

SEPTEMBER 2026

Health & Wellness Providers on Campus:

- Dr. Anna K, Psychologist: Tuesdays & Thursdays by Appointment
- Life Hearing: Wednesday, Sept. 16 starting at 1:00 PM
- Self-Care with Essential Oils: Thursday, Sept. 17 from 10:00 AM to Noon
- OnSpot Dermatology: Friday, Sept. 18 starting at 9:00 AM

Call the Health & Wellness Navigator (Center for Wellness)
to Schedule an Appointment ~ 307-3018

		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 8:30 Tai Chi - FS 8:30 Prayer & Bible Study - BIS 9:30 Aqua Blast - IP 10:00 DEPART: Publix Shopping 10:00 Social Stitchers - LIB 10:30 Rummikub - TBD 10:30 Mat Yoga - FS 11:30 Scrabble - LIB 1:00 Travels with Gail - CAC “Norwegian Fjords, Scottish Islands & the Arctic Circle 1:30 Boxing Fitness - FS 2:30 Tai Chi - FS 4:00-5:00 Fifth-Third Bank Hour	2 8:00-10:00 Uniguest Help & Photo Session with Benji - BIS 8:15 Ping Pong - FS 9:30 Balance Pro - CAC 9:30 The Bridge Club - EXD 10:30 Stretch & Unwind Fitness - FS 11:30 Cardio Strength - FS 1:00 Art Class - AS 1:00 Blackjack - TBD 1:30 Balance Basics - FS 3:00 Brain Builder’s Club - CIN 6:45 MediciTV Presents - CIN Alexandre Desplat conducts “From Paris to Hollywood” 7:00 Friends of Bill W - CHP	3 8:30 Tai Chi - FS 9:00 Men's Coffee - DES 9:30 Aqua Blast - IP 10:30 Bible Study with Benji - CIN 10:30 Mat Pilates - FS 12:30 Open Poker - TBD 1:30 Move 'n Groove Dance - FS 2:00 Mah-Jongg Refresher - BIS 2:30 Team Trivia - CIN 2:30 Tai Chi - FS 3:30 Open ZIBRIO Testing - FS	4 8:30 Qigong - FS 9:00 Coffee with SWFL Vets - DES 9:30 Balance Pro - CAC 10:30 Strength Building - CAC 11:30 Sit & Be Fit - FS 12:15 Mah-Jongg - LIB 12:30 Open Poker - CHP 2:30 E.D.U College Bound! - CIN “An Introduction to CS Lewis— Writings & Significance” Lesson #8: “The Abolition of Man” ** Chair Yoga is Cancelled Today **	5 9:30 Ping Pong - FS 10:30 Rummikub - CHP 1:00 Open Ping-Pong - FS 2:30 Documentary Feature - CIN “In Football We Trust” 7:00 Feature Film - CAC “Remember the Titans” Garcia Car Detailing On Campus Starting at 8:00 AM By Appointment: (239) 572-2742
SUNDAY	MONDAY					
6 10:00 Christian Worship Service - CAC 11:00-2:00 Sunday Brunch - EXD 11:30 Catholic Mass & Eucharist - CAC 1:00 Open Ping Pong - FS 1:30 Lutheran Church Service by Grace Lutheran—CAC 2:00 Matinee Series - CIN Masterpiece’s “Poldark” Season One Episodes #7 & #8 4:30 Sunday Sing-a-Long - Lounge	7 HAPPY LABOR DAY 11:00-2:00 Labor Day Buffet - EXD 12:30 Samba Card Game - CHP 2:30 Let’s Play Thirteen - BIS 2:30 “Name That Tune” Afternoon with DJ Aace Entertainment - CAC ** REMINDER ** Bistro & Pub are Closed Today No Fitness Classes Today	8 8:30 Prayer & Bible Study - BIS 9:15 Sit & Be Fit with Maria - FS 9:30 Aqua Blast with Jenn - IP 10:00 DEPART: Publix Shopping 10:00 Social Stitchers - LIB 10:00 Tech Talk with Erick - CIN “Online On-Demand Delivery Services” 10:30 Rummikub - CHP 11:30 