

Wellness Calendar June 2011

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|--|--|--|---|--|---|
| | | | 1 9:00 Yoga (AR) 10:30 Exercise & Stretch (A) 11:00 Therabands(A) 12:00 Personal Training (FG) 1:30 Aging Successfully (AR) | 2 8:30 Water Aerobics 10:30 Stretch-(A) 11:00 Strength (FG) 12:00 Training(FG) 1:15 Line Dancing (Aud) 3:00 Tai Chi (AR) | 3 10:30 Exercise & Stretch (A) 11:00 Standing Tai Chi (AR) 11:00 Cardio(FG) 12:00 Training(FG) 1:15 Water Class-P | 4 8:30 Water Aerobics |
| 5 | 6 10:30 Exercise & Stretch (A) 11:00 Standing Tai Chi w/Sam (AR) 11:00 Strength (FG) 12:00 Training (FG) 1:15 Water Class-P | 7 8:30 Water Aerobics 9:00 Tai Chi (AR) 10:30 Stretch (A) 11:00 Cardio (A) 12:00 Personal Training (FG) 1:15 Line Dancing (Aud) | 8 9:00 Yoga (AR) 10:30 Exercise & Stretch (A) 11:00 Therabands(A) 12:00 Personal Training (FG) 1:30 Aging Successfully (AR) | 9 8:30 Water Aerobics 10:30 Stretch-(A) 11:00 Strength (FG) 12:00 Training(FG) 1:15 Line Dancing (Aud) 3:00 Tai Chi (AR) | 10 10:30 Exercise & Stretch (A) 11:00 Standing Tai Chi (AR) 11:00 Cardio(FG) 12:00 Training(FG) 1:15 Water Class-P | 11 8:30 Water Aerobics |
| 12 | 13 10:30 Exercise & Stretch (A) 11:00 Standing Tai Chi w/Sam (AR) 11:00 Strength (FG) 12:00 Training (FG) 1:15 Water Class-P | 14 8:30 Water Aerobics 9:00 Tai Chi (AR) 10:30 Stretch (A) 11:00 Cardio (A) 12:00 Personal Training (FG) 1:15 Line Dancing (Aud) | 15 9:00 Yoga (AR) 10:30 Exercise & Stretch (A) 11:00 Therabands(A) 12:00 Personal Training (FG) 1:30 Aging Successfully (AR) | 16 8:30 Water Aerobics 10:30 Stretch-(A) 11:00 Strength (FG) 12:00 Training(FG) 1:15 Line Dancing (Aud) 3:00 Tai Chi (AR) | 17 10:30 Exercise & Stretch (A) 11:00 Standing Tai Chi (AR) 11:00 Cardio(FG) 12:00 Training(FG) 1:15 Water Class-P | 18 8:30 Water Aerobics |
| 19 | 20 10:30 Exercise & Stretch (A) 11:00 Standing Tai Chi w/Sam (AR) 11:00 Strength (FG) 12:00 Training (FG) 1:15 Water Class-P | 21 8:30 Water Aerobics 9:00 Tai Chi (AR) 10:30 Stretch (A) 11:00 Cardio(A) 12:00 Personal Training (FG) 1:15 Line Dancing (Aud) | 22 9:00 Yoga (AR) 10:30 Exercise & Stretch (A) 11:00 Therabands(A) 12:00 Personal Training (FG) 1:30 Aging Successfully (AR) | 23 8:30 Water Aerobics 10:30 Stretch-(A) 11:00 Strength (FG) 12:00 Training(FG) 1:15 Line Dancing (Aud) 3:00 Tai Chi (AR) | 24 10:30 Exercise & Stretch (A) 11:00 Standing Tai Chi (AR) 11:00 Cardio (FG) 12:00 Training(FG) 1:15 Water Class-P | 25 8:30 Water Aerobics |
| 26 | 27 10:30 Exercise & Stretch (A) 11:00 Standing Tai Chi w/Sam (AR) 11:00 Strength (FG) 12:00 Training (FG) 1:15 Water Class-P | 28 8:30 Water Aerobics 9:00 Tai Chi (AR) 10:30 Stretch (A) 11:00 Cardio (A) 12:00 Personal Training (FG) 1:15 Line Dancing (Aud) | 29 9:00 Yoga (AR) 10:30 Exercise & Stretch (A) 11:00 Therabands(A) 12:00 Personal Training (FG) 1:30 Aging Successfully (AR) | 30 8:30 Water Aerobics 10:30 Stretch-(A) 11:00 Strength (FG) 12:00 Training(FG) 1:15 Line Dancing (Aud) 3:00 Tai Chi (AR) | | Fitness Coordinator Cathy Parker |

St. George Highlights

2: Ladies lunch at Tea Leaves & Thyme Tea Room in Woodstock, Georgia: This little Victorian house/restaurant is a one of a kind magical place one imagines when visualizing what the perfect tearoom experience would be like. They have a quaint gift shop that offers antiques and other gifts for the tea lover. Order from the menu and enjoy a leisurely ladies luncheon! Depart at 10:30am. Sign up required.

