


October 2020



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 HILTON HEAD PLANTATION	HOURS FOR SPRING LAKE POOL: *Open for 2-hour time slots: Daily (except Tuesday) 8-10am, 10:30am-12:30pm, 1-3pm, 3:30-5:30pm, 6-8pm Tuesday 10:30am-12:30pm, 1-3pm, 3:30-5:30pm, 6-8pm Lap Swim 7:30 am – 8:15 am No lap swim on Tuesday mornings! No lifeguard on duty	The dates and times of POA activities and Club events are subject to change. Changes to this calendar for next month are due by the 3rd Tuesday of the month. Call (843) 681-8090 or email: scheduling@hhppoa.org	Facility Key PH – Plantation House PH UP – Plantation House (upstairs) SLP UP – Spring Lake Pavilion (upstairs) SLP DN – Spring Lake Pavilion (downstairs) DH – Dolphin Head Rec Building	-1- PH- 5:00 pm FARM CLUB SLP UP- 8:30 am PILATES 9:45 am BODY SCULPT 4:00 pm MEN'S PILATES 5:30 pm GENTLE YOGA SLP DN- 9:30 am CRAFTERS 6:00 pm MEN'S CARDS POOL- 7:30 am LAP SWIM 5:30 pm DEEP-END WATER	-2- PH UP- 1:30 pm LADIES' BRIDGE PH- 9:00 am FLU SHOTS SLP UP- 8:30 am AEROBICS 9:30 am TOTAL BODY COND. POOL- 7:30 am LAP SWIM 9:00 am WATER AEROBICS	-3- PH- 11:00 am TRASH & TREASURE SALE POOL- 7:30 am LAP SWIM
-4- POOL- 7:30 am LAP SWIM	-5- PH- 1:00 pm CARD SHARKS 7:00 pm HHP BIG BAND SLP UP- 8:30 am AEROBICS 9:30 am TOTAL BODY CON. 4:00 pm CHAIR YOGA 5:30 pm CARDIO,CORE,UC SLP DN- 4:30 pm QIGONG DH- 1:00 pm WOODCARVERS BALLFIELD 10:00 am HHP SOFTBALL POOL- 7:30 am LAP SWIM 9:00 am WATER AEROBICS	-6- PH- 2:00 pm WOMEN'S CLUB BD MTG SLP UP- 8:30 am PILATES 9:40 am BEG. PILATES 5:30 pm GENTLE YOGA	-7- PH- 7:00 pm GARAGE BAND SLP UP- 8:30 am AEROBICS 9:30 am TOTAL BODY COND. 4:00 pm YOGA NIDRA 5:30 pm TOTAL TABATA SLP DN- 10:00 am SKULL CREEK HOA ANNUAL MTG 6:00 pm MEN'S CARDS DH- 10:00 am PAINTERS 2:30 pm KNIT WITS 6:30 pm POKER PALS POOL- 7:30 am LAP SWIM 9:00 am WATER AEROBICS	-8- PH- 4:00 pm FISHING CLUB BD. SLP UP- 8:30 am PILATES 9:45 am BODY SCULPT 4:00 pm MEN'S PILATES 5:30 pm GENTLE YOGA SLP DN- 9:30 am CRAFTERS 1:00 pm ART CLASS POOL- 6:00 pm MEN'S CARDS 7:30 am LAP SWIM	-9- PH UP- 1:30 pm LADIES' BRIDGE SLP UP- 8:30 am AEROBICS 9:30 am TOTAL BODY COND. SLP DN- 9:30 am AVID GARDENERS BD. POOL- 7:30 am LAP SWIM 9:00 am WATER AEROBICS	-10- PH- 11:00 am RAIN DATE - TRASH & TREASURE SALE POOL- 7:30 am LAP SWIM
-11- DH- 5:00 pm CROOKED POND HOA POOL- 7:30 am LAP SWIM	-12- PH- 7:00 pm HHP BIG BAND SLP UP- 8:30 am AEROBICS 9:30 am TOTAL BODY CON. 4:00 pm CHAIR YOGA 5:30 pm CARDIO,CORE,UC SLP DN- 9:00 am GREEN THUMBERS 4:30 pm QIGONG DH- 1:00 pm WOODCARVERS BALLFIELD 10:00 am HHP SOFTBALL POOL- 7:30 am LAP SWIM 9:00 am WATER AEROBICS	-13- PH- 2:00 pm WOMEN'S CLUB SLP UP- 8:30 am PILATES 9:40 am BEG. PILATES 5:30 pm GENTLE YOGA SLP DN- 6:00 pm MEN'S CARDS	-14- PH UP- 12:00 pm PINOCHLE PH- 2:00 pm TRAIN CLUB 7:00 pm GARAGE BAND SLP UP- 8:30 