

Wellness Calendar

March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 8:30 Water Aerobics - P 9:15 Gentle Yoga w/Nancy Jern-AR 10:30 Exercise-A w/Maribel Burke	4 10:00 Exercise & Balance with Jane Myers -A	5 8:30 Water Aerobics - P 9:15 Tai Chi - AR Balance w/Brian 10:30 Stretch - A w/Brian Sutton	6 9:15 Standing & sitting Tai Chi w/Brian - AR 10:30 Exercise-A w/Maribel Burke	7 8:30 Water Aerobics
8	9 9:30 Exercise - A w/Jane Myers 2:00 Ai Chi -Pool w/Jane Myers	10 8:30 Water Aerobics - P 9:15 Gentle Yoga w/Nancy Jern-AR 10:30 Exercise-A w/Maribel Burke	11 10:00 Exercise & Balance with Jane Myers -A	12 8:30 Water Aerobics - P 9:15 Tai Chi - AR Balance w/Brian 10:30 Stretch - A w/Brian Sutton	13 9:15 Standing & sitting Tai Chi w/Brian - AR 10:30 Exercise A w/Maribel Burke	14 8:30 Water Aerobics
15	16 9:30 Exercise - A w/Jane Myers 2:00 Ai Chi -Pool w/Jane Myers	17 8:30 Water Aerobics - P 9:15 Gentle Yoga w/Nancy Jern-AR 10:30 Exercise-A w/Maribel Burke	18 10:00 Exercise & Balance with Jane Myers-A	19 8:30 Water Aerobics - P 9:15 Tai Chi - AR Balance w/Brian 10:30 Stretch- A w/Brian Sutton	20 9:15 Standing & sitting Tai Chi w/Brian - AR 10:30 Exercise-AR w/Maribel Burke	21 8:30 Water Aerobics
22	23 9:30 Exercise - A w/Jane Myers 2:00 Ai Chi -Pool w/Jane Myers	24 8:30 Water Aerobics - P 9:15 Gentle Yoga w/Nancy Jern-AR 10:30 Exercise-A w/Maribel Burke	25 10:00 Exercise & Balance with Jane Myers-A	26 8:30 Water Aerobics - P 9:15 Tai Chi - AR Balance w/Brian 10:30 Stretch- A w/Brian Sutton	27 9:15 Standing & sitting Tai Chi w/Brian - AR 10:30 Exercise-AR w/Maribel Burke	28 8:30 Water Aerobics
29	30 9:30 Exercise - A w/Jane Myers 2:00 Ai Chi -Pool w/Jane Myers	31 8:30 Water Aerobics - P 9:15 Gentle Yoga w/Nancy Jern-AR 10:30 Exercise-A w/Maribel Burke				

St. George Highlights

5: Atlanta Symphony Orchestra open rehearsal: This program features “The In-Laws: Wagner and Liszt”. Wagner-Siegfried Idyll, Liszt-Piano concerto No. 1 and Saint-Saens- Symphony No. 3 “organ”. Cost is \$10.00. Early sign up and payment required. Lunch at Olive Garden. Depart at 8:00am. Sign up required.

6: Roswell North Elementary Volunteer Reading Program: SGV volunteers read to Pre-K, K and 1st grade classrooms once a month. Bring a book or choose from the classroom. Depart at 9:15am. Early sign up was required.

10: Meehan’s Irish Pub: SGV resident Tom McDermott has invited us to hear him play at this pub in Sandy Springs. Let’s have a good group going out to dinner that evening to enjoy great music and support the leader of our SGV Band-Aids Band! Depart at 6:45pm. Sign up required.

11: Ladies Lunch- “Burger Fi”: Burger Fi is an American fast casual restaurant chain focused on all-natural hamburgers, french fries, hot dogs, and custard. Depart at 11:00am. Sign up required.

12: Big Band Pizza: This restaurant is located right at the Buford Hwy NE & N Druid Hills Intersection in Brookhaven. When you walk in Big Bang, get ready for a unique and one of a kind dining experience. You will be greeted by our **Robot Hostess pepper**. Later, your food will be served by **Amy, another friendly Robot**. Depart at 10:30am. Sign up required.

