

# Exercise Calendar

November 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 9:30 Exercise-A w/ Jane Myers 2:00 Ai Chi-P w/Jane Myers	<b>2</b> 8:30 Water Aerobics - P w/Nancy Jern 9:15 Gentle Yoga w/Nancy Jern - A 10:30 Exercise A w/ Maribel Burke	<b>3</b> 9:30 Exercise & Balance -A w/Jane Myers 1:30 Line Dance-A w/Nancy Anthony	<b>4</b> 8:30 Aquatic Balance - P w/ Jane Myers 9:15 Tai Chi - A Balance w/ Brian 10:30 Stretch - A Pilates w/Brian	<b>5</b> 9:15 Standing & Sitting Tai Chi w/Brian - A 10:30 Exercise -A w/Maribel Burke	<b>6</b> 8:30 Water Aerobics w/Nancy Jern-P
7	<b>8</b> 9:30 Exercise-A w/ Jane Myers 2:00 Ai Chi-P w/Jane Myers	<b>9</b> 8:30 Water Aerobics - P w/Nancy Jern 9:15 Gentle Yoga w/Nancy Jern - A 10:30 Exercise A w/ Maribel Burke	<b>10</b> 9:30 Exercise & Balance -A w/Jane Myers 1:30 Line Dance-A w/Nancy Anthony	<b>11</b> 8:30 Aquatic Balance - P w/ Jane Myers 9:15 Tai Chi - A Balance w/ Brian 10:30 Stretch - A Pilates w/Brian	<b>12</b> 9:15 Standing & Sitting Tai Chi w/Brian - A 10:30 Exercise -A w/Maribel Burke	<b>13</b> 8:30 Water Aerobics w/Nancy Jern-P
14	<b>15</b> 9:30 Exercise-A w/ Jane Myers 2:00 Ai Chi-P w/Jane Myers	<b>16</b> 8:30 Water Aerobics - P w/Nancy Jern 9:15 Gentle Yoga w/Nancy Jern - A 10:30 Exercise A w/ Maribel Burke	<b>17</b> 9:30 Exercise & Balance -A w/Jane Myers 1:30 Line Dance-A w/Nancy Anthony	<b>18</b> 8:30 Aquatic Balance - P w/ Jane Myers 9:15 Tai Chi - A Balance w/ Brian 10:30 Stretch - A Pilates w/Brian	<b>19</b> 9:15 Standing & Sitting Tai Chi w/Brian - A 10:30 Exercise -A w/Maribel Burke	<b>20</b> 8:30 Water Aerobics w/Nancy Jern-P
21	<b>22</b> 9:30 Exercise-A w/ Jane Myers 2:00 Ai Chi-P w/Jane Myers	<b>23</b> 8:30 Water Aerobics - P w/Nancy Jern 9:15 Gentle Yoga w/ Nancy Jern - A 10:30 Exercise A w/Maribel Burke	<b>24</b> 9:30 Exercise & Balance-A w/Jane Myers 1:30 Line Dance-A w/Nancy Anthony	<b>25</b> 8:30 Aquatic Balance - P w/ Jane Myers 9:15 Tai Chi - A Balance w/ Brian 10:30 Stretch - A Pilates w/Brian	<b>26</b> 9:15 Standing & Sitting Tai Chi w/Brian - A 10:30 Exercise -A w/Maribel Burke	<b>27</b> 8:30 Water Aerobics w/Nancy Jern-P
28	<b>29</b> 9:30 Exercise w/ Jane Myers 2:00 Ai Chi-P w/Jane Myers	<b>30</b> 8:30 Water Aerobics - P w/Nancy Jern 9:15 Gentle Yoga w/ Nancy Jern - A 10:30 Exercise A w/ Maribel Burke			**Please note: Ai-Chi Class w/Nancy Jern will be moved to a new time/day beginning in December.	Key* Auditorium - A Pool-P

# St. George Village Outings

**11/4 Scenic Fall Ride- Amicalola Falls w/Lunch at Maple Lodge Restaurant:** Join us for a scenic fall ride through North Georgia with lunch atop of Amicalola Falls at the Maple Lodge Restaurant. Depart at 9:45 am. Sign Up Required.

**11/10 Men's Lunch & Beer Tasting: Semper Fi Bar and Grille** is a place where all are welcome, but Veterans and First Responders will be honored. A place where Veterans can sit and tell Their Story! Lunch will be followed by beer tasting at **Reformation Brewery**. Depart at 11:30 am. Sign Up Required.

**11/11 Supper Club: "Milton's Cuisine & Cocktails":** The restaurant features contemporary New Southern Cuisine that utilizes fresh, local ingredients to create regionally inspired comfort food with bold flavors. Many ingredients come straight from the garden at Milton's! Depart at 4:45pm. Sign up required.

