



# March 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	9:00 am Basic Computer (BC) 1:00 pm Bridge (CF) 1:00 pm Suntrust Banking (ML) 3:00 pm Low Vision Group (Lib) 6:30 pm Dollar Bingo\$ (Pub)	*11:00 am Glucose Check (ML) *1:00 pm Birthday Bash (Pub) 2:00 pm Poker– Dealer Choice (CF) 4:00 pm Corn Hole (ML)	9:30 am Morning Devotion (Lib) 2:30 pm Wii bowling (Pub) 3:00 pm Arts and Crafts (MR)\$ 6:30 pm Dollar Bingo\$ (Pub)	*9:30 am Blood Pressure Clinic (BC) 11:00 am What's on the Web (MR) 1:00 pm Card Games (Pub) 4:30 pm Hub at the Pub 6:30 pm Pokeno (brinMR)	*8:00 am Breakfast Club at Cracker Barrel 3:30 pm Wii tennis (Pub) 7:00 pm Happy Hour with Raquel Bustos	*11:00 am Coffee Social (Pub) *11:00 am Catholic Communion (LIB) 2:00 pm Card Games (Pub) 2:00 pm Poker– Dealer Choice (CF) 2:00 pm Knitting Class (Lib) 4:00 pm Internal Medicine Info (ML) 6:30 pm Movie Matinee (MR)
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
2:00 pm Movie Matinee (MR) 2:45 pm Bible Study (Lib) (Grace Church) 4:00 pm Wii Golf (Pub) 6:30 pm Pokeno (MR)	9:00 am Basic Computer (BC) *9:30 am Manicurist 1:00 pm Bridge (CF) 3:30 pm Line Dance (ML) 6:30 pm Dollar Bingo\$ (Pub)	*11:00 am Information about 2010 Senior Olympics (ML) 1:00 pm Board Games (Pub) 2:00 pm Poker– Dealer Choice (CF) 3:30 pm <b>Resident Meeting (CF)</b> 6:15pm Sing a long (Hymns) (ML)	9:30 am Morning Devotion (Lib) 2:30 pm Wii bowling (Pub) 3:00 pm Arts and Crafts (MR)\$ 6:30 pm Dollar Bingo\$ (Pub)	*9:30 am Blood Pressure Clinic (BC) *11:00 am Bridgemill Eye Care- On Site Glasses Adjustment (ML) 1:00 pm Card Games (Pub) 4:30 pm Hub at the Pub 6:30 pm Pokeno (MR)	10:00 am Resident Orientation (ML) *2:30 pm Tea Party 3:30 pm Wii tennis (Pub) 7:00 pm Happy Hour with Mike Smith	*11:00 am Coffee Social (Pub) *11:00 am Catholic Communion (LIB) 2:00 pm Card Games (Pub) 2:00 pm Poker– Dealer Choice (CF) 2:00 pm Knit A Thon– Caps for Cancer, Woodstock Highschool Senior Project by Cheyenne Menderak 6:30 pm Movie Matinee (MR)
<b>14</b>	<b>15</b>	<b>16</b>	<b>ST PATRICK'S DAY 17</b>	<b>18</b>	<b>19</b>	<b>20</b>
2:00 pm Bible Study (Lib) (Hillside United Methodist Church) 2:00 pm Movie Matinee (MR) 4:00 pm Wii Golf (Pub) *4:30 pm Dinner Club– Red Lobster 6:30 pm Pokeno (MR)	9:00 am Basic Computer (BC) 1:00 pm Bridge (CF) 1:00 pm Suntrust Banking (ML) 3:00 pm Low Vision Goup (Lib) 6:30 pm Dollar Bingo\$ (Pub)	*11:00 am Healthy Aging Series (ML) 2:00 pm Poker– Dealer Choice (CF) *2:30 pm Cooking Demo (CF) 4:00 pm Corn Hole (ML) 6:15 pm Sing a long (Hymns) (ML)	9:30 am Morning Devotion (Lib) 2:30 pm Wii bowling (Pub) 3:00 pm Arts and Crafts (MR)\$ 6:30 pm Dollar Bingo (Pub)	*9:30 am Blood Pressure Clinic (BC) 1:00 pm Card Games (Pub) <b>*3:30 pm Hunt Club Event (Pub)</b> 4:30 pm Hub at the Pub 6:30 pm Pokeno (MR)	*9:45 am Shopping at Towne Center 3:30 pm Wii tennis (Pub) 7:00 pm Happy Hour– Open Mike	*11:00 am Coffee Social (Pub) *11:00 am Catholic Mass (MR) 2:00 pm Card Games (Pub) 2:00 pm Poker– Dealer Choice (CF) 6:30 pm Movie Matinee (MR)
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
2:00 pm Movie Matinee (MR) 4:00 pm Bible Study (Lib) (Hopewell Baptist Church) 4:00 pm Wii Golf (Pub) 6:30 pm Pokeno (MR)	9:00 am Basic Computer (BC) 1:00 pm Bridge (CF) 3:30 pm Line Dance (ML) 6:30 pm Dollar Bingo\$ (Pub)	*11:00 am Medicare Advantage Plans– Presented by WellCare 1:00 pm Board Games (Pub) 2:00 pm Poker– Dealer Choice (CF) <b>4:00 pm Allison's Costa Rica Trip</b> 6:15pm Sing a long (Hymns) (ML)	9:30 am Morning Devotion (Lib) 10:30 am Jerry Miller Imports (ML) 2:30 pm Wii bowling (Pub) 3:00 pm Arts and Crafts (MR)\$ 4:00 pm Veterans Group Mtg (ML) 6:30 pm Dollar Bingo\$ (Pub)	*9:30 am Blood Pressure Clinic (BC) 1:00 pm Card Games (Pub) *3:00 pm Ice Cream Social with Amedisys– Healthy Hearth (Pub) 4:30 pm Hub at the Pub 6:30 pm Pokeno (MR)	*11:00 am Lunch Bunch at Vingenzo's 3:30 pm Wii tennis (Pub) 7:00 pm Happy Hour with Tommy Somerville	*11:00 am Coffee Social (Pub) *11:00 am Catholic Communion (LIB) 2:00 pm Card Games (Pub) 2:00 pm Poker– Dealer Choice (CF) 6:30 pm Movie Matinee (MR)
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>Activities may be cancelled due to inclement weather!</b>		<b>Transportation and Exercise classes on Reverse side of Calendar!</b>
10:30 am Bible Study (Lib) (Church of the Messiah) 2:00 pm Movie Matinee (MR) 4:00 pm Wii Golf (Pub) 6:30 pm Pokeno (MR)	9:00 am Basic Computer (BC) 1:00 pm Bridge (CF) 1:00 pm Suntrust Banking (ML) 3:00 pm Low Vision Group (Lib) 6:30 pm Dollar Bingo\$ (Pub)	*11:00 am Q & A with Nurse (ML) 1:00 pm Writers Club (MR) 2:00 pm Poker– Dealer Choice (CF) 4:00 pm Corn Hole (ML) 6:15pm Sing a long (Hymns) (ML)	9:30 am Morning Devotion (Lib) 2:30 pm Wii bowling (Pub) 3:00 pm Arts and Crafts (MR)\$ 6:30 pm Dollar Bingo\$ (Pub)	<b>Activities in Green are exclusively for Hunt Club Members.</b>		

