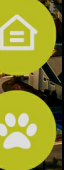


NOVEMBER 2022

1041 Portside Drive
Myrtle Beach, South Carolina 29572
843-595-8150
www.portsidegrandedunes.com



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:30 Gentle Yoga Level 1 11:45 Milkshakes and Music (Cafe) 1:00 BINGO (Cafe) 3:00 Arts & Crafts - Color & Chat (Art Studio) 7:00 Movie Night	2 10:30 Strength & Stretch 11:30 Catholic Communion Service with St. Andrews 11:45 Publix Shopping Trip 1:00 Shuffleboard Tournament 2:00 Movie Matinee 3:30 Happy Hour (Bar)	3 10:30 Gentle Yoga Level 2 11:00 Billiards with Ray 11:00 Blood Pressure Checks: Sponsored by The Key 1:00 Outing for Early Voting 3:30 Scrabble-Resident Led 7:00 Movie Night	4 10:30 Zumba Gold 11:00 Ladies Billiards with Ray 1:00 BINGO (Cafe) 3:30 Happy Hour (Bar)	5 10:30 Strength & Stretch 1:30 Rummikub-Resident Led 2:00 Matinee-Resident Choice
6 Daylight Saving Ends	7	8 Election Day	9	10	11 Veterans Day	12
10:30 Church Service 12:30 Sunday Brunch 2:30 Matinee-Resident Choice	9:30 Tai Chi 10:00 Grief Support Group 10:30 Tone Every Zone 11:30 Activities Committee (Sage Room) 2:00 Trivia (Bar) 3:30 Happy Hour (Bar)	10:30 Gentle Yoga Level 1 11:45 Resident Council (Sage Room) 1:00 BINGO (Cafe) 3:00 Art & Crafts - Thank a Veteran Cards (Art Studio) 7:00 Movie Night	10:30 Strength & Stretch 11:30 Catholic Communion Service with St. Andrews 11:45 Publix Shopping Trip 1:00 Shuffleboard Tournament 2:00 Movie Matinee 3:30 Happy Hour (Bar)	10:30 Gentle Yoga Level 2 11:00 Billiards with Ray 11:00 Blood Pressure Checks: Sponsored by The Key 1:00 Uno (Library) 3:30 Scrabble-Resident Led 7:00 Movie Night	10:30 Zumba Gold 11:00 Ladies Billiards with Ray 1:00 BINGO (Cafe) 3:30 Happy Hour (Bar) 6:30 A Salute to American Veterans at CCU	10:30 Strength & Stretch 11:30 Baptist Church Service 1:30 Rummikub-Resident Led 2:00 Matinee-Resident Choice
13	14	15	16	17	18	19
10:30 Church Service 12:30 Sunday Brunch 2:30 Matinee-Resident Choice	9:30 Tai Chi 10:30 Tone Every Zone 11:00 Mended Hearts Support Group 12:30 Food Lion Shopping Trip 1:30 Caregiver Support Group 2:00 Trivia (Bar) 3:30 Happy Hour (Bar)	10:30 Gentle Yoga Level 1 11:45 Smoothies and Storytelling (Cafe) 1:00 BINGO (Cafe) 3:00 Art & Crafts - Thankful & Grateful (Art Studio) 7:00 Movie Night	10:30 Strength & Stretch 11:30 Catholic Communion Service with St. Andrews 11:45 Publix Shopping Trip 1:00 Shuffleboard Tournament 2:00 Movie Matinee 3:30 Happy Hour (Bar)	10:30 Gentle Yoga Level 2 11:00 Billiards with Ray 11:00 Blood Pressure Checks: Sponsored by The Key 1:00 Golf (Game Room) 3:30 Scrabble-Resident Led 7:00 Movie Night	10:30 Zumba Gold 11:00 Ladies Billiards with Ray 1:00 BINGO (Cafe) 3:30 Happy Hour (Bar) 5:30 Thanksgiving Buffet	10:00 Eyeglass Doctor 10:30 Strength & Stretch 1:30 Rummikub-Resident Led 2:00 Matinee-Resident Choice
20	21	22	23	24 Thanksgiving	25	26
10:30 Church Service 12:30 Sunday Brunch 2:30 Matinee-Resident Choice	9:30 Tai Chi 10:30 Tone Every Zone 12:30 Walmart Shopping Trip 2:00 Trivia (Bar) 3:30 Happy Hour (Bar)	10:30 Gentle Yoga Level 1 11:45 Milkshakes and Mindfulness (Cafe) 1:00 BINGO (Cafe) 3:00 Art & Crafts - Abstract Painting (Art Studio) 7:00 Movie Night	10:30 Strength & Stretch 11:30 Catholic Communion Service with St. Andrews 11:45 Publix Shopping Trip 1:00 Shuffleboard Tournament 2:00 Movie Matinee 3:30 Happy Hour (Bar)	10:30 Gentle Yoga Level 2 11:00 Billiards with Ray 11:00 Blood Pressure Checks: Sponsored by The Key 3:30 Scrabble-Resident Led 7:00 Movie Night	9:00 Fitness Trainer in Gym 10:00 Mini Circuit Training in Gym 10:30 Zumba Gold 11:00 Ladies Billiards with Ray 1:00 Book Club 2:00 BINGO (Cafe) 3:30 Happy Hour (Bar)	10:30 Strength & Stretch 1:30 Rummikub-Resident Led 2:00 Matinee-Resident Choice
27	28	29	30			
10:30 Church Service 12:30 Sunday Brunch 2:30 Matinee-Resident Choice	9:30 Tai Chi 10:30 Tone Every Zone 12:30 Target Shopping Trip 2:00 Trivia (Bar) 3:30 Happy Hour (Bar)	10:30 Gentle Yoga Level 1 11:45 Smoothies and Socializing (Cafe) 1:00 BINGO (Cafe) 3:00 Art & Crafts - Abstract Painting continued (Art Studio) 7:00 Movie Night	10:30 Strength & Stretch 11:30 Catholic Communion Service with St. Andrews 11:45 Publix Shopping Trip 1:00 Shuffleboard Tournament 2:00 Movie Matinee 3:30 Happy Hour (Bar)			

Events are Subject to Change.