

May 2018

Vernon Woods Retirement Community "Fit For You®" Calendar (DDS-4/21/18)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>ALL exercise is held on the 2nd floor in Vernon Terrace</p> <hr/> <p>Please check the mailrooms daily for activity info & sign-up sheets</p>	<p>Activity Contact Info Life Enrichment Director's</p> <p style="text-align: center;">Linda Siersma 706-812-2802</p> <p style="text-align: center;">Denise Dixon Stewart 706-298-5551</p>	<p style="text-align: right;">1</p> <p>9:30 Coffee & Current Events 10:00 Strong for Life Exercise 11:00 Terrace Bingo 2:00 Tai Chi 3:15 Use Your Noodle 4:00 Intercessory Prayer 6:30 Moments w/ Mike 6:30 Belk/Discount Day</p>	<p style="text-align: right;">2</p> <p>9:00-10:00 Homemade Healthy Bread & Yogurt Parfaits w/ Denise 9:30 Coffee Talk 10:00 ALL Shopping 1:00 Paint4Fun w/ Denise 2:00 Community Bingo 3:00 Farkle</p>	<p style="text-align: right;">3</p> <p>9:30 Coffee Talk 10:00 BP Check 11:30 TLC Luncheon 2:00 Tai Chi 2:30 Beginner's Fitness 3:30 Reading Room</p>	<p style="text-align: right;">4</p> <p>9:30 Coffee & Biscuit</p> <p style="text-align: center;">1:30 Cake Decoration w/ Linda</p> <p style="text-align: center;">5:15 (Outing) Night of Worship</p>	<p style="text-align: right;">5</p> <p>10:00 Coffee & Snack 2:00 DIY Game Time 3:00-4:15 Cinco de Mayo Party Entertainment by Mark Siersma & Drinks B 4 Dinner! 6:30 Moments w/ Mike</p>
<p style="text-align: right;">6</p> <p>8:30 – 12:30 Church Transportation</p> <p style="text-align: center;">1:30 Bible Study w/ Jan T</p>	<p style="text-align: right;">7</p> <p>9:30 Coffee Talk 10:00 Yoga Class 11:00 Rummikub 2:00 Reading Room 3:00 Piano Music w/ Jan Layton 4:00 Cuddle Buddies</p>	<p style="text-align: right;">8</p> <p>9:30 Coffee & Current Events 10:00 Strong for Life Exercise 11:00 Terrace Bingo 2:00 Tai Chi 3:45 Interact Kids 4:00 Intercessory Prayer 6:30 Moments w/ Mike</p>	<p style="text-align: right;">9</p> <p>9:30 Coffee Talk 10:00 ALL Shopping 11:00 Use Your Noodle 1:00 Informational Talk w/ Tommy Whitworth 2:00 Community Bingo Movie Outing- Time TBA!</p>	<p style="text-align: right;">10</p> <p>9:30 Coffee Talk 10:00 BP Check 2:00 Tai Chi 2:30 Beginner's Fitness 3:30 Reading Room</p>	<p style="text-align: right;">11</p> <p>9:30 Coffee & Biscuit</p> <p style="text-align: center;">2:00 Celebrating Mom's! Surprise Entertainment!!!!</p>	<p style="text-align: right;">12</p> <p style="text-align: center;">10:30-1:30 Outing! LaGrange Boardgame (Library)</p> <p>10:00 Coffee & Snack 2:00 DIY Game Time</p>
