

Wellness Calendar

July 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 8:30 Aquatic Balance -P w/Jane Myers 9:15 Tai Chi - A Balance w/Brian 10:30 Stretch-A Pilates w/Brian	2 9:15 Standing & sitting Tai Chi w/Brian - A 10:30 Exercise A w/Maribel Burke	3 8:30 Water Aerobics w/Nancy Jern
4	5 9:30 Exercise - A w/Jane Myers 2:00 Ai Chi/Walking -Pool w/Jane Myers	6 8:30 Water Aerobics – P w/Maribel Burke 9:15 Gentle Yoga w/Nancy Jern-A 10:30 Exercise-A w/Maribel Burke	7 9:30 Exercise & Balance with Jane Myers -A 1:30 Line Dance-A w/Nancy Anthony	8 8:30 Aquatic Balance -P w/Jane Myers 9:15 Tai Chi - A Balance w/Brian 10:30 Stretch-A Pilates w/Brian	9 9:15 Standing & sitting Tai Chi w/Brian - A 10:30 Exercise A w/Maribel Burke	10 8:30 Water Aerobics w/Nancy Jern
11	12 9:30 Exercise -A w/Jane Myers 2:00 Ai Chi/Walking -Pool w/Jane Myers	13 8:30 Water Aerobics – P w/Maribel Burke 9:15 Gentle Yoga w/Nancy Jern-A 10:30 Exercise-A w/Maribel Burke	14 9:30 Exercise & Balance with Jane Myers-A	15 8:30 Aquatic Balance -P w/Jane Myers 9:15 Tai Chi - A Balance w/Brian 10:30 Stretch-A Pilates w/Brian	16 9:15 Standing & sitting Tai Chi w/Brian - A 10:30 Exercise-A w/Maribel Burke	17 8:30 Water Aerobics w/Nancy Jern
18	19 9:30 Exercise - A w/Jane Myers 2:00 Ai Chi/Walking -Pool w/Jane Myers	20 8:30 Water Aerobics - P w/Nancy Jern-A 10:30 Exercise-A w/Maribel Burke	21 9:30 Exercise & Balance with Jane Myers-A 1:30 Line Dance-A w/Nancy Anthony	22 8:30 Aquatic Balance -P w/Jane Myers 9:15 Tai Chi - A Balance w/Brian 10:30 Stretch-A Pilates w/Brian	23 9:15 Standing & sitting Tai Chi w/Brian - A 10:30 Exercise-A w/Maribel Burke	24 8:30 Water Aerobics w/Nancy Jern
25	26 9:30 Exercise - A w/Jane Myers 2:00 Ai Chi/Walking -Pool w/Jane Myers	27 8:30 Water Aerobics - P w/Nancy Jern-A 10:30 Exercise-A w/Maribel Burke	28 9:30 Exercise & Balance with Jane Myers-A	29 8:30 Aquatic Balance -P w/Jane Myers 9:15 Tai Chi - A Balance w/Brian 10:30 Stretch-A Pilates w/Brian	30 9:15 Standing & sitting Tai Chi w/Brian - A 10:30 Exercise-A w/Maribel Burke	31 8:30 Water Aerobics w/Nancy Jern

St. George Highlights

All outings are subject to cancellation with uncertainly of COVID 19

1: High Museum: Experience more than one hundred paintings, sculptures, prints, and drawings by Alexander Calder and Pablo Picasso – two giants of twentieth century modernism. Pre-sale tickets of group rate \$12.84. Depart at 9:15am. Sign up required.

8: Smith Gilbert Gardens: *A Garden with Wings Butterfly House* exhibit features native butterflies and their host and nectar plants. You will encounter the wonder of butterflies in all stages of life, from egg to adult butterfly. Host plants such as tulip poplar and passionflower vine serve as great caterpillar watching stations. Nectar plants provide awesome opportunities to watch these pollinators in action. We will also visit the *Bonsai Exhibit*. Lunch at Trackside Grill in Kennesaw. Pre-sale tickets (\$8.00) required and will be billed to you. Depart at 10:00am.

9: Movie Tavern: The creator if “*Hamilton*” invites you to “*In the Heights*”, where the streets are made of music and little dreams become big. This movie outing is on a Friday. Cost is \$6.00. Time TBA. Please sign up.

14: Men’s Lunch at Publix/Green Wise: SGV will treat you to freshly made pizza upon your arrival, at this grocery store that offers a variety of organic and everyday groceries, house-made specialties, and more. They now offer beer and wine in their café, and a coffee bar as well. Depart at 11:45am. Please sign up.