**11/18 Bluebird Trail Walk & Talk Tour:** Learn more about bluebirds in the outdoor classroom prior to heading on a short 1-mile, flat trail. Along this guided walking tour, you'll see 27 Bluebird Nest Boxes and 10 Feed Stations that have been sponsored and placed along trail. There's no fee for the tour, but donations are encouraged. This will help support and grow the at-risk Bluebird population. Depart at 9:30am. Lunch at Galla's Pizza. Sign-Up Required.

**11/24 Ladies' Lunch & Wine Tasting:** Fellows Café is situated on a sunny hill on Green Street in Roswell, Fellows is a destination all-day cafe and bakery. Fellows offers coffee, breakfast, brunch, lunch and cocktails, inside an 1890's folk Victorian home. Lunch will be followed by wine tasting at Deep Roots Market.

## 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 – 1:30 pm	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 1:30-3:00pm	Bank of America, Wells Fargo, Kohls, Walgreens Trader Joes 2:00 pm			Kroger, Aldi, LiDL, Sprouts 1:30 pm

# November 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Recitation of the Rosary</b> Every Night at 5:00 pm in the Chapel</p>	<p><b>1</b> 1:00 pm Men's Bridge - L 1:30 pm Mah Jongg - CR 12:30 pm Art Class w/ Tammy- AR 2:00 pm Catholic Bible Study with Deacon Bickerstaff-A 3:30 pm Villagers Practice- A 2:30 pm Poker - BL 7:00 pm Mexican Train Game-A</p>	<p><b>2</b> 10:00 am Hand &amp; Foot - L 10:30 am Rosary Makers - CR 10:30am Audiologist Dr.Smith-L 1:00 pm Bridge - CR 1:30 pm Canasta - L 2:30 pm Poker - BL 2:45 pm Men's Bible Study - AR 6:30 pm Hand &amp; Foot - L</p>	<p><b>3</b> 10:00 am Rook - L 11:00 am BH Tech Class - A 1:00 pm Bridge - CR 1:30 pm Mah Jongg - CR 2:30 pm Poker - BL 3:00 pm Brain Games - AR 5:00 pm Happy Hour - B 7:30 pm Sequence Game - A</p>	<p><b>4</b> 9:45 am Scenic Fall Ride- Amicalola Falls w/Lunch @ Maple Lodge Restaurant 2:30 pm Poker - BL 7:00 pm Rummikub - L</p>	<p><b>5</b> 1:30 pm Mah Jongg - CR 2:30 pm Poker - BL 7:00 pm Friday Night Movie- "Dead Poets Society" -A</p>	<p><b>6</b> 1:00 pm Bridge - CR 2:00 pm Knit Wits - FL</p>
<p><b>7</b> 10:30 am Catholic Mass - A 6:30 pm Putting Contest - PG</p>	<p><b>8</b> 1:00 pm Men's Bridge - L 1:30 pm Mah Jongg - CR 12:30 pm Art Class w/ Tammy-AR 2:00 pm Catholic Bible Study with Deacon Bickerstaff-A 3:30 pm Ladies Bible Study-AR 2:30 pm Poker - BL 7:00 pm Mexican Train Game-A</p>	<p><b>9</b> 10:00 am Hand &amp; 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 - BL 2:45 pm Men's Bible Study - AR 3:30 pm Villagers Practice -A 6:30 pm Hand &amp; Foot - L</p>	<p><b>10</b> 10:00 am Rook - L 11:00 am BH Tech Class - A 11:30 am *Men's Lunch &amp; Beer Tasting* "Semper Fi Grille &amp; Reformation Brewery" 1:00 pm Bridge - CR 1:30 pm Mah Jongg - CR 2:30 pm Poker - BL 3:00 pm Brain Games - AR 5:00 pm Happy Hour w/Judy - B 7:30 pm Sequence Game - A</p>	<p><b>11</b> 11:00 am Veteran's Memorial Ceremony- A 2:30 pm Poker - BL 4:30 pm *Supper Club- "Milton's Cuisine &amp; Cocktails" 7:00 pm Rummikub - L</p>	<p><b>12</b> 1:30 pm Mah Jongg - CR 2:00 pm Nutrition Talk w/CaraVita -A 2:30 pm Poker - BL 7:00 pm Friday Night Movie- "The Illusionist" -A</p>	<p><b>13</b> 1:00 pm Bridge - CR 2:00 pm Knit Wits - FL</p>
