

SUN	MON	TUE	WED	THUR	FRI	SAT
LOCATION KEY A - AUDITORIUM A/LR - AUDITORIUM/ LIVING ROOM CR - CONFERENCE ROOM	CC - COZY CORNER LR - LIVING ROOM			9:45 AM Grocery Shopping 10:00 AM <i>Tai Chi</i> (A) 11:30 AM Balance & Strength (A)	9:00 AM Walking Club (Beach Walk) (Front of Seabrook House) 11:15 AM Balance & Strength (A) 12:00 PM Chair Exercise (A) 2:00 PM Rumikub (LR) 4:30 PM Happy Hour with Dave Ellis Town Council Dist 5 candidate (LR/A)	10:30 AM Current Events (CR) 11:00 AM Fish and Grits Music Festival (O) 11:30 AM Chair Yoga W/ Mary (A) 1:00 PM Bridge (LR) 2:00 PM Knitting Club w/ Ginny & Friends (L) 3:00 PM A classical music performance: A Juilliard student performance (A)
10:30 AM Sunday Church Service (A) 3:00 PM Cyndy Shelton Memorial (A/LR) 3:30 PM Bible Study (FC) 6:00 PM CANCELLED: Sunday Movie: (A)	9:45 AM Morning Mingle (LR) 10:00 AM Aldi's/Hobby Lobby/Target Shopping 11:15 AM Balance & Strength (A) 12:00 PM Chair Exercise (A) 2:00 PM Monday Mingle (LR) 4:30 PM Happy Hour (LR/A)	9:00 AM Harris Teeter Pick-up 10:00 AM Bank Run 11:30 AM Balance & Strength (A) 1:00 PM Chair Yoga W/ Mary (A) 1:00 PM Trivial Pursuit (LR) 2:15 PM Poker Club (LR)	9:45 AM Seabrook Singers (A) 10:00 AM Catholic Communion Service (FC) 11:15 AM Balance & Strength (A) 12:00 PM Chair Exercise (A) 12:30 PM Duplicate Bridge (LR) 7:00 PM Bingo (A)	9:45 AM Grocery Shopping 10:00 AM <i>Tai Chi</i> (A) 11:30 AM Balance & Strength (A) 3:00 PM Talk w/ Greg Critchly (A) 6:00 PM Pop Up Movie (A)	9:00 AM Walking Club (Beach Walk) (Front of Seabrook House) 11:00 AM Harbor Town Stroll & Shop (O) 11:15 AM Balance & Strength (A) 12:00 PM Chair Exercise (A) 2:00 PM Rumikub (LR) 4:30 PM Happy Hour (LR/A)	10:30 AM Current Events (CR) 11:30 AM Chair Yoga W/ Mary (A) 1:00 PM Bridge (LR) 2:00 PM Knitting Club w/ Ginny & Friends (L)
10:30 AM Sunday Church Service (A) 3:30 PM Bible Study (FC) 6:00 PM Sunday Movie: Practical Magic (A)	Indigenous Peoples' Day 9:45 AM Morning Mingle (LR) 11:15 AM Balance & Strength (A) 12:00 PM Chair Exercise (A) 2:00 PM Monday Mingle (LR) 4:30 PM Happy Hour with Ann Shippy Candidate for SC House 123 (LR/A)	9:00 AM Harris Teeter Pick-up 11:30 AM Resident Council (CR) 11:30 AM Balance & Strength (A) 1:00 PM Chair Yoga W/ Mary (A) 1:00 PM Trivial Pursuit (LR) 2:15 PM Poker Club (LR)	9:45 AM Seabrook Singers (A) 10:00 AM Catholic Mass (FC) 10:00 AM Walmart/Dollar Tree/Barnes & Noble 11:15 AM Balance & Strength (A) 12:00 PM Chair Exercise (A) 12:30 PM Duplicate Bridge (LR)	9:45 AM Grocery Shopping 10:00 AM <i>Tai Chi</i> (A) 11:30 AM Balance & Strength (A) 11:30 AM Lunch and Learn: Mary Cassatt (O) 3:00 PM A Musical Performance w/ The Band: American Juke Box (A)	9:00 AM Walking Club (Beach Walk) (Front of Seabrook House) 10:30 AM Book Mobile (Front of Seabrook House) 11:15 AM Balance & Strength (A) 12:00 PM Chair Exercise (A) 2:00 PM Rumikub (LR) 4:30 PM Happy Hour (LR/A)	10:30 AM Current Events (CR) 11:30 AM Chair Yoga W/ Mary (A) 1:00 PM Bridge (LR) 2:00 PM Knitting Club w/ Ginny & Friends (L) 6:30 PM Cordials (LR)