<p style="text-align: right;">13</p> <p style="text-align: center;">Happy Mother's Day! We Love & Appreciate You!!!</p> <p style="text-align: center;"><i>Love</i> </p> <p>8:30 – 12:30 Church Transportation</p>	<p style="text-align: right;">14</p> <p>9:30 Coffee Talk 10:00 Yoga Class 11:00 Rummikub 2:00 Reading Room 3:00 Piano Music w/ John Cipolla</p>	<p style="text-align: right;">15</p> <p>9:30 Coffee & Current Events 10:00 Strong for Life Exercise 11:00 Terrace Bingo 2:00 Tai Chi 3:15 Use Your Noodle 4:00 Intercessory Prayer 6:30 Moments w/ Mike</p>	<p style="text-align: right;">16</p> <p style="text-align: center;">Scheduled Massages</p> <p>9:30 Coffee Talk 10:00 ALL Shopping 11:00 Use Your Noodle 1:15 Town Hall Meeting 2:00 Community Bingo 3:00 Farkle</p>	<p style="text-align: right;">17</p> <p>9:30 Coffee Talk 10:00 BP Check 11:15 Merry Makers 2:00 Tai Chi 2:30 Beginner's Fitness 3:30 Reading Room 6:00 Name that Tune (Dale Allen)</p>	<p style="text-align: right;">18</p> <p>9:30 Coffee & Biscuit</p> <p style="text-align: center;">11:00 Lunch Outing Niffer's Place (Auburn, AL)</p>	<p style="text-align: right;">19</p> <p style="text-align: center;">8:00-12:00 Walk to End Alzheimer's Car Wash & Bake Sale</p> <p>10:00 Coffee & Snack 2:00 DIY Game Time 6:30 Moments w/ Mike</p>
<p style="text-align: right;">20</p> <p>8:30 – 12:30 Church Transportation</p>	<p style="text-align: right;">21</p> <p>9:30 Coffee Talk 10:00 Yoga 11:00 Rummikub 2:00 Reading Room 4:00 Cuddle Buddies</p>	<p style="text-align: right;">22</p> <p>9:30 Coffee & Current Events 10:00 Strong for Life Exercise 11:00 Terrace Bingo 2:00 Tai Chi 3:00 Cookies & Coffee w/ Kathy Howard 4:00 Intercessory Prayer 6:30 Moments w/ Mike</p>	<p style="text-align: right;">23</p> <p>9:30 Coffee Talk 10:00 ALL Shopping 10:30 Lumosity 11:00 Use Your Noodle 1:00 Paint4Fun w/ Denise 2:00 Community Bingo 3:00 Farkle</p>	<p style="text-align: right;">24</p> <p>9:30 Coffee Talk 10:00 BP Check 10:15 Communion & Bible Study 11:00 Deep calls to Deep w/ Denise 2:00 Tai Chi 2:30 Beginner's Fitness 3:30 Reading Room</p>	<p style="text-align: right;">25</p> <p>9:30 Coffee & Biscuit</p> <p style="text-align: center;">10:30 Meeting! Topic: Weekend Away Trip</p> <p style="text-align: center;">Wild Leap Brewery Tour Time-TBA!</p>	<p style="text-align: right;">26</p> <p>10:00 Coffee & Snack 2:00 DIY Game Time</p>
<p style="text-align: right;">27</p> <p>8:30 – 12:30 Church Transportation</p>	<p style="text-align: right;">28</p> <p style="text-align: center;">memorial DAY</p> <p>9:30 Coffee Talk 10:00 Yoga</p>	<p style="text-align: right;">29</p> <p>9:30 Coffee & Current Events 10:00 Strong for Life Exercise 11:00 Terrace Bingo 3:15 Use Your Noodle 2:00 Tai Chi 4:00 Intercessory Prayer 6:30 Moments w/ Mike</p>	<p style="text-align: right;">30</p> <p>9:30 Coffee Talk 10:00 ALL Shopping 11:00 Use Your Noodle 1:15 May B-day Celebration 2:00 Community Bingo 3:00 Farkle</p>	<p style="text-align: right;">31</p> <p>9:30 Coffee Talk 10:00 BP Check 1:00 Bible Study w/ Brother Phillips 2:00 Tai Chi 2:30 Beginner's Fitness 3:30 Reading Room</p>		

Come to Life @ Vernon Woods!

www.vernonwoods.com

101 Vernon Woods Drive Lagrange, Ga 30241