

Wellness Calendar May 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 8:30 Water Aerobics - P 9:15 Gentle Yoga with Nancy Jern 10:30 Exercise - A w/Maribel Burke	2 10:00 Exercise & Balance w/ Jane Myers A 2:00 Water Aerobics - P w/Diane Taylor	3 8:30 Water Aerobics-P 9:15 Tai Chi-AR Balance w/Brian 10:30 Stretch-A w/Brain Sutton	4 9:15 Standing & sitting Tai Chi w/ Brian - AR 10:45 Exercise AR w/Maribel Burke	5 8:30 Water Aerobics
6	7 9:30 Exercise - AR w/Jane Myers 3:00 Gentle Yoga w/ Nancy Jern AR	8 8:30 Water Aerobics - P 9:15 Gentle Yoga with Nancy Jern 10:30 Exercise - A w/Maribel Burke	9 10:00 Exercise & Balance with Jane Myers A 2:00 Water Aerobics - P w/Diane Taylor	10 8:30 Water Aerobics - P 9:15 Tai Chi - AR Balance w/Brian 10:30 Stretch - AR w/Brain Sutton	11 9:15 Standing & sitting Tai Chi w/ Brian - AR 10:45 Exercise AR w/Maribel Burke	12 8:30 Water Aerobics
13	14 9:30 Exercise - A w/Jane Myers 3:00 Gentle Yoga with Nancy Jern AR	15 8:30 Water Aerobics - P 9:15 Gentle Yoga with Nancy Jern 10:30 Exercise AR w/Maribel Burke	16 10:00 Exercise & Balance with Jane Myers-A 2:00 Water Aerobics - P w/Diane Taylor	17 8:30 Water Aerobics - P 9:15 Tai Chi - AR Balance w/Brian 10:30 Stretch - A w/Brain Sutton	18 9:15 Standing & sitting Tai Chi w/ Brian - AR 10:45 Exercise - A w/Maribel Burke	19 8:30 Water Aerobics
20	21 9:30 Exercise - A w/Jane Myers 3:00 Gentle Yoga with Nancy Jern AR	22 8:30 Water Aerobics - P 9:15 Gentle Yoga with Nancy Jern 10:30 Exercise - A w/Maribel Burke	23 10:00 Exercise & Balance with Jane Myers-A 2:00 Water Aerobics - P w/Diane Taylor	24 8:30 Water Aerobics - P 9:15 Tai Chi - AR Balance w/Brian 10:30 Stretch - A w/Brain Sutton	25 9:15 Standing & sitting Tai Chi w/ Brian - AR 10:45 Exercise w/Maribel Burke - AR	26 8:30 Water Aerobics
27	28 MEMORIAL DAY NO EXERCISE	29 8:30 Water Aerobics - P 9:15 Gentle Yoga with Nancy Jern 10:30 Exercise - A w/Maribel Burke	30 10:00 Exercise & Balance with Jane Myers-A 2:00 Water Aerobics - P w/Diane Taylor	31 8:30 Water Aerobics - P 9:15 Tai Chi - AR Balance w/Brian 10:30 Stretch - A w/Brain Sutton		

St. George Highlights

3: Supper Club at "Aspens" This restaurant has perfectly cooked steaks and chops, fresh creative takes on seafood, innovative appetizers, decadent desserts plus an early bird special! Repeat visit due to overflow last month and restaurant prior commitments. Sign up required. Depart at 4:30 pm. Sign up required.

10: Roswell Genealogy Family History Center: Each person, no matter how ordinary, has extraordinary memories to share. Many of the most precious, heart-changing family photos and stories are tucked away in our homes and our minds. At FamilySearch, memories are preserved so they can be shared for generations to come. Lunch will be at Olive Garden. Depart at 10:00 am. Sign up required.

17: Montaluce Winery: A breathtaking destination that uses incredible wine and food to evoke a sense of romance and relaxation. You will feel the beauty of Tuscany, the experience of Sonoma and the hospitality of the South. After lunch, we will have a complimentary tour, followed by wine tasting, if you so choose (\$18.00 for 5 wines) Depart at 9:30 am. Sign up required.

23: Men's lunch "Adele's on Canton Street in Roswell": Their desire is to serve the very best Cajun food in an atmosphere that is casual, comfortable, friendly and fun! They use only quality, fresh ingredients in all of their dishes. "Come hungry - leave happy". Depart at 12:30 pm. Sign up required.

