour** **28**
2:00p **Grocery Shopping/Publix** **WCP**
2:00p **MOAA Meeting** **JH**
4:45p **Happy Hour with Al Monte** **BB**

4:00p **Randy Gilliam & Friends Swing Low Revue** **29**
JH

2:00p **Grocery Shopping /Commissary** **30**
2:00p **James Bennett Presentation on Jax Port** **WCP**
6:00p **Wine Tasting** **JH**

3:00p **Coffee & Conversation with Josh** **31**
6:00p **Symphony Transportation** **JH**
WCP



Campus Events & Outings

Nutrition Events

COMPLIMENTARY 15-MINUTE NUTRITION CONSULTS WITH SUE DUKES- Contact Sue at sdukes@fleetlanding.com to schedule your appointment.

Fitness Events

Equipment Settings &/or Workout Revisions- Mondays 11am and Wednesdays at 12pm. Sign up at the Fitness Check-in Desk/Meet at the Fitness Lounge

Fitness Assessments- New Residents & Residents with Last Name Ending in A-F

Monday- 11:35am-12:30pm

Tuesday/Thursday- 11:30am-2pm

Sign up at Fitness Check-in Desk/Meet in the Fitness Lounge

FLEET LANDING FITNESS CLUB LAUNCH REWARD PROGRAM

Instructions at the Check-in table

BEACH WALK

7:30-8:30am/Meet at the Selva Gate

MONTHLY WEEKEND YOGA & MEDITATION/YOGA NIDRA

"Journey into the Rainbow Light"

9-10am- Yoga/Studio A

10-10:45am- Meditation/Studio A

TABATA WORKSHOP NEW YEAR KICK-OFF

2pm/Studio A

100 CLUB CELEBRATION

4pm/Johnson Hall

BEACH WALK & LUNCH AT THE POES'S TAVERN

11am-1:30pm

Meet at the Selva Gate. Transportation back to Campus will be provided.

PROPER POSTURE ON CARDIO MACHINES WORKSHOP

2pm/Fitness Center

CRUISE N COFFEE

7:30-9:00am/Meet at the Selva Gate

January 1st

January 3rd

January 11th

January 14th

January 16th

January 17th

January 22nd

January 27th

Thursday, 1/2, 3pm- Remembrance Ceremony/JH *

Thursday, 1/2, 1/9, 1/6, 1/23, 1/30, 2pm- Grocery Shopping/Commissary

Friday 1/3, 9:15am- Coffee Concert Transportation

Friday, 1/3, 4pm- Bella Voce Cabaret Concert/JH *

Saturday, 1/4, 1/11, 1/18, 1/25, 2pm- Movie/JH *

Sunday, 1/5, 1/12, 1/19, 1/26, 10am- Fleet Landing Interdenominational Chapel Service/JH *

Tuesday, 1/7, 2pm- Hugh Christian Presents "The Earth's Climate: Energy Balance", 2pm/JH *

Tuesday, 1/7, 1/14, 1/21, 1/28, 2pm- Grocery Shopping/Publix

Tuesday, 1/7, 1/14, 1/21, 1/28, 4:45pm- Happy Hour Music/Breakers

Wednesday, 12/8, 10:30am- Shopping Trip to St. John's Town Center

Thursday, 1/9 & 1/23, 10am- Jewelry Repair/WW Lobby

Thursday, 1/9, 2:30pm- Resident Directory Photo Opportunity/JH Gathering Place

Thursday, 1/9, 3:30pm- Fleet Classics Concert/JH *

Friday, 1/10, 6pm- Symphony Transportation

Monday, 1/13, 10am- Fleet Link Training & Refresher/WW Classroom

Tuesday, 1/14, 10am- Fleet Landing Resident Club Fair/JH *

Wednesday, 1/15, 8:45am- MOSH Planetarium Outing

Wednesday, 1/15, 2pm- WELLInspired Learning Series/JH *

Thursday, 1/16, 10:30am- Shopping at Dillard's Outlet

Friday, 1/17, 10am- Caregiver Support Group/The Retreat

Monday, 1/20, 6:45pm- Chanticleer at Palm's Presbyterian Church

Tuesday, 1/21, 2pm- Residents' Council Meeting/JH *

Tuesday, 1/21-World Affairs Council. 6:15pm- Bus to UNF. 6pm- Reception, 7pm- Livestream/JH

Wednesday, 1/22, 10am- Caregiver Memory Support Group/The Retreat

Wednesday, 1/22, 11:15am- Lunch Out at Voo Doo Brewing

Thursday, 1/23, 4pm- The Barefoot Movement Concert/JH *

Friday, 1/24, 9:15am- Jacksonville University Marine Research Facility Tour

Monday, 1/27, 4pm- San Marco Chamber Music Society Concert/JH *

Tuesday, 1/28, 9am- Lincolnville Museum Tour

Tuesday, 1/28, 2pm- MOAA Meeting/JH *

Wednesday, 1/29, 4pm- Randy Gilliam & Friends "Swing Low" Revue /JH *

Thursday, 1/30, 2pm- James Bennett Presentation on Jaxport/JH *

Thursday, 1/30, 6pm- Wine Tasting/JH

Friday, 1/31, 3pm- Coffee & Conversation with Josh/JH *

Friday, 1/31, 6pm- Symphony Transportation

*** Campus Shuttle Provided**