10:30 AM Sunday Church Service (A) 3:30 PM Bible Study (FC) 6:00 PM Sunday Movie: (A)	9:45 AM Morning Mingle (LR) 10:00 AM Aldi's/Hobby Lobby/Target Shopping 11:15 AM Balance & Strength (A) 12:00 PM Chair Exercise (A) 2:00 PM Monday Mingle (LR) 4:30 PM Happy Hour with Alan Perry current Mayor and running for reelection (LR/A)	9:00 AM Harris Teeter Pick-up 10:00 AM Bank Run 11:30 AM Balance & Strength (A) 1:00 PM Chair Yoga W/ Mary (A) 1:00 PM Trivial Pursuit (LR) 2:15 PM Poker Club (LR) 2:30 PM Monthly Documentary: Halloween Origins (A)	9:45 AM Seabrook Singers (A) 10:00 AM Catholic Communion Service (FC) 11:15 AM Balance & Strength (A) 11:30 AM Lunch and Opera: Macbeth (O) 12:00 PM Birthday Lunch (DR) 12:00 PM Chair Exercise (A) 12:30 PM Duplicate Bridge (LR) 7:00 PM Bingo (A)	9:00 AM Audiologist (Nurses Office) 9:45 AM Grocery Shopping 10:00 AM <i>Tai Chi</i> (A) 11:30 AM Balance & Strength (A) 2:00 PM Grief Support Meeting (CR) 3:00 PM Welcome Committee: New Member Orientation (A)	9:00 AM Walking Club (Beach Walk) (Front of Seabrook House) 11:15 AM Balance & Strength (A) 12:00 PM Chair Exercise (A) 2:00 PM Rumikub (LR) 3:15 PM Dinner and Haunted Carriage Ride (O) 4:30 PM Happy Hour (LR/A)	9:00 AM Alzheimer's Walk (OUTING) 10:30 AM Current Events (CR) 11:30 AM Chair Yoga W/ Mary (A) 1:00 PM Bridge (LR) 2:00 PM Knitting Club w/ Ginny & Friends (L) 3:30 PM Mary Mikels: Broadway to Bocelli (A/LR)
10:30 AM Sunday Church Service (A) 3:30 PM Bible Study (FC) 6:00 PM Sunday Movie: (A)	9:45 AM Morning Mingle (LR) 10:30 AM Book Mobile (Front of Seabrook House) 11:15 AM Balance & Strength (A) 12:00 PM Chair Exercise (A) 2:00 PM Monday Mingle (LR) 4:30 PM Happy Hour (LR/A)	9:00 AM Harris Teeter Pick-up 11:30 AM Balance & Strength (A) 1:00 PM Chair Yoga W/ Mary (A) 1:00 PM Trivial Pursuit (LR) 2:15 PM Poker Club (LR) 3:00 PM The Seabrook Book Club (CC)	9:45 AM Seabrook Singers (A) 10:00 AM Catholic Communion Service (FC) 10:00 AM Walmart/Dollar Tree/Barnes & Noble 11:15 AM Balance & Strength (A) 12:00 PM Chair Exercise (A) 12:30 PM Duplicate Bridge (LR) 2:00 PM Board of Trustees/Regime Board Meeting (A) 5:00 PM Dinner at Sea Pines Beach Club (O)	9:45 AM Grocery Shopping 10:00 AM <i>Tai Chi</i> (A) 11:30 AM Balance & Strength (A)	9:00 AM Walking Club (Beach Walk) (Front of Seabrook House) 11:00 AM Pumpkins and Petals (LR) 11:15 AM Balance & Strength (A) 12:00 PM Chair Exercise (A) 1:30 PM Costume Contest (A) 2:00 PM Rumikub (LR) 4:30 PM Halloween Party (LR/A)	Halloween 10:30 AM Current Events (CR) 11:30 AM Chair Yoga W/ Mary (A) 1:00 PM Bridge (LR) 2:00 PM Knitting Club w/ Ginny & Friends (L)

October 2026

