WELLNESS CENTER CALENDAR | NOVEMBER 2026

ACTIVE LIFESTYLE COMMUNITY • Franke at Seaside

ALYSSA: (843) 375-5007 • (843) 375-5016
acroteau@frankeatseaside.org

BAC Arts & Crafts BL Library BCR Card Room BCY Courtyard BDR Dining Room HCY Health Care Courtyard
BMA Multi-Purpose Room A BMB Multi-Purpose Room B P Pool WC Wellness Center
PG Putting Green CL Croquet Lawn

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	**2** Open Bocce Ball Open Croquet 9:00 Body Blast (WC) 10:00 Yoga (WC) 10:00 Blood Pressure (WC) 10:00 Walking Club 11:00 Aqua Fitness (P) 11:00 Balance (WC) 1:00 Chair Strengthen (WC)	**3** Open Bocce Ball 8:00 Aqua Aerobics (P) 8:00–1:00 Open Croquet 9:00 Cardio Splash (P) 9:30 Stretch (WC) 10:00 Yoga Breathe & Be (WC) 10:30 Men's Water Aerobics 11:00 Balance (WC) 11:30 Chair Balance (WC) 1:00 Line Dancing (WC)	**4** Open Bocce Ball 8:00 Open Lap Swim (P) 9:00 Body Blast (WC) 10:00 Chair Yoga (WC) 11:00 Balance (WC) 11:00 Aqua Fitness (P) 1:00 Chair Strengthen (WC) 2:00 Aqua Tone (P)	**5** Open Bocce Ball 8:00 Aqua Aerobics (P) 8:00–1:00 Open Croquet (HCY) 9:00 Cardio Splash (P) 9:00 Line Dancing (WC) 9:30 Stretch (WC) 10:00 Chair Pilates (WC) 11:00 Balance (WC) 1:00 Line Dancing (WC) 2:00 Cornhole	**6** Open Bocce Ball 8:00 Open Lap Swim (P) 9:00 Body Blast (WC) 10:00 Yoga (WC) 10:00 Walking Club (WC) 10:00 Blood Pressure (WC) 11:00 Balance (WC) 11:00 Aqua Fitness (P) 11:30 Ping Pong (WC) 1:00 Cornhole	**7** 8:00–10:30 Open Croquet (HCY) Open Bocce Ball Open Cornhole
8	**9** Open Bocce Ball Open Croquet 9:00 Body Blast (WC) 10:00 Yoga (WC) 10:00 Blood Pressure (WC) 10:00 Walking Club 11:00 Aqua Fitness (P) 11:00 Balance (WC) 1:00 Chair Strengthen (WC)	**10** Open Bocce Ball 8:00 Aqua Aerobics (P) 8:00–1:00 Open Croquet 9:00 Cardio Splash (P) 9:30 Stretch (WC) 10:00 Yoga Breathe & Be (WC) 10:30 Men's Water Aerobics 11:00 Balance (WC) 11:30 Chair Balance (WC) 1:00 Line Dancing (WC)	**11** Open Bocce Ball 8:00 Open Lap Swim (P) 9:00 Body Blast (WC) 10:00 Chair Yoga (WC) 11:00 Balance (WC) 11:00 Aqua Fitness (P) 1:00 Chair Strengthen (WC) 1:30 **Pilates Breathing Techniques with Alyssa** 2:00 Aqua Tone (P)	**12** Open Bocce Ball 8:00 Aqua Aerobics (P) 8:00–1:00 Open Croquet (HCY) 9:00 Cardio Splash (P) 9:00 Line Dancing (WC) 9:30 Stretch (WC) 10:00 Chair Pilates (WC) 11:00 Balance (WC) 1:00 Line Dancing (WC) 2:00 Cornhole	**13** Open Bocce Ball 8:00 Open Lap Swim (P) 9:00 Body Blast (WC) 10:00 Yoga (WC) 10:00 Walking Club (WC) 10:00 Blood Pressure (WC) 11:00 Balance (WC) 11:00 Aqua Fitness (P) 11:30 Ping Pong (WC) 1:00 Cornhole	**14** 8:00–10:30 Open Croquet (HCY) Open Bocce Ball Open Cornhole
15	**16** Open Bocce Ball Open Croquet 9:00 Body Blast (WC) 10:00 Yoga (WC) 10:00 Blood Pressure (WC) 10:00 Walking Club 11:00 Aqua Fitness (P) 11:00 Balance (WC) 1:00 Chair Strengthen (WC)	**17** Open Bocce Ball 8:00 Aqua Aerobics (P) 8:00–1:00 Open Croquet 9:00 Cardio Splash (P) 9:30 Stretch (WC) 10:00 Yoga Breathe & Be (WC) 10:30 Men's Water Aerobics 11:00 Balance (WC) 11:30 Chair Balance (WC) 1:00 Line Dancing (WC)	**18** Open Bocce Ball 8:00 Open Lap Swim (P) 9:00 Body Blast (WC) 10:00 Chair Yoga (WC) 11:00 Balance (WC) 11:00 Aqua Fitness (P) 1:00 Chair Strengthen (WC) 2:00 Aqua Tone (P)	**19** Open Bocce Ball 8:00 Aqua Aerobics (P) 8:00–1:00 Open Croquet (HCY) 9:00 Cardio Splash (P) 9:00 Line Dancing (WC) 9:30 Stretch (WC) 10:00 Chair Pilates (WC) 11:00 Balance (WC) 1:00 Line Dancing (WC) 2:00 Cornhole	**20** Open Bocce Ball 8:00 Open Lap Swim (P) 9:00 Body Blast (WC) 10:00 Yoga (WC) 10:00 Walking Club (WC) 10:00 Blood Pressure (WC) 11:00 Balance (WC) 11:00 Aqua Fitness (P) 11:30 Ping Pong (WC) 1:00 Cornhole	**21** 8:00–10:30 Open Croquet (HCY) Open Bocce Ball Open Cornhole

