



**Lifestyle and Fitness Activities
Musical Performers
Latitude Bar & Chill Specials
November 3rd - 9th, 2025**

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

Lifestyle

Monday, November 3rd

Introduction to Quilting Workshop

Cooking Demo: Simply Snazzy Side Dishes

Margarita Mingle

Tuesday, November 4th

Pins Up! Bowling

Toy Story Bingo - Toys for Tots

Wednesday, November 5th

Coffee & Conversation

Puzzles & Pastries

Totally Trivia

Thursday, November 6th

License to Paint: Offsite

Neighborly Cocktail Hour

Friday, November 7th

30A BBQ Festival: Shuttle

Reel Time! Movie - Planes, Trains, & Automobiles

Saturday, November 8th

The Ultimate Tribute to Robin Williams

Sunday, November 9th

Pigskin in Paradise

Live Music

Friday, November 7th

5:00 - 8:00pm

Down Beat Band

8:00 - 10:00pm

DJ Big Boy

Saturday, November 8th

3:00 - 6:00pm

DJ Hairspray

7:00 - 10:00pm

Alex Napier Band

Sunday, November 9th

5:00 - 8:00pm

Coastal 98 Band

Future Fun

November 11th

Veteran's Ceremony & Brunch

November 12th

Farmer's Market

Lunch & Learn: Understanding AI Part 1

November 13th

Sounds of Season Series

Around the World: Tequila Happy Hour

November 14th

Born to Party

Reel Time! Movie - Grumpier Old Men

November 15th

Holly Fair: Shuttle

November 16th

Hotter Than July A Tribute to Stevie Wonder

November 17th

Crafty Card Creation: Holiday Card Making

November 18th

Mobile Library

Fitness ***Happenings***

Patient Choice

Monday, November 3rd, 4:00pm

Beginners/Intermediate/Advanced Open Play

Tuesday, November 4th, 7:00am - 10:00am

Full Moon Yoga & Bonfire

Wednesday, November 5th, 4:45pm - 6:30pm

Latin Dance Cardio Party

Thursday, November 6th, 2:00pm - 4:00pm

Water Volleyball - Pick Up Game

Friday, November 7th, 11:00am

Beginners/Intermediate/Advanced Open Play

Saturday, November 8th, 7:00am - 10:00am

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
RiseStrong
Boxing & Beyond
Total Body Transformation

Tuesday

Total Body Transformation
H2O Cardio 2.0
Splash/Tone Water Fitness
Foundation Strength
Chair Yoga
Stretchology
Latin Dance Cardio

Wednesday

Tai Chi
Splash/Tone Water Fitness
Mixed Bag of Tricks
Stretch & Mobility
Mats & More
Foundational Strength
Shine Time Light
Chair Yoga

Thursday

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

Friday

Cardio Fit Fusion
Dance Cardio Fun
Mats & More
Shine Time Light
Chair Yoga

Saturday

Butts and Gutts
Splash/Tone Water Fitness

Please Note: All Fitness Classes are Subject to Change.

LATITUDE BAR & CHILL

NOVEMBER 3 - 9

ISLAND POPCORN CHICKEN

Sweet Chili, Scallions
\$7

SUPREME FLATBREAD

Beef, Sausage, Onions, Peppers, Olives, Tomato
\$13

CARIBBEAN SALAD

Mixed Greens, Avocado, Orange Segments
Red Onion, Red Pepper, Plantain Chips
Mango Vinaigrette
\$13

BAJA TACOS

Crispy Grouper, Pickled Slaw, Pineapple Pico
Smoked Pepper Sauce, Cilantro, Lime
\$14

CHICKEN & ANDOUILLE CAJUN PENNE

Creole Cream, Tomato, Garlic Bread
\$13

CRISPY CATFISH

French Fries, Coleslaw, Hushpuppies, Remoulade
\$17

Chef Specials

Served Thursday - Saturday, 5:00pm - Close

ROSEMARY CHICKEN

Seasonal Vegetables, Mashed Potatoes
\$15

CRAB STUFFED SHRIMP

Seasonal Vegetables, Wild Rice, Lemon Aioli
\$22

BEEF SHORT RIB

Seasonal Vegetables, Mashed Potatoes, Onion Demi
\$24

— Drinks —

CARMEL APPLE MARTINI

Vanilla Vodka, Butterscotch Schnapps
Apple Purée
\$9

THE FEDERALIST

Sauvignon Blanc, Marlborough, New Zealand
\$10

TRUCK STOP HONEY

Brown Ale, Back Forty Beer Co.
\$7

— Desserts —

MADI RUM CAKE, KEY LIME PIE
\$8

CHOCOLATE LAVE CAKE
\$7

VANILLA OR CHOCOLATE ICE CREAM
\$3

BUTTER PECAN ICE CREAM
\$3