Scrabble - LIB 2:00 International Film - CIN “Letter: The Story of the Ordinarius” 4:00-5:00 Fifth-Third Bank Hour ** Modified Fitness Schedule **	9 8:00-10:00 Uniguest Help & Photo Session with Benji - BIS 8:15 Ping Pong - FS 9:30 Balance Pro - CAC 9:30 The Bridge Club - EXD 10:30 Stretch & Unwind Fitness - FS 1:00 Art Class - AS 1:00 Blackjack - CHP 3:00 Brain Builder’s Club - CIN 7:00 Friends of Bill W - CHP ** Modified Fitness Schedule **	10 9:00 Men's Coffee - DES 9:15 Sit & Be Fit with Maria - FS 9:30 Aqua Blast with Jenn - IP 10:30 Bible Study with Benji - CIN 12:30 Open Poker - CHP 1:00 Primetime University - CIN “Great Broadway Duets” 2:00 Caregiver Support - Assisted Living Chapel 2:00 Mah-Jongg Refresher - BIS 4:45-5:30 Thirsty Pub Game - Lounge 7:00 Billy Dean & Dawn Entertain! - CAC ** Modified Fitness Schedule **	11 ROSH HASHANAH BEGINS 9:00 Coffee with SWFL Vets - ZM 9:30 Balance Pro - CAC 10:30 Strength Building - CAC 12:15 Mah-Jongg - LIB 12:30 Open Poker - CHP 2:30 E.D.U College Bound! - CIN “Marxism, Socialism & Communism” Lesson #1: Marx, The Journalist 3:00 New Neighbor Mixer - CAC ** Modified Fitness Schedule **	12 9:30 Ping Pong - FS 10:30 Rummikub - CHP 1:00 Open Ping-Pong - FS 2:30 Documentary Feature - CIN “Chris & Martina—The Final Set” 7:00 Feature Film - CAC “Brian’s Song” Garcia Car Detailing On Campus Starting at 8:00 AM By Appointment: (239) 572-2742

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
13 10:00 Christian Worship Service - CAC 11:00-2:00 Sunday Brunch - EXD 11:30 Catholic Mass & Eucharist - CAC 1:00 Open Ping Pong - FS 2:00 Matinee Series - CIN Masterpiece's "Poldark" Season Two Episodes #1 & #2 4:30 Sunday Sing-a-Long - Lounge	14 8:30 Qigong - FS 9:30 Balance Pro - CAC 10:00 DEPART: Walmart Shopping 10:30 Strength Building - CAC 11:15 E.D.U. Curiosity - CIN "The True Story of Pirates" 11:30 Sit & Be Fit - FS 12:30 Samba Card Game - CHP 1:00 Ladies Bible Study Fellowship - CAC & DES 1:30 Chair Yoga - FS 2:00 Not Your Mama's Bingo - CIN 2:30 Let's Play Thirteen - BIS	15 8:30 Tai Chi - FS 8:30 Prayer & Bible Study - BIS 9:30 Aqua Blast - IP 10:00 DEPART: Publix Shopping 10:00 Social Stitchers - LIB 10:30 Rummikub - CHP 10:30 Mat Yoga - FS 11:30 Scrabble - LIB 1:00 Book Club - CIN "Buckeye" by Patrick Ryan 1:30 Boxing Fitness - FS 2:30 Tai Chi - FS 4:00-5:00 Fifth-Third Bank Hour 3:45 DEPART: Dinner Out to Black Forest	16 8:00-10:00 Uniguest Help & with Benji - BIS 8:15 Ping Pong - FS 9:30 Balance Pro - CAC 9:30 The Bridge Club - EXD 10:30 Stretch & Unwind Fitness - FS 11:30 Cardio Strength - FS 1:00 Art Class - AS 1:00 Blackjack - CHP 1:30 Balance Basics - FS 3:00 Brain Builder's Club - CIN 6:15 Primetime University - CIN "The Art of Authentication—Copies, Fakes & Forgeries" 7:00 Friends of Bill W - CHP	17 8:30 Tai Chi - FS 9:00 Men's Coffee - DES 9:30 Aqua Blast - IP 10:00-12:00 Self-Care with