



THE INLETS ACTIVITIES AT A GLANCE

AT THE CLUBHOUSE

Body Dynamics	Tues (1 -1 pm) & Thurs (10-11 am)	Joanie Frustaci
Bridge (social)	Wed (12.30-3 pm)	Pam Brown
Dominoes	Mon (7 pm)	Pam Haswell
Exercise room	Open daily	
Library	Open daily	Dixie McBrie, Martie Ness
Mah Jong	Thur (1-4 pm)	
Poker	Tues (6-10 pm)	Richie Kakos
Stitchery	Tues (9:30-11:30 am)	Betty Brownlie
Wine tasting	2 nd Wed (@ 5.30 pm)	
Yoga (Mat)	Mon, Wed, Fri (10-11 am)	Sherrie DeBergh
Yoga (Chair)	Mon, Wed, Fri @ 11.15 am	Joan Reilly

OUTSIDE

Beach parties	Monthly on Nokomis beach	Jae Cristian
Bocce	Open daily	Mario Bettini
Golf am	At Serenoa Golf Club (8:30 am)	Mario Bettini
Golf pm	At various courses - T time	Pat DeMarco
Hula Hoop	Near pool on Thur (9am)	Stacey Mergner
Kayaking	Tues (12 pm); (10 am) in summer	Jae Cristian
Pickleball	Open daily	Adrienne Quirion
Pool Volleyball	Sun (@ 2pm)	Jae Cristian
Shuffle Board	Open daily	Mario Bettini
Swimnastics	Daily except Sun (9-10 am)	Sandy Brucker
Tennis	Open daily	Jerry Freischlag

OTHERS

Art workhop	Tues @ 2 pm (Jan - April)	Heidi Gaudry
Dine Around	Meet in homes from Jan to Apr	Daniel Gaudry
Book club	1 st Tues of the month (2-4 pm)	Ann Loso (<i>winter</i>) Joan Reilly (<i>summer</i>)