

Wellness Calendar November 2018

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

St. George Highlights

1: 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. Lunch cost is about \$17.50, which includes the tip. Depart at 10:00am. Sign up required.

6: Election Day: SGV will provide transportation to vote at 10:00am. Please sign up in the mail room.

8: Fall Picnic at Morgan/Foster Farm: Back in June, we enjoyed a hay ride at SGV resident Shirley Morgan's farm and wonderful camaraderie. This time, a picnic lunch will be provided to you while you relax and enjoy a leisurely afternoon with friends, in front of a campfire. Depart at 11:15am. Sign up required

10: Metropolitan Opera at Regal Theatre Avalon: This gripping reimaging of Winston Graham's novel, set in the 1950's is about a mysterious young woman who assumes multiple identities. Robert Spano conducts. "Marnie" opera is 3 hrs.20 minutes. Pre-sale tickets required. Cost is \$23.71. Depart at 12:00pm.

11: "Main Street Symphony" at new Dawn Theatre: A 35-piece string ensemble consisting of amateur musicians ranging in age from 30 – 80's. This 40-minute free concert in Duluth, GA will feature light classical music. SGV resident musician tom McDermott is in this orchestra. Depart at 2:45pm.

14: Men's lunch at "Epicures os Asia": By resident request, we will try out this Chinese restaurant located in the King Plaza near Publix. Depart at 12:30pm. Please sign up in the mail room

15: Atlanta Rich and Famous Bus tour with Jim Howe: Tour includes the Buckhead Residential District where many of Atlanta's wealthier citizens live, the Swan House, Governor's Mansion, the homes of various Coca-Cola, and Home Depot executives. It also includes Peachtree Street in Midtown and Downtown including the Centennial Olympic Park sculpture, the magnificent Fox Theater, Margaret Mitchell's House, the High Museum of Art. and see the Coca-Cola World Headquarters, NCR World Headquarters and parts of the Georgia Tech campus. Lunch at Six Feet Under. Depart at 10:00am. Sign up required.

29: Roswell Dance Theatre presents "Nutcracker": This is the Roswell Dance Theatre's 30th production of this wonderful classic featuring over 350 performers ranging in age from 1 year to 80 years old. Tchaikovsky's Seasonal Ballet Classic is directed by Nancy Tolbert Yilmaz and performed at the new Sandy Springs Performing Arts Center. Depart at 9:00am. Early sign up and payment was required.

29: Supper Club-Lucia's: This new restaurant, proudly offering traditional Northeastern seafood cuisine in a stylish New England-style setting. Their trusted team delivers a vast selection of high-quality oysters, an array of clam chowders, and favorite dishes such as, steamed clams, lobster, steak, and seasonal, ever-changing market fish menu. Depart at 4:30pm. 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 1:30pm