<p><b>14</b> 10:30 am Catholic Mass - A 6:30 pm Putting Contest - PG 6:00 pm Informal Writing Group - Hosts Mary Jo &amp; Ward Winer - AR</p>	<p><b>15</b> 11:00 am Villagers Practice -A 1:00 pm Men's Bridge - L 1:30 pm Mah Jongg - CR 12:30 pm Art Class w/ Tammy -AR 2:00 pm Catholic Bible Study with Deacon Bickerstaff-A 2:30 pm Poker - BL 7:00 pm Mexican Train Game-A</p>	<p><b>16</b> 10:00 am Hand &amp; Foot - L 10:30 am Rosary Makers - CR 1:00 pm Bridge - CR 1:30 pm Canasta - L 2:30 pm Poker - BL 2:45 pm Men's Bible Study - AR 6:30 pm Hand &amp; Foot - L 7:30 pm Book Club-AR</p>	<p><b>17</b> 10:00 am Rook - L 11:00 am BH Tech Class - A 1:00 pm Bridge - CR 1:30 pm Mah Jongg - CR 2:30 pm Poker - BL 3:00 pm Brain Games - AR 5:00 pm Happy Hour w/Fred Jones - B 7:30 pm Sequence Game - A</p>	<p><b>18</b> 2:30 pm Poker - BL 9:30 am Bluebird Trail Walk &amp; Talk Tour Marietta GA- Lunch @ The Marietta Local 7:00 pm Rummikub - L</p>	<p><b>19</b> 1:30 pm Mah Jongg - CR 2:00 pm Glass Harp Performance w/Brien Engel-A 2:30 pm Poker - BL 7:00 pm Friday Night Movie- "The Blind Side" -A</p>	<p><b>20</b> 1:00 pm Bridge - CR 2:00 pm Knit Wits - FL</p>
<p><b>21</b> 10:30 am Catholic Mass - A 6:30 pm Putting Contest - PG</p>	<p><b>22</b> 11:00 am Villagers Practice -A 1:00 pm Men's Bridge - L 1:30 pm Mah Jongg - CR 12:30 pm Art Class w/ Tammy -AR 2:00 pm Catholic Bible Study with Deacon Bickerstaff-A 2:30 pm Poker - BL 3:30 pm Ladies Bible Study-AR 7:00 pm Mexican Train Game-A</p>	<p><b>23</b> 10:00 am Hand &amp; 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 - BL 2:45 pm Men's Bible Study - AR 6:30 pm Hand &amp; Foot - L</p>	<p><b>24</b> 10:00 am Rook - L 11:00 am BH Tech Class - A 11:30 am *Ladies Lunch &amp; Wine Tasting "Fellow's Café &amp; Deep Roots Wine Tasting" 1:00 pm Bridge - CR 1:30 pm Mah Jongg - CR 2:30 pm Poker - BL 3:00 pm Brain Games - AR 5:00 pm Happy Hour w/Judy -B 7:30 pm Sequence Game - A</p>	<p><b>25</b> **Thanksgiving Day** No Outing Scheduled 2:30 pm Poker - BL 7:00 pm Rummikub - L</p>	<p><b>26</b> 1:30 pm Mah Jongg - CR 2:30 pm Poker - BL 7:00 pm Friday Night Movie - "Flash of Genius" -A</p>	<p><b>27</b> 1:00 pm Bridge - CR 2:00 pm Knit Wits - FL</p>
<p><b>28</b> 10:30 am Catholic Mass - A 6:30 pm Putting Contest - PG 6:00 pm Informal Writing Group - Hosts Mary Jo &amp; Ward Winer - AR</p>	<p><b>29</b> 11:00 am Villagers Practice -A 1:00 pm Men's Bridge - L 1:30 pm Mah Jongg - CR 12:30 pm Art Class w/Tammy -AR 2:00 pm Catholic Bible Study with Deacon Bickerstaff-A 2:30 pm Poker - BL 7:00 pm Mexican Train Game-A</p>	<p><b>30</b> 10:00 am Hand &amp; Foot - L 10:30 am Rosary Makers - CR 1:00 pm Bridge - CR 1:30 pm Canasta - L 2:30 pm Poker - BL 2:45 pm Men's Bible Study - AR 6:30 pm Hand &amp; Foot - L</p>	<p>Healing Mass occurs on the first Monday of the month at 12:00 pm. - A</p>	<p>Catholic Mass: Monday Through Wednesday 12:00 pm - Chapel Thursday Mass for Assisted Living only Sunday Mass 10:30 am - A</p>	<p>2:00 pm Ladies Billiards Every Tuesday &amp; Friday  Men's Billiards every Monday &amp; Wednesday 2:00 North Village Lobby</p>	<p><b>KEY:</b> Activity Room - AR Auditorium - A Bistro Lounge-BL Bistro - B Card Room - CR Chapel - C Library - L Private Dining Room - PDR Putting Green - PG Front Lobby - FL Weekly Outing*</p>