

AUGUST 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 6:45 Zumba 10:00 Morning Out: Walmart 10:00 Stretch & Flex 11:15 Circuit Training 12:00 Sit & Get Fit 1:30 Watercolor and drawing Sessions	2 6:45 Zumba 9:30 Wii Bowling 11:00 "Share the Love Gathering" 1:00 Bingo 2:30 Pilates 4:45 Supper Out: Carrabas	3 6:45 Zumba 8:30 Men's fitness class 10:00 Kroger 10:00 Stretch & Flex 10:00 Mobile Nails 11:15 Veggie Man 1:00 Sit & Get Fit 3:00 Bible Study 3:00 Meet and Greet	4 6:45 Zumba 10:00 Publix 1:00 Activities committee meeting 2:30 Tai-Chi 3:45 Vespers Choir 6:00 Strength & Conditioning	5 6:45 Zumba 9:30 Community Outing: Varicose Veins 10:00 Stretch & Flex 2:00 Ceramics	6 11:00 Strength & Conditioning 7:30 Bingo
7 5:00 Vespers	8 6:45 Zumba 10:00 Morning Out: Target 10:00 Stretch & Flex 11:15 Circuit Training 12:00 Sit & Get Fit 1:30 Watercolor and drawing Sessions 5:00 Guide Dog Foundation Demo 7:30 Movie: <u>Arthur</u>	9 6:45 Zumba 9:30 Wii Bowling 10:00 Hearing Aid Check 1:00 Bingo 2:30 Pilates 3:30 The Formation of Holy Scripture with Chaplain Joe 4:45 Supper Out: Chili's	10 6:45 Zumba 8:30 Men's fitness class 10:00 Kroger 10:00 Stretch & Flex 11:15 Veggie Man 1:00 Sit & Get Fit 3:00 Bible Study	11 6:45 Zumba 10:00 Publix 2:30 Tai-Chi 3:45 Vespers Choir 6:00 Strength & Conditioning	12 6:45 Zumba 10:00 Stretch & Flex 11:30 Lunch out: 57th Fighter Group 1:00 Garden committee meeting 2:00 Ceramics 7:00 <u>Grease</u>	13 9:00 Breakfast Buffet 10:00 Pet Therapy 11:00 Strength & Conditioning 7:30 Bingo

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14 5:00 Vespers	15 6:45 Zumba 9:00 Foot Care 10:00 Amicalola Falls Trip 10:00 Stretch & Flex 11:15 Circuit Training 12:00 Sit & Get Fit 1:30 Watercolor and drawing Sessions 7:30 Movie: <u>Just Go With It</u>	16 6:45 Zumba 11:30 Eighth Floor Luncheon 1:00 Bingo 1:30 ICS meeting 2:30 Pilates 4:45 Supper Out: Mary Mac's	17 6:45 Zumba 8:30 Men's fitness class 10:00 Kroger 10:00 Stretch & Flex 10:00 Mobile Nails 11:00 Senate meeting 11:15 Veggie Man 1:00 Sit & Get Fit 1:30 ISC meeting 3:00 Bible Study	18 6:45 Zumba 10:00 Publix 11:30 Seventh Floor Luncheon 2:30 Tai-Chi 3:45 Vespers Choir 6:00 Strength & Conditioning	19 6:45 Zumba 10:00 Stretch & Flex 10:00 Mobile Eye 10:00 Newcomer Committee meeting 11:30 Birthday Lunch: Red Lobster 1:30 Art Appreciation 2:00 Healthy Living Discussion: Meditation	20 10:30 Parkinson's Disease Association Meeting 11:00 Shop & Lunch: Northlake Mall 11:00 Strength & Conditioning 7:30 Bingo
21 1:00 Lunch Buffet 5:00 Vespers	22 6:45 Zumba 10:00 Stretch & Flex 11:15 Circuit Training 11:30 Lunch at The Varsity 12:00 Sit & Get Fit 1:00 New Resident Orientation 1:30 Watercolor and drawing Session 7:30 Movie: <u>The Eagle</u>	23 6:45 Zumba 1:00 Bingo 2:30 Pilates 4:45 Supper Out: O'Charley's	24 6:45 Zumba 8:30 Men's fitness class 10:00 Kroger 10:00 Stretch & Flex 11:15 Veggie Man 1:00 Sit & Get Fit 3:00 Bible Study	25 6:45 Zumba 10:00 Publix 2:30 Tai-Chi 3:45 Vespers Choir 6:00 Strength & Conditioning	26 6:45 Zumba 10:00 Stretch & Flex 2:00 Ceramics 2:30 "Wake Up With Pamela"	27 10:00 BlackStock Winery Tour Dahlenega, GA. 11:00 Strength & Conditioning 7:30 Bingo
28 5:00 Vespers	29 6:45 Zumba 10:00 Morning Out: Multi-Stop Decatur 10:00 Stretch & Flex 11:15 Circuit Training 12:00 Sit & Get Fit 1:30 Watercolor and drawing Sessions 7:30 Movie: <u>Letters To Juliet</u>	30 6:45 Zumba 1:00 Bingo 2:30 Pilates 4:45 Supper Out: Cracker Barrel 7:00 Spiritual Friendship Group with Chaplain Joe	31 6:45 Zumba 8:30 Men's fitness class 10:00 Kroger 10:00 Stretch & Flex 11:15 Veggie Man 1:00 Sit & Get Fit 2:00 Watermelon Wednesday 3:00 Bible Study			