

Wellness Calendar August 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 9:30 Exercise-A w/ Jane Myers 2:00 Ai Chi-Pool w/Jane Myers	3 8:30 Water Aerobics – P w/Maribel Burke 9:15 Gentle Yoga w/Nancy Jern - A 10:30 Exercise A w/ Maribel Burke	4 9:30 Exercise & Balance-A w/Jane Myers	5 8:30 Aquatic Balance - P w/ Jane Myers 9:15 Tai Chi - A Balance w/ Brian 10:30 Stretch - A Pilates w/Brian	6 9:15 Standing & Sitting Tai Chi w/Brian – A 10:30 Exercise -A w/Maribel Burke	7 8:30 Water Aerobics w/Nancy Jern
8	9 9:30 Exercise-A w/ Jane Myers 2:00 Ai Chi-Pool w/Jane Myers	10 8:30 Water Aerobics – P w/Maribel Burke 9:15 Gentle Yoga w/Nancy Jern - A 10:30 Exercise A w/ Maribel Burke	11 9:30 Exercise & Balance -A w/Jane Myers 1:30 Line Dance-A w/Nancy Anthony	12 8:30 Aquatic Balance - P w/ Jane Myers 9:15 Tai Chi - A Balance w/ Brian 10:30 Stretch - A Pilates w/Brian	13 9:15 Standing & Sitting Tai Chi w/Brian – A 10:30 Exercise -A w/Maribel Burke	14 8:30 Water Aerobics w/Nancy Jern
15	16 9:30 Exercise-A w/ Jane Myers 2:00 Ai Chi-Pool w/Jane Myers	17 8:30 Water Aerobics – P w/Maribel Burke 9:15 Gentle Yoga w/Nancy Jern - A 10:30 Exercise A w/ Maribel Burke	18 9:30 Exercise & Balance -A w/Jane Myers	19 8:30 Aquatic Balance - P w/ Jane Myers 9:15 Tai Chi - A Balance w/ Brian 10:30 Stretch - A Pilates w/Brian	20 9:15 Standing & Sitting Tai Chi w/Brian – A 10:30 Exercise -A w/Maribel Burke	21 8:30 Water Aerobics w/Nancy Jern
22	23 9:30 Exercise-A w/ Jane Myers 2:00 Ai Chi-Pool w/Jane Myers	24 8:30 Water Aerobics – P w/Nancy Jern 9:15 Gentle Yoga w/ Nancy Jern - A 10:30 Exercise A w/Diane Taylor	25 9:30 Exercise & Balance-A w/Jane Myers 1:30 Line Dance-A w/Nancy Anthony	26 8:30 Aquatic Balance - P w/ Jane Myers 9:15 Tai Chi - A Balance w/ Brian 10:30 Stretch - A Pilates w/Brian	27 9:15 Standing & Sitting Tai Chi w/Brian – A 10:30 Exercise -A w/Maribel Burke	28 8:30 Water Aerobics w/Nancy Jern
29	30 9:30 Exercise w/ Jane Myers 2:00 Ai Chi-Pool w/Jane Myers	31 8:30 Water Aerobics – P w/Maribel Burke 9:15 Gentle Yoga w/Nancy Jern - A 10:30 Exercise A				

St. George Highlights

5: Jaemor farms: Their flavors are unforgettable, and yet there is so much more to a peach than sweetness, as this little fruit is also a great source of vitamin A and C and fiber and are approximately 40 calories per serving. You are certain to like what you find at Jaemor farms and produce stand. Depart at 9:30am. Sign up required.

12: Alpharetta Arts Center: The City of Alpharetta provides a diverse and vibrant environment that advances art and promotes local history to create connections and roots in the Alpharetta community. Lunch will be at Cabernet Steakhouse. Depart at 9:30am. Sign up required.

18: Ladies lunch at “Uncle Jack’s”: Uncle Jack’s on Canton Street, in Historic Roswell, Georgia, features classic American dishes with a modern twist. Depart at 11:30am. Sign up required.

19: Bus tour of Atlanta neighborhoods with Jim Howe: Visit historic intown neighborhoods such as Inman Park, Grant Park, Cabbagetown, Ansley Park and other quaint downtown areas. Lunch will be a BBQ Kitchen. Limit 24. Depart at 9:30am. Sign up required.

