


October 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>*Last Day of the Season for the Spring Lake Pool is Sunday, Oct. 31st!</p>	<p>HOURS FOR SPRING LAKE POOL: Wednesday – Monday 8:00 am – Dusk Tuesday 10:00 am – Dusk</p> <p>Lap Swim 7:30 am – 8:15 am 7:15 pm – Dusk No lap swim on Tuesday mornings! No lifeguard on duty.</p>	<p>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</p>	<p>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</p>	 <p>HILTON HEAD PLANTATION</p>	<p>-1- PH- 10:00 am VERTIGO SEMINAR 1:30 pm LADIES' BRIDGE SLP UP- 8:30 am AEROBICS 9:30 am TOTAL BODY COND. POOL- 7:30 am LAP SWIM 8:30 am WATER AEROBICS 7:15 pm LAP SWIM</p>	<p>-2- PH- 11:00 am TRASH & TREASURE SALE POOL- 7:30 am LAP SWIM 7:15 pm LAP SWIM</p>
<p>-3- SLP- 4:00 pm CROOKED POND POOL BD POOL- 7:30 am LAP SWIM 7:15 pm LAP SWIM</p>	<p>-4- 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 TOTAL TABATA SLP DN- 4:30 pm QIGONG BALLFIELD 10:00 am HHP SOFTBALL POOL- 7:30 am LAP SWIM 8:30 am WATER AEROBICS 7:15 pm LAP SWIM</p>	<p>-5- PH- 10:00 am WILLS VS TRUSTS WORKSHOP 12:30 pm OUR TUESDAY BRIDGE 2:00 pm WOMEN'S CLUB BD MTG 7:00 pm NEW RESIDENT MTG SLP UP- 8:30 am PILATES 9:40 am BEG. PILATES 5:30 pm GENTLE YOGA SLP DN- 4:30 pm FARMERS CLUB POOL- 7:15 pm LAP SWIM</p>	<p>-6- PH- 8:30 am CVS FLU SHOTS 7:00 pm GARAGE BAND SLP UP- 8:30 am AEROBICS 9:30 am TOTAL BODY COND. 2:30 pm HATHA YOGA 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 6:30 pm POKER PALS POOL- 7:30 am LAP SWIM 8:30 am WATER AEROBICS 7:15 pm LAP SWIM</p>	<p>-7- PH- 12:30 pm WC PARTY BRIDGE SLP UP- 8:30 am PILATES 9:45 am CORE, STRENGTH & BALANCE 2:45 pm BEG. TAI CHI 5:30 pm GENTLE YOGA DH- 8:30 am JAVA THURSDAY 1:00 pm WOODCARVERS POOL- 7:30 am LAP SWIM 7:15 pm LAP SWIM</p>	<p>-8- PH- 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 8:30 am WATER AEROBICS 7:15 pm LAP SWIM</p>	<p>-9- PH- 11:00 am RAIN DATE - TRASH & TREASURE SALE POOL- 7:30 am LAP SWIM 7:15 pm LAP SWIM</p>
<p>-10- POOL- 7:30 am LAP SWIM 7:15 pm LAP SWIM</p>	<p>-11- 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 TOTAL TABATA SLP DN- 9:00 am GREEN THUMBERS 4:30 pm QIGONG BALLFIELD 10:00 am HHP SOFTBALL POOL- 7:30 am LAP SWIM 7:15 pm LAP SWIM</p>	<p>-12- PH- 2:00 pm WOMEN'S CLUB SLP UP- 8:30 am PILATES 9:40 am BEG. PILATES 2:45 pm INTER. TAI CHI 5:30 pm GENTLE YOGA SLP DN- 10:00 am VILLAGES OF SKULL CREEK ANNUAL MTG 12:30 pm OUR TUESDAY BRIDGE 6:00 pm MEN'S CARDS POOL- 7:15 pm LAP SWIM</p>	<p>-13- PH- 10:00 am AMERICAN RESCUE PLAN ACT SEMINAR 2:00 pm MODEL TRAIN CLUB SLP UP- 7:00 pm GARAGE BAND 8:30 am AEROBICS 9:30 am TOTAL BODY COND. 2:30 pm HATHA YOGA 4:00 pm YOGA NIDRA 5:30 pm TOTAL TABATA SLP DN- 11:30 am MEN'S COOKING 2:00 pm ARTISTS ASSOCIATION 6:00 pm MEN'S CARDS DH- 10:00 am PAINTERS 2:30 pm KNIT WITS POOL- 7:30 am LAP SWIM 7:15 pm LAP SWIM</p>	<p>-14- PH- 4:00 pm FISHING CLUB BD SLP UP- 8:30 am PILATES 9:45 am CORE, STRENGTH & BALANCE 2:45 pm BEG. TAI CHI 4:00 pm YOGA FOR OSTEO. SLP DN- 5:30 pm GENTLE YOGA CRAFTERS 6:00 pm MEN'S CARDS DH- 8:30 am JAVA THURSDAY 1:00 pm WOODCARVERS POOL- 7:30 am LAP SWIM 7:15 pm LAP SWIM</p>	<p>-15- PH- 12:30 pm WC PARTY BRIDGE SLP UP- 1:30 pm LADIES' BRIDGE 8:30 am AEROBICS 9:30 am TOTAL BODY COND. SLP DN- 9:30 am AVID GARDENERS MTG POOL- 7:30 am LAP SWIM 7:15 pm LAP SWIM</p>	<p>-16- PH- 11:00 am FERNWOOD TRAIL ANNUAL MTG POOL- 7:30 am LAP SWIM 7:15 pm LAP SWIM</p>
