



January 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 2:00 Kwanzaa Feast 5:00 Vespers Happy New Year!	2 6:45 Zumba 10:00 No Monday out 10:00 Stretch & Flex 11:15 Circuit Training 12:00 Sit & Get Fit 1:30 Watercolor and drawing session 7:00 Movie: "Water for Elephants"	3 6:45 Zumba 9:00 Wii bowling 10:00 Stretch & Flex 11:15 Circuit Training 12:00 Sit & Get Fit 1:00 Bingo 1:30 Watercolor and drawing 2:30 Pilates 3:30 Community Volunteer Meeting 4:45 Supper Out: "Golden Dolphin" 7:00 Celebration of Life	4 6:45 Zumba 8:30 All fitness class 10:00 Mobile Nails 10:00 Kroger 10:00 Stretch & Flex 11:15 Veggie Man 12:30 Sit & Get Fit	5 6:45 Zumba 10:00 Publix 11:00 Voter Registration 2:30 Tai-Chi 3:45 Vespers Choir 6:00 Strength & Conditioning	6 6:45 Zumba 10:00 Stretch & Flex 2:00 Ceramics 2:00 Hula Lessons	7 11:00 Strength & Conditioning 7:30 Bingo
8 5:00 Vespers	9 6:45 Zumba 10:00 Technology Day 10:00 Walmart 10:00 Stretch & Flex 11:15 Circuit Training 12:00 Sit & Get Fit 1:00 Supper Out Committee Meets 1:30 Watercolor and drawing session 7:00 Movie: "The Help"	10 6:45 Zumba 9:00 Wii bowling 9:00 Blood Pressure check 10:00 Stretch & Flex 11:15 Circuit Training 12:00 Sit & Get Fit 1:00 Bingo 1:30 Watercolor and drawing 2:30 Pilates 3:30 "History of Faith" Part 2 4:45 Supper Out: "Colonnade"		12 6:45 Zumba 10:00 Publix 2:30 Tai-Chi 3:45 Vespers Choir 6:00 Strength & Conditioning 7:00 Story Telling: "A Wish"	13 6:45 Zumba 10:00 Stretch & Flex 10:00 Welcoming Committee Meets 2:00 Ceramics 2:00 Healthy Living Discussion 2:00 Hula Lessons	14 10:00 Pet Therapy 11:00 Strength & Conditioning 7:30 Bingo

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15 5:00 Vespers	16 6:45 Zumba 10:00 Breakfast Out "Old Hickory House" 10:00 Stretch & Flex 11:15 Circuit Training 12:00 Sit & Get Fit 1:30 Watercolor and drawing session 7:00 Movie: "The Dreamer"	17 6:45 Zumba 9:00 Wii bowling Tournament 10:00 Stretch & Flex 11:00 Senate Meeting 11:15 Circuit Training 12:00 Sit & Get Fit 1:00 Bingo 2:30 Pilates 3:30 International Community School 4:45 Supper Out: "Olive Garden"	18 6:45 Zumba 8:30 All fitness class 10:00 Kroger 10:00 Mobile Nails 10:00 Stretch & Flex 11:00 Town Hall Meeting 11:15 Veggie Man 12:30 Sit & Get Fit 5:00 Town Hall Meeting	19 6:45 Zumba 10:00 Publix 2:30 Tai-Chi 3:45 Vespers Choir 6:00 Strength & Conditioning 7:00 New Resident Reception	20 6:45 Zumba 10:00 Stretch & Flex 11:30 Birthday Lunch "Red Lobster" 1:30 The "Artist's Chat" 2:00 Hula Lessons	21 10:30 Parkinson's Meeting 11:00 Strength & Conditioning 11:00 Stonecrest Mall 7:30 Bingo
22 5:00 Vespers 1:00 luncheon	23 6:45 Zumba 9:00 AARP Safe Driving Class 10:00 Jim Howe Trip 10:00 Stretch & Flex 11:15 Circuit Training 12:00 Sit & Get Fit 1:30 Watercolor and drawing session 5:30 Chinese New Year Buffet 7:00 Movie: "Year of the Dragon"	24 6:45 Zumba 9:00 Wii bowling 9:00 Blood Pressure Check 10:00 Stretch & Flex 11:15 Circuit Training 12:00 Sit & Get Fit 1:00 Bingo 1:30 Watercolor and drawing 2:30 Pilates 4:45 Supper Out: "Monterey Mexican"	25 6:45 Zumba 8:30 All fitness class 10:00 Kroger 10:00 Stretch & Flex 11:15 Veggie Man 12:30 Sit & Get Fit	26 6:45 Zumba 10:00 Publix 1:00 Paideia Music Concert 2:30 Tai-Chi 3:45 Vespers Choir 6:00 Strength & Conditioning	27 6:45 Zumba 9:00 Foot Care 10:00 Stretch & Flex 11:00 Lunch Out: Hibachi Grill 2:00 Ceramics 2:00 Hula Lessons	28 11:00 Strength & Conditioning 7:30 Bingo
29 5:00 Vespers	30 6:45 Zumba 10:00 Multi Stop Decatur 10:00 Stretch & Flex 11:15 Circuit Training 12:00 Sit & Get Fit 1:30 Watercolor and drawing session 7:00 Movie: "I Don't Know How She Does It"	31 6:45 Zumba 9:00 Wii bowling 10:00 Stretch & Flex 11:15 Circuit Training 12:00 Sit & Get Fit 1:00 Bingo 1:30 Watercolor and drawing 2:30 Pilates 4:45 Supper Out: "Outback" 7:00 Spiritual Friends Group				