

## Wellness Calendar September 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> 8:30 Water Aerobics – P with Nancy Jern 9:15 Gentle Yoga w/Nancy Jern-A 10:30 Exercise-A w/Nancy Jern	<b>2</b> 8:45 Tai Chi with Brian-A 10:00 Exercise & Balance with Jane Myers -A	<b>3</b> 8:30 Water Aerobics-P with Diane Taylor 9:15 Tai Chi - A Balance w/Brian 10:30 Exercise & Pilates -A w/Brian Sutton	<b>4</b> 9:15 Qi Gong with Diane Taylor-A 10:30 Exercise-A w/Diane Taylor	<b>5</b> 8:30 Water Aerobics-P with Diane Taylor
<b>6</b>	<b>7</b> 9:30 Exercise - A w/Jane Myers 2:00 Ai Chi -Pool w/Jane Myers	<b>8</b> 8:30 Water Aerobics - P with Nancy Jern 9:15 Gentle Yoga w/Nancy Jern-AR 10:30 Exercise-A w/Nancy Jern	<b>9</b> 8:45 Tai Chi with Brian-A 10:00 Exercise & Balance with Jane Myers-A	<b>10</b> 8:30 Water Aerobics - P with Diane Taylor 9:15 Tai Chi - AR Balance w/Brian 10:30 Exercise & Pilates- A w/Brian Sutton	<b>11</b> 9:15 Qi Gong with Diane Taylor-A 10:30 Exercise A w/Diane Taylor	<b>12</b> 8:30 Water Aerobics-P w/Diane Taylor
<b>13</b>	<b>14</b> 9:30 Exercise - A w/Jane Myers 2:00 Ai Chi -Pool w/Jane Myers	<b>15</b> 8:30 Water Aerobics - P with Maribel Burke 9:15 Gentle Yoga w/M. Burke-A 10:30 Exercise-A w/Maribel Burke	<b>16</b> 8:45 Tai Chi with Brian-A 10:00 Exercise & Balance with Jane Myers-A	<b>17</b> 8:30 Water Aerobics – with Diane Taylor 9:15 Tai Chi - AR Balance w/Brian 10:30 Exercise & Pilates- A w/Brian Sutton	<b>18</b> 9:15 Qi Gong with Diane Taylor-A 10:30 Exercise-A w/Diane Taylor	<b>19</b> 8:30 Water Aerobics-P w/Diane Taylor
<b>20</b>	<b>21</b> 9:30 Exercise - A w/Jane Myers 2:00 Ai Chi -Pool w/Jane Myers	<b>22</b> 8:30 Water Aerobics - P w/M. Burke-P 9:15 Gentle Yoga w/M. Burke-A 10:30 Exercise-A w/Maribel Burke	<b>23</b> 8:45 Tai Chi with Brian-A 10:00 Exercise & Balance with Jane Myers-A	<b>24</b> 8:30 Water Aerobics –P with Diane Taylor 9:15 Tai Chi - AR Balance w/Brian 10:30 Exercise & Pilates- A w/Brian Sutton	<b>25</b> 9:15 Qi Gong with Diane Taylor-A 10:30 Exercise-A w/Diane Taylor	<b>26</b> 8:30 Water Aerobics-P w/Diane Taylor
<b>27</b>	<b>28</b> 9:30 Exercise - A w/Jane Myers 2:00 Ai Chi -Pool w/Jane Myers	<b>28</b> 8:30 Water Aerobics - P with Maribel Burke 9:15 Gentle Yoga w/M. Burke-A 10:30 Exercise-A w/Maribel Burke	<b>29</b> 8:45 Tai Chi with Brian-A 10:00 Exercise & Balance with Jane Myers-A	<b>30</b> 8:30 Water Aerobics –P with Diane Taylor 9:15 Tai Chi - AR Balance w/Brian 10:30 Exercise & Pilates- A w/Brian Sutton		

## St. George Highlights

All outings are subject to cancellation with uncertainty of coronavirus.  
Social distancing on buses limit seating to 5 on one bus and 4 on the other.

