

## Wellness Calendar October 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 10:00 Exercise & Stretch -A 10:30 Therabands-A 11:00 Yoga -FG with Sam	5 8:30 Water Aerobics-P 9:15 Tai Chi-AR Balance w/Brian 10:30 Stretch-A 11:00 Strength -A	6 9:15 Standing & sitting Tai Chi with Brian-AR 10:45 Exercise-AR 11:15 Cardio-AR	7 8:30 Water Aerobics
8	9	10 8:30 Water Aerobics-P 10:30 Stretch-A 11:00 Cardio-A	11 10:00 Exercise & Stretch -A 10:30 Therabands-A 11:00 Yoga -FG with Sam	12 8:30 Water Aerobics-P 9:15 Tai Chi-AR Balance w/Brian 10:30 Stretch-A 11:00 Strength -A	13 9:15 Standing & sitting Tai Chi with Brian-AR 10:45 Exercise-AR 11:15 Cardio-AR	14 8:30 Water Aerobics
15	16 10:30 Exercise -A 11:00 Strength-A 11:30 Standing Tai Chi w/Sam -AR 12:30 Personal Training w/Sam-FG 1:30 Sitting Tai Chi	17 8:30 Water Aerobics-P 10:30 Stretch-AR 11:00 Cardio-AR	18 10:30 Stretch-A 11:00 Strength -A 11:00 Yoga -FG with Sam	19 8:30 Water Aerobics-P 9:15 Tai Chi-AR Balance w/Brian 10:30 Stretch-A 11:00 Strength -A	20 9:15 Standing & sitting Tai Chi with Brian-AR 10:45 Exercise-A 11:15 Cardio-A	21 8:30 Water Aerobics
22	23 10:30 Exercise-AR 11:00 Strength-AR 11:30 Standing Tai Chi w/Sam -A 12:30 Personal Training w/Sam-FG 1:30 Sitting Tai Chi	24 8:30 Water Aerobics-P 10:30 Stretch-A 11:00 Cardio-A	25 10:00 Exercise & Stretch -A 10:30 Therabands-A 11:00 Yoga -FG with Sam	26 8:30 Water Aerobics-P 9:15 Tai Chi-AR Balance w/Brian 10:30 Stretch-A 11:00 Strength -A	27 9:15 Standing & sitting Tai Chi with Brian-AR 10:45 Exercise-AR 11:15 Cardio-AR	28 8:30 Water Aerobics
29	30 10:30 Exercise-AR 11:00 Strength-AR 11:30 Standing Tai Chi w/Sam-AR 12:30 Training-FG 1:30 Sitting Tai Chi	31 8:30 Water Aerobics-P 10:00 Stretch-A 11:00 Cardio-A				

# St. George Highlights

**5: Atlanta Supreme Court Tour:** Tee Barnes Chief Clerk of the, Supreme Court Clerk and daughter of SGV resident Mildred Stiffler has arranged a tour viewing the newly renovated courtroom, and experiencing a behind the scenes view of the robing room, which is not open to the public. Depart at 9:30am. Lunch will be at Cracker Barrel on Windward Parkway. Sign up required.

**12: Lunch at Amicalola Falls Lodge:** We will have lunch at the park's *Maple Restaurant* which is known for its spectacular view and extraordinary buffet. After lunch, we will experience the fall season at Burt's farm in the secluded North Georgia Mountains where the only thing more beautiful than the fall foliage is the sea of orange created by thousands of pumpkins Lunch cost is \$17.50, which includes the tip. Depart at 10:00am. Sign up required.

**18: Men's Lunch at Longhorn Steakhouse:** After more than 30 years, the fire still burns, and their passion for great steak lives on as long as there are steak lovers to feed. We encourage all men to join this great lunch outing. Depart at 12:30pm. Sign up required.

**19: ASO Open Rehearsal:** "Orchestra with Attitude"- Bernstein, Prokofiev and Ravel are three of a kind-cheeky, irrepressible, brazen and poetic. Violinist Ray Chen plays the smart and chic Violin Concerto No. 2. Conductor Ludovic Morlot. Pre-sale tickets \$10.00. Lunch will be at your choice of Olive Garden or Peachtree Diner. Depart 8:30am. Sign up required.

