



**Lifestyle and Fitness Activities
Musical Performers
Latitude Bar & Chill Specials
November 17th - 23rd, 2025**

**For the most current & up-to-date information
please refer to the Lifestyle Calendar**

Lifestyle

Monday, November 17th

Coffee & Conversation

Living and Thriving with Parkinson's

Knead & Nibble

Crafty Card Creation

Tuesday, November 18th

Pirate's Coffee Truck

Mobile Library

Pins Up! Bowling

Wicked Bingo

Wednesday, November 19th

HOA Budget Meeting

Thursday, November 20th

Water Turkey Bowl

Welcome to Paradise

License to Paint: Onsite

Friday, November 21st

Architectural Review

Reel Time! Movie - Wicked

Saturday, November 22nd

Clay Creation

Latitudes Chopped!

Sparkling Wine & Holiday Lights: Shuttle

Sunday, November 23rd

Let the Games Begin

Pigskin in Paradise

Live Music

Friday, November 21st

7:00 - 10:00pm

Sound Arcade

Saturday, November 22nd

7:00 - 10:00pm

Salt Rock Band

Future Fun

November 24th

MuuMuu Monday

November 28th

Reel Time! Movie - Miracle on 34th Street

November 29th

Beach Home for the Holidays: Shuttle

December 1st

Cheffing with Chef

Painted Pots & Holiday Cheer

December 4th

Peter Mayer: A Stars & Promises Christmas Harmony

December 5th

Born to Party

December 6th

Rosemary Beach Tour of Homes: Shuttle

Fitness **Happenings**

Upgrade Your Self-Care Routine

Monday, November 17th, 4:00pm

Talk to the Doc - Gynecologic Health After 50

Tuesday, November 18th, 5:30pm

Water Volleyball - Pick Up Game

Wednesday, November 19th, 6:00pm - 7:30pm

Tennis Open Play

Thursday, November 20th, 9:00am - 11:00am

Explore the Trails of Northwest Florida

Friday, November 21st, 9:00am - 12:00pm

Beginners/Intermediate/Advanced Open Play

Saturday, November 22nd, 8:00am - 11:00am

The Fins Up! Fitness Center has its own calendar!

To access the calendar please visit:

www.lmwshomeowners.com/finsup

See the Fins Up! Fitness Center for more information

Fins Up!

FITNESS CENTER



Monday

Latin Dance Cardio
Seated Strength
Boxing & Beyond
RiseStrong
Total Body
Transformation

Tuesday

HydroFit
Total Body
Transformation
Splash/Tone Water
Fitness
Foundation Strength
Chair Yoga
Latin Dance Cardio

Wednesday

Tai Chi
Splash/Tone Water
Fitness
Stretch & Mobility
Mixed Bag of Tricks
Mats & More
Foundational Strength
Chair Yoga
Total Body
Transformation
Pickleball Class

Thursday

Ballet Barre
Conditioning
HydroFit
Noodle RX
Splash/Tone Water
Fitness
Seated Strength
R & R
Water Fitness
Stretchology

Friday

Dance Cardio Fun
Mats & More
Chair Yoga

Saturday

Butts and Gutts

Please Note: All Fitness Classes are Subject to Change.

LATITUDE BAR & CHILL

NOVEMBER 17 - 23

FRIED AVOCADO

Sriracha Aioli

\$7

CHOPPED CHEESE

Ground Beef Brisket & Short Rib

American Cheese, Onion, Banana Peppers
Lettuce, Tomato

\$14

WILD MUSHROOM FLATBREAD

Asiago Cream, Arugula, Parmesan, Truffle Oil

\$14

FETTUCCINE PUTTANESCA

Blistered Tomato, Garlic Bread

\$15

ROASTED WINTER VEGETABLE SALAD

Spring Mix, Goat Cheese, Carrot, Squash
Caramelized Onion, Gose Vinaigrette

\$13

SHRIMP BOIL

Sausage, Corn, Potato, Creole Butter

\$22

Chef Specials

Served Wednesday - Sunday, All Day

CHICKEN FLORENTINE

Spinach, Onion, Red Pepper, Parmesan Cream, Seasonal Vegetables, Mashed Potatoes

\$19

CARMELIZED PORK BOWL

Seasonal Vegetables, Rice, Scallions

\$17

BLACKENED SWORDFISH

Southwest Quinoa Salad, Seasonal Vegetables, Mango Chutney

\$24

— Drinks —

DIRTY BANANA

Blue Chair Bay Banana Cream
Margaritaville Dark Rum, Kahlua
Ice Cream, Chocolate Sauce

\$9

BEZEL BY CAKEBREAD

Chardonnay, California

\$11

BOGGY BAYOU

Stout, 3rd Planet Brewing

\$7

— Desserts —

MADI RUM CAKE, KEY LIME PIE

\$8

PUMPKIN CHEESECAKE

\$7

VANILLA OR CHOCOLATE ICE CREAM

\$3

BUTTER PECAN ICE CREAM

\$3