

# Monday

9:00 am – 9:30 am  
Open POOL Exercises  
For Adults only  
(NO Instructor)

# Tuesday

9:00 am – 9:30 am  
Open POOL Exercises  
For Adults only  
(NO Instructor)

10:00 am  
Member's Meeting  
Member's Lounge

# Wednesday

9:00 am – 9:30 am  
Open POOL Exercises  
For Adults only  
(NO Instructor)



# Thursday

9:00 am – 9:30 am  
Open POOL Exercises  
For Adults only  
(NO Instructor)

9:00am - 1:00pm  
BRIDGE \$7 per player  
Please sign up directly with  
them at the Member's Lounge.

# Friday

9:00 am – 9:30 am  
Open POOL Exercises  
For Adults only  
(NO Instructor)

## Meeting Point @ The ABC Activities Center.



ACTIVITIES SUBJECT TO WEATHER CONDITIONS, NUMBER OF PARTICIPANTS, SPECIAL HOLIDAYS & OTHER UNFORESEEN CIRCUMSTANCES

9:30 am  
Abs & stretching  
Members lounge  
With Imbert

9:30 am  
Zumba, Dance class  
Members lounge  
With Imbert

10:30 am  
Water Aerobics  
ABC Pool  
With Imbert



11:00 am  
Water Aerobics  
ABC Pool  
With Imbert



9:30 am – 10:30 am  
➤ Arts & Crafts  
Picture Frame \$5.00.  
All Ages.



9:30 am - 11:00 am  
➤ Arts & Craft  
Make & Decorate your  
own Puzzle.  
\$5.00,-  
Please sign up one day in  
advance. All Ages.



9:30 am - 10:30 am  
➤ Arts & Crafts  
Finger painting , Popcorn  
& Juice \$5.00  
All Ages.



9:30 am - 11:00 am  
➤ Arts & Crafts  
Dream catchers  
\$6.00 / \$8.00  
Teens & Adult



9:30 am – 11:00 am  
➤ Outdoor Games.  
Water balloon games.  
Kids 5 yrs - 11 yrs old.

2:00 pm – 3:00 pm  
➤ BINGO BONGO  
Cayenna Terrace  
\$1,- per card  
All Ages.



12:30 pm - 1:30 pm  
➤ Arts & Crafts  
T-shirt \$8.00 or Bag  
Painting \$10.00.  
Kids & Adults  
Limited space available.



10:30am - 12:30 pm  
➤ Banana Grams Puzzle  
Kids 7 yrs. & up.  
Or any board game  
Outdoor.



12:00 noon - 1:30 pm  
➤ Pizza & Movie.  
Min. 5 kids \$10,- pp .

2:00 pm - 3:00 pm  
➤ BINGO BONGO!  
Cayenna Terrace  
\$1,- per card.  
All Ages.



3:15 pm – 4:00 pm  
➤ Ping pong  
Tournament.  
Teens & Adults.

2:00 pm - 3:00 pm  
➤ Papiamento Class  
Teens & Adult  
Please sign up one day in  
advance.

2:00 pm - 3:00 pm  
➤ BINGO BONGO!  
Cayenna Terrace  
\$1,- per card.  
All Ages



2:00 pm - 3:30 pm  
➤ Arts and Crafts  
Final Touch.  
All ages



3:15 pm - 4:00 pm  
Kite contest. Bring your  
own made kite & let's  
have fun.



Sign up for next activities.

Sign up for next activities

Sign up for next activities.

Sign up for next activities.

Activities Center Hours : Monday to Friday from 8:30 am to 4:30 pm.

Ext 3029.

Kids 5 Years and up & able to work on their own may participate in our Kids Activities.

For Babysitting Arrangements contact the Pelican Desk in the CDM Lobby.

HAPPY HOURS DAILY FROM 12:00 NOON-1:00PM, 4:00PM - 6:00PM AND 9:00PM-10:00PM AT RICARDO'S BAR

HAVE A PLEASANT STAY WITH US!