15: Supper Club “Chicago’s”: We will resume our monthly Supper Club at this steak and seafood restaurant that has proudly served northern Atlanta since 1991, becoming a landmark and local institution of neighborhood camaraderie. Depart at 4:30 pm. Limit 24. Please sign up.

15 & 29: “Rich and Famous” Bus Tour with Jim Howe: Learn the history of Atlanta’s modest beginnings as a small railroad town and its eventual rise to prominence as the capital of a New South. Ride around the Georgia State Capitol, Underground Atlanta, Peachtree Street, Centennial Olympic Park, Georgia Aquarium, Fox Theater, Margret Mitchell House, High Museum, Swan House, Governor’s Mansion, and the residential district where many of Atlanta’s “rich and famous” live. Lunch at Mary Macs. Depart at 10:00am. Sign up required.

21: Ladies Lunch at Publix/Green Wise: SGV will treat you to freshly made pizza upon your arrival, at this grocery store that offers a variety of organic and everyday groceries. They now offer beer and wine in their café, and a coffee bar as well. Depart at 11:45am. Please sign up.

Transportation Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
North Fulton Hospital Doctors Transportation 8:30 am – 12:30 pm	North Fulton Hospital Doctors Transportation 8:30 am – 1:30pm	St. Joseph and Northside Hospital Doctors Transportation 8:30 am – 2:30 pm	Thursday Outing See Calendar for more Details.	St. Joseph and Northside Hospital Doctors Transportation 8:30 am – 12:30 pm
Publix, CVS & Target Shopping Center 1:30 – 3:00 pm	Bank of America, Wells Fargo, Trader Joe’s Kohl’s, Walgreens 2:00pm			Kroger, Aldi, Sprouts, 1:30pm