19: Supper Club: “Union Hill Grill”: Located in Canton’s beautiful farm and horse country, this restaurant delivers an upscale dining experience with a focus on outstanding hospitality. They are proud to offer quality steaks and chops, the freshest seafood, seasonal accompaniments, and handcrafted cocktail. The restaurant’s atmosphere reflects the farmhouse feel of the area – combined with a passion and genuine love of food. Depart at 4:00pm. Restaurant limit is 24. Sign up required.

20: Bus tour of Clayton, Ga with Selina lunch at “Dillard House”: When you visit the Dillard House Restaurant you might expect just a meal, but it's a true Southern culinary event that awaits you. Their menus consist of generous portions of homemade Southern dishes from recipes handed down over the years from Dillard House chefs and generations of Dillard family members. Limit 24. Depart at 9:00 am. Sign up required.

25: Men’s lunch at “Uncle Jack’s”: Uncle Jack’s on Canton Street, in Historic Roswell, Georgia, features classic American dishes with a modern twist. Depart at 11:30am. Sign up required.

26: Jewelry Making at “My Clayground” & lunch at “Crabapple Tavern”: You can choose to design and create your own bracelet (\$23) earrings (\$20) or a pendant (\$13-\$25). After lunch we can stop at the Sweet Apple farmers Market if you would like. Limit 10. Depart at 9:30am. 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 – 1:30 pm	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 1:30-3:00pm	Bank of America, Wells Fargo, Kohls, Walgreens Trader Joes 2:00 pm			Kroger, Aldi , Sprouts 1:30 pm