9: "Rich & Famous" Buckhead tour with Jim Howe: This tour will take us around the Buckhead area and stop to admire and educate us on the homes of the "rich and famous" in our city. It will also include commentary of downtown office buildings and other sites along Peachtree St. Lunch will be Ted's Montana Grill. Depart at 9:30 a.m. Sign up required.

16: Mayfield Dairy: After lunch at the Cracker Barrel, we will visit this Braselton, Georgia dairy that first came into existence in 1912. After viewing a short video, we will see their state of the art milk production systems and learn how the famous yellow jugs are made. Before departure, relax on the cozy outdoor rocking chairs and enjoy a Mayfield ice cream cone. Depart at 10:30 am. Sign up required.

23: Monastery of the Holy Spirit: This Monastery, located in Conyers, Georgia, is a Roman Catholic contemplative religious community belonging to the Trappist Monks. They dedicate themselves to the worship of God in a hidden life within the monastery under the Rule of St. Benedict and live a cloistered life. We will have a self-guided tour of the newly built museum, view a short video, share prayer with the Monks, visit the Bonsai Greenhouse, Abby Gift Shop and have a boxed lunch. Cost is \$12.00. Depart at 9:00 a.m. Sign up required.

26: Roswell United Methodist Church Patriotic Concert: For the finale to their 2010-2011 season, the 120 voice Sanctuary Choir and the Atlanta Wind Symphony join forces to raise this inspiring musical tribute to our great nation, honoring her heritage of freedom and the men and women who serve in the Armed Forces. Depart at 2:30 p.m. Complimentary tickets necessary to ensure seating so sign up is required.

30: Oak Hill at Berry College: After a bus ride to Rome, Georgia, we will stop for lunch at the Harvest Moon Café, which is a southern style restaurant with a huge bakery, which you must check out! Upon arrival at Oak Hill, we will watch a short video, tour the antebellum home where the movie "Sweet Home Alabama" was filmed; visit the Martha Berry Museum, Aunt Martha's Cottage and the Gardens. Cost is \$4.00 plus your cost for lunch. 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 – 2:30 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 Trip & Target 1:30 pm | 1:30 pm Bank of America, Wells Fargo & Kohl's | | | Kroger 1:30 pm |

