





July 2018

Vernon Woods Retirement Community "Fit For You ®" Calendar (DDS-6/19/2018)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 8:30 – 12:30 Church Transportation	2 9:30 Coffee Talk 10:00 Yoga Class 10-12 Matter of Balance 1:30-3:30 Matter of Balance! 4:00 Cuddle Buddies 4:00 Rummikub	3 9:30 Coffee Talk 10:00 Strong for Life Exercise 11:00 Terrace Bingo 2:00 Belk Shopping 2:00 Tai Chi 3:00 Use Your Noodle 4:00 Intercessory Prayer 6:30 Moments w/ Mike	4 Independence Day  9:30 Coffee Talk	5 9:30 Coffee Talk 10:00 BP Check 2:00 Tai Chi 2:30 Beginner's Fitness 3:30 Bible Study w/ Marsha Thacker (Study-Daniel)	6 9:30 Coffee & Biscuit 10:00-12:00 \$5 Jewelry Sale 11:00 Farkle 2:00 WTEA Fundraiser Friday	7 10:00 Coffee & Snack 10:00 Singing-Providence Baptist Church 1:30 Singing-Grace Abounds 6:30 Moments w/ Mike
8 8:30 – 12:30 Church Transportation 1:30 Bible Study w/ Jan Tolbert	9 9:30 Coffee Talk 10:00 Yoga Class 10-12 Matter of Balance 1:30-3:30 Matter of Balance! 4:00 Rummikub	10 9:30 Coffee Talk 10:00 Strong for Life Exercise 11:00 Terrace Bingo 2:00 Tai Chi 3:00 Use Your Noodle 4:00 Intercessory Prayer 6:30 Moments w/ Mike	11 9:30 Coffee Talk 10:00 ALL Shopping 2:00 Community Bingo 3:00 Farkle	12 9:30 Coffee Talk 10:00 BP Check 1:00 Men's Meeting 2:00 Tai Chi 2:30 Beginner's Fitness 3:30 Deep Calls to Deep Bible Study w/ Denise	13 9:30 Coffee & Biscuit 10:30 Creative Art w/ Darcie 2:00 WTEA Fundraiser Friday 3:00 Reading Room	14 10:00 Coffee & Snack 2:00 DIY Game Time
15 8:30 – 12:30 Church Transportation	16 9:30 Coffee Talk 10:00 Yoga Class 10-12 Matter of Balance 1:30-3:30 Matter of Balance! 4:00 Rummikub	17 9:30 Coffee Talk 10:00 Strong for Life Exercise 10:15 Communion 11:00 Terrace Bingo 2:00 Tai Chi 3:00 Use Your Noodle 4:00 Intercessory Prayer 6:30 Moments w/ Mike	18 9:30 Coffee Talk 10:00 ALL Shopping 10:00 Bible Study w/ Paul (Study-Esther) 1:00 Monthly B-day Party 2:00 Community Bingo 3:00 Farkle	19 9:30 Coffee Talk 10:00 BP Check 11:15 Merry Makers 2:00 Tai Chi 2:30 Beginner's Fitness 3:30 Inspirational Reading w/ Linda	20 9:30 Coffee & Biscuit 9:30 Road to Tara Tour (Gone w/ The Wind) 2:00 WTEA Fundraiser Friday 3:00 Reading Room	21 10:00 Coffee & Snack 2:00 DIY Game Time 6:30 Moments w/ Mike
22 8:30 – 12:30 Church Transportation	23 9:30 Coffee Talk 10:00 Yoga 10-12 Matter of Balance 1:30-3:30 Matter of Balance! 4:00 Cuddle Buddies 4:00 Rummikub	24 9:30 Coffee Talk 10:00 Strong for Life Exercise 11:00 Terrace Bingo 2:00 Tai Chi 3:00 Use Your Noodle 4:00 Intercessory Prayer 6:30 Moments w/ Mike	25 9:30 Coffee Talk 10:00 Peach Farm Trip 2:00 ALL Shopping 2:00 Community Bingo 3:00 Farkle	26 9:30 Coffee Talk 10:00 BP Check 2:00 Tai Chi 2:30 Beginner's Fitness 3:30 Bible Study w/ Marsha Thacker (Study-Daniel)	27 9:30 Coffee & Biscuit 10:30 Creative Art w/ Darcie 2:00 WTEA Fundraiser Friday 3:00 Reading Room	28 10:00 Coffee & Snack 10:45 Outing! LaGrange Boardgame 2:00 DIY Game Time 3:00 Music w/ Mark
29 8:30 – 12:30 Church Transportation	30 9:30 Coffee Talk 10:00 Yoga Class 10-12 Matter of Balance 1:30-3:30 Matter of Balance! 4:00 Rummikub	31 9:30 Coffee Talk 10:00 Strong for Life Exercise 11:00 Terrace Bingo 2:00 Tai Chi 3:00 Use Your Noodle 4:00 Intercessory Prayer 6:30 Moments w/ Mike		Nail Care by Christian Monday July 30th By Appointment!	Bible Study Info 7/5 Marsha Thacker 7/18 Paul Blair 7/12 Denise 7/26 Marsha Thacker	Activity Contact Info Life Enrichment Director's (Team Siersma & Stewart) Linda Siersma 706-812-2802 Denise Dixon Stewart 706-298-5551

Come to Life @ Vernon Woods!

www.vernonwoods.com

101 Vernon Woods Drive Lagrange, Ga 30241