**10: Private tour of the new Green Wise Publix Grocery Store:** Learn about the specialty natural and organic foods available with a full line of in-store prepared foods. This store has a coffee and smoothie bar, freshly made pizza, and burrito bar to create your own burrito. Check out the freshly made popcorn with a large assortment of flavors. The kettle corn is the best. There are gourmet cheeses and a wide variety of desserts and breads. Limit 9. Depart at 9:30 am. Sign up required.

**16: Shopping at North Georgia Outlet Mall:** We will drop you off and pick you up at the same location. You must be able to ambulate safely and independently. We encourage you to shop with a friend. Limit 5. Depart at 9:30am. Sign up required.

**17: Sweet Apple Farmers & Artisans Market; Dessert at Cook Out:** This is a year-round open-air market featuring locally grown and locally produced goods. It is located at the World Harvest Church on Hardscrapple Road in Roswell. Afterwards, SGV will treat you to a frozen yogurt at Menchie's. In 2010, Menchie's Frozen Yogurt was recognized as the #1 fastest growing food franchise in the United States and holds today the largest self-serve frozen yogurt franchise in the world. Limit 9. Depart at 2:00pm. Sign up required.

**24: Picnic at Shirley Morgan's Farm:** Shirley and I have been saying since this pandemic began 6 months ago, that one of our first scheduled outings will be to her farm when we are able. It is time!! SGV will supply a Chick fil A lunch so join us for a relaxing afternoon on the farm. Limit 9. Depart at 10:30am. Sign up required.