August 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:30 am Catholic Mass – A 6:00 pm Putting Contest - PG	2 1:00 pm Men's Bridge - L 1:30 pm Mah Jongg – CR 1:30 pm Art Class w/ Tammy - AR 2:30 pm Poker – BL 7:00 pm "Mexican Train Game" - A	3 10:00 am Hand & Foot - L 10:30 am Rosary Makers – CR 10:30am Audiologist Dr. Smith-L 1:00 pm Bridge - CR 1:30 pm Canasta – L 2:30 pm Poker – BL 3:00 pm Men's Bible Study – AR 4:00 pm News w/ Don Jordan - A 6:30 pm Hand & Foot – L 7:15 pm Bocce Ball at Court	4 10:00 am Rook - L 11:00 am BH Tech Class - AR 1:00 pm Bridge - CR 1:30 pm Mah Jongg – CR 2:30 pm Poker – BL 3:00 pm Brain Games - AR 5:00 pm Happy Hour – Bistro w/Frederick Jones 7:30 pm Sequence Game - A	5 9:30 am *Jaemor farms 2:30 pm Poker - BL 7:00 pm Rummikub – L 7:00 pm Amber Brooke Lopez Family Variety Show -A	6 1:30 pm Mah Jongg - CR 2:30 pm Poker – BL 7:00 pm Movie Night – A "A Murder of Crows"	7 1:00 pm Bridge – Card Room 2:00 pm Knit Wits - FL
8 10:30 am Catholic Mass - A 6:00 pm Putting Contest – PG 6:00 pm Informal Writing Group - Hosts Mary Jo & Ward Winer - AR	9 1:00 pm Men's Bridge - L 1:30 pm Mah Jongg – CR 1:30 pm Art Class w/ Tammy - AR 2:30 pm Poker – BL 2:30 pm Villagers rehearsal-A 3:30 pm Ladies Bible Study – AR 7:00 pm "Mexican Train Game" - A	10 10:00 am Hand & Foot - L 10:30 am Rosary Makers - CR 1:00 pm Bridge - CR 1:30 pm Canasta – L 2:00 pm Christian Worship - A 2:30 pm Poker – BL 3:00 pm Men's Bible Study – AR 6:30 pm Hand & Foot – L 7:15 pm Bocce Ball at Court	11 10:00 am Rook - L 11:00 am BH Tech Class - AR 1:00 pm Bridge - CR 1:30 pm Mah Jongg – CR 2:30 pm Poker – BL 3:00 pm Brain Games - AR 5:00 pm Happy Hour – Bistro w/Judy Boehm 7:30 pm Sequence Game - A	12 9:30 am *Alpharetta Arts Center Lunch at Cabernet Steakhouse 2:30 pm Poker – BL 4:00 pm Blue Grass Alliance Band-A 7:00 pm Rummikub – L	13 1:30 pm Mah Jongg – CR 2:00 pm Atlanta Oakland Cemetery Slide Show with Jim Howe-A 2:30 pm Poker – BL 7:00 pm Movie Night – A "Ladies in Lavender"	14 1:00 pm Bridge – Card Room 2:00 pm Knit Wits - FL
15 10:30 am Catholic Mass - A 6:00 pm Putting Contest - PG	16 11:00 am Villagers rehearsal-A 1:00 pm Men's Bridge - L 1:30 pm Mah Jongg – CR 1:30 pm Art Class w/ Tammy - AR 2:30 pm Poker – BL 7:00 pm "Mexican Train Game" - A	17 10:00 am Hand & Foot - L 10:30 am Rosary Makers - CR 1:00 pm Bridge - CR 1:30 pm Canasta – L 2:30 pm Poker – BL 3:00 pm Men's Bible Study – AR 6:30 pm Hand & Foot – L 7:15 pm Bocce Ball at Court	18 10:00 am Rook – L 11:00 am BH Tech Class - AR 11:30 am *Ladies lunch Uncle Jacks 1:00 pm Bridge - CR 1:30 pm Mah Jongg – CR 2:30 pm Poker – BL 3:00 pm Brain Games - AR 5:00 pm Happy Hour – Bistro w/Frederick Jones 7:30 pm Sequence Game - A	19 9:30 am *Atlanta Neighborhood Bus tour with Jim Howe Lunch at BBQ Kitchen 2:30 pm Poker - BL 4:00 pm *Supper Club "Union Hill Grill" 7:00 pm Rummikub - L	20 9:00 am *Clayton, Georgia bus tour with Selina Lunch at "Dillard House" 1:30 pm Mah Jongg - CR 2:30 pm Poker – BL 7:00 pm Movie Night – A "De-Lovely"	21 1:00 pm Bridge – Card Room 2:00 pm Knit Wits - FL
22 10:30 am Catholic Mass - A 6:00 pm Putting Contest - PG 6:00 pm Informal Writing Group - Hosts Mary Jo & Ward Winer - AR	23 11:00 am Villagers rehearsal-A 1:00 pm Men's Bridge - L 1:30 pm Mah Jongg – CR 1:30 pm Art Class w/ Tammy - AR 2:30 pm Poker - BL 3:30 pm Ladies Bible Study – AR 7:00 pm "Mexican Train Game" - A	24 10:00 am Hand & Foot - L 10:30 am Rosary Makers - CR 1:00 pm Bridge - CR 1:30 pm Canasta – L 2:00 pm Christian Worship - A 2:30 pm Poker – BL 3:00 pm Men's Bible Study – AR 6:30 pm Hand & Foot – L 7:15 pm Bocce Ball at Court	25 10:00 am Rook – L 11:00 am BH Tech Class - AR 11:30 am *Men's Lunch "Uncle Jacks" 1:00 pm Bridge - CR 1:30 pm Mah Jongg – CR 2:30 pm Poker – BL 3:00 pm Brain Games - AR 5:00 pm Happy Hour – Bistro 7:30 pm Sequence Game - A	26 9:30 am *My Clayground Lunch at "Crabapple Tavern" 2:30 pm Poker - BL 4:00 pm Town Hall - A 7:00 pm Rummikub - L	27 1:30 pm Mah Jongg - CR 2:30 pm Poker – BL 7:00 pm Movie Night – A "Goldfinger"	28 1:00 pm Bridge – Card Room 2:00 pm Knit Wits - FL
29 10:30 am Catholic Mass - A 6:00 pm Putting Contest - PG	30 1:00 pm Men's Bridge - L 1:30 pm Mah Jongg – CR 1:30 pm Art Class w/ Tammy - AR 2:30 pm Poker – BL 7:00 pm "Mexican Train Game" - A	31 10:00 am Hand & Foot - L 10:30 am Rosary Makers - CR 1:00 pm Bridge - CR 1:30 pm Canasta – L 2:30 pm Poker – BL 3:00 pm Men's Bible Study – AR 6:30 pm Hand & Foot – L 7:15 pm Bocce Ball at Court	Recitation of the Rosary Every Night at 5:00 pm in the Chapel	Catholic Mass Monday Through Wednesday 12:00 pm – Chapel Thursday Mass for Assisted Living only Sunday Mass 10:30 am - A	2:00 pm Ladies Billiards Every Tuesday & Friday Men's Billiards every Monday & Wednesday 2:00 North Village Lobby	Activity Room – AR Auditorium – A Bistro – B Card Room – CR Chapel – C Library – L Private Dining Room – PDR Putting Green – PG Front Lobby - FL