Essential Oils - Wellness 10:30 Bible Study with Benji - CIN 10:30 Mat Pilates - FS 12:30 Open Poker - CHP 1:00 Primetime University - CIN "A Pirate's Frequently Arrrgh-st Questions—The Facts about Pirates" 1:30 Move 'n Groove Dance - FS 2:00 Mah-Jongg Refresher - BIS 2:30 Tai Chi - FS 3:30 Open ZIBRIO Testing - FS	18 8:30 Qigong - FS 9:00 Coffee with SWFL Vets - ZM 9:30 Balance Pro - CAC 10:30 Strength Building - CAC 11:30 Sit & Be Fit - FS 12:15 Mah-Jongg - LIB 12:30 Open Poker - CHP 1:30 Chair Yoga - FS 2:30 E.D.U College Bound! - CIN "Marxism, Socialism & Communism" Lesson #2: Lenin, The Revolutionary 6:45 MediciTV Presents - CIN "Diana Reeves in Montreal"	19 9:30 Ping Pong - FS 10:30 Rummikub - CHP 1:00 Open Ping-Pong - FS 2:30 Documentary Feature - CIN "The Pirate Tapes" 7:00 Feature Film - CAC "We Are Marshall" <i>Garcia Car Detailing On Campus</i> <i>Starting at 8:00 AM</i> <i>By Appointment: (239) 572-2742</i>
20 YOM KIPPUR BEGINS 10:00 Christian Worship Service - CAC 11:00-2:00 Sunday Brunch - EXD 11:30 Catholic Mass & Eucharist - CAC 1:00 Open Ping Pong - FS 2:00 Matinee Series - CIN Masterpiece's "Poldark" Season Two Episodes #3 & #4 4:30 Sunday Sing-a-Long - Lounge	21 HOMECOMING SPIRIT WEEK Mismatch Monday! 8:30 Qigong - FS 9:30 Balance Pro - CAC 10:30 Strength Building - CAC 11:15 E.D.U. Curiosity - CIN "Great Bear Rainforest" 11:30 Sit & Be Fit - FS 12:30 Samba Card Game - CHP 1:00 Ladies Bible Study Fellowship - CAC & DES 1:30 Chair Yoga - FS 2:30 Build Your Own Pom-Poms - BIS 2:30 Let's Play Thirteen - BIS	22 HOMECOMING SPIRIT WEEK Team Tuesday! 8:30 Tai Chi - FS 8:30 Prayer & Bible Study - BIS 9:30 Aqua Blast - IP 10:00 DEPART: Publix Shopping 10:00 Social Stitchers - LIB 10:00 Tech Talk with Erick - CIN 10:30 Rummikub - CHP 10:30 Mat Yoga - FS 11:30 Scrabble - LIB 11:45 Workout Recovery Lunch & Learn - DES 1:30 Boxing Fitness - FS 1:30-2:30 Welcome Reception for Executive Director, Michelle Bettigole 2:30 Tai Chi - FS 4:00-5:00 Fifth-Third Bank Hour	23 HOMECOMING SPIRIT WEEK Wild Wednesday! 8:00-10:00 Uniguest Help & Photo Session with Benji - BIS 8:15 Ping Pong - FS 9:30 Balance Pro - CAC 9:30 The Bridge Club - EXD 10:00-1:00 Autumn Bake Sale benefitting the Alzheimer's Association - Rotunda 10:30 Stretch & Unwind Fitness - FS 11:30 Cardio Strength - FS 1:00 Art Class - AS 1:00 Blackjack - CHP 1:30 Balance Basics - FS 3:00 Brain Builder's Club - CIN 7:00 Friends of Bill W - CHP	24 HOMECOMING SPIRIT WEEK Twin Thursday! 8:30 Tai Chi - FS 9:00 Men's Coffee - DES 9:30 Aqua Blast - IP 10:30 Bible Study with Benji - CIN 10:30 Mat Pilates - FS 12:30 Open Poker - CHP 1:30 Move 'n Groove Dance - FS 1:30 Sparker's Soapbox - CAC "November Election Candidate Preview" 2:00 Mah-Jongg Refresher - BIS 2:30 Tai Chi - FS 3:00 Homecoming Pep Rally - CAC 3:30 Open ZIBRIO Testing - FS	25 HOMECOMING SPIRIT WEEK Homecoming Navy & Coral! 