24: Scottsdale Farms: This 65-acre location in North Fulton includes a 12,000-timber frame Gift Barn showcasing an ever-changing selection of furniture, home decor and gifts from local and international artisans. Their seasonal clothing, jewelry boutique and The Café—serving a wonderful assortment of breakfast and lunch dishes, desserts, coffee, and specialty drinks—are found here, too. We will have a talk and a tour before lunch. Cost is \$5.00 per person. Depart at 10:00 am. Sign required.

31: Tour of Atlanta Braves SunTrust Stadium: Guests will visit the Xfinity Rooftop, the Braves press box and broadcast booth, the Hank Aaron Terrace, the INFINITI club, a luxury suite, Monument Garden, the Braves Clubhouse and dugout, Below the Chop, and the Braves Clubhouse Store. Cost is \$15.00 per person. Lunch will be at the Battery with several choices. Depart at 9:00 am. Signup required.

Transportation Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
North Fulton Hospital Doctors Transportation 8:30 am – 12:30 pm	North Fulton Hospital Doctors Transportation 8:30 am – 1:30pm	St. Joseph and Northside Hospital Doctors Transportation 8:30 am – 2:30 pm	Thursday Outing See Calendar for more Details.	St. Joseph and Northside Hospital Doctors Transportation 8:30 am – 12:30 pm
Publix, CVS & Target Shopping Center 1:30 – 3:00 pm	Bank of America, Wells Fargo, Trader Joe's Kohl's, Walgreens 2:00pm			Kroger, Aldi, Sprouts, Roswell Beverage & Roswell Library 1:30 pm