**21: Shopping at Perimeter Mall:** Per resident request, we are scheduling a totally independent Saturday shopping trip to this Dunwoody location. The driver will drop you off and be in the same location to pick you up but you must be able to ambulate safely and independently. We encourage you to shop with a friend or invite a family member to join you. Depart at 11:00pm. Sign up required.

**26: Ellijay Apple Farms:** We will have lunch at the family owned and operated *Double "L" Log Cabin Restaurant*. The country restaurant is well known for the best fried chicken. After lunch, we will visit B.J. Reece and Hillcrest Orchards for apples, cider, jellies, jams, donuts, apple bread, fresh apple pies and much more. 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 – <b>1:30pm</b>	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
	Bank of America, Wells Fargo, Trader Joe's Kohl's, Walgreen <b>2:00pm</b>	Publix Trip & Target Shopping Center <b>1:30 – 3:00 pm</b>		Kroger & Roswell Beverage, Roswell Library 1:30 pm

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 10:30 am –Catholic Mass – A 11:00 – 2:00 pm Sunday Buffet 5:00 pm Sunday Social –Bistro	<b>2</b> 7:30 am Men’s Club –Bistro <b>12:00 am Catholic Healing Mass-A</b> 1:30 pm Mah Jongg – CR 3:00 pm Poker-Library 3:00 pm Women’s Bible Study -AR	<b>3</b> 9:30 am Hand & Foot –L 10:00 am Rosary Makers-CR 1:00 pm Canasta – CR 1:15 pm Duplicate Bridge –CR <b>4:00pm News w/Don Jordan-A</b> 6:30 pm Hand & Foot-L 7:00 pm Poker – CR	<b>4</b> 10:00 am Rook Game-CR 1:30 pm Brain Games-L <b>2:30pm Villagers “Railroad Folklore”-Wellington Court-A</b> 5:00 pm Happy Hour-B	<b>5</b> <b>9:30 am *Supreme Court Tour</b> 1:00 pm Bridge-CR 2:00 pm Marketing Dept. -A “Smartphones” 2:00 pm Alzheimer’s Support-AR 7:00 pm Rummikub – CR	<b>6</b> <b>10:00am Catholic Bible Study-A</b> 1:00 pm Poker – Card Room 1:30 pm Mah Jongg – Library <b>2:00 pm Emotional Wellness with Samantha “Breathing”</b> 3:00 pm Orientation -AR 6:00 pm Poker-CR	<b>7</b> 8:30 am Water Aerobics-P 1:00 pm Bridge – CR
<b>8</b> 10:30 am –Catholic Mass – A 11:00 – 2:00 pm Sunday Buffet <b>4:00pm Tech Tips-AR</b> 5:00 pm Sunday Social –Bistro	<b>9</b> 7:30 am Men’s Club –Bistro 1:30 pm Mah Jongg – CR 3:00 pm Poker-Library 3:00 pm Women’s Bible Study -AR	<b>10</b> 9:30 am Hand & Foot –L 10:00 am Rosary Makers-CR 1:00 pm Canasta – CR <b>2:00pm Christian Worship-A</b> 6:30 pm Hand & Foot-L 7:00 pm Poker – CR	<b>11</b> 10:00 am Rook Game-CR 1:30 pm Brain Games-L 5:00 pm Happy Hour Sing-a-long with Dana-B	<b>12</b> <b>10:00 am *Lunch at Amicalola Falls Maple Restaurant</b> 1:00 pm Bridge-CR 2:00 pm Marketing Dept. -A “Facebook” 7:00 pm Rummikub – CR <b>7:00 pm Eurovolks German Dancers-A</b>	<b>13</b> <b>10:00am Catholic Bible Study-A</b> 1:00 pm Poker – Card Room 1:30 pm Mah Jongg – Library <b>2:00 pm N. Fulton Hospital presents “Dangers of Heat Exposure &amp; Dehydration”</b> 3:00 pm Orientation -AR 6:00 pm Poker-CR	<b>14</b> 8:30 am Water Aerobics-P 1:00 pm Bridge – CR
