

Wellness Calendar September 2018

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

St. George Highlights

5: Sun Trust Stadium -Atlanta Braves/Boston Red Sox: SunTrust Park is our Atlanta Braves baseball park located in the Atlanta metropolitan area 10 miles northwest of downtown Atlanta in the unincorporated community of Cumberland, in Cobb County, Georgia. Pre-sale tickets were required. Depart at 10:30am.

6: Shopping at the Avalon and lunch at Café Intermezzo: Avalon in Alpharetta, GA offers a family-friendly shopping center, plus much more. Lunch at **Café Intermezzo** at 11:30am, which embodies the essence of the 300-year-old European coffeehouse. Depart at 9:30am. Sign up required.

12: GA Ensemble presents "9 to 5": A heartwarming comedy of friendship and revenge, based on the hilarious hit movie. Three working women take over their office and turnaround their lives, to the tune of Dolly Parton's snappy musical score. Cost is \$10.00. Depart at 6:45pm. Sign up required.

13: Shopping at Walmart, Steinmart and East Cobb Avenue: Our bus will drop you off at each of these places to shop at your leisure and pick you up at a designated area. Depart at 9:30 am. Please sign up and shop with a friend.

15: Byer Theatre at City Springs: At the height of the Great Depression, Peggy Sawyer catches the eye of veteran producer Julian Marsh in this all singing, all dancing extravaganza. This Broadway musical "**42nd Street**" features a score of standards such as "We're in the Money", "Shuffle off to Buffalo". "Lullaby of Broadway" and "42nd Street". Depart at 12:30pm. Early sign up and payment was required.

19: Men's Lunch at "Tai Emerald": Graceful service, vibrant china, white linen with tapestry covered tables, and authentic Thai cuisine await you at this restaurant. Their menu includes authentic Thai food with homemade recipes passed down through generations. Depart at 12:30pm. Sign up required.

20: Supper Club "Vinny's on Windward: An open kitchen serves upscale classic Italian fare in a casual rustic setting. Specialties range from their fabulous pinzimonio salad, beef carpaccio to succulent rack of lamb, veal or chicken scaloppini and unforgettable tiramisu! Depart at 4:30am. sign up required.

27: Roswell Historical Society -Bus tour of Roswell: We will drive through Founders Cemetery, the old mill site, numerous founder's homes and the 1839 Presbyterian Church where we may go inside. Our docent will be dressed in period clothing and will tell interesting and informational stories at each site. Cost is \$6.00 per person. Lunch will be at the Adele's Restaurant. Depart at 10:00am. Sign up 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