## 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 Shopping Center 1:30 – 3:00 pm				Kroger 1:30pm



# September 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Catholic Mass</b> <b>Monday through Thursday</b> <b>12:00 p.m. - Chapel</b> <b>Sunday Mass - 10:30 am A</b> <b>*Healing Mass is the first Monday of</b> <b>each month in the Auditorium</b>	<b>Ladies Billiards</b> <b>Every Tuesday 2:00pm</b>  <b>Billiards every Tuesday 7:00pm</b> <b>North Village lobby</b>	<b>1</b> 10:00 am Rosary makers – CR 1:15 pm Bridge – CR 2:30 pm Poker-L 7:00 pm Open Billiards-NV 7:30 pm “Walk Thru the Bible”-A (Registered participants only)	<b>2</b> 10:00 am Rook Game – CR 1:00 pm Bridge – CR 1:30 pm Brain Games-AR 1:30 pm Mah Jongg-L 2:30 pm Poker-L <b>2:30 pm Town Hall Meeting-A</b> <b>3<sup>rd</sup> floor North &amp; South Village</b>	<b>3</b> 7:00 pm Rummikub – L  <b>11:30am – 1:00pm</b> <b>Fulton County Voter</b> <b>Outreach &amp; Registration</b> <b>Outside Front Lobby</b>	<b>4</b> 2:00 pm Ladies Billiards – NV 2:30 pm Poker-L 3:00 pm Orientation -A <b>7:00 pm Movie Night – A</b> <b>“Chicago”</b>	<b>5</b> 1:00 pm Bridge - CR 2:00 pm Knit Wits – FL
<b>6</b> 10:30 am Catholic Mass - A 7:00 pm Putting Contest-PG	<b>7</b> 1:30 pm Mah Jongg – CR 2:30 pm Poker-L 7:00 pm Mexican Train Game-A	<b>8</b> 10:00 am Rosary makers – CR 1:15 pm Bridge – CR 2:30 pm Poker-L 3:00 pm Band Aid practice-A <b>4:00 pm News w/Don Jordan-A</b> 7:00 pm Open Billiards-NV	<b>9</b> 10:00 am Rook Game – CR 1:00 pm Bridge - CR 1:30 pm Brain Games - AR 1:30 pm Mah Jongg-L 2:30 pm Poker – L <b>2:30 pm Town Hall Meeting-A</b> <b>1<sup>st</sup> &amp; 2<sup>nd</sup> floor South Village</b> <b>7:00 pm Music Bingo-A</b> <b>Alexander</b>	<b>10</b> <b>9:30 am *Private Tour</b> <b>at Green Wise Publix</b> 7:00 pm Rummikub – L	<b>11</b> 2:00 pm Ladies Billiards – NV 2:30 pm Poker-L <b>7:00 pm Movie Night – A</b> <b>“The Fabulous Baker Boys”</b>	<b>12</b> 1:00 pm Bridge - CR 2:00 pm Knit Wits – FL
<b>13</b> 10:30 am Catholic Mass - A 7:00 pm Putting Contest-PG	<b>14</b> <b>10:45 am BH Technology-A</b> <b>“iPhone Tips &amp; Tricks”</b> 1:30 pm Mah Jongg – CR 2:30 pm Poker-L 3:00 pm Ladies Bible Study-A	<b>15</b> 10:00 am Rosary makers – CR 1:15 pm Bridge – CR 2:30 pm Poker-L 7:00 pm Open Billiards-NV 7:30 pm Book Club-AR <b>“Before We were Yours”</b> by Lisa Wingate	<b>16</b> <b>9:30 am *Shopping at</b> <b>N. Ga Outlet Mall</b> 10:00 am Rook Game - CR 1:00 pm Bridge - CR 1:30 pm Brain Games – AR 1:30 pm Mah Jongg-L 2:30 pm Poker-L	<b>17</b> <b>2:00 pm *Sweet Apple Farmers</b> <b>&amp; Artisans Market</b> <b>“Cook Out” for dessert</b> 7:00 pm Rummikub – CR	<b>18</b> 2:00 pm Ladies Billiards – NV 2:30 pm Poker-L <b>7:00 pm Movie Night – A</b> <b>“The Upside”</b>	<b>19</b> 1:00 pm Bridge - CR 2:00 pm Knit Wits - FL
<b>20</b> 10:30 am Catholic Mass - A 7:00 pm Putting Contest-PG	<b>21</b> 1:30 pm Mah Jongg – CR 2:30 pm Poker-L 7:00 pm Mexican Train Game-A	<b>22</b> 10:00 am Rosary makers - CR 1:15 pm Bridge – CR 2:30 pm Poker-L 7:00 pm Open Billiards-NV	<b>23</b> 10:00 am Rook Game - CR 1:00 pm Bridge - CR 1:30 pm Brain Games - AR 1:30 pm Mah Jongg-L 2:30 pm Poker – L	<b>24</b> <b>10:30 am *Picnic lunch at the</b> <b>Morgan Farm</b> 7:00 pm Rummikub – CR	<b>25</b> 2:00 pm Ladies Billiards – NV 2:30 pm Poker-L <b>7:00 pm Movie Night – A</b> <b>“Beyond the Sea”</b>	<b>26</b> 1:00 pm Bridge - CR 2:00 pm Knit Wits - FL
<b>27</b> 10:30 am Catholic Mass - A 7:00 pm Putting Contest-PG	<b>28</b> <b>10:45 am BH Technology-A</b> <b>“iPhone Tips &amp; Tricks”</b> 1:30 pm Mah Jongg – CR 2:30 pm Poker-L 3:00 pm Ladies Bible Study-AR 7:00 pm Mexican Train Game-A	<b>29</b> 10:00 am Rosary makers – CR 1:15 pm Bridge – CR 2:30 pm Poker-L 7:00 pm Open Billiards-NV	<b>30</b> 10:00 am Rook Game - CR 1:00 pm Bridge - CR 1:30 pm Brain Games - AR 1:30 pm Mah Jongg-L 2:30 pm Poker - L		<b>Please see</b> <b>separate flyer for</b> <b>exercise, movies &amp; music</b> <b>on Channel 901</b> <b>and all events.</b>	<b>Activity Room - AR</b> <b>Auditorium - A</b> <b>Bistro - B Card Room - CR</b> <b>Chapel - C Library - L</b> <b>Private Dining Room - PDR</b> <b>Putting Green - PG</b> <b>Front Lobby - FL</b>