

Come to Life
@
Vernon Woods!
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Updated 10/30/2018
DDS
Calendar Subject to Changes!



November 2018



Address:
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Vernon Woods Retirement Community "Fit For You ®" Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Bible Study Info</p> <p>11/10 Marsha Thacker 11/14 Paul Blair 11/29 Denise Stewart</p>	<p>Ready to Shop? Christmas Shopping Mart Friday 11/9 11:00-4:00 Hospitality Area Come shopping for Christmas gifts in the comfort of your own home</p>			<p>1</p> <p>9:30 Coffee Talk 10:00 BP Check 11:30 TLC Lunch 2:00 Tai Chi 2:30 Beginner's Fitness 3:30 Reading w/ Linda</p>	<p>2</p> <p>9:30 Coffee & Biscuit 11:00 Farkle/Rummikub 2:30 Craft Time</p>	<p>3</p> <p>Set Clocks Back!!! Leave Time- 9:00 Veterans Outing Candler Field Veteran's Tribute (Williamson, Ga) 10:00 Coffee & Snack</p>
<p>4</p> <p>9:00 – 12:30 Church Transportation</p>	<p>5</p> <p>9:30 Coffee Talk 10:00 Yoga Class 10:00-12:00 MOB CLASS (Last Class) 2:00 Lumosity 4:00 Cuddle Buddies</p>	<p>6</p> <p>Election Day</p> <p>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>7</p> <p>9:30 Coffee Talk 10:00 ALL Shopping 11:00 MOB EXERCISE 2:00 Community Bingo 3:30 Farkle/Rummikub</p>	<p>8</p> <p>9:30 Coffee Talk 10:00 BP Check 11:00 MOB EXERCISE 2:00 Tai Chi 2:30 Beginner's Fitness 3:30 Singing w/ Bob & Tammy Gulley</p>	<p>9</p> <p>9:30 Coffee & Biscuit</p> <p>11:00-4:00 Christmas Shopping Mart (Wear your Christmas Colors/Sweaters)</p>	<p>10</p> <p>10:00 Coffee & Snack</p> <p>10:00 Bible Study w/ Marsha Thacker</p> <p>6:30 Moments w/Mike</p>
<p>11</p> <p>Veterans Day 9:00 – 12:30 Church Transportation</p>	<p>12</p> <p>9:30 Coffee Talk 10:00 Yoga Class 11:00 MOB EXERCISE 2:00 Lumosity 4:00 Use Your Noodle</p>	<p>13</p> <p>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>14</p> <p>9:30 Coffee Talk 10:00 ALL Shopping 10:00 Bible Study w/Paul 11:00 MOB EXERCISE 1:15 Town Hall Meeting 2:00 Community Bingo 3:30 Farkle/Rummikub</p>	<p>15</p> <p>9:30 Coffee Talk 10:00 BP Check 11:00 Merry Makers Lunch 2:00 Tai Chi 2:30 Beginner's Fitness 3:00 Cooking w/ Chef Jeff (Facebook Live)</p>	<p>16</p> <p>9:30 Coffee & Biscuit</p> <p>10:00 Dementia Presentation by: Beth Dow</p> <p>11:00 Farkle/Rummikub</p>	<p>17</p> <p>10:00 Coffee & Snack 10:45 Outing! LBS 1:30 Grace Abounds 2:30 Thanksgiving Gathering 6:15- Outing! We Gather Together</p>
<p>18</p> <p>9:00 – 12:30 Church Transportation</p> <p>1:30 Bible Study w/ Jan Tolbert</p>	<p>19</p> <p>9:30 Coffee Talk 10:00 Yoga Class 11:00 MOB EXERCISE 2:00 Lumosity 4:00 Cuddle Buddies</p>	<p>20</p> <p>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>21</p> <p>9:30 Coffee Talk 10:00 ALL Shopping 11:00 MOB EXERCISE 2:00 Community Bingo 3:30 Farkle/Rummikub</p>	<p>22</p> <p>Thanksgiving Day</p> <p>9:30 Coffee Talk</p>	<p>23</p> <p>9:30 Coffee & Biscuit 11:00 Farkle/Rummikub</p>	<p>24</p> <p>10:00 Coffee & Snack</p> <p>6:30 Moments w/Mike</p>
<p>25</p> <p>9:00 – 12:30 Church Transportation</p>	<p>26</p> <p>9:30 Coffee Talk 10:00 Yoga Class 11:00 MOB EXERCISE 2:00 Lumosity 4:00 Use Your Noodle</p>	<p>27</p> <p>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>28</p> <p>9:30 Coffee Talk 10:00 ALL Shopping 11:00 MOB EXERCISE 1:15 B-day Celebration 2:00 Community Bingo 3:00 Retirement Party for Willie Mae</p>	<p>29</p> <p>9:30 Coffee Talk 10:00 GNMS Singing 11:00 MOB EXERCISE 2:00 Tai Chi 2:30 Beginner's Fitness 3:30 Bible Study w/ Denise</p>	<p>30</p> <p>9:30 Coffee & Biscuit 11:00 Farkle/Rummikub</p> <p>2:30 Fun Friday!</p>	<p>This Calendar is subject to changes! Please check the "Daily Sheets" for the most current Activity Events. Thanks so much!</p>

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