

Come to Life
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September 2018



Vernon Woods Retirement Community "Fit For You®" Calendar

Address:
101 Vernon Woods Drive
LaGrange, Ga 30240
Phone: 706-812-2899

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Bible Study Info 9/6 & 9/20 Marsha 9/19 Paul</p>		<p><i>Grins w/ Grands-</i> Picture Prop Fun with Grandparents on Grandparents Day 9/9/2018 3:30-4:45</p>		<p>"To the world you may be just one person, but to one person you may be the world." Brandi Snyder</p>		<p>1 10:00 Coffee & Snack 2:00 DIY Game Time 6:30 Moments w/ Mike</p>
<p>2 9:00 – 12:30 Church Transportation</p>	<p>3 9:30 Coffee Talk 10:00 Yoga Class LABOR DAY </p>	<p>4 Belk Shopping @ 11:00 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</p>	<p>5 9:30 Coffee Talk 10:00 ALL Shopping 11:00 Rummikub 2:00 Community Bingo 3:30 Farkle 4:00 MOB Exercise</p>	<p>6 9:15 MOB Exercise 9:30 Coffee Talk 10:00 BP Check 11:30 TLC Lunch 2:00 Tai Chi 2:30 Beginner's Fitness 3:30 Bible Study- Marsha</p>	<p>7 9:30 Coffee & Biscuit 10:30 Farkle/Rummikub 2:00 Last WTEA Fundraiser Friday for the Year! 3:00 Tailgate Party</p>	<p>8 10:00 Coffee & Snack 2:00 DIY Game Time</p>
<p>Grandparents Day 9 9:00 – 12:30 Church Transportation 1:30 Bible Study w/ Jan Tolbert 3:30-4:45 Grins with Grands</p>	<p>10 9:30 Coffee Talk 10:00 Yoga Class 10:00-12:00 Matter of Balance Class 1:30-2:30 Hall Gathering! 3:00 Piano Music w/ John 4:00 Use Your Noodle</p>	<p>11 9:30 Coffee Talk 10:00 Strong for Life Exercise 11:00 Carol Cain 1:30 Memorable Moments 2:00 Tai Chi 3:00 Use Your Noodle 4:00 Intercessory Prayer 6:30 Moments w/ Mike</p>	<p>12 9:30 Coffee Talk 10:00 ALL Shopping 11:00 Rummikub 2:00 Community Bingo 3:30 Farkle 4:00 MOB Exercise 6:15 The Bible/DVD</p>	<p>13 9:15 MOB Exercise 9:30 Coffee Talk 10:00 BP Check 2:00 Tai Chi 2:30 Beginner's Fitness 3:30 Reading Room 6:30 Program by: Chris Cleaveland</p>	<p>14 9:30 Coffee & Biscuit 10:30 Farkle/Rummikub 2:00 Grief/Loss Session w/ Rev Renee Owen 3:00 Reading Room</p>	<p>15 9:00 Alzheimer's Walk 10:00 Coffee & Snack 2:00 DIY Game Time 6:30 Moments w/ Mike</p>
<p>16 9:00 – 12:30 Church Transportation</p>	<p>17 9:30 Coffee Talk 10:00 Yoga 10:00-12:00 Matter of Balance Class 1:30-2:30 Hall Gathering! 4:00 Use Your Noodle</p>	<p>18 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</p>	<p>19 9:30 Coffee Talk 10:00 ALL Shopping 10:00 BibleStudy- Paul 11:00 Rummikub 2:00 Community Bingo 3:30 Farkle 4:00 MOB Exercise</p>	<p>20 9:15 MOB Exercise 9:30 Coffee Talk 10:00 BP Check 11:15 Merry Makers Lunch 2:00 Tai Chi 2:30 Beginner's Fitness 3:30 Bible Study- Marsha 6:00 Name That Tune w/ Dale</p>	<p>21 9:30 Coffee & Biscuit 10:30 Lunch Outing! 57th Fighter Group Restaurant (Atlanta)</p>	<p>22 9:30 Reading Room 10:00 Coffee & Snack 10:45 Outing! LaGrange Boardgame 2:00 DIY Game Time</p>
<p>23 9:00 – 12:30 Church Transportation</p>	<p>24 9:30 Coffee Talk 10:00 Yoga Class 10:00-12:00 Matter of Balance Class 1:30-2:30 Hall Gathering! 4:00 Cuddle Buddies</p>	<p>25 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</p>	<p>26 9:30 Coffee Talk 10:00-11:30 Relax & Be Pampered 10:00 ALL Shopping 11:00 Rummikub 2:00 Community Bingo 3:30 Farkle 4:00 MOB Exercise</p>	<p>27 9:15 MOB Exercise 9:30 Coffee Talk 10:00 BP Check 2:00 Tai Chi 2:30 Beginner's Fitness 3:30 Reading Room</p>	<p>28 9:30 Coffee & Biscuit 10:30 Farkle/Rummikub 1:15 B-day Celebration 2:00 Lemonade, Cookies & Conversation (VT Portico)</p>	<p>29 10:00 Coffee & Snack 2:00 DIY Game Time 6:30 Moments w/ Mike</p>
<p>30 Church Transportation 9:00-12:30</p>		<p>New Matter of Balance Class begins Monday September 10th @ 10:00</p>		<p>Matter of Balance Exercise (MOB) Wed-4pm & Thurs-9:15</p>		<p>Use Your Noodle (Pool Noodle & Balloon) Mon-4pm & Tues- 3pm</p>

Life Enrichment Director's- Linda Siersma (706)812-2802 & Denise Dixon Stewart (706)298-5551