




November 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 6:45 Zumba 9:00 Wii bowling 10:00 Stretch & Flex 11:15 Circuit Training 12:00 Sit & Get Fit 1:30 Watercolor and drawing 1:00 Bingo 2:30 Pilates 4:45 Supper Out: Shane's Rib Shack 6:00 MEDICARE & You Workshop	2 6:45 Zumba 8:30 Men's fitness class 10:00 Kroger 10:00 Stretch & Flex 10:00 Mobile Nails 11:15 Veggie Man 12:30 Sit & Get Fit 3:00 Bible Study	3 6:45 Zumba 10:00 Publix 1:00 Activities Committee 2:30 Tai-Chi 3:45 Vespers Choir 6:00 Strength & Conditioning	4 6:45 Zumba 9:30 Healthy Heart Outing 10:00 Dept. of Driver Services Outing 10:00 Stretch & Flex 2:00 Ceramics 7:00 Movie: "Zookeeper"	5 11:00 Strength & Conditioning 7:30 Bingo
6 2:00 Children's Violin Concert 5:00 Vespers Day light savings ends Fall Back	7 6:45 Zumba 9:45 Helen Trip 10:00 Computer Help 10:00 Stretch & Flex 11:15 Circuit Training 12:00 Sit & Get Fit 1:30 Watercolor and drawing session	8 6:45 Zumba 9:00 Wii bowling 10:00 Stretch & Flex 11:15 Circuit Training 11:30 Hearing Aid Checks 12:00 Sit & Get Fit 1:00 Bingo 1:30 Watercolor and drawing 2:30 Pilates 3:30 "History of Faith, Part 1" 4:45 Supper Out: Applebee's	9 6:45 Zumba 8:30 Men's fitness class 9:45 High Museum 10:00 Kroger 10:00 Stretch & Flex 11:15 Veggie Man 12:30 Sit & Get Fit 3:00 Bible Study	10 6:45 Zumba 10:00 Publix 2:30 Tai-Chi 3:45 Vespers Choir 6:00 Strength & Conditioning 6:00 Story Telling "Thanksgiving"	11 6:45 Zumba 9:00 Veteran's Honor Breakfast 10:00 Low Vision Store Trip 10:00 Welcoming Committee 10:00 Stretch & Flex 1:00 Garden Club 2:00 Ceramics 7:00 Movie: "Secretariat" Veteran's Day	12 9:00 Breakfast Buffet

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13 5:00 Vespers	14 6:45 Zumba 9:00 Foot Care 10:00 Stretch & Flex 10:00 Morning Out: Walmart 11:15 Circuit Training 12:00 Sit & Get Fit 1:00 Supper Out Committee 1:30 Watercolor and drawing 2:00 Tele-equipment Presentation 2:30 Wake up with Pamela"	15 6:45 Zumba 9:30 Wii Bowling 1:00 PRIZE Bingo 2:30 Pilates 3:30 ICS meeting 4:45 Supper Out: Chili's	16 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 12:30 Sit & Get Fit 3:00 Bible Study	17 6:45 Zumba 10:00 Publix 12:00 Thanksgiving Dinner 2:30 Tai-Chi 3:45 Vespers Choir 6:00 Strength & Conditioning	18 6:45 Zumba 10:00 Stretch & Flex 11:00 Tele-equipment Screenings 11:30 Birthday Lunch: Petite Auberge 1:30 Art Appreciation 7:00 Movie: "Some- Thing Borrowed"	19 10:00 Parkinson's Disease Association Meeting 11:00 Strength & Conditioning 11:00 Shop & Lunch: Stonecrest Mall 7:30 Bingo
20 1:00 Lionheart Theater Outing 1:00 Lunch Buffet 5:00 Vespers	21 6:45 Zumba 10:00 Stretch & Flex 10:00 Jim Howe Trip 11:15 Circuit Training 12:00 Sit & Get Fit 1:00 New Resident Orientation 1:30 Watercolor and drawing Sessions	22 6:45 Zumba 9:30 Wii Bowling 1:00 Bingo 2:30 Pilates 4:45 Supper Out: Red Lobster	23 6:45 Zumba 8:30 Men's fitness class 10:00 Kroger 10:00 Stretch & Flex 11:15 Veggie Man 12:30 Sit & Get Fit 3:00 Bible Study	24 No evening meal  Happy Thanksgiving	25 6:45 Zumba 10:00 Stretch & Flex 2:00 Ceramics No evening meal	26 11:00 Strength & Conditioning 7:30 Bingo
27 5:00 Vespers	28 6:45 Zumba 10:00 Stretch & Flex 10:00 Morning Out: Multi-Stop Decatur 11:15 Circuit Training 12:00 Sit & Get Fit 1:30 Watercolor and drawing Sessions	29 6:45 Zumba 9:30 Wii Bowling 1:00 Bingo 2:30 Pilates 4:45 Supper Out: Cracker Barrel 5:45 Agnes Scott Singers	30 6:45 Zumba 8:30 Men's fitness class 10:00 Kroger 10:00 Stretch & Flex 11:15 Veggie Man 12:30 Sit & Get Fit 3:00 Bible Study			