

May 2026 Daytime Activities (Before 5PM)



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Key:
 BR= Billiard Rm
 CR=Craft Room
 RH=Regency Hill
 RHF= Regency Hill Fitness
 IP= Indoor Pool
 L=Library
 GYM= Sloan Exercise Room
 OP- Open Play
 S= Sloan Clubroom
 SF= Sloan Fitness
 SPD= Sloan Pool Deck
 RA= Reception Area

April						
Su	M	Tu	W	Th	F	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		



June						
Su	M	Tu	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

1
 8:00a Aerobics RH
 9:15a Slow Flow Yoga SF
 10:45 Line Dancing S
 12-12:50 Rhythm& Balance S
 1:00p Canasta S
 2:00p Volleyball IP

2
 12:00p Set up wine Club #1
 2:00p Table Tennis SF

3
 2:00p Table Tennis SF

4
 8:00a Aerobics RH
 10:00a Table Tennis SF
 10:00a Chair Yoga S
 1:00p Mah Jogg RH
 1:00p Canasta S
 12-12:50 Rhythm&Balance SF
 4:00p Water Aerobics IP

5 8:00a Hackers
 9:15a Aerobics SF
 9:15a Gentle flow Yoga RH
 11:00a Gentle flowYogaSF
 1:00p Mah Jongg S
 1:00p Canasta RH
 4:00p LeCercle Francais BR
 4:00p Water Aerobics IP

6 8:00a Slice Girls
 8:00a Aerobics RH
 10:00 Chair Yoga SF
 1:00p Table Tennis SF
 1:00p Stitches S
 1:00p Mah Jongg RH
 2:00 Bowling

7
 9:15a Aerobics SF
 10:00a Table Tennis SF
 11:00-1:00p Bridge CR
 12:30p Hand and Foot RH
 1:00p Canasta S
 4:00p Water Aerobics IP
4:30p Set up Wine Club #3 RH

8
 8:00a Aerobics RH
 9:00a Coffee at the Clubhouse S
 9:15a Slow Flow Yoga SF
 10:45 Line Dancing S
 1:00p Canasta S
 2:00p Volleyball IP

9
 2:00p Table Tennis SF
4:00p Reading Phillies Bus Trip



10
 2:00p Table Tennis SF


11
 8:00a Aerobics RH
 10:00a Table Tennis SF
 10:00a Chair Yoga S
 1:00p Mah Jogg RH
 1:00p Canasta S
 4:00p Water Aerobics IP

12 8:00a Hackers
 9:15a Aerobics SF
 9:15a Gentle flow Yoga RH
 11:00a Gentle flowYoga SF
 12:00p Ladies Lunch Bunch
 1:00p Mah Jongg S
 1:00p Canasta RH
 4:00p Water Aerobics IP

13 8:00a Slice Girls
 8:00a Aerobics RH
9:00a ARC S
 10:00 Chair Yoga SF
 1:00p Table Tennis SF
 1:00p Stitches S
 1:00p Mah Jongg RH
 2:00 Bowling

14
 9:15a Aerobics SF
 10:00a Table Tennis SF
 11:00-1:00p Bridge CR
 12:30p Hand and Foot RH
 1:00p Canasta S
 4:00p Water Aerobics IP

15
 8:00a Aerobics RH
 9:15a Slow Flow Yoga SF
 10:45 Line Dancing S
 12-12:50 Rhythm& Balance S
 1:00p Canasta S
 2:00p Volleyball IP

16 Armed Forces Day
 12:00-3:00p Reg Irregulars S
 2:00p Table Tennis SF

17
 2:00p Table Tennis SF

18
 8:00a Aerobics RH
 10:00a Table Tennis SF
 10:00a Chair Yoga S
 1:00p Mah Jogg RH
 1:00p Canasta S
 4:00p Water Aerobics IP

19 8:00a Hackers
 9:15a Aerobics SF
 9:15a Gentle flow Yoga RH
 11:00a Gentle flowYoga SF
 10:30-12:30 Craft Du Jour S
 1:00p Mah Jongg S
 1:00p Canasta RH
 4:00p Water Aerobics IP

20 8:00a Slice Girls
 8:00a Aerobics RH
 10:00 Chair Yoga SF
 1:00p Table Tennis SF
 1:00p Stitches S
 1:00p Mah Jongg RH
 2:00 Bowling

21
 9:15a Aerobics SF
 10:00a Th morn Bk Club #3 RH
 10:00a Table Tennis SF
 11:00-1:00p Bridge CR
 12:30p Hand and Foot RH
 1:00p Canasta S
 4:00p Water Aerobics IP

22
 8:00a Aerobics RH
 9:15a Slow Flow Yoga SF
 10:45 Line Dancing S
 12-12:50 Rhythm& Balance S
 1:00p Canasta S
 2:00p Volleyball IP

23
 2:00p Table Tennis SF

24
 2:00p Table Tennis SF

25
 8:00a Aerobics RH
 10:00a Table Tennis SF
 1:00p Mah Jogg RH
 1:00p Canasta S
 4:00p Water Aerobics IP


26 8:00a Hackers
 9:15a Aerobics SF
 1:00p Mah Jongg S
 1:00p Canasta RH
 4:00p Water Aerobics IP

27 8:00a Slice Girls
 8:00a Aerobics RH
 10:00 Chair Yoga SF
 1:00p Table Tennis SF
 1:00p Stitches S
 1:00p Mah Jongg RH
 2:00 Bowling

28
 9:15a Aerobics SF
 10:00a Table Tennis SF
 11:00-1:00p Bridge CR
 12:30p Hand and Foot RH
 1:00p Canasta S
 4:00p Water Aerobics IP

29
 8:00a Aerobics RH
 10:45 Line Dancing S
 12-12:50 Rhythm& Balance S
 1:00p Canasta S
 2:00p Volleyball IP

30
 12:00p Set up Wine Club #2 S
 2:00p Table Tennis SF

31
 2:00p Table Tennis SF
2:00p Sunday Speaker
The Joy of Birdwatching
 By Val Rzepka

Notes: