



# Monday Memo for August 24 - August 30, 2020



## MONDAY, August 24

*North Fulton Hospital Doctors  
Transportation 8:30am-12:30pm*

- 8 - 10 Continental Breakfast - B
  - 9:30 Exercise w/ Jane Myers A
  - 10:00 Cable TV 901 Exercise  
Cardio, Brains & Braun
  - 10:30 Live Stream funeral W. Williams
  - 1:30 Mah Jongg - CR
  - 2:00 Ai Chi & Water Walking  
w/ Jane Myers- P
  - 2:00 Cable TV 901 Exercise  
Cardio, Brains & Braun
  - 2:30 Poker - L
  - 3:00 Ladies Bible Study - AR
- Publix Shuttle 1:00 - 3:00**  
**Please sign up in Mail Room**

## TUESDAY, August 25

*North Fulton Hospital Doctors  
Transportation 8:30am-1:30pm*

- 8 - 10 Continental Breakfast - B
- 8:30 Water Aerobics with  
Nancy Jern - P
- 9:15 Gentle Yoga w/ Nancy Jern A
- 10:00 Cable TV 901 Exercise  
Qigong, Tai Chi & Yoga
- 10:30 Exercise w/ Nancy Jern - A
- 1:15 Bridge - CR
- 2:00 Ladies Billiards - NV
- 2:00 Cable TV 901 Exercise  
Qi Gong, Tai Chi & Yoga
- 2:30 Poker - L
- 7:00 Open Billiards - NV

## WEDNESDAY, August 26

*St. Joseph's/Northside Doctors  
Transportation 8:30am-2:30pm*

- 8 - 10 Continental Breakfast - B
- 8:45 Tai Chi w/ Brian Sutton - A**
- 10:00 Exercise w/ Jane Myers A
- 10:00 Cable TV 901 Exercise  
Gentle Chair Yoga
- 1:00 Bridge - CR
- 1:30 Mah Jongg - L
- 2:00 Cable TV 901 Exercise  
Gentle Chair Yoga
- 2:30 Town Hall Mtg. -A**  
**2nd, 3rd floor**  
**North Village ONLY**
- 2:30 Poker - L
- 3:00 Cable TV 901 Music  
"Ray Charles & Diane Schuur"
- 7:00 Cable TV 901 Music

## THURSDAY, August 27

- 8 - 10 Continental Breakfast - B
- 8:30 Water Aerobics with  
Diane Taylor - P
- 9:15 Tai Chi w/ Brian Sutton A
- 10:00 Cable TV 901 Exercise  
Flexibility Exercises
- 10:30 Low Impact Exercise &  
Pilates w/ Brian Sutton A**
- 2:00 Cable TV 901 Exercise  
Flexibility Exercises

## FRIDAY, August 28

*St. Joseph's/Northside Doctors  
Transportation 8:30am-12:30 pm*

- 8 - 10 Continental Breakfast - B
- 9:15 Qi Gong w/ Diane Taylor -A**
- 10:00 Cable TV 901 Exercise  
20 Minute Senior Exercise
- 10:30 Exercise w/ Diane Taylor - A
- 2:00 Ladies Billiards - NV
- 2:00 Cable TV 901 Exercise  
20 Minute Senior Exercise
- 2:30 Poker - L
- 3:00 New resident Orientation-A**
- 7:00 Movie Night PG-13 - A  
"A Few Good Men"

## SATURDAY, August 29

- 8:30 Water Aerobics with  
Nancy Jern - P
- 1:00 Bridge - CR
- 2:00 Knit Wits - BLA
- 7:00 Cable TV 901 Movie**

## SUNDAY, August 30

- 10:30 Catholic Mass-A (Limit 39)  
UTube at 4:30pm & all weekend  
[stpeterchanel.org/worship](http://stpeterchanel.org/worship)  
**/live-stream**
- 3:00 Cable TV 901 Movie
- 7:00 Putting Contest - PG

SGV Events listed on  
Cable Channel 901

*Rosary: Daily at 6:30 pm*  
*Limit 12 - Masks are required*

### Room Location Key:

- A Auditorium
- ACR IL Conference Room
- AL Assisted Living
- AR Activity Room
- B Bistro
- BLA Bistro Lounge Area
- C Chapel
- CR Card Room
- FG Fitness Gym
- FL Front Lobby
- L Library
- NV North Village
- PDR Private Dining Room
- PG Putting Green

**Kroger Shuttle 1:30 - 3:00**  
**Please sign up in Mail Room**  
**and wear your mask**

**Charter Spectrum**  
**1-888-438-2427**