



June 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 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	2 6:45 Zumba 10:00 Publix 1:00 Activities committee mtg. 2:30 Tai-Chi 3:45 Vespers Choir 6:00 Strength & Conditioning	3 6:45 Zumba 9:30 Healthy Outing: "Osteoporosis" 10:00 Stretch & Flex 2:00 Ceramics 3:00 Ice Cream Social	4 11:00 Strength & Conditioning 10:00 Pet Therapy 12:00 Atlanta Botanical Gardens 7:30 Bingo
5 4:00 Talent Showcase at Park Springs 5:00 Vespers	6 6:45 Zumba 10:00 Morning Out: Walmart 10:00 Stretch & Flex 11:15 Circuit Training 12:00 Sit & Get Fit 1:00 Memoir Committee mtg. 2:00 Watercolor and drawing Sessions	7 6:45 Zumba 9:30 Wii Bowling 1:00 Bingo 2:30 Pilates 4:45 Supper Out: Longhorn	8 6:45 Zumba 8:30 Men's fitness class 9:00 Blood Pressure Check 10:00 Kroger 10:00 Stretch & Flex 11:15 Veggie Man 1:00 Sit & Get Fit 3:00 Bible Study	9 6:45 Zumba 10:00 Publix 2:30 Tai-Chi 3:45 Vespers Choir 6:00 Strength & Conditioning	10 6:45 Zumba 10:00 Stretch & Flex 10:00 Newcomers Committee mtg. 1:00 Gardening Committee mtg. 2:00 Ceramics 7:00 Oldies Night	11 9:00 Breakfast Buffett 11:00 Strength & Conditioning 7:30 Bingo

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12 5:00 Vespers	13 6:45 Zumba 9:00 AARP Safe Drivers Class 10:00 Stretch & Flex 10:00 Morning Out: Target 11:15 Circuit Training 12:00 Sit & Get Fit 2:00 Watercolor and drawing Sessions 5:30 Line Dancing	14 6:45 Zumba 9:30 Wii Bowling 11:30 Hearing Aid Check 1:00 Bingo 2:30 Pilates 4:45 Supper Out: Golden Dolphin	15 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 2:00 Senate Meeting 3:00 Bible Study	16 6:45 Zumba 10:00 Publix 11:30 Seventh Floor Luncheon 2:30 Tai-Chi 3:45 Vespers Choir 6:00 Strength & Conditioning	17 6:45 Zumba 9:30 Father's Day Breakfast 10:00 Stretch & Flex 10:00 Mobile Eye Clinic 11:30 Birthday Lunch: Red Snapper 1:30 Art Appreciation 3:00 Healthy Living Discussion with Rev. Leon 6:00 A Night In! Catered Meal and Jazz Music	18 11:00 Strength & Conditioning 11:00 Shop & Lunch: Northlake Mall 7:30 Bingo
19 5:00 Vespers Happy Father's Day	20 6:45 Zumba 9:00 Foot Care 10:00 Stretch & Flex 11:15 Circuit Training 12:00 Sit & Get Fit 1:00 New Resident Orientation 2:00 Watercolor and drawing Sessions	21 6:45 Zumba 9:30 Wii Bowling 1:00 Bingo 2:30 Pilates 4:45 Supper Out: Olive Garden	22 6:45 Zumba 8:30 Men's fitness class 9:00 Blood Pressure Check 10:00 Kroger 10:00 Stretch & Flex 11:15 Veggie Man 1:00 Sit & Get Fit 3:00 Bible Study	23 6:45 Zumba 10:00 Publix 2:30 Tai-Chi 3:45 Vespers Choir 6:00 Strength & Conditioning	24 6:45 Zumba 10:00 Stretch & Flex 1:00 Fernbank Science Center 2:00 Ceramics 6:30 "Queen Esther" Belly Dancer	25 11:00 Strength & Conditioning 7:30 Bingo
26 1:00 Lunch Buffett 5:00 Vespers	27 6:45 Zumba 10:00 Stretch & Flex 10:00 Morning Out: Multi-Stop Decatur 11:15 Circuit Training 12:00 Sit & Get Fit 2:00 Watercolor and drawing Sessions 5:30 Line Dancing	28 6:45 Zumba 9:30 Wii Bowling 1:00 Bingo 2:30 Pilates 4:45 Supper Out: Lucky Key	29 6:45 Zumba 8:30 Men's fitness class 10:00 Kroger 10:00 Stretch & Flex 11:15 Veggie Man 11:30 Second Floor Luncheon 1:00 Sit & Get Fit 3:00 Bible Study	30 6:45 Zumba 10:00 Publix 2:30 Tai-Chi 3:45 Vespers Choir 6:00 Strength & Conditioning		