May 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Catholic Mass Monday through Thursday 12:00 p.m. - Chapel Sunday mass - 10:30 am A *Healing Mass is the first Monday of each month in the Auditorium</p>		<p>1 7:30 am Men's Club - B 9:30 am Hand & Foot - L 10:00 am Rosary Makers - CR 1:15 pm Canasta - CR 1:15 pm Duplicate Bridge - CR 2:30 pm Line Dancing - A 4:00 pm News w Don Jordan A 6:30 pm Hand & Foot - CR 7:00 pm Poker - L</p>	<p>2 7:30 am Men's Club - B 11:00 am Rook Game - CR 1:00 pm Bridge - CR 1:30 pm Brain Games - L 5:00 pm Happy Hour - B</p> <p>St. Joseph Hospital Mammography Mobile Unit Beginning 9:00am</p>	<p>3 7:30 am Men's Club - B 4:00 pm Bocce Ball at Court 4:30 pm *Supper Club Aspens 7:00 pm Rummikub - CR</p>	<p>4 7:30 am Men's Club - B 10:00 am Catholic Bible Study-A 1:00 pm Poker - L 1:30 pm Mah Jongg - CR 2:00pm Blue Hair Tech "Why You Need a Smartphone"-A 6:00 pm Poker - L</p>	<p>5 7:30 am Men's Club - B 8:30 am Water Aerobics - P 1:00 pm Bridge - CR</p>
<p>6 10:30 am Catholic Mass - A 11:00 - 2:00 pm Sunday Buffet 5:00 pm Sunday Social - B</p>	<p>7 7:30 am Men's Club - B 12:00 pm Healing Mass-A 1:30 pm Mah Jongg - CR 3:00 pm Poker - L 3:30 pm Women's Bible Study AR</p>	<p>8 7:30 am Men's Club - B 9:30 am Hand & Foot - L 10:00 am Rosary Makers - CR 1:15 pm Canasta - CR 2:00 pm Christian Worship A 6:30 pm Hand & Foot - CR 7:00 pm Poker - L</p>	<p>9 7:30 am Men's Club - B 11:00 am Rook Game - CR 1:00 pm Bridge - CR 1:30 pm Brain Games - AR 1:30 pm Mary Kay Facials - AR 4:00 pm Sam Hagan, Jeanne Brown and Judy Boehm-A 5:00 pm Happy Hour - B</p>	<p>10 7:30 am Men's Club - B 10:00 am *Genealogy at Roswell Family History Center Lunch at Olive Garden 4:00 pm Bocce Ball at Court 7:00 pm Rummikub - CR</p>	<p>11 7:30 am Men's Club - B 10:00 am Catholic Bible Study A 1:00 pm Poker - L 1:30 pm Mah Jongg - CR 2:00 pm N. Fulton Hospital presents a Men's talk with a Urologist 6:00 pm Poker - L</p>	<p>12 7:30 am Men's Club - B 8:30 am Water Aerobics - P 1:00 pm Bridge - CR</p>
<p>13 10:30 am Catholic Mass - A 11:00 - 2:00 pm Sunday Buffet 4:00 pm Tech Tips - AR 5:00 pm Sunday Social - B</p>	<p>14 7:30 am Men's Club - B 1:30 pm Mah Jongg - CR 3:00 pm Poker - L 3:30 pm Women's Bible Study AR</p>	<p>15 7:30 am Men's Club - B 9:30 am Hand & Foot - L 10:00 am Rosary Makers - CR 12:00 pm Annual Retired Priests Mass-A 1:15 pm Canasta - CR 1:15 pm Duplicate Bridge - CR 2:30 pm Line Dancing - A 6:30 pm Hand & Foot - CR 7:00 pm Poker - L 7:30 pm Book Club - AR</p>	<p>16 7:30 am Men's Club - B 10:00 am Episcopal - C 11:00 am Rook Game - CR 1:00 pm Bridge - CR 1:30 pm Brain Games - AR 4:00 pm Town Hall Meeting 5:00 pm Happy Hour - B 7:00 pm Parrot Productions</p>	<p>17 7:30 am Men's Club - B 9:30 am *Montaluce Winery Lunch, tour and wine tasting Dahlonega, Ga. 4:00 pm Bocce Ball at Court 7:00 pm Rummikub - CR</p>	<p>18 7:30 am Men's Club - B 1:00 pm Poker - L 1:30 pm Mah Jongg - CR 2:00 pm Roswell Police "Frauds & Scams" - A 6:00 pm Poker - L</p>	<p>19 7:30 am Men's Club - B 8:30 am Water Aerobics - P 1:00 pm Bridge - CR</p>
<p>20 10:30 am Catholic Mass - A 11:00 - 2:00 pm Sunday Buffet 5:00 pm Sunday Social - B</p>	<p>21 7:30 am Men's Club - B 1:30 pm Mah Jongg - CR 3:00 pm Poker - L 3:30 pm Women's Bible Study AR</p>	<p>22 7:30 am Men's Club - B 9:30 am Hand & Foot - L 10:00 am Rosary Makers - CR 1:15 pm Canasta - CR 2:00 pm Christian Worship A 6:30 pm Hand & Foot - CR 7:00 pm Poker - L</p>	<p>23 7:30 am Men's Club - B 11:00 am Rook Game - CR 12:30 pm * Men's Lunch "Adele's" 1:00 pm Bridge - CR 1:30 pm Brain Games - L 5:00 pm Happy Hour - B</p> <p>"Hamilton" at Fox theatre</p>	<p>24 7:30 am Men's Club - B 10:00 am * Scottsdale Farms Tour, talk & lunch 10:30 am Alzheimer's Support Meeting-Springs Conference Rm 4:00 pm Bocce Ball at Court 7:00 pm Rummikub - CR</p>	<p>25 7:30 am Men's Club - B 9:45 am Memorial Day Annual Flag Ceremony-FL 10:30 am Audiological Consultants - L 1:00 pm Poker - L 1:30 pm Mah Jongg - CR 6:00 pm Poker - L</p>	<p>26 7:30 am Men's Club - B 8:30 am Water Aerobics - P 1:00 pm Bridge - CR</p>
<p>27 10:30 am Catholic Mass - A 11:00 - 2:00 pm Sunday Buffet 5:00 pm Sunday Social - B</p>	<p>28 7:30 am Men's Club - B 10:30 am Catholic Mass-A 1:30 pm Mah Jongg - CR 3:00 pm Poker - L 3:30 pm Women's Bible Study AR</p> <p>Memorial Day Lunch buffet 11:00am - 2:00pm</p>	<p>29 7:30 am Men's Club - B 9:30 am Hand & Foot - L 10:00 am Rosary Makers - CR 1:15 pm Canasta - CR 6:30 pm Hand & Foot - L 7:00 pm Poker - CR</p>	<p>30 7:30 am Men's Club - B 11:00 am Rook Game - CR 1:00 pm Bridge - CR 1:30 pm Brain Games - AR 5:00 pm Happy Hour - B 7:30 pm Alpharetta City Band-A</p>	<p>31 7:30 am Men's Club - B 9:00 am * Tour of Atlanta Braves SunTrust Stadium 4:00 pm Bocce Ball at Court 7:00 pm Rummikub - CR</p>	<p>Activity Room - AR Auditorium - A Card Room - CR Chapel - C Library - L Bistro - B</p>	