

Come to Life
@
Vernon Woods!
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Updated 11/14/2018
DDS
Calendar Subject to Changes!



December 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
						1 10:00 Veterans Brunch w/ Unity Baptist Veterans Ministry
2 9:00 – 12:30 Church Transportation 3:00 Singing/Piano Recital (LaGrange Piano)	3 9:30 Coffee Talk 10:00 Yoga Class 11:00 MOB EXERCISE 2:00 Use Your Noodle 3:00 Stories & Songs w/ Dale 4:00 Cuddle Buddies	4 9:30 Coffee Talk 10:00 Strong for Life Exercise 1:00 Safari Presentation 2:00 Tai Chi 3:00 Lumosity 4:00 Intercessory Prayer 6:30 Moments w/ Mike	5 9:30 Coffee Talk 10:00 ALL Shopping 11:30 MOB EXERCISE 2:00 Community Bingo 3:30 Farkle/Rummikub	6 9:30 Coffee Talk 10:00 BP Check 11:30 TLC Luncheon 2:00 Tai Chi 2:30 Beginner's Fitness	7 9:30 Coffee & Biscuit 11:00 Farkle/Rummikub 1:30 Christmas Craft 3:30 Reading Room	8 10:00 Coffee & Snack
9 9:00 – 12:30 Church Transportation 3:00 Piano Music w/ Greg Hurley	10 9:30 Coffee Talk 10:00 Yoga Class 11:00 MOB EXERCISE 2:00 Use Your Noodle 4:00 Outing (Hope Harbor)	11 9:30 Coffee Talk 10:00 Strong for Life Exercise 11:00 Terrace Bingo 2:00 Tai Chi 3:00 Lumosity 4:00 Intercessory Prayer 6:30 Moments w/ Mike 7:00 LSO Outing	12 9:30 Coffee Talk 10:00 ALL Shopping 10:00 Bible Study w/Paul 11:00 MOB EXERCISE 2:00 Community Bingo w/ Juwana 3:30 Farkle/Rummikub	13 9:30 Coffee Talk 10:00 BP Check 1:30 LaGrange College Caroling 2:00 Tai Chi 2:30 Beginner's Fitness 3:00 Cooking w/ Chef Jeff	14 9:30 Coffee & Biscuit 11:00 Farkle/Rummikub	15 10:00 Coffee & Snack 10:00 Bible Study w/ Marsha Thacker 2:30 Singing w/ Arbor Grove 6:30 Moments w/Mike
16 9:00 – 12:30 Church Transportation 1:30 Bible Study w/ Jan Tolbert	17 9:30 Coffee Talk 10:00 Yoga Class 11:00 MOB EXERCISE 2:00 Use Your Noodle 4:00 Cuddle Buddies	18 9:30 Coffee Talk 10:00 Strong for Life Exercise 11:00 Terrace Bingo 2:00 Tai Chi 3:00 Lumosity 4:00 Intercessory Prayer 6:30 Moments w/ Mike	19 9:30 Coffee Talk 10:00 ALL Shopping 11:00 MOB EXERCISE 2:00 Community Bingo w/ Juwana 3:30 Farkle/Rummikub	20 9:30 Coffee Talk 11:00 Merry Makers Lunch 2:00 Tai Chi 2:30 Beginner's Fitness 4:00 Christmas Outing! Dinner & Light-Looking	21 9:30 Coffee & Biscuit 11:00 Farkle/Rummikub 6:30 Resident Christmas Party	22 10:00 Coffee & Snack 10:45 LaGrange Boardgame
23 9:00 – 12:30 Church Transportation 3:00 Piano Music w/ Greg Hurley	Christmas Eve 24 9:30 Coffee Talk 10:00 Yoga Class 3:00 Christmas Eve Service of Communion w/ First Presbyterian Church	Merry Christmas 25  9:30 Coffee Talk	26 9:30 Coffee Talk 10:00 ALL Shopping 11:00 MOB EXERCISE 2:00 Community Bingo	27 9:30 Coffee Talk 11:00 MOB EXERCISE 2:00 Tai Chi 2:30 Beginner's Fitness 3:30 Bible Study w/ Denise	28 9:30 Coffee & Biscuit 11:00 Farkle/Rummikub 2:00 Monthly B-day Celebration	29 10:00 Coffee & Snack 6:30 Moments w/Mike
30 9:00 – 12:30 Church Transportation	New Year's Eve 31 7:30-9:30 Auction Fun Game Time & Singing					

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