



Live here
Live well.

OCTOBER 2025

- Resident Led
- Team Led
- Vendor Led

			9:00 A Walk in the Park w/Mike (Landa Park) 10:30 Low-Impact Circuit w/Diane - FC 12:00 Mahjong - Pub 1:00 Chair Yoga w/Liz - FC 1:00 Loteria 1:00 Mexican Train Dominos Club - GR 6:30 Texas Hold-Em - Pub Wed 1	9:30 Sit to Fit w/Diane - FC 11:00 Beanbag Baseball - FC 1:00 Bingo - AR 2:30 42 Dominoes Club - GR 5:00 Birthday Bash Social Hour Menu: Pizza, Salad, & Dessert Thu 2	9:30 Aquatic Strength w/Diane - Pool 11:30 Mat Stretch w/Aixa - FC 1:00 Bring a Friend Bingo - AR 2:00 Hand & Foot - GR 2:30 Billiards and Brews - GMR 7:00 Halloween Movie Night - THTR "Young Frankenstein" Fri 3	10:15 Gentle Yoga w/Liz - FC 1:00 Rumicube Club - Pub Sat 4
2:00 Euchre Card Club 2:00 Line Dancing w/Marilyn Sun 5	9:00 Pickleball Lesson - PC 11:00 Total Strength and Stretch w/Yesi - FC 1:00 Bingo - AR 3:00 Game Time - Pub 6:00 Bible Study - Pub Mon 6	10:00 Garden Club - AR 10:30 Chris Elmo Medicare Demonstration 1:00 Loteria 1:00 Chari Yoga w/Suzanne-FC 2:00 Music and Sing-Along - Pub 4:00 Decorative Cards w/Libby 4:00 Spanish Lesson - Pub 7:00 Bring a Friend Loteria - AR Tue 7	10:30 Low-Impact Circuit w/Diane - FC 12:00 Mahjong- Pub 1:00 Loteria 1:00 Chair Yoga w/Liz - FC 1:00 Mexican Train Dominos Club - GR 6:30 Dealer's Choice Poker - Pub 7:00 Pickleball Lesson - PC Wed 8	9:30 Sit to Fit w/Diane -FC 1:00 Bingo - AR 2:30 42 Dominoes Club- GR 5:00 Community Social Hour Menu: Meatloaf w/Gravy Macaroni & Cheese w/ Garden Salad Thu 9	9:30 Aqua Strength w/Diane - Pool 11:30 Simple Stretch w/Aixa 1:00 Bring a Friend Bingo - AR 2:00 Hand & Foot - GR 2:30 Billiards & Brews - GMR 3:30 Smart Phone 101 w/David 7:00 Halloween Movie Night - THTR "Practical Magic" Fri 10	10:15 Gentle Yoga w/Liz - FC 10:00 Larkspur Community Market Day 1:00 Rumicube Club - Pub Sat 11
2:00 Euchre Card Club 2:00 Line Dancing w/Marilyn Sun 12	10:30 New Resident Orientation - THTR 11:00 Total Strength and Stretch w/Yesi - FC 1:00 Bingo - AR 3:00 Game Time - Pub 6:00 Bible Study - Pub Mon 13	10:00 Garden Club - AR 10:30 Michelle de Guzman Fall Prevention Demonstration 11:30 Lunch Bunch: Huisache Grill 1:00 Loteria 1:00 Chair Yoga w/Suzanne - FC 4:00 Spanish Lesson - Pub 7:00 Bring a Friend Bingo - AR Tue 14	10:30 Low-Impact Circuit w/Diane - FC 12:00 Mahjong - Pub 1:00 Mexican Train Dominos Club - GR 1:00 Chair Yoga w/Liz - FC 1:00 Loteria 6:30 Texas Hold-Em - Pub Wed 15	9:30 Sit to Fit w/Diane - FC 11:00 Beanbag Baseball - FC 1:00 Bingo - AR 2:30 42 Dominoes Club - GR 5:00 Community Social Hour - Menu: Italian Night! Thu 16	9:30 Core n More w/ Diane - FC 11:30 Mat Stretch w/Aixa - FC 1:00 Bring a Friend Bingo - AR 2:00 Hand & Foot - GR 2:30 Billiards & Brews - GMR 4:00 Jeff Jewell Community Development Meeting -THTR 7:00 Halloween Movie Night -THTR "Corpse Bride" Fri 17	10:15 Gentle Yoga w/Liz - FC 1:00 Rumicube Club - Pub Sat 18
2:00 Euchre Card Club 2:00 Line Dancing w/Marilyn 3:00 Jeff Wood Concert Sun 19	9:00 Pickleball Lesson - PC 10:00 Resident Ambassador Meeting - Pub 11:00 Total Strength and Stretch w/Yesi - FC 1:00 Bingo - AR 3:00 Game Time - Pub 6:00 Bible Study - Pub Mon 20	10:00 Garden Club - AR 10:30 Chris Elmo Medicare Demonstration 1:00 Chair Yoga w/Suzanne- FC 1:00 Loteria 4:00 Spanish Lesson - Pub 4:00 - 6:00 Day Trippers 2nd Anniversary Social 6:00 Music & Sing -Along - PUB 7:00 Bring a Friend Loteria - AR Tue 21	9:00 A Walk in the Park w/Michael (Fischer Park) 10:30 Low-Impact Circuit w/Diane - FC 12:00 Mahjong- Pub 1:00 Mexican Train Dominos Club - GR 1:00 Chair Yoga w/Liz-FC 1:00 Loteria 6:30 Dealer's Choice Poker - Pub 7:00 Pickleball Lesson - PC Wed 22	9:30 Sit to Fit w/Diane - FC 1:00 Bingo - AR 2:30 42 Dominoes Club- GR 5:00 Community Social Hour- Menu: Finger Foods, Drinks, and Good Conversation! Thu 23	9:30 Core n More w/Diane - FC 11:30 Simple Stretch w/Aixa - FC 1:00 Bring a Friend Bingo - AR 2:00 Hand & Foot - GR 2:30 Billiards & Brews - GMR 3:30 Smart Phone 101 w/David - AR 7:00 Halloween Movie Night -THTR "Addams Family" Fri 24	10:15 Gentle Yoga w/Liz - FC 1:00 Rumicube Club - Pub Sat 25
2:00 Euchre Card Club 2:00 Line Dancing w/Marilyn Sun 26	11:00 Total Strength and Stretch w/Yesi - FC 1:00 Bingo - AR 3:00 Game Time - Pub 6:00 Bible Study - Pub Mon 27	10:00 Garden Club - AR 11:30 Lunch Bunch: Saltgrass Steakhouse 1:00 Chair Yoga w/Suzanne - FC 1:00 Loteria 4:00 Spanish Lesson - Pub 4:00 Decorative Cards w/Libby - AR 7:00 Bring a Friend Bingo - AR Tue 28	9:00 A Walk in the Park w/Michael (Landa Park) 10:30 Low-Impact Circuit w/Diane - FC 12:00 Mahjong - Pub 1:00 Mexican Train Dominos Club - GR 1:00 Chair Yoga w/Liz - FC 1:00 Loteria 6:30 Texas Hold-Em - Pub Wed 29	9:30 Sit to Fit w/Diane - FC 1:00 Bingo - AR 2:30 42 Dominoes Club- GR 5:00 Community Social Hour- Menu: Tex-Mex Night! Thu 30	9:30 Core n More w/Diane - FC 11:30 Mat Stretch w/Aixa - FC 1:00 Bring a Friend Bingo - AR 2:00 Hand & Foot - GR 2:30 Billiards & Brews - GMR 7:00 Halloween Movie Night -THTR "The Nightmare Before Christmas" Fri 31	