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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 Billiards every Tuesday 7:00pm North Village lobby</p>		<p>1 7:30 am Men's Club - B 9:30 am *Lunch at Amicalola Falls Lodge 12:00 pm Catholic Mass-A 3:00 pm Barbershop Chorus rehearsal-A 4:00 pm Bocce Ball at Court 7:00 pm Rummikub - CR</p>	<p>2 7:30 am Men's Club - B 12:00 pm Catholic Mass-A 1:00 pm Poker - L 1:00 pm Painting Class-AR 1:30 pm Mah Jongg - CR 6:00 pm Poker - L</p>	<p>3 7:30 am Men's Club - B 8:30 am Water Aerobics - P 1:00 pm Bridge - CR 2:00 pm Card Bingo-AR with Mary Louise Hagan</p>
<p>4 10:30 am Catholic Mass - A 11:00 - 2:00 pm Sunday Buffet 5:00 pm Sunday Social - B</p>	<p>5 7:30 am Men's Club - B 12:00 pm Healing Mass-A 1:30 pm Mah Jongg - CR 3:00 pm Poker - L 3:30 pm Ladies Bible Study-AR</p>	<p>6 7:30 am Men's Club - B 10:00 am Hand & Foot - L 10:00 am Rosary Makers - CR 10:00 am *Voting 1:00 pm Canasta - CR 1:15 pm Duplicate Bridge - CR 1:30 pm-Q of A Linus Blankets-AR 4:00 pm News w/Don Jordan-A 6:30 pm Hand & Foot - CR 6:30 pm Poker - L</p>	<p>7 7:30 am Men's Club - B 10:00 am Rook Game - CR 11:30 am Tech Class- AR 1:00 pm Bridge - CR 1:30 pm Brain Games - L 1:30 pm-Q of A Linus Blankets-AR 3:00 pm New Resident Poker-L 4:00 pm Photo Session w/Jack-AR 5:00 pm Happy Hour - B 7:00 pm A'Capella Song of Atl-A</p>	<p>8 7:30 am Men's Club - B 11:15 am *Fall picnic at the Morgan Farm 2:00 pm Villagers rehearsal-A 4:00 pm Bocce Ball at Court 7:00 pm Rummikub - CR</p>	<p>9 7:30 am Men's Club - B 11:00 am Veterans Ceremony 1:00 pm Thanksgiving Greeting Cards Craft Class-AR 1:00 pm Poker - L 1:30 pm Mah Jongg - CR 3:00 pm Ice Cream Social-AR 6:00 pm Poker - L</p>	<p>10 7:30 am Men's Club - B 8:30 am Water Aerobics - P 12:00 pm * Regal Avalon Metropolitan Opera "Marnie" 1:00 pm Bridge - CR</p>
<p>11 10:30 am Catholic Mass - A 11:00 - 2:00 pm Sunday Buffet 2:45 pm *Main Street Symphony at New Dawn Theatre in Duluth, Ga. 4:00 pm Tech Tips - AR 5:00 pm Sunday Social - B</p>	<p>12 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>13 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 1:30 pm-Q of A Linus Blankets-AR 2:00 pm Christian Worship A 6:30 pm Hand & Foot - CR 6:30 pm Poker - L</p>	<p>14 7:30 am Men's Club - B 10:00 am Rook Game - CR 11:30 pm Tech Class-AR 12:30 pm *Men's Lunch Epicures of Asia 1:00 pm Bridge - CR 1:30 pm Brain Games - AR 1:30 pm-Q of A Linus Blankets-AR 5:00 pm Alpharetta City Jazz Band-A 5:00 pm Happy Hour-B</p>	<p>15 7:30 am Men's Club - B 10:00 am *Buckhead Bus Tour with Jim Howe Lunch Six Feet Under 3:00 pm Barbershop Chorus rehearsal-A 4:00 pm Bocce Ball at Court 7:00 pm Rummikub - CR</p>	<p>16 7:30 am Men's Club - B 10:00 am Catholic Bible Study-A 1:00 pm Poker - L 1:30 pm Mah Jongg - CR 2:00 pm CapTel Telephone-A 6:00 pm Poker - L</p>	<p>17 7:30 am Men's Club - B 8:30 am Water Aerobics - P 1:00 pm Bridge - CR 2:00 pm Card Bingo-AR with Mary Louise Hagan</p>
<p>18 10:30 am Catholic Mass - A 11:00 - 2:00 pm Sunday Buffet 5:00 pm Sunday Social - B</p>	<p>19 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>20 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 4:00 pm News w/Don Jordan-A 6:30 pm Hand & Foot - CR 6:30 pm Poker - L 7:30 pm Book Club-AR</p>	<p>21 7:30 am Men's Club - B 10:00 am Rook Game - CR 10:00 am Episcopal - C 11:30 am Tech Class-AR 1:00 pm Bridge - CR 1:30 pm Brain Games - AR 1:30 pm New Resident Poker-L 4:00 pm Town Hall Meeting 5:00 pm Happy Hour - B</p>	<p>22 ADMINISTRATIVE HOLIDAY HAPPY THANKSGIVING! 10:30am Catholic Mass -Chapel 11:00am - 2:00pm Thanksgiving Buffet No Exercise classes, Housekeeping Or Transprotation Services.</p>	<p>23 7:30 am Men's Club - B 1:00 pm Poker - L 1:30 pm Mah Jongg - CR 6:00 pm Poker - L</p>	<p>24 7:30 am Men's Club - B 8:30 am Water Aerobics - P 1:00 pm Bridge - CR</p>
<p>25 10:30 am Catholic Mass - A 11:00 - 2:00 pm Sunday Buffet 5:00 pm Sunday Social - B</p>	<p>26 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>27 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 6:30 pm Poker - CR</p>	<p>28 7:30 am Men's Club - B 10:00 am Rook Game - CR 11:30 am Tech Class- AR 1:00 pm Bridge - CR 2:00 pm "Tis the Season"-A with Cecil Welch 5:00 pm Happy Hour</p>	<p>29 7:30 am Men's Club - B 9:00 am *"Nutcracker" w/Roswell Dance Theatre Sandy Springs Performing Arts 4:30 pm *Supper Club "Lucia's" 4:00 pm Bocce Ball at Court 7:00 pm Rummikub - CR</p>	<p>30 7:30 am Men's Club - B 10:00 am Catholic Bible Study-A 10:30 pm Audiologist-L 1:00 pm Poker - L 1:30 pm Mah Jongg - CR 3:00 pm Orientation-ACM 4:00 pm Southern Winds Band-A 6:00 pm Poker - L</p>	