15: New Dawn Theatre: “Main Street Symphony” at new Dawn Theatre: This string ensemble consist of amateur musicians ranging in age from 30 – 80’s. This 40-minute free concert in Duluth, GA will feature light classical music. SGV resident musician Tom McDermott is in this 35-piece orchestra. Depart at 4:45pm. Sign up required.

18: Men’s Lunch “Rock’n Taco”: New restaurant on the Roswell Square. Let’s check it out. Depart at 12:30pm. Sign up required.

19: Aurora Cineplex movie “Call of the Wild”: Buck is a big-hearted dog whose blissful domestic life gets turned upside down when he is suddenly uprooted from his California home and transplanted to the exotic wilds of the Alaskan Yukon in the 1890s. Cost is \$7.50 . Exact departure time TBA.. Sign up required.

26: Supper Club Supper Club at Tokyo Sake Japanese Steak & Sushi: Festive kitchen featuring Japanese hibachi tables with performing chefs, plus sushi & rice bowls. Depart at 4:30 pm. Depart at 4:30pm. Sign up required.

29: Roswell UMC “Life with Father”: This is a charming story set in the 1880s where Father - Clarence Day - tries to run his home as efficiently as his Wall Street office, but usually fails, because his wife, Vinnie, turns out to be the real head of the household! Cost is \$10.00. Depart at 3:15pm. 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, CVS & Target Shopping Center 1:30 – 3:00 pm	J. Nails & Spa 10:00am or 2:00pm Bank of America, Wells Fargo, Trader Joe’s Kohl’s, Walgreens 2:00pm			Kroger, Aldi, Sprouts, Roswell Beverage Roswell Library 1:30pm

