



**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 it's own calendar!**

**To access the calendar please visit:**

**[www.lmwshomeowners.com/finsup](http://www.lmwshomeowners.com/finsup)**

**See the Fins Up! Fitness Center for more information**





## **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**

### BAJA TACOS

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

**\$14**

### SUPREME FLATBREAD

Beef, Sausage, Onions, Peppers, Olives, Tomato

**\$13**

### CHICKEN & ANDOUILLE CAJUN PENNE

Creole Cream, Tomato, Garlic Bread

**\$13**

### CARRIBEAN SALAD

Mixed Greens, Avocado, Orange Segments  
Red Onion, Red Pepper, Plantain Crips  
Mango Vinaigrette

**\$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**

\*Consuming raw or undercooked meats, seafood, or eggs may increase your risk of foodborne illness.