


**Tropics Resident's Club**  
**October 2017**

The Tropics Coffee Club meets M/F am in the Conference Room, Come and Join Us!

Sun	Mon	Tues	Wed	Thur	Fri	Sat
1  5:30 PM	2 <b>Yoga</b> 8:45-9:45 am  1:00 PM <b>Craft Class</b> 2:00 PM <b>Line Dance</b> 3:30 - 5:00 pm	3 <b>Spring Chickens</b> 8:30 AM  <b>Spectrum</b> Lunch <b>noon</b>	4 <b>Tai Chi</b> 8:30 - 9:30 am <b>Yoga</b> 8:15-9:45 am <b>Bingo</b> 6:30 PM <b>Snack Bar</b> 5:00 PM	5 <b>Spring Chickens</b> 8:30 AM <b>Health Mobile</b> 9am-noon <b>Spectrum</b> Lunch @ Noon <b>Board Mtg</b> 7:00 PM	6 <b>Tai Chi</b> 8:30 - 9:30 am <b>Yoga</b> 8:15-9:45 am  1:00 PM <b>Movie Night</b> Movie @ 6:30 pm	7
8	9 <b>Yoga</b> 8:45-9:45 am  1:00 PM <b>Craft Class</b> 2:00 PM <b>Line Dance</b> 3:30 - 5:00 pm	10 <b>Spring Chickens</b> 8:30 AM  <b>Spectrum</b> Lunch <b>noon</b>	11 <b>Tai Chi</b> 8:30 - 9:30 am <b>Yoga</b> 8:15-9:45 am <b>Bingo</b> 6:30 PM <b>Snack Bar</b> 5:00 PM	12 <b>Spring Chickens</b> 8:30 AM <b>Health Mobile</b> 9am-noon <b>Spectrum</b> Lunch @ Noon <b>Gen. Meeting</b> 7:00 PM	13 <b>Yoga</b> 8:15-9:45 am <b>Food Bank</b> 10:30am  1:00 PM <b>Movie Night</b> Movie @ 6:30 pm	14 <b>Breakfast</b> 8:30 - 9:45am 
15	16 <b>Yoga</b> 8:45-9:45 am  1:00 PM <b>Craft Class</b> 2:00 PM <b>Line Dance</b> 3:30 - 5:00 pm	17 <b>Spring Chickens</b> 8:30 AM  <b>Spectrum</b> Lunch <b>noon</b>	18 <b>Tai Chi</b> 8:30 - 9:30 am <b>Yoga</b> 8:15-9:45 am <b>Bingo</b> 6:30 PM <b>Snack Bar Dinner</b> 5 PM	19 <b>Spring Chickens</b> 8:30 AM <b>Health Mobile</b> 9am-noon <b>Spectrum</b> Lunch @ Noon <b>Gen. Meeting</b> 7:00 PM	20 <b>Tai Chi</b> 8:30 - 9:30 am <b>Yoga</b> 8:15-9:45 am  1:00 PM <b>Movie Night</b> Movie @ 6:30 pm	21 Tropics Travelers 
22	23 <b>Yoga</b> 8:45-9:45 am  1:00 PM <b>Craft Class</b> 2:00 PM <b>Line Dance</b> 3:30 - 5:00 pm	24 <b>Spring Chickens</b> 8:30 AM  <b>Spectrum</b> Lunch <b>noon</b>	25 <b>Tai Chi</b> 8:30 - 9:30 am <b>Yoga</b> 8:15-9:45 am <b>Bingo</b> 6:30 PM <b>Snack Bar</b> 5:00 PM	26 <b>Spring Chickens</b> 8:30 AM <b>Health Mobile</b> 9am-noon <b>Spectrum</b> Lunch @ Noon <b>Genealogy Cir</b> 1:30 PM	27 <b>Yoga</b> 8:15-9:45 am <b>Food Bank</b> 10:30am  1:00 PM <b>Movie Night</b> Movie @ 6:30 pm	28  Dinner 6:00 PM
29	30 <b>Yoga</b> 8:45-9:45 am  1:00 PM <b>Craft Class</b> 2:00 PM <b>Line Dance</b> 3:30 - 5:00 pm	31 <b>Spring Chickens</b> 8:30 AM <b>Spectrum</b> Lunch <b>noon</b> 				

**Tropics Resident's Club**

**October 2017**

The Tropics Coffee Club meets M/F am in the Conference Room, Come and Join Us!