<b>15</b> 10:30 am Catholic Mass – A 11:00 – 2:00 pm Sunday Buffet 5:00 pm Sunday Social-Bistro	<b>16</b> 7:30 am Men’s Club –Bistro 1:30 pm Mah Jongg – CR 3:00 pm Poker-Library 3:00 pm Women’s Bible Study -AR	<b>17</b> 9:30 am Hand & Foot –L 10:00 am Rosary Makers-CR 1:00 pm Canasta – CR 1:15 pm Duplicate Bridge –CR 6:30 pm Hand & Foot-L 7:00 pm Poker – CR <b>7:30pm Book Club-AR “Hillbilly Elegy”</b>	<b>18</b> <b>10:00am Episcopal-C</b> 10:00 am Rook Game-CR <b>12:30pm*Men’s lunch Longhorn Steakhouse</b> 1:30 pm Brain Games-L <b>4:00pm Town Hall Meeting-A</b> 5:00 pm Happy Hour-B	<b>19</b> <b>8:30 am *Atlanta Symphony Orchestra Open rehearsal</b> 1:00 pm Bridge-CR 2:00 pm Marketing Dept.-A “Amazon Prime” 7:00 pm Rummikub – CR	<b>20</b> 1:00 pm Poker – Card Room 1:30 pm Mah Jongg – Library 3:00 pm Orientation -AR <b>4:00pm Ice Cream Social-AR</b> 6:00 pm Poker-CR <b>7:00 pm Putting Contest-PG</b>	<b>21</b> 8:30 am Water Aerobics-P <b>11:00 am *Shopping at Perimeter Mall</b> 1:00 pm Bridge – CR
<b>22</b> 10:30 am Catholic Mass – A 11:00 – 2:00 pm Sunday Buffet 5:00 pm Sunday Social –Bistro	<b>23</b> 10:00 am Villagers practice-A 7:30 am Men’s Club – Bistro 1:30 pm Mah Jongg – CR 3:00 pm Poker-Library 3:00 pm Women’s Bible Study -AR	<b>24</b> 9:30 am Hand & Foot –L 10:00 am Rosary Makers-CR 1:00 pm Canasta – CR 1:15 pm Duplicate Bridge –CR <b>2:00pm Christian Worship-A</b> 6:30 pm Hand & Foot-L 7:00 pm Poker – CR	<b>25</b> 10:00 am Rook Game-CR 1:30 pm Brain Games-AR <b>5:00pm Halloween Happy Hour with Class Act Band Costume Party-Bistro</b>	<b>26</b> <b>10:00am *Ellijay Apple Farms Lunch at Sue’s Log Cabin</b> 1:00 pm Bridge-CR 2:00 pm Marketing Dept. -A “On-line banking” 7:00 pm Rummikub – CR	<b>27</b> <b>9:00 am Audiologist Dr. Smith-L</b> <b>10:00am Catholic Bible Study-A</b> 1:00 pm Poker – Card Room 1:30 pm Mah Jongg – Library 3:00 pm Orientation -AR 6:00 pm Poker-CR	<b>28</b> 8:30 am Water Aerobics-P 1:00 pm Bridge – CR
<b>29</b> 10:30 am Catholic Mass –A 11:00 – 2:00 pm Sunday Buffet 5:00 pm Sunday Social –Bistro	<b>30</b> 10:00 am Villagers practice-A 7:30 am Men’s Club – Bistro 1:30 pm Mah Jongg – CR 3:00 pm Poker-Library 3:00 pm Women’s Bible Study -AR	<b>31</b> 9:30 am Hand & Foot –L 10:00 am Rosary Makers-CR 1:00 pm Canasta – CR 6:30 pm Hand & Foot-L 7:00 pm Poker – CR		<b>Activity Room – AR</b> <b>Auditorium – A</b> <b>Card Room – CR</b> <b>Chapel – C</b> <b>Library – L</b> <b>Bistro – B</b>	<b>Catholic Mass</b> <b>Monday through Thursday</b> <b>12:00 p.m.-Chapel</b> <b>Sunday mass-10:30a.m. -A</b> <b>*First Monday of each month in the Auditorium</b>	<b>Daily Movies on Channel 3 at 2:00 &amp; 7:30pm</b>