

October 2026 Daytime Activities (Before 5PM)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
Key: BR= Billiard Rm CR=Craft Room RH=Regency Hill Clubroom 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		September <table> <tr><td>Su</td><td>M</td><td>Tu</td><td>W</td><td>Th</td><td>F</td><td>Sa</td></tr> <tr><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td></td><td></td><td></td></tr> </table>	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				November <table> <tr><td>Su</td><td>M</td><td>Tu</td><td>W</td><td>Th</td><td>F</td><td>Sa</td></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td></td><td></td><td></td><td></td><td></td></tr> </table>	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 9:15a Aerobics SF 9:30 FLU CLINIC L 10:00a Table Tennis SF 11:00-1:00 Bridge CR 12:30p Hand and Foot RH 1:00p Bowling 1:00p Canasta S 4:00p Water Aerobics IP	2 8:00a Aerobics RH 9:15a Slow Flow Yoga SF 10:45 Line Dancing S 1:00p Canasta S 2:00p Volleyball IP-4:00	3 2:00p Table Tennis SF 12:00 Set up IDG. S
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4 2:00p Table Tennis SF	5 8:00a Aerobics RH 8:30 Tai Chi 1 SF 9:30Intro Tai Chi/QiGong SF 11:00a Table Tennis SF 10:00a Chair Yoga S 1:00p Mah Jogg RH 1:00p Canasta BR 3:00p-9p Phase 3 Reserved S 4:00p Water Aerobics IP	6 8:00a Hackers 9:15a Aerobics SF 9:15a Gentle flow Yoga RH 11:00a Gentle flowYoga SF 1:00p Mah Jongg S 1:00p Canasta RH 4:00p LeCercle Francais BR 4:00p Water Aerobics IP	7 8:00a Slice Girls 8:00a Aerobics RH 10:00-12:00 Art Club. S 10:00 Chair Yoga SF 11:00a-1:00p Chess Club BR 1:00p Table Tennis SF 1:00p Stitches S 1:00p Mah Jongg RH BUS TRIP NYC	8 9:15a Aerobics SF 10:00a Th morn Bk Club #4 S 10:00a Table Tennis SF 11:00-1:00 Bridge CR 12:30p Hand and Foot RH 1:00p Bowling 1:00p Canasta S 4:00p Water Aerobics IP	9 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 2:00-4:00p Volleyball IP	10 12:00p set up Cocktail party 2:00p Table Tennis SF																																																																																				
11 2:00p Table Tennis SF 2:00p Numismatics (Coin Collecting) Presented by Lee Milligan Sunday Speaker Series S	12 Columbus Day 8:00a Aerobics RH 11:00a Table Tennis SF 10:00a Chair Yoga S 1:00p Mah Jogg RH 1:00p Canasta S 4:00p Water Aerobics IP	13 8:00a Hackers 9:15a Aerobics SF 12:00p Ladies Lunch Bunch 1:00p Mah Jongg S 1:00p Canasta RH 4:00p Water Aerobics IP	14 8:00a Slice Girls 8:00a Aerobics RH 9:00a. ARC S 10:00 Chair Yoga SF 11:00a-1:00p Chess Club BR 1:00p Table Tennis SF 1:00p Stitches S 1:00p Mah Jongg RH	15 9:15a Aerobics SF 10:00a Th morn Bk Club #3 10:00a Table Tennis SF 11:00-1:00 Bridge CR 12:30p Hand and Foot RH 1:00p Bowling 1:00p Canasta S 4:00p Water Aerobics IP	16 8:00a Aerobics RH 9:15a Slow Flow Yoga SF 10:45 Line Dancing S 1:00p Canasta S 2:00-4:00p Volleyball IP	17 2:00p Table Tennis SF																																																																																				
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