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:30 am Catholic Mass - A 11:00 - 2:00 pm Sunday Buffet 5:00 pm Sunday Social-B	2 7:30 am Men's Club - B 12:00 pm Catholic Healing Mass-A 1:00 pm Painting Class w/Tess-AR 1:30 pm Mah Jongg - CR 3:30 pm Ladies Bible Study-AR 5:00 pm Great Decisions video-A 7:30 pm Great Decisions speaker-A	3 7:30 am Men's Club - B 10:00 am Hand & Foot - L 10:00 am Rosary makers - CR 1:00 pm Canasta - CR 1:15 pm Duplicate Bridge - CR 4:00 pm News w/D. Jordan-A 6:30 pm Hand & Foot - CR 7:30 pm "Walk Thru the Bible"-A A.A.R.P. Tax Aid-12:00 - 5:00pm	4 7:30 am Men's Club - B 10:00 am Presbyterian Service-C 10:00 am Rook Game - CR 11:00 am Tech Class - AR 1:00 pm Bridge - CR 1:30 pm Brain Games-AR 3:00 pm New Resident Poker-CR 5:00 pm Happy Hour - B	5 7:30 am Men's Club - B 8:00 am *ASO Open rehearsal "The In-Laws: Wagner & Liszt" Lunch at Olive Garden 7:00 pm Rummikub - L	6 7:30 am Men's Club - B 9:15 am *Roswell N. Elementary 10:15 am Q of A Square Dance-A 1:00 pm Poker - L 1:30 pm Mah Jongg - CR 4:00 pm "Stations of the Cross"-C 7:00 pm Movie Night - A "Best in Show" Matter of Balance Class 2:00 - 4:00pm-Activity Room	7 7:30 am Men's Club - B 8:30 am Water Aerobics - P 1:00 pm Bridge - CR 2:00 pm Card Bingo - AR 2:00 pm Knit Wits - FL
8 10:30 am Catholic Mass - A 11:00 - 2:00 pm Sunday Buffet 4:00 pm Tech Tips - AR 5:00 pm Sunday Social-B <i>Daylight Savings Time Begins</i>	9 7:30 am Men's Club - B 10:45 am Villagers rehearsal-A 1:30 pm Mah Jongg - CR 3:30 pm Ladies Bible Study-AR 7:00 pm Mexican Train Game-A	10 7:30 am Men's Club - B 10:00 am Hand & Foot - L 10:00 am Rosary makers - CR 1:00 pm Canasta - CR 1:15 pm Bridge-CR 2:00 pm Christian Worship - A 6:30 pm Hand & Foot - CR 6:45pm * Meehan's Irish Pub A.A.R.P. Tax Aid-12:00 - 5:00pm	11 7:30 am Men's Club - B 10:00 am Rook Game - CR 11:00 am Tech Class - AR 11:00 am *Ladies Lunch "Burger Fi" 1:00 pm Bridge - CR 1:30 pm Brain Games - AR 3:00 pm New Resident Poker - L 4:30 pm King O'Sullivan Irish Dancers-A 5:00 pm Happy Hour - B	12 7:30 am Men's Club - B 10:30 am *Lunch at Big Band Pizza with robot waiters 4:30 pm N. Atlanta Talent Education-cello choir-A 7:00 pm Rummikub - L	13 7:30 am Men's Club - B 12:30 pm Haiti Food Drive volunteers-AR 1:00 pm Poker - L 1:30 pm Mah Jongg - CR 2:00 pm Slide Show Northern Italy with Jim Howe-A 4:00 pm "Stations of the Cross"-C 7:00 pm Movie Night - A "Wont You be my Neighbor"	14 7:30 am Men's Club - B 8:30 am Water Aerobics - P 1:00 pm Bridge - CR 2:00 pm Knit Wits - FL
15 10:30 am Catholic Mass - A 11:00 - 2:00 pm Sunday Buffet 4:45 pm *New Dawn Theatre Symphony Concert 5:00 pm Sunday Social - B	16 7:30 am Men's Club - B 10:45 am Villagers rehearsal-A 12:00 pm Catholic Healing Mass-A 1:00 pm Painting Class w/Tess-AR 1:30 pm Mah Jongg - CR 3:30 pm Ladies Bible Study-AR 5:00 pm Great Decisions video-A 7:30 pm Great Decisions speaker-A	17 7:30 am Men's Club - B 10:00 am Hand & Foot - L 10:00 am Rosary makers - CR 1:00 pm Canasta - CR 1:15 pm Bridge - CR 1:15 pm Duplicate Bridge - CR 6:30 pm Hand & Foot - CR 7:30 pm Book Club-AR A.A.R.P. Tax Aid-12:00 - 5:00pm	18 7:30 am Men's Club - B 10:00 am Rook Game - CR 11:00 pm Tech Class - AR 12:30 pm *Men's lunch "Rock'n Taco" 1:00 pm Bridge - CR 1:30 pm New Resident Poker-L 1:30 pm Brain Games - AR 4:00 pm Town Hall Meeting 5:00 pm Happy Hour - B	19 7:30 am Men's Club - B 12:30 pm *Aurora Cineplex Theatre "Call of the Wild" (Exact time TBA) 7:00 pm Rummikub - CR ---Spring Begins	20 7:30 am Men's Club - B 10:00 am Catholic Bible Study-A 1:00 pm Poker - L 1:30 pm Mah Jongg - CR 4:00 pm "Stations of the Cross"-C 7:00 pm Movie Night - A "I'll See You in my Dreams"	21 7:30 am Men's Club - B 8:30 am Water Aerobics - P 1:00 pm Bridge - CR 2:00 pm Card Bingo - AR 2:00 pm Knit Wits - FL
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29 10:30 am Catholic Mass - A 11:00 - 2:00 pm Sunday Buffet 3:15 pm *Roswell UMC "Life with Father" 5:00 pm Sunday Social - B	30 7:30 am Men's Club - B 10:45 am Villagers rehearsal-A 1:30 pm Mah Jongg - CR 3:30 pm Ladies Bible Study-AR 7:00 pm Mexican Train Game-A	31 7:30 am Men's Club - B 10:00 am Hand & Foot - L 10:00 am Rosary makers - CR 1:00 pm Canasta - CR 1:15 pm Bridge - CR 1:15 pm Duplicate Bridge - CR 6:30 pm Hand & Foot - CR A.A.R.P. Tax Aid-12:00 - 5:00pm		Ladies Billiards Every Tuesday 2:00pm Billiards every Tuesday 7:00pm North Village lobby	Catholic Mass Monday through Thursday 12:00 p.m. - Chapel Sunday Mass - 10:30 am A *Healing Mass is the first Monday of each month in the Auditorium	Activity Room - AR Auditorium - A Bistro - B Card Room - CR Chapel - C Library - L Private Dining Room - PDR Putting Green - PG Front Lobby - FL