OCTOBER 2026

Monthly Event & Activity Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Dinner & a Movie, *Grease*, *Chesapeake Hall*, 5:30pm Owl Prowl, *Base Camp*, 6:30pm	3 Oktoberfest Bicycle Beer Flight, *Base Camp*, 12pm
4 Birds & Brews, *Base Camp*, 6:30pm Fall Member Member, 9am	5	6 Ladies League Play Day, 9am Plant ID Hike, *Base Camp*, 6:30pm Trivia Night, *Chesapeake Hall*, 5:30pm	7 Nature Talk Campfire, *Base Camp*, 6:30pm	8 Spooky Paint & Sip, *Chesapeake Hall*, 4pm	9 Plein Air Painting, *Base Camp*, 2pm Owl Prowl, *Base Camp*, 6:30pm	10 Guided Kayak Tour, *Base Camp*, 9am
11	12 Jr Achievement Outing	13 IBI Outing Ladies League Closing Breakfast & Final Play, 9am	14	15	16 Guided Kayak Tour, *Base Camp*, 12pm	17 Bicycle Beer Flight, *Base Camp*, 1pm
18 Persimmon Picking through the Preserve, *Base Camp*, 9am	19 Habitat for Humanity Outing	20 Plant ID Hike, *Base Camp*, 11am Mahjongg Tournament, *Chesapeake Hall*, 2pm	21	22 Halloween Golf Cart Drive-In, *Chesapeake Hall*, 7pm	23	24
25 Plein Air Painting, *Base Camp*, 1pm Pink Ball Tournament, 3pm	26	27 Music Bingo, *Chesapeake Hall*, 5:30pm	28 Birds & Brews, *Base Camp*, 8:30am Lunch & Learn: Healthy Holidays, *Chesapeake Hall*, 12pm	29 Scary Invasives Plant ID Hike, *Base Camp*, 2pm	30 Guided Kayak Tour, *Base Camp*, 1pm Halloween Party, *Chesapeake Hall*, 7pm Halloween Glow Putt, *Driving Range*	31 Halloween Trunk and Treat, *Chesapeake Hall*, 2pm Halloween Bonefire, *Chesapeake Hall*, 5pm

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

Monday-Friday: 7am - 7pm
Saturday: 7am - 6pm
Sunday: 7am - 4pm

Coach House Tavern
757-331-8630

Monday: 9am - 8pm
Tuesday: 9am - 8pm
Wednesday: 9am - 8pm
Thursday: 9am - 9pm
Friday: 8am - 9pm
Saturday: 8am - 9pm
Sunday: 8am -8pm

Pro Shop
757-331-8620

Monday – Sunday
Shop: 7am – 6pm

BAY CREEK
Cape Charles, Virginia

OCTOBER 2026

Life Center Monthly Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Total Body Strength - 8am Iron Ride - 9:30 am Chair Pilates - 2 pm Chair Stretch - 5 pm	2 Spin & Strength - 7:15 am Mat Pilates - 10 am Circuit Training - 12 pm	3
4	5 Spin & Strength - 7:15 am Circuit Training - 12 pm	6 Upper Body & Core - 8:30 am Iron Ride - 9:30 am Chair Stretch - 11:30 am Total Abs - 5 pm	7 Spin & Strength - 7:15 am Mat Pilates - 11 am Circuit Training - 12 pm Weighted Step Aerobics - 5 pm	8 Total Body Strength - 8:30 am Iron Ride - 9:30 am Chair Stretch - 5 pm	9 Spin & Strength - 7:15 am Mat Pilates - 10 am Circuit Training - 12 pm	10
11	12 Spin & Strength - 7:15 am Full Body Stretch - 9 am Tabata - 10 am Circuit Training - 12 pm Chair Pilates - 2 pm	13 Upper Body & Core - 8:30 am Iron Ride - 9:30 am Chair Stretch - 11:30 am Total Abs - 5 pm	14 Spin & Strength - 7:15 am Full Body Stretch - 9 am Mat Pilates - 10 am Circuit Training - 12 pm Weighted Step Aerobics - 5 pm	15 Total Body Strength - 8:30 am Iron Ride - 9:30 am Chair Pilates - 2 pm Chair Stretch - 5 pm	16 Spin & Strength - 7:15 am Full Body Stretch - 9 am Mat Pilates - 10 am Tabata - 11 am Circuit Training - 12 pm Intro to Gym Equipment-12pm	17
18	19 Spin & Strength - 7:15 am Full Body Stretch - 9 am Tabata - 10 am Chair Pilates - 2 pm	20 Upper Body & Core - 8:30 am Iron Ride - 9:30 am Chair Stretch - 11:30 am Total Abs - 5 pm	21 Spin & Strength - 7 am Full Body Stretch - 9 am Tabata - 10 am Mat Pilates - 11 am Circuit Training - 12 pm Weighted Step Aerobics - 5 pm	22 Total Body Strength - 8:30 am Iron Ride - 9:30 am Chair Pilates - 2 pm Chair Stretch - 5 pm	23 Spin & Strength - 7:15 am Full Body Stretch - 9 am Mat Pilates - 10 am Tabata - 11 am Circuit Training - 12 pm Intro to Gym Equipment-12pm	24
25	26 Spin & Strength - 7 am Full Body Stretch - 9 am Tabata - 10 am Circuit Training - 12 pm Chair Pilates - 2 pm	27 Upper Body & Core - 8:30 am Iron Ride - 9:30 am Chair Stretch - 11:30 am Total Abs - 5 pm	28 Spin & Strength - 7 am Full Body Stretch - 9 am Tabata - 10 am Mat Pilates - 11 am Circuit Training - 12 pm Weighted Step Aerobics - 5 pm	29 Total Body Strength - 8:30 am Iron Ride - 9:30 am Chair Pilates - 2 pm Chair Stretch - 5 pm	30 Spin & Strength - 7:15 am Full Body Stretch - 9 am Mat Pilates - 10 am Tabata - 11 am Circuit Training - 12 pm Intro to Gym Equipment-12pm	31

*Please note that all yoga classes are canceled until further notice due to the unexpected departure of our instructor, Ruth. We are actively working to find a replacement and appreciate your patience and understanding during this transition.

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