




# September 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b> 6:45 Zumba 10:00 Publix 11:00 Town Hall meeting 11:30 Ninth Floor luncheon 1:00 Activities committee meeting 2:30 Tai-Chi 3:45 Vespers Choir 6:00 Strength & Conditioning 6:00 Town Hall meeting	<b>2</b> 6:45 Zumba 10:00 Stretch & Flex 2:00 Ceramics  No Evening Meal	<b>3</b> 11:00 Strength & Conditioning 7:30 Bingo
<b>4</b> 5:00 Vespers	<b>5</b> 6:45 Zumba 10:00 Stretch & Flex 11:15 Circuit Training 12:00 Sit & Get Fit  No Evening Meal  	<b>6</b> 6:45 Zumba 9:30 Wii Bowling 1:00 Bingo 2:30 Pilates 3:30 The Formation of the Holy Scriptures with Chaplain Joe 4:45 Supper Out: Outback	<b>7</b> 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	<b>8</b> 6:45 Zumba 10:00 Publix 2:30 Tai-Chi 3:45 Vespers Choir 6:00 Strength & Conditioning	<b>9</b> 6:45 Zumba 8:30 Community Volunteer Project 10:00 Stretch & Flex 10:00 Newcomer committee meeting 10:00 Breakfast Out: Cracker Barrel 1:00 Garden committee meeting 2:00 Ceramics	<b>10</b> 9:00 Breakfast Buffet 10:00 Pet Therapy 11:00 Strength & Conditioning 7:30 Bingo

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>11</b> 5:00 Vespers 6:15 Milal Missionary Singers	<b>12</b> 6:45 Zumba 10:00 Jim Howe Tour 10:00 Stretch & Flex 11:15 Circuit Training 12:00 Sit & Get Fit 1:00 Supper Out committee meeting 1:30 Watercolor and drawing Sessions 7:30 Movie: <u>The Blind Side</u>	<b>13</b> 6:45 Zumba 9:30 Wii Bowling 1:00 Bingo 2:30 Pilates 4:45 Supper Out: Red Lobster	<b>14</b> 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	<b>15</b> 6:45 Zumba 10:00 Publix 2:30 Tai-Chi 3:45 Vespers Choir 6:00 Strength & Conditioning	<b>16</b> 6:45 Zumba 10:00 Stretch & Flex 11:30 Birthday Lunch: Longhorn 1:30 Art Appreciation 3:00 Meet and Greet our in-home computer support	<b>17</b> 10:30 Parkinson's Disease Association Meeting 11:00 Strength & Conditioning 7:30 Bingo
<b>18</b> 5:00 Vespers	<b>19</b> 6:45 Zumba 9:00 Foot Care 10:00 Morning Out: Walmart 10:00 Stretch & Flex 11:15 Circuit Training 12:00 Sit & Get Fit 1:00 New Resident Orientation 1:30 Watercolor and drawing Sessions 7:30 Movie: <u>Jumping The Broom</u>	<b>20</b> 6:45 Zumba 9:30 Wii Bowling 1:00 Bingo 1:30 ICS meeting 2:30 Pilates 4:45 Supper Out: Roxx	<b>21</b> 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 3:00 Bible Study	<b>22</b> 6:45 Zumba 10:00 Publix 2:30 Tai-Chi 3:45 Vespers Choir 6:00 Strength & Conditioning	<b>23</b> 6:45 Zumba 10:00 Stretch & Flex 10:00 Connecting with friends 11:30 Twelfth Floor Luncheon 2:00 Ceramics	<b>24</b> 11:00 Shop & Lunch: Stonecrest Mall 11:00 Strength & Conditioning 7:30 Bingo
<b>25</b> 1:00 Lunch Buffet 2:30 String Theory 5:00 Vespers	<b>26</b> 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>Shall We Dance</u>	<b>27</b> 6:45 Zumba 9:30 Wii Bowling 1:00 Bingo 2:30 Pilates 4:45 Supper Out: James Joyce	<b>28</b> 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	<b>29</b> 6:45 Zumba 10:00 Publix 2:30 Tai-Chi 3:45 Vespers Choir 6:00 Strength & Conditioning	<b>30</b> 6:45 Zumba 10:00 Stretch & Flex 11:30 Lunch out: Marlow's Tavern 2:00 Ceramics	