

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

May 2024

9:00 Exercise with Julie- FHGP 1
 10:00 ALF Vitality and Strength
 10:30 Lodge Vitality and Strength
 12:00 Body and Soul-FHGP

9:00 Balance Builders- FHGP 2
 9:00 Dermatology- BWC
 9:30 Shuffleboard- Courts
 10:00 ALF Vitality and Strength
 10:30 Lodge Vitality and Strength
 5:30 Christian Yoga- FHGP

9:00 Haven Strong and Steady- FHGP 3
 10:00 Mini Golf- Golf Course



May Day

5 9:00 Senior Strength and Stability-6
 FHGP
 9:00 Orlando Heart and Vascular-
 BWC
 11:15 Body and Soul- FHGP
 1:00 Dr. Jacob- BWC
 4:00 Horseshoes

9:00 Ana Marques- BWC 7
 9:30 Line Dancing- FHGP
 10:00 ALF Vitality and Strength
 11:00 Bocce Ball- Haven Garden

9:00 Exercise with Julie- FHGP 8
 10:00 ALF Vitality and Strength
 10:30 Lodge Vitality and Strength
 12:00 Body and Soul-FHGP

9:00 Balance Builders- FHGP 9
 9:30 Shuffleboard- Courts
 10:00 ALF Vitality and Strength
 10:30 Lodge Vitality and Strength
 5:30 Christian Yoga- FHGP

9:00 Haven Strong and Steady- 10
 FHGP
 10:00 Mini Golf- Golf Course

11

Cinco de Mayo



Mother's Day

12 9:00 Senior Strength and Stability-13
 FHGP
 9:00 Orlando Heart and Vascular-
 BWC
 11:15 Body and Soul- FHGP
 1:00 Dr. Jacob- BWC
 4:00 Horseshoes

9:00 Ana Marques- BWC 14
 9:30 Line Dancing- FHGP
 10:00 ALF Vitality and Strength
 11:00 Bocce Ball- Haven Garden

9:00 Exercise with Julie- FHGP 15
 10:00 ALF Vitality and Strength
 10:30 Lodge Vitality and Strength
 12:00 Body and Soul-FHGP

9:00 Balance Builders- FHGP 16
 9:00 Dermatology- BWC
 9:30 Shuffleboard- Courts
 10:00 ALF Vitality and Strength
 10:30 Lodge Vitality and Strength
 5:30 Christian Yoga- FHGP

9:00 Haven Strong and Steady- 17
 FHGP
 10:00 Mini Golf- Golf Course

18



Armed Forces Day

19 9:00 Senior Strength and Stability-20
 FHGP
 9:00 Orlando Heart and Vascular-
 BWC
 11:15 Body and Soul- FHGP
 1:00 Dr. Jacob- BWC
 4:00 Horseshoes

9:00 Ana Marques- BWC 21
 9:30 Line Dancing- FHGP
 10:00 ALF Vitality and Strength
 11:00 Bocce Ball- Haven Garden

8:00- Podiatry- BWC 22
 9:00 Exercise with Julie- FHGP
 10:00 ALF Vitality and Strength
 10:30 Lodge Vitality and Strength
 12:00 Body and Soul-FHGP

9:00 Balance Builders- FHGP 23
 9:30 Shuffleboard- Courts
 10:00 ALF Vitality and Strength
 10:30 Lodge Vitality and Strength
 5:30 Christian Yoga- FHGP

9:00 Haven Strong and Steady- 24
 FHGP
 10:00 Mini Golf- Golf Course

25



26 **Health/Wellness and BWC 27**
Closed in observance of
Memorial Day

MEMORIAL DAY
 Remember and Honor

Memorial Day

9:00 Ana Marques- BWC 28
 9:30 Line Dancing- FHGP
 10:00 ALF Vitality and Strength
 11:00 Bocce Ball- Haven Garden

9:00 Exercise with Julie- FHGP 29
 9:30 Oviedo Hearing- BWC
 10:00 ALF Vitality and Strength
 10:30 Lodge Vitality and Strength
 12:00 Body and Soul-FHGP

9:00 Balance Builders- FHGP 30
 9:30 Shuffleboard- Courts
 10:00 ALF Vitality and Strength
 10:30 Lodge Vitality and Strength
 5:30 Christian Yoga- FHGP

9:00 Haven Strong and Steady- 31
 FHGP
 10:00 Mini Golf- Golf Course