

SEPTEMBER & OCTOBER EVENTS & SPECIALS

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

28

CCCF: 8-10am
Sunday Funday: 12- 8pm
Couples League: 2pm

5

CCCF: 8-10am
Christian Science Grp: 10am
Sunday Funday: 12- 8pm
Couples League: 2pm

12

CCCF: 8-10am
Sunday Funday: 12- 8pm
Couples League: 2pm

19

CCCF: 8-10am
Sunday Funday: 12- 8pm
Couples League: 2pm

26

CCCF: 8-10am
Sunday Funday: 12- 8pm
Couples League: 2pm

30

Breakfast Club: 10am
Humanitarian Group: 1-3pm
Ladies 9 Hole: 4pm

6

Breakfast Club: 10am
Humanitarian Group: 1-3pm
Ladies 9 Hole: 4pm

13

Breakfast Club: 10am
Humanitarian Group: 1-3pm
Ladies 9 Hole: 4pm

20

Breakfast Club: 10am
Humanitarian Group: 1-3pm
Ladies 9 Hole: 4pm

27

Breakfast Club: 10am
Humanitarian Group: 1-3pm
Ladies 9 Hole: 4pm
PMT Meeting: 4pm

31

Writing Group: 10:30am
Mahjongg: 1-4pm
Mens League: 4pm

7

Writing Group: 10am
Mahjongg: 1-4pm
Financial Seminar: 1:30pm
Mens League: 4pm
Financial Seminar: 6:30pm
Book Club: 7pm

14

Writing Group: 10:30am
Mahjongg: 1-4pm
Mens League: 4pm

21

Writing Group: 10:30am
Mahjongg: 1-4pm
Mens League: 4pm
Potluck: 5:45pm

28

POA DUES MUST BE PAID IN
ORDER TO AVOID INTEREST
Writing Group: 10:30am
Mahjongg: 1-4pm
Mens League: 4pm

1

POA DUES ARE DUE
Hackers: 9am
Knit for Kids: 11-12:00pm

8

Hackers: 9am
Cornhole League: 3-5pm
Stride & Ride: 5:00pm- Dusk

15

Hackers: 9am
Cornhole League: 3-5pm
Stride & Ride: 5:00pm- Dusk

22

Hackers: 9am
Breast Cancer Walk: 3-5pm

29

Hackers: 9am
Cornhole League: 3-5pm
Stride & Ride: 5:00pm- Dusk

2

Arts & Crafts: 9:30-11:30am
Birdie Seekers: 9:30am
Home School Group: 11am
Mens League: 4pm
Bible Study: 6-7:30pm
Trivia DJ Decibull: 7pm

9

Arts & Crafts: 9:30-11:30am
Birdie Seekers: 9:30am
Home School Group: 11am
Mens League: 4pm
Bible Study: 6-7:30pm
Trivia DJ Decibull: 7pm

16

Arts & Crafts: 9:30-11:30am
Birdie Seekers: 9:30am
Home School Group: 11am
Mens League: 4pm
Bible Study: 6-7:30pm
Trivia DJ Decibull: 7pm

23

Arts & Crafts: 9:30-11:30am
Birdie Seekers: 9:30am
Home School Group: 11am
Mens League: 4pm
Bible Study: 6-7:30pm
Trivia DJ Decibull: 7pm

30

Arts & Crafts: 9:30-11:30am
Birdie Seekers: 9:30am
Home School Group: 11am
Mens League: 4pm
Bible Study: 6-7:30pm
Trivia DJ Decibull: 7pm

3

Open Mic with Jim McNally &
John Quade: 7-10pm

10

17

The Chest Pains: 7-10pm

24

The Upside of Down: 6-9pm

31

Rockoholics: 7-10pm
Halloween Costume Party
Tick-or-Treat

4

Double Points 4-9pm

11

Monthly Members Memorial
Tournament in honor of Rob
Giard: 9am
Double Points 4-9pm
Tranzfusion: 7-10pm

18

Double Points 4-9pm

25

Ballots must be postmarked
by today
Double Points 4-9pm

1

FAIL FEST
Double Points 4-9pm

All Times and activities are subject to change. For more information, please contact Reception at 757-824-3465