8:30 Qigong - FS 9:00 Coffee with SWFL Vets - ZM 9:30 Balance Pro - CAC 10:30 Strength Building - CAC 11:30 Sit & Be Fit - FS 12:15 Mah-Jongg - LIB 12:30 Open Poker - CHP 1:30 Homecoming Chair Volleyball Game - CAC 4:45-5:30 Thirsty Pub Game - Lounge	26 9:30 Ping Pong - FS 10:30 Rummikub - CHP 1:00 Open Ping-Pong - FS 2:30 Documentary Feature - CIN "The Quincy Avery Affect" 6:30 Homecoming After Dinner Dance featuring Lakeshore Sound <i>Garcia Car Detailing On Campus</i> <i>Starting at 8:00 AM</i> <i>By Appointment: (239) 572-2742</i>
27 10:00 Christian Worship Service - CAC 11:00-2:00 Last Sunday Brunch - EXD 11:30 Catholic Mass & Eucharist - CAC 1:00 Open Ping Pong - FS 2:00 Matinee Series - CIN Masterpiece's "Poldark" Season Two Episodes #5 & #6 4:30 Sunday Sing-a-Long - Lounge	28 8:30 Qigong - FS 9:30 Balance Pro - CAC 10:30 Strength Building - CAC 11:15 E.D.U. Curiosity - CIN "The Body—Keys to Overcoming Modern Day Diseases" 11:30 Sit & Be Fit - FS 12:30 Samba Card Game - TBD 1:00 Ladies Bible Study Fellowship - CAC & DES 1:30 Chair Yoga - FS 2:00 Team Trivia - CIN 2:00-4:00 Wig Styling Event - Rejuvenate Spa 2:30 Let's Play Thirteen - BIS 3:00 Flamingo Club Workshop - CAC	29 8:30 Tai Chi - FS 8:30 Prayer & Bible Study - BIS 9:30 Aqua Blast - IP 10:00 DEPART: Publix Shopping 10:00 Social Stitchers - LIB 10:30 Rummikub - TBD 10:30 Mat Yoga - FS 11:30 Scrabble - LIB 1:30 Boxing Fitness - FS 2:00-4:00 Oktoberfest with Haffenkappelle - CAC 2:30 Tai Chi - FS 4:00-5:00 Fifth-Third Bank Hour	30 8:00-10:00 Uniguest Help & Photo Session with Benji - BIS 8:15 Ping Pong - FS 9:30 Balance Pro - CAC 9:30 The Bridge Club - EXD 10:30 Stretch & Unwind Fitness - FS 11:30 Cardio Strength - FS 1:00 Art Class - AS 1:00 Blackjack - TBD 1:30 Balance Basics - FS 3:00 Brain Builder's Club - CIN 6:15 Primetime University - CIN "Behind the Scenes of the Most Iconic Moments in Film History, Pt. 1" 7:00 Friends of Bill W - CHP	1 OCTOBER 8:30 Tai Chi - FS 9:00 Men's Coffee - DES 9:30 Aqua Blast - IP 10:30 Bible Study with Benji - CIN 10:30 Mat Pilates - FS 12:30 Open Poker - TBD 1:30 Move 'n Groove Dance - FS 2:00 Mah-Jongg Refresher - BIS 2:30 Tai Chi - FS 3:30 Open ZIBRIO Testing - FS 6:45 MediciTV Presents - CIN "Jordi Sovall conducts Beethoven's Missa Solemnis"	2 8:30 Qigong - FS 9:00 Coffee with SWFL Vets - ZM 9:30 Balance Pro - CAC 10:30 Strength Building - CAC 11:30 Sit & Be Fit - FS 12:15 Mah-Jongg - LIB 12:30 Open Poker - CHP 1:30 Chair Yoga - FS 2:00 LIFE+ Launch Expo - CAC 3:00 E.D.U College Bound! - CIN "Marxism, Socialism & Communism" Lesson #3: Stalin, The Dictator	3 9:30 Ping Pong - FS 10:30 Rummikub - CHP 1:00 Open Ping-Pong - FS 2:30 Documentary Feature - CIN "A Trip to Infinity" 7:00 Feature Film - CAC "Pressure" starring Oscar Award Winner Brendan Fraser <i>Garcia Car Detailing On Campus</i> <i>Starting at 8:00 AM</i> <i>By Appointment: (239) 572-2742</i>