July 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Catholic Mass Monday through Wednesday 12:00 p.m. – Chapel Thursday Mass for Assisted Living Sunday Mass - 10:30 am A	Ladies Billiards Every Tuesday and Friday 2:00pm Men's Billiards every Monday and Wednesday 2:00pm North Village lobby 8:15am Men's Club - Bistro (Monday through Friday)	Activity Room - AR Auditorium - A Bistro - B Card Room - CR Chapel - C Library - L Private Dining Room - PDR Putting Green - PG Front Lobby - FL		1 9:15 am *High Museum Pablo Picasso Exhibit 2:30 pm Poker-BL 4:00 pm Concert with the “Home by Ten Trio”-A 7:00 pm Rummikub – CR	2 1:30 pm Mah Jongg – CR 2:30 pm Poker - L 7:00 pm Movie Night – “Butch Cassidy & the Sundance Kid”	3 1:00 pm Bridge - CR 2:00 pm Knit Wits – FL
4 10:30 am Catholic Mass – A 6:00 pm Putting Contest-PG	5 1:00 pm Men's Bridge-L 1:30 pm Mah Jongg – CR 1:30pm Art Class w/Tammy-AR 2:30 pm Poker-BL	6 10:30 am Audiologist Dr. Smith-L 10:00 am Hand & Foot - L 10:30 am Rosary makers – CR 1:00 pm Bridge - CR 1:30 pm Canasta-L 2:30 pm Poker-B 3:00 pm Men's Bible Study-AR 6:30 pm Hand & Foot – CR	7 10:00 am Presbyterian Service C 10:00 am Rook Game - CR 11:00am BH Tech Class - AR 1:00 pm Bridge – CR 1:30 pm Mah Jongg – CR 2:30 pm Poker – L 3:00 pm Brain Games - AR 7:00pm Bocce Ball-BC 5:00 pm Happy Hour-B 7:00 pm Sequence Game-A	8 9:30 am *Smith Gilbert Gardens Lunch at Trackside Grill 2:30 pm Poker-BL 4:00 pm “Pick Up Sticks-A Barbershop Quartet 7:00 pm Rummikub – L	9 TBA-*Movie Tavern “In the Heights” 1:30 pm Mah Jongg – CR 2:30 pm Poker - L 3:00 pm Orientation-A 7:00 pm Movie Night – A “Prime ”	10 1:00 pm Bridge - CR 2:00 pm Knit Wits – FL
11 10:30 am Catholic Mass - A 6:00 pm Putting Contest-PG 6:00 pm Informal Writing Group-Hosts Mary Jo & Ward Winer-AR	12 1:00 pm Men's Bridge-L 1:30 pm Mah Jongg – CR 1:30pm Art Class w/Tammy-AR 2:30 pm Poker-BL 2:30 pm Villagers rehearsal-A 3:30 pm Ladies Bible Study-AR	13 10:00 am Hand & Foot - L 10:30 am Rosary makers – CR 1:00 pm Bridge – CR 1:30 pm Canasta-L 2:00 pm Christian Worship-A 2:30 pm Poker-B 3:00 pm Men's Bible Study-AR 4:00 pm News w/Don Jordan-A 6:30 pm Hand & Foot - CR	14 10:00 am Rook Game - CR 11:00am BH Tech Class - AR 11:30am *Mens Lunch “Green Wise” 1:00 pm Bridge - CR 1:30 pm Mah Jongg – CR 2:30 pm Poker-L 3:00 pm Brain Games - AR 7:00 pm Bocce Ball-BC 5:00 pm Happy Hour-B	15 10:00 am **“Rich & Famous” bus tour w/Jim Howe Lunch at Mary Macs 1:30 pm Wii Bowling-AR 2:30 pm Poker-BL 4:30 pm *Supper Club “Chicago’s” 7:00 pm Rummikub – CR	16 1:30 pm Mah Jongg – CR 2:30 pm Poker – L 2:00 pm Travel presentation with Jim Howe-A “Highlights of Atlanta.” 3:00 pm Orientation-A 7:00 pm Movie Night – A “The Usual Suspects”	17 1:00 pm Bridge - CR 2:00 pm Knit Wits - FL
18 10:30 am Catholic Mass - A 6:00 pm Putting Contest-PG	19 11:00 am Villagers rehearsal-A 1:00 pm Men's Bridge-L 1:30 pm Mah Jongg – CR 1:30pm Art Class w/Tammy-AR 2:30 pm Poker-BL	20 10:00 am Hand & Foot - L 10:30 am Rosary makers - CR 1:00 pm Bridge – CR 1:30 pm Canasta-L 2:00 pm Armchair Travel Video “French Riviera & Burgundy” 2:30 pm Poker-B 3:00 pm Men's Bible Study-AR 6:30 pm Hand & Foot - L	21 10:00 am Rook Game - CR 11:00 am BH Tech Class – AR 11:30am *Ladies Lunch “Green Wise” 1:00 pm Bridge - CR 1:30 pm Mah Jongg – CR 2:30 pm Poker – L 3:00 pm Brain Games - AR 7:00pm Bocce Ball-BC 5:00 pm Happy Hour-B 7:00 pm Sequence Game-A	22 9:30 am *Fernbank & Imax Live animal encounter at Museum plus “Turtle Odyssey” Imax Lunch at their Cafe 2:30 pm Poker-BL 4:00 pm Town Hall Meeting-A 7:00 pm Rummikub – CR	23 1:30 pm Mah Jongg – CR 2:30 pm Poker - L 3:00 pm Orientation-A 7:00 pm Movie Night – A “The Client”	24 1:00 pm Bridge - CR 2:00 pm Knit Wits - FL
25 10:30 am Catholic Mass - A 6:00 pm Putting Contest-PG 6:00 pm Informal Writing Group-Hosts Mary Jo & Ward Winer-AR	26 11:00 am Villagers rehearsal-A 1:00 pm Men's Bridge-L 1:30 pm Mah Jongg – CR 1:30 pm Art Class w/Tammy-AR 2:30 pm Poker-BL 3:30 pm Ladies Bible Study-AR	27 10:00 am Hand & Foot - L 10:30 am Rosary makers – CR 1:00 pm Bridge - CR 1:30 pm Canasta-L 2:30 pm Poker-B 3:00 pm Men's Bible Study-AR 6:30 pm Hand & Foot - CR	28 10:00 am Rook Game - CR 11:00 am BH Tech Class - AR 1:00 pm Bridge – CR 1:30 pm Mah Jongg – CR 2:00 pm* Shopping at Dollar Tree 2:30 pm Poker – L 3:00 pm Brain Games - AR 7:00 pm Bocce Ball-BC 5:00 pm Happy Hour-B 7:00 pm Sequence Game-A	29 10:00 am **“Rich & Famous” bus tour w/Jim Howe Lunch at Mary Macs 2:30 pm Poker-BL 7:00 pm Rummikub – CR	30 1:30 pm Mah Jongg – CR 2:30 pm Poker - L 3:00 pm Orientation-A 7:00 pm Movie Night – A “From Russia with Love”	31 1:00 pm Bridge - CR 2:00 pm Knit Wits - FL