**PLEASE SIGN UP FOR ALL ACTIVITIES WITH AN ASTRICK BY IT (\*) AT THE FRONT**

- |                    |                      |                    |
|--------------------|----------------------|--------------------|
| AR Activity Room   | GAR Garden           | PG Putting Green   |
| BC Business Center | ML Main Lobby        | POOL Pool          |
| CF Chesterfield's  | MP Multipurpose Room | PUB Brass Pine Pub |
| FC Fitness Center  | MR Media Room        | SL South Lobby     |
| LIB Library        | NL North Lobby       | TR Terrace         |



**ALL ACTIVITIES ARE SUBJECT TO CHANGE \*\$ ADDITIONAL FEES MAY APPLY**

### SUN Program Areas:

- |   |  |
|---|--|
| <b>Health/ Wellness</b><br><b>Fun/ Recreation</b><br><b>Safety/ Security</b><br><b>Finance/ Legal/ Administrative</b> | <b>Community/ Friendship</b><br><b>Education/ Lifelong Learning</b><br><b>Convenience/ Economies</b> |
|---|--|

# FITNESS SCHEDULE

TIME	MON	TUES	WED	THURS	FRI
10:30 AM		Cardio Fitness		Stretch Fitness	
11:15 AM		Nutrition & Weight Mgmt		Strength Fitness	
1:00 PM	Stretch & Tone				
2:00 PM	Sittercize		Sittercize		Sittercize
2:30 PM			Wii Bowling		
3:30 PM	Line Dance				Wii Tennis

# TRANSPORTATION SCHEDULE

**Monday** March 1, 8, 15 & 22 Bus leaves at 9:30 am  
Target or Walmart (Choose one place to shop for 1 hour)  
\*\*A second trip will be added if needed, time TBD\*\*

Leave	Arrive	Location	Pick Up
9:30 am	9:45 am	Target	10:45 am
9:30 am	9:55 am	Walmart	10:55 am
TBD	TBD	Target	TBD
TBD	TBD	Walmart	TBD

**Mondays** Doctor Appointments in Marietta bus leaves at 12:15pm

**Tuesdays** Doctor Appointments  
Canton Area bus leaves at 8:30 am, call for pick up.  
Woodstock Area bus leaves at 12:30 pm, call for pick up.

**Wednesdays** 10:00 am Publix ONLY  
10:15 am (CVS or Wachovia) & Publix  
1:00 pm Kroger, Bank of America

**Thursdays** Doctor Appointments  
Woodstock Area bus leaves at 8:30 am, call for pick up.  
Canton Area bus leaves at 12:30 pm, call for pick up.

**Friday** March 5 8:00 am Breakfast Club at Cracker Barrel in  
Canton Cost: (Breakfast on your own)

March 19 9:45 am Shopping at Towne Center. (2 1/2  
hours to shop)

March 26 11:00 am Lunch Bunch at Vincenzo's in  
Woodstock. Cost: (Lunch on your own)

**Sunday** March 14 4:30 pm Dinner Club at Red Lobster. Cost:  
(Dinner on your own.)

**Must have a minimum of six people signed up one week prior or trip may be cancelled.**