September 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Activity Room - AR Auditorium - A Bistro - B Card Room - CR Chapel - C Library - L Private Dining Room-PDR Putting Green-PG</p>	<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>Ladies Billiards every Tuesday 2:00pm North Village Lobby</p>				<p>1 7:30 am Men's Club - B 8:30 am Water Aerobics - P 1:00 pm Bridge - CR 2:00 pm Card Bingo with Mary Louise Hagan-L</p>
<p>2 10:30 am Catholic Mass - A 11:00 - 2:00 pm Sunday Buffet 5:00 pm Sunday Social-B 7:00 pm Putting party-PG</p>	<p>3 Labor Day Administrative Holiday Dining Hours 11:00am - 2:00pm 10:30 am Catholic Mass-Chapel No Transportation, housekeeping, laundry services or exercise classes</p>	<p>4 7:30 am Men's Club - B 10:00 am Hand & Foot - L 10:00 am Rosary Makers - CR 1:00 pm Canasta - CR 1:15 pm Duplicate Bridge - CR 2:00 pm Ladies Pool-every Tuesday 4:00 pm News w/ Don Jordan-A 6:30 pm Hand & Foot - CR 7:00 pm Poker - L 7:00 pm Billiards-North Village</p>	<p>5 7:30 am Men's Club - B 10:00 am Rook Game - CR 10:30 am *Atlanta Braves/Boston Red Sox 11:30 am Tech Class- AR Photos & Videos 1:00 pm Bridge - CR 1:30 pm Brain Games - AR 5:00 pm Happy Hour - B</p>	<p>6 7:30 am Men's Club - B 9:30 am *Shopping at Avalon Lunch at Café Intermezzo 2:00 pm Villagers Rehearsal-A 7:00 pm Rummikub - CR 7:00 pm Bocce Ball at Court 7:00 pm "That Mancini Magic" with Cecil Welch-A</p>	<p>7 7:30 am Men's Club - B 10:00 am Catholic Bible Study-A 1:00 pm Poker - L 1:00 pm Assorted Greeting Cards Craft Class-AR 1:30 pm Mah Jongg - CR 6:00 pm Poker - L</p>	<p>8 7:30 am Men's Club - B 8:30 am Water Aerobics - P 1:00 pm Bridge - CR Grandparents Day Celebration 11:30am - 2:00pm</p>
<p>9 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 7:00 pm Putting Party-PG</p>	<p>10 7:30 am Men's Club - B 10:00 am Villagers Rehearsal-A 1:30 pm Mah Jongg - CR 3:00 pm Poker - L 3:30 pm Ladies Bible Study-AR</p>	<p>11 7:30 am Men's Club - B 10:00 am Hand & Foot - L 10:00 am Rosary Makers - CR 1:00 pm Canasta - CR 1:15 pm Bridge-CR 2:00 pm Christian Worship A 2:30 pm Line Dancing - AR 6:30 pm Hand & Foot - CR 7:00 pm Poker - L 7:00 pm Billiards-North Village</p>	<p>12 7:30 am Men's Club - B 10:00 am Rook Game - CR 11:30 pm Tech Class-AR Contacts, Texting & Email 1:00 pm Bridge - CR 1:30 pm Brain Games - AR 5:00 pm Happy Hour-B 6:45 pm * Roswell Cultural Arts Ga. Ensemble "9 to 5"</p>	<p>13 7:30 am Men's Club - B 9:30 am *Shopping at Walmart, E. Cobb Ave. and Steinmart 7:00 pm Rummikub - CR 7:00 pm Bocce Ball at Court</p>	<p>14 7:30 am Men's Club - B 1:00 pm Poker - L 1:30 pm Mah Jongg - CR 2:00 pm Fruits, Vegetables & Gymnastics-A 6:00 pm Poker - L</p>	<p>15 7:30 am Men's Club - B 8:30 am Water Aerobics - P 12:30 pm *Byers Theatre "42nd Street" 1:00 pm Bridge - CR 2:00 pm Card Bingo with Mary Louise Hagan-L</p>
<p>16 10:30 am Catholic Mass - A 11:00 - 2:00 pm Sunday Buffet 5:00 pm Sunday Social - B 7:00 pm Putting Party-PG</p>	<p>17 7:30 am Men's Club - B 10:00 am Villagers Rehearsal-A 1:30 pm Mah Jongg - CR 3:00 pm Poker - L 3:30 pm Ladies Bible Study-AR</p>	<p>18 7:30 am Men's Club - B 9:30 am Hand & Foot - L 10:00 am Rosary Makers - CR 1:00 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 7:00 pm Billiards-North Village 7:30 pm Book Club-AR</p>	<p>19 7:30 am Men's Club - B 10:00 am Rook Game - CR 10:00 am Episcopal - C 11:30 am Tech Class-AR Phone & Video Calling 12:30 pm *Men's lunch Tai Emerald 1:00 pm Bridge - CR 1:30 pm Brain Games - L 4:00 pm Town Hall Meeting 5:00 pm Happy Hour - B</p>	<p>20 7:30 am Men's Club - B 10:30 am Alzheimer's Support Meeting "Speaker Dr. Gary Figiel" - A 4:30 pm *Supper Club Vinny's on Windward 7:00 pm Rummikub - CR 7:00 pm Bocce Ball at Court</p>	<p>21 7:30 am Men's Club - B 1:00 pm Poker - L 1:00 pm Villagers Rehearsal-A 1:30 pm Mah Jongg - CR 6:00 pm Poker - L</p>	<p>22 7:30 am Men's Club - B 8:30 am Water Aerobics - P 1:00 pm Bridge - CR</p>
<p>23/30 10:30 am Catholic Mass - A 11:00 - 2:00 pm Sunday Buffet 5:00 pm Sunday Social - B 7:00 pm Putting Party-PG</p>	<p>24 7:30 am Men's Club - B 1:30 pm Mah Jongg - CR 2:45 pm Villagers Show for Wellington Court -A 3:00 pm Poker - L 3:30 pm Ladies Bible Study-AR</p>	<p>25 7:30 am Men's Club - B 9:30 am Hand & Foot - L 10:00 am Rosary Makers - CR 1:00 pm Canasta - CR 1:15 pm Bridge-CR 2:00 pm Christian Worship A 6:30 pm Hand & Foot - L 7:00 pm Poker - CR 7:00 pm Billiards-North Village</p>	<p>26 7:30 am Men's Club - B 10:00 am Rook Game - CR 11:30 am Tech Class- Internet 1:00 pm Bridge - CR 1:30 pm Brain Games - AR 3:45 pm Villagers Show-A "Mississippi Adventure" 5:00 pm Happy Hour w/Judy</p>	<p>27 7:30 am Men's Club - B 10:00 am *Roswell Bus Tour Lunch at Adele's 7:00 pm Rummikub - CR 7:00 pm Bocce Ball at Court</p>	<p>28 7:30 am Men's Club - B 10:00 am Catholic Bible Study-A 10:30 am Audiological Consultants-L 1:00 pm Poker - L 1:30 pm Mah Jongg - CR 6:00 pm Poker - L</p>	<p>29 7:30 am Men's Club - B 8:30 am Water Aerobics - P 1:00 pm Bridge - CR 2:00 pm Card Bingo with Mary Louise Hagan-L</p>