

# November 2023

## Monthly Event & Activity Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Plant ID Hike, Base Camp, 2:00pm Prime Rib Night, 5:00pm	3	4 King & Bear Tournament, 8:00am
5 King & Bear Tournament, 8:00am	6 Plein Air Painting in the Preserve, 2:00pm	7 Trivia Night, 5:00pm	8 Nature Talk Campfire, Base Camp, 5:00pm	9 Prime Rib Night, 5:00pm Knit & Sip, Life Center, 6:00pm	10 Pop-Up Movie Matinee, Life Center, "Mulan" 5:00pm	11
12 Mushroom Growing Workshop, Base Camp, 2:00pm Escape Room, "Midnight Circus", Sessions starting at 5:00pm	13	14	15 Preserve Owl Prowl, 5:00pm Workshop Wednesday: "Fall Burlap Wreath", 6:00pm	16 Prime Rib Night, 5:00pm	17 Pop-Up Movie Matinee, Life Center, "Soul" 5:00pm	18 Bicycle Beer Flight, 2:00pm
19 Escape Room, "Cabin in the Woods", Sessions starting at 5:00pm	20	21	22	23 Prime Rib Night, 5:00pm Knit & Sip, Life Center, 6:00pm	24	25
26	27	28	29 Nature Talk Campfire, Base Camp, 4:30pm Workshop Wednesday: "DIY Bath Bombs", 6:00pm	30 Prime Rib Night, 5:00pm		

\*\*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 - 7pm  
Sat - 8am - 7pm  
Sun - 8am - 4pm

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

Mon - Closed  
Tues - 10am-5pm  
Wed - 10am-5pm  
Thurs - 10am-8pm, *Prime Rib Night*  
Fri - Sat 9am-9pm  
Sun - 9am-7pm

**Pro Shop**  
757-331-8620

Mon - Sun - 7am-6pm



# November 2023

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

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