SEPTEMBER & OCTOBER FITNESS CALENDAR

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

28

Competitive Water Volleyball:
4:30-7pm

5

Competitive Water Volleyball:
4:30-7pm

12

Competitive Water Volleyball:
4:30-7pm

19

Competitive Water Volleyball:
4:30-7pm

26

Competitive Water Volleyball:
4:30-7pm

30

HydroCycle: 8am & 4:30pm
Water Aerobics: 9-10:10am
Floor Aerobics: 9 & 10am
Pool Volleyball: 10:15am

6

HydroCycle: 8am & 4:30pm
Water Aerobics: 9-10:10am
Floor Aerobics: 9 & 10am
Pool Volleyball: 10:15am

13

HydroCycle: 8am & 4:30pm
Water Aerobics: 9-10:10am
Floor Aerobics: 9 & 10am
Pool Volleyball: 10:15am

20

HydroCycle: 8am & 4:30pm
Water Aerobics: 9-10:10am
Floor Aerobics: 9 & 10am
Pool Volleyball: 10:15am

27

HydroCycle: 8am & 4:30pm
Water Aerobics: 9-10:10am
Floor Aerobics: 9 & 10am
Pool Volleyball: 10:15am

31

Crunch to Core: 10-10:45am

7

Crunch to Core: 10-10:45am

14

Crunch to Core: 10-10:45am

21

Crunch to Core: 10-10:45am

28

Crunch to the Core: 10-11am

1

HydroCycle: 8am & 4:30pm
Water Aerobics: 9-10:10am
Floor Aerobics: 9 & 10am
Pool Volleyball: 10:15am
Chair Dance: 4pm
Total Body: 6:30pm

8

HydroCycle: 8am & 4:30pm
Water Aerobics: 9-10:10am
Floor Aerobics: 9 & 10am
Pool Volleyball: 10:15am
Chair Dance: 4pm
Total Body: 6:30pm

15

HydroCycle: 8am & 4:30pm
Water Aerobics: 9-10:10am
Floor Aerobics: 9 & 10am
Pool Volleyball: 10:15am
Chair Dance: 4pm
Total Body: 6:30pm

22

HydroCycle: 8am & 4:30pm
Water Aerobics: 9-10:10am
Floor Aerobics: 9 & 10am
Pool Volleyball: 10:15am
Chair Dance: 4pm
Total Body: 6:30pm

29

HydroCycle: 8am & 4:30pm
Water Aerobics: 9-10:10am
Floor Aerobics: 9 & 10am
Pool Volleyball: 10:15am
Chair Dance: 4pm
Total Body: 6:30pm

2

Strength Train: 8:30- 9:30am
Yoga: 10am

9

Strength Train: 8:30- 9:30am
Yoga: 10am

16

Strength Train: 8:30- 9:30am
Yoga: 10am

23

Strength Train: 8:30- 9:30am
Yoga: 10am

30

Strength Train: 8:30- 9:30am
Yoga: 10am

3

HydroCycle: 8- 8:45am
Water Aerobics: 9-10:10am
Floor Aerobics: 9 & 10am
Pool Volleyball: 10:15am
Walking Group: 3-4pm

10

HydroCycle: 8- 8:45am
Water Aerobics: 9-10:10am
Floor Aerobics: 9 & 10am
Pool Volleyball: 10:15am
Walking Group: 3-4pm

17

HydroCycle: 8- 8:45am
Water Aerobics: 9-10:10am
Floor Aerobics: 9 & 10am
Pool Volleyball: 10:15am
Walking Group: 3-4pm

24

HydroCycle: 8- 8:45am
Water Aerobics: 9-10:10am
Floor Aerobics: 9 & 10am
Pool Volleyball: 10:15am
Walking Group: 3-4pm

31

HydroCycle: 8- 8:45am
Water Aerobics: 9-10:10am
Floor Aerobics: 9 & 10am
Pool Volleyball: 10:15am
Walking Group: 3-4pm

4

HydroCycle: 8-9am
Get Out & Play 10-11am
Competitive Water Volleyball:
4:30-7pm

11

HydroCycle: 8-9am
Get Out & Play 10-11am
Competitive Water Volleyball:
4:30-7pm

18

HydroCycle: 8-9am
Get Out & Play 10-11am
Competitive Water Volleyball:
4:30-7pm

25

HydroCycle: 8-9am
Get Out & Play 10-11am
Competitive Water Volleyball:
4:30-7pm

1

HydroCycle: 8-9am
Get Out & Play 10-11am
Competitive Water Volleyball:
4:30-7pm

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