WELLNESS CENTER CALENDAR | NOVEMBER 2026

ACTIVE LIFESTYLE COMMUNITY • Franke at Seaside

ALYSSA: (843) 375-5007 • (843) 375-5016
acroteau@frankeatseaside.org

BAC Arts & Crafts BL Library BCR Card Room BCY Courtyard BDR Dining Room
HCY Health Care Courtyard
BMA Multi-Purpose Room A BMB Multi-Purpose Room B P Pool WC Wellness Center
PG Putting Green CL Croquet Lawn

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
22	**23** Open Bocce Ball Open Croquet 9:00 Body Blast (WC) 10:00 Yoga (WC) 10:00 Blood Pressure (WC) 10:00 Walking Club 11:00 Aqua Fitness (P) 11:00 Balance (WC) 1:00 Chair Strengthen (WC)	**24** Open Bocce Ball 8:00 Aqua Aerobics (P) 8:00–1:00 Open Croquet 9:00 Cardio Splash (P) 9:30 Stretch (WC) 10:00 Yoga Breathe & Be (WC) 10:30 Men's Water Aerobics (P) 11:00 Balance (WC) 11:30 Chair Balance (WC) 1:00 Line Dancing (WC)	**25** Open Bocce Ball 8:00 Open Lap Swim (P) 9:00 Body Blast (WC) 10:00 Chair Yoga (WC) 11:00 Aqua Fitness (P) 1:00 Chair Strengthen (WC) 2:00 Aqua Tone (P)	**26** 	**27** Open Bocce Ball 8:00 Open Lap Swim (P) 9:00 Body Blast (WC) 10:00 Yoga (WC) 11:00 Balance (WC) 11:00 Aqua Fitness (P) 11:30 Ping Pong (WC) 1:00 Cornhole	**28** 8:00–10:30 Open Croquet (HCY) Open Bocce Ball Open Cornhole
29	**30** Open Bocce Ball Open Croquet 9:00 Body Blast (WC) 10:00 Yoga (WC) 11:00 Aqua Fitness (P) 11:00 Balance (WC) 1:00 Chair Strengthen (WC)					