Come to Life
@
Vernon Woods!
www.vernonwoods.com

Updated 9/19/2018
DDS

October 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
Bible Study Info **(Thursday's @ 3:30)** **10/4 Marsha** **10/11 Denise** **10/17 Paul** **10/25 Marsha**	**1** **(1:00-5:00 Blood Drive)** 9:30 Coffee Talk 10:00 Yoga Class 1:30 Hall Gathering/201-209 3:00 Piano Music w/ Jan L 4:00 Use Your Noodle	**(Belk Shopping @ 11)** **2** 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	**3** 9:30 Coffee Talk 10:00 ALL Shopping 11:00 MOB Exercise 2:00 Community Bingo 3:00 Rummikub **3:30 Farkle Championship**	**4** 9:15 MOB Exercise 9:30 Coffee Talk 10:00 BP Check 2:00 Tai Chi 2:30 Beginner's Fitness 3:30 Bible Study- Marsha	**5** 9:30 Coffee, Biscuits & Memorable Moments 10:00 Singing by LaGrange Academy 11:00 Farkle/Rummikub 2:00 Health Fair 3:30 Reading Room	**6** 10:00 Coffee & Snack 2:00 DIY Game Time
7 9:00 – 12:30 Church Transportation	**8** 9:30 Coffee Talk 10:00 Yoga Class 10:00-12:00 MOB Class 1:30 Hall Gathering/ 3rd Floor 4:00 Cuddle Buddies	**9** 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	**10** 9:30 Coffee Talk 10:00 ALL Shopping 11:00 MOB Exercise 2:00 Community Bingo 3:30 Farkle/Rummikub	**11** 9:15 MOB Exercise 9:30 Coffee Talk 10:00 BP Check 2:00 Tai Chi 2:30 Beginner's Fitness 3:00 Cooking w/ Chef Jeff 3:30 Bible Study- Denise	**12** 9:30 Coffee & Biscuit **10:30 Singing w/ Bob & Tammy Gulley** 11:15 Farkle/Rummikub 1:00-3:00 Resident Survey Assistance **2:30 Fun Friday!!!** 3:30 Reading Room	**13** 10:00 Coffee & Snack 2:00 DIY Game Time 6:30 Campfire in the Courtyard
14 9:00 – 12:30 Church Transportation 1:30 Bible Study w/ Jan Tolbert	**15** 9:30 Coffee Talk 10:00 Yoga Class 10:00-12:00 MOB Class 1:30 Hall Gathering/235-245 3:00 Stories & Songs w/ Dale 4:00 Use Your Noodle	**16** 9:30 Coffee Talk 10:00 Strong for Life Exercise 2:00 Tai Chi 3:00 Use Your Noodle **4:00 Intercessory Prayer** 6:30 Moments w/ Mike	**17** 9:30 Coffee Talk 10:00 ALL Shopping 10:00 Bible Study w/Paul Blair 11:00 MOB Exercise 2:00 Community Bingo 3:30 Farkle/Rummikub	**18** 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 w/Linda 5:00 Hope's Harvest Outing	**19** 9:30 Coffee & Biscuit 11:00 Farkle/Rummikub **2:30 Fun Friday!!!** **Men's Fun Fashion Show**	**20** 10:00 Coffee & Snack 10:45 Outing! LaGrange Boardgame 2:00 DIY Game Time
21 9:00 – 12:30 Church Transportation	**22** 9:30 Coffee Talk 10:00 Yoga Class 10:00-12:00 MOB Class 1:30 Hall Gathering/213-221 4:00 Cuddle Buddies	**23** 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	**24** 9:30 Coffee Talk 10:00 ALL Shopping 11:00 MOB Exercise 1:15 B-day Celebration 2:00 Community Bingo 3:30 Farkle/Rummikub	**25** **9**:15 MOB Exercise 9:30 Coffee Talk 10;00 BP Check 2:00 Tai Chi 2:30 Beginner's Fitness 3:30 Bible Study- Marsha	**26** 9:30 Coffee & Biscuit 11:00 Farkle/Rummikub 2:00 Greeting Card Workshop w/Barbara 3:30 Reading Room	**27** 10:00 Coffee & Snack 2:00 DIY Game Time 6:30 Moments w/Mike
28 9:00 – 12:30 Church Transportation	**29** 9:30 Coffee Talk 10:00 Yoga Class 10:00-12:00 MOB Class 4:00 Use Your Noodle	**30** 9:30 Coffee Talk 10:00 Strong for Life Exercise 1:00 Singing by LCS 2:00 Tai Chi 3:00 Use Your Noodle **4:00 Intercessory Prayer** 6:30 Moments w/ Mike	**Halloween** **31** 9:30 Coffee Talk **12:30** Cute/Creepy Halloween Luncheon in Hospitality (Costume Contest) **2:00 ALL Shopping**	**Looking Forward- Nov 9th Christmas Shopping Mart 11:00-4:00.** **Several vendors are coming! We hope you will do a bit of shopping to support these vendors.**		**Fall leaves and a Cool breeze is what makes October special!**

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