Contact Shape Up @
512.415.2828 &
schedule an appt. to
receive a complimentary
session.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			10:30 am Low Impact Circuit-FC Diane 1pm Chair Yoga-FC Liz	9:30am Sit to Fit-FC Diane	9:30am Aqua Strength-Diane	Gentle Yoga @ 10:15am Liz
5 No Class	6 11am Total Strength/Stretch w/ Yesi - FC	7 1pm Chair Yoga-FC Suzanne	8 10:30 am Low Impact Circuit-FC Diane 1pm Chair Yoga-FC Liz	9 9:30am Sit to Fit-FC Diane	10 9:30am Aqua Strength-Diane	11 Gentle Yoga @ 10:15am Liz
12 No Class	13 11am Total Strength/Stretch w/ Yesi - FC	14 1pm Chair Yoga-FC Suzanne	15 10:30 am Low Impact Circuit-FC Diane 1pm Chair Yoga-FC Liz	16 9:30am Sit to Fit-FC Diane	17 9:30am Core N More - Diane	18 Gentle Yoga @ 10:15am Liz
19 No Class	20 11am Total Strength/Stretch w/ Yesi - FC	21 1pm Chair Yoga-FC Suzanne	22 10:30 am Low Impact Circuit-FC Diane 1pm Chair Yoga-FC Liz	23 9:30am Sit to Fit-FC Diane	24 9:30am Core N More - Diane	25 Gentle Yoga @ 10:15am Liz
26 No Class	27 11am Total Strength/Stretch w/ Yesi - FC	28 1pm Chair Yoga-FC Suzanne	29 10:30 am Low Impact Circuit-FC Diane 1pm Chair Yoga-FC Liz	30 9:30am Sit to Fit-FC Diane	31 9:30am Core N More - Diane	



55+

Live here
Live well.

See our lifestyle
for yourself!