am AEROBICS 9:30 am TOTAL BODY COND. 4:00 pm YOGA NIDRA 5:30 pm TOTAL TABATA SLP DN- 6:00 pm MEN'S CARDS DH- 10:00 am PAINTERS 2:30 pm KNIT WITS POOL- 7:30 am LAP SWIM 9:00 am WATER AEROBICS	-15- PH- 6:00 pm YACHT CLUB SLP UP- 8:30 am PILATES 9:45 am BODY SCULPT 4:00 pm MEN'S PILATES 5:30 pm GENTLE YOGA SLP DN- 9:30 am CRAFTERS 1:00 pm ART CLASS POOL- 6:00 pm MEN'S CARDS 7:30 am LAP SWIM	-16- PH UP- 1:30 pm LADIES' BRIDGE SLP UP- 8:30 am AEROBICS 9:30 am TOTAL BODY COND. SLP DN- 9:30 am AVID GARDENERS MTG POOL- 7:30 am LAP SWIM 9:00 am WATER AEROBICS	-17- PH- 1:00 pm FERNWOOD TRAIL ANNUAL MTG POOL- 7:30 am LAP SWIM
-18- DH- 5:00 pm SUNDAY PICNIC POOL- 7:30 am LAP SWIM	-19- PH- 1:00 pm CARD SHARKS 7:00 pm HHP BIG BAND SLP UP- 8:30 am AEROBICS 9:30 am TOTAL BODY CON. 4:00 pm CHAIR YOGA 5:30 pm CARDIO,CORE,UC SLP DN- 4:30 pm QIGONG DH- 1:00 pm WOODCARVERS 6:45 pm BUNCO BALLFIELD 10:00 am HHP SOFTBALL POOL- 7:30 am LAP SWIM	-20- SLP UP- 8:30 am PILATES 9:40 am BEG. PILATES 5:30 pm GENTLE YOGA ONLINE 10:00 am LIFE INSURANCE SETTLEMENT WEBINAR	-21- PH- 6:00 pm ROOKERY BOARD 7:00 pm GARAGE BAND SLP UP- 8:30 am AEROBICS 9:30 am TOTAL BODY COND. 4:00 pm YOGA NIDRA 5:30 pm TOTAL TABATA SLP DN- 10:00 am WOMEN'S CLUB NEW MEMBER BRUNCH 6:00 pm MEN'S CARDS DH- 10:00 am PAINTERS 2:30 pm KNIT WITS 6:30 pm POKER PALS POOL- 7:30 am LAP SWIM	-22- SLP UP- 8:30 am PILATES 9:45 am BODY SCULPT 4:00 pm MEN'S PILATES 5:30 pm GENTLE YOGA SLP DN- 9:30 am CRAFTERS 1:00 pm ART CLASS POOL- 6:00 pm MEN'S CARDS 7:30 am LAP SWIM	-23- PH UP- 1:30 pm LADIES' BRIDGE SLP UP- 8:30 am AEROBICS 9:30 am TOTAL BODY COND. SLP DN- 11:00 am CAREGIVERS SUPPORT GROUP POOL- 7:30 am LAP SWIM	-24- PH- 1:00 pm TRUNK-OR-TREAT PARTY POOL- 7:30 am LAP SWIM
-25- DH- 5:00 pm HAPPY TIMES POOL- 7:30 am LAP SWIM	-26- PH- 7:00 pm HHP BIG BAND SLP UP- 8:30 am AEROBICS 9:30 am TOTAL BODY CON. 4:00 pm CHAIR YOGA 5:30 pm CARDIO,CORE,UC SLP DN- 4:30 pm QIGONG 6:00 pm CRAFT BEER CLUB DH- 1:00 pm WOODCARVERS BALLFIELD 10:00 am HHP SOFTBALL POOL- 7:30 am LAP SWIM	-27- PH- 7:00 pm KAYAK CLUB SLP UP- 8:30 am PILATES 9:40 am BEG. PILATES 5:30 pm GENTLE YOGA SLP DN- 6:00 pm MEN'S CARDS	-28- PH UP- 1:00 pm PINOCHLE PH- 3:00 pm FARM CLUB BD. 7:00 pm GARAGE BAND SLP UP- 8:30 am AEROBICS 9:30 am TOTAL BODY COND. 4:00 pm YOGA NIDRA 5:30 pm TOTAL TABATA SLP DN- 6:00 pm MEN'S CARDS DH- 10:00 am PAINTERS 2:30 pm KNIT WITS POOL- 7:30 am LAP SWIM	-29- SLP UP- 8:30 am PILATES 9:45 am BODY SCULPT 4:00 pm MEN'S PILATES 5:30 pm GENTLE YOGA SLP DN- 9:30 am CRAFTERS 1:00 pm ART CLASS POOL- 6:00 pm MEN'S CARDS 7:30 am LAP SWIM	-30- PH UP- 1:30 pm LADIES' BRIDGE PH- 5:00 pm HALLOWEEN PET PARADE SLP UP- 8:30 am AEROBICS 9:30 am TOTAL BODY COND. POOL- 7:30 am LAP SWIM	-31- POOL- 7:30 am LAP SWIM *Last Day of the Season for the Spring Lake Pool. TRUNK-OR-TREAT RAIN DATE