June 2011

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|---|---|--|--|
| <p>Recitation of the Rosary Monday – Thursday 11:20a.m. in Chapel Sunday at 10:00 a.m. in the Auditorium Nightly-Chapel 7:00pm</p> | <p>Activity Room – AR Auditorium – Audi. Assisted Living - AL Card Room – CR Chapel – Chap. Library – Lib.</p> | <p>Daily Movies on Channel 15 at 2:00 & 7:30 pm</p> <p>Village Voice 678-987-0418</p> | <p>1 1:00 pm Bridge – Card Room 1:30 pm Aging Successfully-AR 5:00 pm Happy Hour -Bistro with Pianist Frederick Jones 7:00 pm Rummikub – CR</p> | <p>2 10:00 am Scrabble-Library 10:30 am *Lunch outing to Tea Leaves & Thyme 11:30 am Wii Time-FG 1:00 pm Duplicate Bridge-CR</p> | <p>3 1:00 pm Poker – Card Room 1:00 pm Mah Jongg – Library 2:00 pm Stroke Awareness with Lifeline-A 3:00 pm Orientation -AR</p> | <p>4 9:30 am Ladies Poker –AR 1:00 pm Bridge – Card Room</p> |
| <p>5 10:30 am Mass – Auditorium 11:30 – 2:00 pm Sunday Buffet 2:00 Shady Ladies Poker-CR 5:00 pm Sunday Social – Bistro</p> | <p>6 8:30 am Men’s Club – Bistro 12:00 pm Mass-Auditorium 1:00 pm Mah Jongg – CR 2:00 am Villagers w/Judy-A 3:00 pm Women’s Bible Study –AR</p> | <p>7 10:00 am Rosary Makers 11:30 am Wii Time-FG 1:00 pm Canasta – CR 2:00 pm Sundance Rehab-Brain boot camp-A 4:00 pm News w/Don Jordan-A 7:00 pm Poker - CR</p> | <p>8 10:00 Episcopal Communion -C 1:00 pm Bridge – CR 1:30 pm Aging Successfully-AR 4:00 pm Camino de Santiago Pilgrimage Slide Show- A 5:00 pm Happy Hour-Bistro 7:00 pm Rummikub – CR 8:30 am- 3:00 pm Mammography Mobile Unit</p> | <p>9 9:30 am *Rich & Famous Buckhead Tour with Jim Howe 10:00 am Scrabble-Library 11:30 am Wii Time-FG</p> | <p>10 1:00 pm Poker – Card Room 1:00 pm Mah Jongg – Library 3:00 pm Orientation -AR</p> | <p>11 9:30 am Ladies Poker – AR 1:00 pm Bridge – Card Room</p> |
| <p>12 10:30 am Mass - Auditorium 11:30 – 2:00 pm Sunday Buffet 2:00 Shady Ladies Poker-CR 5:00 pm Sunday Social-Bistro</p> | <p>13 8:30 am Men’s Club – Bistro 1:00 pm Mah Jongg – CR</p> | <p>14 10:00 am Rosary Makers 11:30 am Wii Time-F 1:00 pm Canasta – CR 2:00 pm Protestant Worship-A 7:00 pm Poker – CR</p> | <p>15 1:00 pm Bridge – CR 1:30 pm Aging Successfully-AR 3:00 pm Mary Kay Facials-AR 4:00 pm Town Hall-Auditorium 5:00 pm Happy Hour -Bistro 7:00 pm Rummikub – CR 7:00 pm “Broadway & Beyond” with opera singer John Sadler- A</p> | <p>16 10:30 am *Mayfield Dairy 10:00 am Scrabble-Library 11:30 am Wii Time-FG 1:00 pm Duplicate Bridge-CR 2:00 pm Villager’s w/Judy-A</p> | <p>17 1:00 pm Poker – Card Room 1:00 pm Mah Jongg – Library 2:00 pm Dietitian Speaker-Janet Slive-A 3:00 pm Orientation -AR</p> | <p>18 9:30 am Ladies Poker –AR 1:00 pm Bridge – Card Room</p> |
| <p>19 10:30 am Mass - Auditorium 11:30 – 2:00 pm Sunday Buffet 2:00 Shady Ladies Poker-CR 5:00 pm Sunday Social – Bistro</p> | <p>20 8:30 am Men’s Club – Bistro 1:00 pm Mah Jongg – CR 3:00 pm Villager’s Western Show for Wellington Court-A 3:00 pm Women’s Bible Study-AR</p> | <p>21 10:00 am Rosary Makers 11:30 am Wii Time-FG 1:00 pm Canasta – CR 2:00 pm Sundance Rehab-A Communication Techniques 7:00 pm Poker – CR</p> | <p>22 1:00 pm Bridge – CR 1:30 pm Aging Successfully-AR 3:45 pm Villager’s Western Show “The American Cowboy”-A 5:00 pm Happy Hour-Bistro 7:00 pm Rummikub – CR 7:00 pm Flat Creek Bluegrass Band-A</p> | <p>23 9:00 am *Monastery of the Holy Spirit in Conyers, Ga 10:00 am Scrabble-Library 10:30 am Alzheimer’s Support-AR 11:30 am Wii Time-FG 7:00 pm Duplicate Bridge-CR</p> | <p>24 1:00 pm Poker – Card Room 1:00 pm Mah Jongg – Library 2:00 pm Photography Club-AR 3:00 pm Orientation-AR</p> | <p>25 9:30 am Ladies Poker –AR 1:00 pm Bridge – Card Room</p> |
| <p>26 10:30 am Mass – Auditorium 11:30 – 2:00 pm Sunday Buffet 2:00 Shady Ladies Poker-CR 2:15 pm *Roswell UMC Patriotic Concert 5:00 pm Sunday Social – Bistro</p> | <p>27 8:30 am Men’s Club – Bistro 1:00 pm Mah Jongg – CR 2:30 pm Ballroom Dance Lessons-A</p> | <p>28 10:00 am Rosary Makers 11:30 am Wii Time-FG 1:00 pm Canasta – CR 2:00 pm Protestant Worship-A 7:00 pm Poker – CR</p> | <p>29 1:00 pm Bridge – CR 1:30 pm Aging Successfully-AR 5:00 pm Happy Hour-Bistro 7:00 pm Rummikub – CR 7:30 pm Alpharetta City Band Patriotic Concert-A</p> | <p>30 9:00 am *Oak Hill, at Berry College in Rome, Ga 10:00 am Scrabble-Library 11:30 am Wii Time-FG</p> | <p>Catholic Mass Monday through Thursday 12:00 p.m.-Chapel *First Monday of each month in the Auditorium</p> | |