



Vernon Woods Retirement Community "Fit For You[®]" March 2018 Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Activity Contact Info Linda Siersma Life Enrichment Director (706) 812-2802 Denise Dixon Stewart Life Enrichment Director (706) 298-5551	All Exercise is held on Vernon Terrace 2nd Floor Reading Room is held in the VC Quiet Room	Intercessory Prayer Tuesdays @ 4:15 Peace Chapel (across from # 217) VC 2nd Floor 		1 9:30 Coffee Talk 9:45 BP Check 11:30 TLC Luncheon 2:00 Tai Chi 2:30 Beginner's Fitness 3:30 Reading Room 7:00 VC Bridge	2 9:30 Coffee & Biscuit 10:15 Crafts for Doctors 2:00 Farkle Championship!	3 10:00 Coffee & Snack 3:00 DIY Game Time 6:30 Moments w/ Mike
4 8:30 – 12:30 Church Transportation 2:00 Price Theatre "Bedroom Farce"	5 9:30 Coffee Talk 10:00 Yoga Class 11:00 Classical Guitar w/ Jeff Bianchi 2:00 Reading Room-Crazy Love 3:00 Piano Music-Jan L. 4:00 Cuddle Buddies	6 9:30 Coffee Talk 10:00 Strong for Life Exercise 11:00 Terrace Bingo 12:00 Lunch & Belk Shopping (Lagrange Mall) 2:00 Tai Chi 4:15 Intercessory Prayer 6:30 Moments w/ Mike	7 10:00-5:00 Scheduled Massage Therapy Appointments 9:30 Coffee Talk 10:00 ALL Shopping 2:00 Community Bingo 3:30 Farkle	8 9:30 Coffee Talk 9:45 BP Check 2:00 Tai Chi 2:30 Beginner's Fitness 3:30 Reading Room 7:00 VC Bridge	9 9:30 Coffee & Biscuit 11:00 Music w/ Leonard Blount 12:30 Cracker Barrel 3:30 Farkle	10 10:00 Coffee & Snack 3:00 DIY Game Time 4:00 West Ga Choral Arts Festival
11 Daylight Savings Time Begins! 8:30 – 12:30 Church Transportation 1:30 Bible Study w/ Jan T	12 9:30 Coffee Talk 10:00 Yoga Class 11:00 Rummikub 2:00 Reading Room-Crazy Love	13 9:30 Coffee Talk 10:00 Strong for Life Exercise 11:00 Terrace Bingo 2:00 Tai Chi 4:15 Intercessory Prayer 6:30 Moments w/ Mike	14 9:30 Coffee Talk 10:00 ALL Shopping 11:00 "Use Your Noodle" 2:00 Community Bingo 3:30 Farkle	15 9:30 Coffee Talk 9:45 BP Check 11:15 Merry Makers 2:00 Tai Chi 2:30 Beginner's Fitness 3:30 Reading Room 7:00 VC Bridge	16 9:30 Coffee & Biscuit 2:00 Fun Fashion Show Wear Green & Create your own Fashion Statement	St. Patrick's Day 17 10:00 Coffee & Snack 1:30 Grace Abounds 3:00 DIY Game Time 4:00 Auction Fun! 6:30 Moments w/ Mike
18 8:30 – 12:30 Church Transportation 3:00-5:00 Easter Eggstravaganza!	19 9:30 Coffee Talk 10:00 Yoga Class 11:00 Rummikub 2:00 Reading Room-Crazy Love	1st Day of Spring! 20 9:30 Coffee Talk 10:00 Strong for Life Exercise 11:00 Terrace Bingo 2:00 Tai Chi 3:00 Cookies/Coffee w/ HH 4:15 Intercessory Prayer 6:30 Moments w/ Mike 7:00 LSO Outing	21 9:30 Coffee Talk 10:00 ALL Shopping 11:00 "Use Your Noodle" 1:15 March Birthday Celebration (By Invitation Only) 2:00 Community Bingo 3:30 Farkle	22 9:30 Coffee Talk 9:45 BP Check 10:15 Communion & Bible Study 2:00 Tai Chi 2:30 Beginner's Fitness 3:30 Reading Room 6:00 Name That Tune w/ Dale Allen 7:00 VC Bridge	23 9:30 Coffee & Biscuit 2:00-6:00 Spring Fling Shopping Mart in Hospitality (Come Shopping!)	24 10:00 Coffee & Snack 10:45 Outing! LaGrange Boardgame 3:00 DIY Game Time 4:00 Farkle
25 8:30 – 12:30 Church Transportation	26 9:30 Coffee Talk 10:00 Yoga 11:00 Rummikub 2:00 Reading Room-Crazy Love	27 9:30 Coffee Talk 10:00 Strong for Life Exercise 11:00 Terrace Bingo 2:00 Tai Chi 4:15 Intercessory Prayer 6:30 Moments w/ Mike	28 9:30 Coffee Talk 10:00 ALL Shopping 11:00 "Use Your Noodle" 2:00 Community Bingo 3:30 Farkle 6:30 Team Turnaround	29 9:30 Coffee Talk 9:45 BP Check 11:00 Magician Joseph 2:00 Tai Chi 2:30 Beginner's Fitness 3:30 Reading Room 7:00 VC Bridge	Good Friday 30 9:30 Coffee & Biscuit 11:00 Devotion w/Denise 2:00 Singing by Kevin Dunn	31 10:00 Coffee & Snack 3:00 DIY Game Time 6:30 Moments w/ Mike