

# September 2023

## Monthly Event & Activity Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 Themed Day at the Life Center "Sports Day", 10:00am-3:00pm Kayak Experience with Ranger Stan, 11:00am Bingo, Life Center, 6:00pm
3 End of Summer Bash 4:00pm	4	5 Escape Room, "Jackpot in Vegas", Sessions starting at 4:00pm	6 Aeration All 3 Nines Kid's Kraft Hour, "Pre-K", Sessions starting at 4:00pm-5:00pm Nature Talk Campfire, Base Camp, 7:00pm	7 Ladies League Play Day, 8:00am Kayak Experience with Ranger Stan, 2:30pm Prime Rib Night, 5:00pm Knit & Sip, Life Center, 6:00pm	8 Friday Night at the Tree of Life, 5:30pm	9 Themed Day at the Life Center "The 80's", 10:00am-4:00pm Bicycle Beer Flight, 2:00pm "Back to School" Kid's Night, Life Center, 6:00pm
10 Big Hole Scramble, 8:00am Kid's Escape Room, "Wizard School", Sessions starting at 10:00am "Pop up" Movie Night, Life Center, "Space Jam" 6:00pm	11 Minds in Motion "After-School Enrichment, Life Center, 4:00pm-5:00pm	12 Escape Room, "Cabin in the Woods", Sessions starting at 4:00pm Trivia Night, 5:30pm	13 Ladies League Clinic & Play 8:00am Kid's Kraft Hour, "K-1st Grade", Sessions starting at 4pm-6pm Workshop Wednesday: Sugar Scrubs, 6:00pm Preserve Owl Prowl, 7:30pm	14 Life Net Outing, 10:00am Prime Rib Night, 5:00pm Knit & Sip, Life Center, 6:00pm	15 Kayak Experience with Ranger Stan, 9:00am	16 Adult Day Camp, 10:00am - 4:00pm Themed Day at the Life Center "Carnival", 10:00am-3:00pm
17 Kayak Experience with Ranger Stan, 10:30am Sunset Luau, Life Center, 7:00pm-9:00pm	18 Minds in Motion "After-School Enrichment, Life Center, 4:00pm-5:00pm	19 Plein Air Painting in the Preserve, 2:00pm Escape Room, "Midnight Circus", Sessions starting at 4:00pm	20 Ladies League Guest Play Day, 8:00am Kid's Kraft Hour, "2nd & 3rd Grade", Sessions starting at 4pm-5pm Nature Talk Campfire, Base Camp, 7:00pm	21 NC Sheriff Dept. Golf Outing, 8:00am Prime Rib Night, 5:00pm Knit & Sip, Life Center, 6:00pm	22 Bingo, Life Center, 6:00pm	23 Themed Day at the Life Center "Dino Day", 10:00am-3:00pm "Kids Karaoke Night, Life Center, 6:00pm
24 Member Mixer Scramble, 8:00am "Pop up" Movie Night, Life Center, "Honey I Shrank the Kids" 6:00pm	25 Minds in Motion "After-School Enrichment, Life Center, 4:00pm-5:00pm	26 Nicklaus Cup (Round 4) 8:00am Escape Room, "Wonderland", Sessions starting at 4:00pm	27 Ladies League Play Day, 8:00am Kid's Kraft Hour, "4th & 5th Grade", Sessions starting at 4pm-5pm Workshop Wednesday: Fall Scented Bath Bombs, 6:00pm Preserve Owl Prowl, 7:30pm	28 Prime Rib Night, 5:00pm Knit & Sip, Life Center, 6:00pm	29 Kayak Experience with Ranger Stan, 9:00am	30 Themed Day at the Life Center "Fairy Day", 10:00am-3:00pm

\*\*All events, classes and hours are subject to change due to weather and other unforeseen circumstances. Updates for any changes will be in the Bay Creek app, as well as sent out via email.\*\*

### Hours of Operation

**Life Center**  
757-331-8730

Mon - Fri - 6:30am-8pm  
Sat - Sun - 7am - 8pm

**Coach House Tavern**  
757-331-8630

Mon - Closed  
Tues - 10am-7pm  
Wed - 10am-7pm  
Thurs - 10am-8pm, *Prime Rib Night*  
Fri - Sat 9am-9pm  
Sun - 9am-7pm

**Pro Shop**  
757-331-8620

Mon - Sun - 7am-6pm



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## Life Center Monthly Schedule

Sign up is required for all Water Aerobics, Spin, Yoga, and HIIT classes due to equipment availability and spacing.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Spin - 7:00am Basic Mat Pilates - 10am H2O (Water Pilates) - 11:30 am	2 Tabata- 10am
3	4 Full Body Stretch - 9am Tabata - 10am	5 Tai-Chi - 8:30 am Upper Body & Core - 10:30 am	6 Walking Club Preserve Walk, 9am Full Body Stretch - 9am Tabata- 10am Basic Mat Pilates - 11am	7 Tabata- 7am Step Aerobics- 10:30am Run Club, 6pm	8 Spin - 7:00am Full Body Stretch - 9am Basic Mat Pilates - 10am Tabata- 11am	9 Tabata- 10am
10	11 Full Body Stretch - 9am Tabata - 10am	12 Tai-Chi - 8:30 am Upper Body & Core - 10:30 am	13 Walking Club Preserve Walk, 9am Full Body Stretch - 9am Tabata- 10am Basic Mat Pilates - 11am	14 Tabata- 7am Step Aerobics- 10:30am Run Club, 6pm	15 Spin - 7:00am Full Body Stretch - 9am Tabata- 11am	16 Tabata- 10am
17	18 Full Body Stretch - 9am Tabata - 10am	19 Tai-Chi - 8:30 am Upper Body & Core - 10:30 am	20 Walking Club Preserve Walk, 9am Full Body Stretch - 9am Tabata- 10am Basic Mat Pilates - 11am	21 Tabata- 7am Step Aerobics- 10:30am Run Club, 6pm	22 Spin - 7:00am Full Body Stretch - 9am Basic Mat Pilates - 10am Tabata- 11am	23 Tabata- 10am
24	25 Full Body Stretch - 9am Tabata - 10am	26 Tai-Chi - 8:30 am Upper Body & Core - 10:30 am	27 Walking Club Preserve Walk, 9am Full Body Stretch - 9am Tabata- 10am Basic Mat Pilates - 11am	28 Tabata- 7am Step Aerobics- 10:30am Run Club, 6pm	29 Spin - 7:00am Full Body Stretch - 9am Basic Mat Pilates - 10am Tabata- 11am	30 Tabata- 10am
<p>Wellbeats Virtual Classes are available at any time during facility hours. Ask a Life Center Attendant for assistance.</p>						

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