

MAY 2024 LIFESTYLE HIGHLIGHTS

SPRING CLUB FITNESS & WELLNESS PROGRAMS

MON, WED & FRI Complimentary Qigong with Jeffrey | 8:30-9AM & 9-9:30AM

MON, WED & FRI The Bocce Club: Social Play | 10AM *New Time*

MON & THU Evening Zumba 55 with Rosa* | 5:30-6:15PM* *New Time*

MON-FRI Twilight Social Pickleball Play | 5:30-7:30PM *New Time*

TUE Table Tennis Tuesdays | 11AM *New Time*

TUE & THU Golf | 8AM *Tee Time*

SAT & SUN League Building Pickleball Open Play | 9-11AM* *Weekday Pickup Games*

SUN, WED & FRI Wet: Tone & Stretch Workout | **S** 10:30AM, **W** 6:30PM, **F** 5PM *New!*

Orientation Certification or 1:1 Sessions: REFORMER55 *Align, Balance & Core Building*

Equipment Orientation, 1:1 Wellness Stretching, Personal Training, & Nutritional Assesments with Mary Margaret Lanning, CPT *By Appointment Only*

**Check Nabr/Engage for off dates and registration*

CLUB EVENTS

- FRI 03** Cinco de Mayo Pool Party Fiesta | 5:30PM
- SAT 04** The 4th Annual Race for The Roses: 150th Kentucky Derby Watch Party | 3PM
- SUN 05** Wet: Tone & Stretch Workout | 10:30AM *New Season Begins*
- MON 06** Bocce Club Meet & Play | M, W & F | 10AM *New Season & Time Begins*
- TUE 07** Table Tennis | 11AM *New Season Begins*
- THU 09** Motion Month Workshop & Chinese Buffet: Retrain Your Brain | 5:30PM
- THU 09** Literary Ladies Monthly Meetup | 3-4PM *New Time*
- FRI 10** Motion Month Bike/Ride: Tasting & Picnic at Eden Rift Winery | 11:30AM *Offsite*
- FRI 10** Friday Night Flicks | 6:30PM
- SAT 11** Mother's Day Sparkling Tea Party | 11AM-1PM
- WED 15** Bunco Babes Monthly Dinner Social & Play | 5-7:30PM
- THU 16** The Art Circle Monthly Meetup | 1-4PM
- SAT 18** Twin Oaks Resident Open Garden Tours | 10AM-12PM
- SAT 18** Sip, Savor & Celebrate Benefit for CASA San Benito at Swank Farms | 3-6PM *Offsite*
- SUN 19** Oriana Chorale Concert: Sweet Lovers Love the Spring! | 3PM *Offsite*
- FRI 24** Memorial Day Bingo Party & May Birthdays | 5:30PM Birthdays, 6:30PM Bingo
- SAT 25** Memorial Day Bocce Social | 10AM-1PM
- SAT 25** Brew Crew Club Bottling Party | 1-3PM
- SUN 26** Memorial Day Pickleball Social | 10AM-1PM
- MON 27** Memorial Day Club BBQ & Pool Party | 12PM
- TUE 28** National Hamburger Day: Happy Hour Social at Harvest Time | 4PM *Offsite*
- THU 30** Men's Game Night | 5:30PM

RECURRING EVENTS

- MON** Cards at The Club | 6:30PM
- FRI** Friday Funday: Mexican Train & Potluck | 12-3PM