<p>-17- POOL- 7:30 am LAP SWIM 7:15 pm LAP SWIM</p>	<p>-18- PH- 1:00 pm CARD SHARKS 3:30 pm LAND TRUST SLP UP- 7:00 pm HHP BIG BAND 8:30 am AEROBICS 9:30 am TOTAL BODY CON. 4:00 pm CHAIR YOGA 5:30 pm TOTAL TABATA SLP DN- 4:30 pm QIGONG DH- 6:45 pm BUNCO BALLFIELD 10:00 am HHP SOFTBALL POOL- 7:30 am LAP SWIM 7:15 pm LAP SWIM</p>	<p>-19- PH- 12:30 pm OUR TUESDAY BRIDGE SLP UP- 6:00 pm NEWCOMERS 8:30 am PILATES 9:40 am BEG. PILATES 2:45 pm INTER. TAI CHI 5:30 pm GENTLE YOGA SLP DN- 11:30 am WOMEN'S CLUB NEW MEMBER LUNCH POOL- 7:15 pm LAP SWIM</p>	<p>-20- PH- 6:00 pm ROOKERY BOARD SLP UP- 7:00 pm GARAGE BAND 8:30 am AEROBICS 9:30 am TOTAL BODY COND. 2:30 pm HATHA YOGA 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 6:30 pm POKER PALS POOL- 7:30 am LAP SWIM 7:15 pm LAP SWIM</p>	<p>-21- PH- 5:00 pm YACHT CLUB SLP UP- 8:30 am PILATES 9:45 am CORE, STRENGTH & BALANCE 2:45 pm BEG. TAI CHI 4:00 pm YOGA FOR OSTEO. SLP DN- 5:30 pm GENTLE YOGA DH- 8:30 am JAVA THURSDAY 1:00 pm WOODCARVERS POOL- 7:30 am LAP SWIM 7:15 pm LAP SWIM</p>	<p>-22- PH- 1:30 pm LADIES' BRIDGE SLP UP- 8:30 am AEROBICS 9:30 am TOTAL BODY COND. POOL- 7:30 am LAP SWIM 7:15 pm LAP SWIM</p>	<p>-23- PH- 1:00 pm FALL HARVEST PARTY POOL- 7:30 am LAP SWIM 7:15 pm LAP SWIM</p>
<p>-24- DH- 5:00 pm HAPPY TIMES POOL- 7:30 am LAP SWIM 7:15 pm LAP SWIM</p>	<p>-25- PH- 4:00 pm NEWCOMERS BD 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 TOTAL TABATA SLP DN- 4:30 pm QIGONG 6:30 pm CRAFT BEER CLUB BALLFIELD 10:00 am HHP SOFTBALL POOL- 7:30 am LAP SWIM 7:15 pm LAP SWIM</p>	<p>-26- PH- 12:30 pm OUR TUESDAY BRIDGE SLP UP- 7:00 pm KAYAK CLUB 8:30 am PILATES 9:40 am BEG. PILATES 2:45 pm INTER. TAI CHI 5:30 pm GENTLE YOGA SLP DN- 12:00 pm MEN'S COOKING 6:00 pm MEN'S CARDS POOL- 7:15 pm LAP SWIM</p>	<p>-27- PH- 3:00 pm FARMERS CLUB BD 5:00 pm FISHING CLUB SLP UP- 8:30 am AEROBICS 9:30 am TOTAL BODY COND. 2:30 pm HATHA YOGA 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 7:30 am LAP SWIM 7:15 pm LAP SWIM</p>	<p>-28- PH- 7:00 pm GARAGE BAND SLP UP- 8:30 am PILATES 9:45 am CORE, STRENGTH & BALANCE 2:45 pm BEG. TAI CHI 4:00 pm YOGA FOR OSTEO. SLP DN- 5:30 pm GENTLE YOGA 9:30 am CRAFTERS SL CLUSTER BD 6:00 pm MEN'S CARDS DH- 8:30 am JAVA THURSDAY 1:00 pm WOODCARVERS POOL- 7:30 am LAP SWIM 7:15 pm LAP SWIM</p>	<p>-29- PH- 1:30 pm LADIES' BRIDGE 5:00 pm HALLOWEEN PET PARADE SLP UP- 8:30 am AEROBICS 9:30 am TOTAL BODY COND. SLP DN- 9:00 am COMMODORE ANNUAL MTG POOL- 7:30 am LAP SWIM 7:15 pm LAP SWIM</p>	<p>-30- PH- 1:00 pm RAIN DATE - FALL HARVEST PARTY POOL- 7:30 am LAP SWIM 7:15 pm LAP SWIM</p>
<p>-31- POOL- 7:30 am LAP SWIM 7:15 pm LAP SWIM</p>						