



RESTORE

AT CAROLINA PARK

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 9am WALK/JUICE DAY 11am YOGA 2pm WATER AEROBICS 4pm COOKING DEMO	3 9am BIKE RIDE/COFFEE 11am BALANCE CLASS 2pm WATER AEROBICS 4pm TECH TUESDAY	4 9am WALK&TALK 11am YOGA 2pm WATER AEROBICS 4pm GET CRAFTY CLUB	5 9am BIKE RIDE 11am BALANCE CLASS 2pm WATER AEROBICS 4pm GAME CLUB	6 9am FRIDAY FUNDAY WORKOUT 12pm BINGO 5pm HAPPY HOUR	7 9am STRENGTH/ STRETCHING 12pm POTLUCK BY THE POOL
8 EXPLORE CHARLESTON	9 9am WALK&TALK 11am YOGA 2pm WATER AEROBICS 4pm BOOK CLUB	10 9am BIKE RIDE 11am BALANCE CLASS 2pm WATER AEROBICS 4pm TECH TUESDAY	11 9am WALK/JUICE DAY 11am YOGA 2pm WATER AEROBICS 4pm GET CRAFTY CLUB	12 9am BIKE RIDE/COFFEE 11am BALANCE CLASS 2pm WATER AEROBICS 4pm CARD CLUB 7pm CASINO NIGHT	13 9am FRIDAY FUNDAY WORKOUT 12pm LUNCH&LEARN 6pm MOVIE NIGHT	14 9am STRETCH/MEDITATION 1pm BOCCE/PICKLEBALL TOURNAMENT 6pm MOVIE NIGHT
15 VISIT THE BEACH	16 9am WALK/JUICE DAY 11am YOGA 2pm WATER AEROBICS 4pm COOKING DEMO	17 9am BIKE RIDE/COFFEE 11am BALANCE CLASS 2pm WATER AEROBICS 4pm TECH TUESDAY	18 9am WALK&TALK 11am YOGA 2pm WATER AEROBICS 4pm GET CRAFTY CLUB	19 9am BIKE RIDE 11am BALANCE CLASS 2pm WATER AEROBICS 4pm GAME CLUB	20 9am FRIDAY FUNDAY WORKOUT 1pm CROSSWORDS & COOKIES	21 9am STRENGTH/STRETCH 12pm GRILL & CHILL W/LIVE MUSIC BY THE POOL
22 GRILL OUT WITH YOUR NEW FRIENDS AT REVEL	23 9am WALK&TALK 11am YOGA 2pm WATER AEROBICS 4pm BOOK CLUB 6pm PAINT & SIP	24 9am BIKE RIDE 11am BALANCE CLASS 2pm WATER AEROBICS 4pm TECH TUESDAY	25 9am WALK/JUICE DAY 11am YOGA 2pm WATER AEROBICS 4pm GET CRAFTY CLUB	26 9am BIKE RIDE/COFFEE 11am BALANCE CLASS 2pm WATER AEROBICS 4pm CARD CLUB	27 9am FRIDAY FUNDAY WORKOUT 12pm RESIDENTS BIRTHDAY POOL PARTY	28 9am STRETCH/MEDITATION 1pm PICNIC AND CORNHOLE 6pm MOVIE NIGHT
29 RELAX BY THE POOL	30 9am WALK/JUICE DAY 11am YOGA 2pm WATER AEROBICS 4pm COOKING DEMO	31 9am BIKE RIDE/COFFEE 11am BALANCE CLASS 2pm WATER AEROBICS 4pm TECH TUESDAY				