Wellness Calendar
October 2021

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

St. George Highlights

7: Georgia State Fair: Join us for our first ever visit to the Georgia State Fair! You'll see Lady Houdini, a White Tiger Display, a Hypnotist Show, Pig Races, Petting Zoo, Live Music and so much more! Cost is $5.00 at the gate. Depart at 2:30 pm. Sign-Up Required

13: Ladies lunch at "Adele's": This restaurant provides the best Cajun food in an atmosphere that is casual, comfortable, friendly, and fun! They use only quality, fresh ingredients in all their dishes. "Come hungry - leave happy". You must try the beignets! Depart at 11:30am. Sign up required.

14: Supper Club "VG Bistro": Enjoy creatively crafted French American cuisine with hard-to-find favorites including crab cake, octopus, and GA locally farmed meats, cheeses, and fish. *Seasonal menu, GF/Vegan friendly. Every Thursday beginning at 5pm $7 Select Martinis. Depart at 4:45 pm. Sign-Up Required. Limit 24

20: Men's lunch at "Adele's": This restaurant provides the best Cajun food in an atmosphere that is casual, comfortable, friendly, and fun! They use only quality, fresh ingredients in all their dishes. "Come hungry - leave happy". You must try the beignets! Depart at 11:30am. Sign up required.

21: Southern Charm Restaurant & Mercier Orchards: At this restaurant the menu is designed to give you a taste of the Deep South where everything is finger lickin' good and their service will offer you the best Southern Hospitality around! After lunch, we will stop at Mercier Orchards to shop for your seasonal favorites! Depart at 10:00 am. Sign-Up Required.

28: Gainesville Botanical Garden: Join us for a trip to see Scarecrows in The Garden & Wings Of Wonder/Towering Works of Nature, followed by Lunch at Two Dog Restaurant- a local eatery. Depart at 9:00am. **Non-Refundable Pre-Sale Tickets Required**. $11.20 Per Person (billed to you). Sign up required.

Transportation Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
North Fulton Hospital Doctors Transportation 8:30 am – 12:30 pm Publix, CVS & Target 1:30-3:00pm	North Fulton Hospital Doctors Transportation 8:30 am – 1:30 pm Bank of America, Wells Fargo, Kohls, Walgreens Trader Joes 2:00 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 Kroger, Aldi , Sprouts 1:30 pm

October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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**		**1** 1:30 pm Mah Jongg – CR 2:30 pm Poker – BL 3:00 pm Orientation -A **7:00 pm Movie Night – A "Queen Bees"**	**2** 1:00 pm Bridge – Card Room 2:00 pm Knit Wits - FL
3 10:30 am Catholic Mass - A 6:30 pm Putting Contest – PG	**4** 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	**5** 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 Resident Association Meeting-A** 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	**6** 10:00 am Rook - L 11:00 am BH Tech Class - A 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 Oktoberfest w/Judy Boehm 7:30 pm Sequence Game - A	**7** **2:30 pm *Georgia State Fair** 2:30 pm Poker – BL 7:00 pm Rummikub – L	**8** 1:30 pm Mah Jongg – CR **2:00 pm Audiologist Dr. Kelli Smith-A "Bringing Back the House call with Audiology on Call** 2:30 pm Poker – BL 3:00 pm Orientation -A **7:00 pm Movie Night – A "Hocus Pocus"**	**9** 1:00 pm Bridge – Card Room 2:00 pm Knit Wits - FL
10 10:30 am Catholic Mass - A 6:30 pm Putting Contest - PG **6:00 pm Informal Writing Group - Hosts Mary Jo & Ward Winer - AR**	**11** 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	**12** 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 7:30 pm Book Club-AR	**13** 10:00 am Rook – L 11:00 am BH Tech Class - A 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	**14** **10:00 am Catholic Bible Study with Deacon Bickerstaff-A** 2:30 pm Poker - BL **4:45 pm *Supper Club "Bistro VG"** 7:00 pm Rummikub - L	**15** 1:30 pm Mah Jongg – CR **2:00 pm "Health Monitoring"-A with Katie Jones** 2:30 pm Poker – BL 3:00 pm Orientation -A **7:00 pm Movie Night – A "Cocoon"**	**16** 1:00 pm Bridge – Card Room 2:00 pm Knit Wits - FL
17 10:30 am Catholic Mass - A 6:30 pm Putting Contest - PG	**18** 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	**19** 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	**20** 10:00 am Rook – L **11:30 am *Men's Lunch "Adele's"** 11:00 am BH Tech Class - A 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/Fred Jones-B 7:30 pm Sequence Game - A	**21** **10:00 am *Southern Charm Restaurant + Mercier Orchards** **10:00 am Catholic Bible Study with Deacon Bickerstaff-A** 2:30 pm Poker - BL 7:00 pm Rummikub - L	**22** 1:30 pm Mah Jongg – CR **2:00 pm "Defining Terms of Advanced Care Planning"- A with Hurley Elder Care Law** 2:30 pm Poker – BL 3:00 pm Orientation -A **7:00 pm Movie Night – A "Last Vegas"**	**23** 1:00 pm Bridge – Card Room 2:00 pm Knit Wits - FL
24 10:30 am Catholic Mass - A 6:30 pm Putting Contest - PG **6:00 pm Informal Writing Group - Hosts Mary Jo & Ward Winer - AR**	**25** 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	**26** 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	**27** 10:00 am Rook - L 11:00 am BH Tech Class – A **11:30 am *Ladies Lunch "Adele's"** 1:00 pm Bridge - CR 1:30 pm Mah Jongg – CR 2:30 pm Poker – BL 5:00 pm Happy Hour – Bistro 7:30 pm Sequence Game - A	**28** **9:00 am *Gainesville Botanical Garden/Lunch at Two Dog Restaurant** **10:00 am Catholic Bible Study with Deacon Bickerstaff-A** 2:30 pm Poker - BL **4:00 pm Town Hall - A** 7:00 pm Rummikub – L	**29** 1:30 pm Mah Jongg – CR **2:00 pm "Defining Terms of Advanced Care Planning"- A with Hurley Elder Care Law** 2:30 pm Poker – BL 3:00 pm Orientation -A **7:00 pm Movie Night – A "The Big Easy"**	**30** 1:00 pm Bridge – Card Room 2:00 pm Knit Wits - FL