

Come to Life
@
Vernon Woods!
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Updated 12/20/2018
DDS
Calendar Subject to Changes!



January 2019



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
	2019 New Year! New Opportunities! Pick one NEW thing from this monthly calendar that you will consistently commit to do ☺	1 Happy New Year! 9:30 Coffee Talk	2 9:30 Coffee Talk 10:00 ALL Shopping 11:30 MOB EXERCISE 2:00 Community Bingo 3:30 Farkle/Rummikub	3 9:30 Coffee Talk 10:00 BP Check 2:00 Chair Exercise 2:30 Beginner's Fitness 3:30 Lumosity	4 9:30 Coffee & Biscuit 11:00 Farkle/Rummikub 2:00 Town Hall Meeting	5 10:00 Coffee & Snack 6:30 Moments w/ Mike
6 9:00 – 12:30 Church Transportation 3:00 Piano Music w/ Greg Hurley	7 9:30 Coffee Talk 10:00 Yoga Class 11:00 MOB EXERCISE 2:00 Use Your Noodle 3:00 Reading Room 4:00 Cuddle Buddies	8 9:30 Coffee Talk 10:00 Strong for Life Exercise 2:00 Tai Chi 4:00 Intercessory Prayer 6:30 Moments w/ Mike	9 9:30 Coffee Talk 10:00 ALL Shopping 10:00 Bible Study w/Paul 11:00 MOB EXERCISE 2:00 Community Bingo w/ Vincent 3:00 Celebrate the 50's Party	10 9:30 Coffee Talk 10:00 BP Check 11:00 Short Stories 2:00 Chair Exercise 2:30 Beginner's Fitness 3:30 Cooking w/ Chef Jeff	11 9:30 Coffee & Biscuit 11:00 Farkle/Rummikub 2:30 Bible Study w /Marsha	12 10:00 Coffee & Snack
13 9:00 – 12:30 Church Transportation 1:30 Bible Study w/ Jan Tolbert 3:00 Piano Music w/ Greg Hurley	14 9:30 Coffee Talk 10:00 Yoga Class 10:30 New Horizon Choir 11:00 MOB EXERCISE 2:00 Use Your Noodle 3:00 Reading Room 4:00 Remember When?	15 9:30 Coffee Talk 10:00 Strong for Life Exercise 11:00 Terrace Bingo 2:00 Tai Chi 4:00 Intercessory Prayer 6:30 Social Security Benefits Workshop	16 9:30 Coffee Talk 10:00 ALL Shopping 11:00 MOB EXERCISE 2:00 Community Bingo 3:30 Farkle/Rummikub	17 9:30 Coffee Talk 11:00 Merry Makers Lunch 10:00 BP Check 2:00 Chair Exercise 2:30 Beginner's Fitness 3:30 Lumosity	18 9:30 Coffee & Biscuit 11:00 Farkle/Rummikub 12:30 Lunch n Learn (Program @ 1:15) 3:30 Piano Music w/ Patricia Croft	19 10:00 Veterans Brunch w/ Unity Baptist Veterans Ministry 2:30 Farkle/Rummikub 6:30 Moments w/ Mike
20 9:00 – 12:30 Church Transportation 3:00 Piano Music w/ Greg Hurley	21 9:30 Coffee Talk 10:00 Yoga Class 11:00 MOB EXERCISE 2:00 Use Your Noodle 3:00 Reading Room 4:00 Cuddle Buddies	22 9:30 Coffee Talk 10:00 Strong for Life Exercise 11:00 Terrace Bingo 2:00 Tai Chi 4:00 Intercessory Prayer 6:30 Moments w/ Mike	23 10:00-4:30 Massage Therapy w/ Cheryl Twickler 9:30 Coffee Talk 10:00 ALL Shopping 11:00 MOB EXERCISE 2:00 Community Bingo 3:30 Farkle/Rummikub	24 9:30 Coffee Talk 2:00 Chair Exercise 2:30 Beginner's Fitness 3:30 Hall Gathering (Church Street) 6:00 Name that Tune (Dale Allen)	25 9:30 Coffee & Biscuit 11:00 Farkle/Rummikub 1:00 Podiatry Services Begin 3:00 Craft Time	26 10:00 Coffee & Snack 10:45 LaGrange Boardgame 2:30 Farkle/Rummikub
27 9:00 – 12:30 Church Transportation 3:00 Piano Music w/ Greg Hurley	28 9:30 Coffee Talk 10:00 Yoga Class 11:00 MOB EXERCISE 2:00 Use Your Noodle 3:00 Reading Room 4:00 Remember When?	29 9:30 Coffee Talk 10:00 Strong for Life Exercise 11:00 Terrace Bingo 2:00 Tai Chi 4:00 Intercessory Prayer 6:30 Moments w/ Mike	30 9:30 Coffee Talk 10:00 ALL Shopping 11:00 MOB EXERCISE 2:00 Community Bingo 3:30 Farkle/Rummikub	31 9:30 Coffee Talk 11:30 TLC Lunch 2:00 Chair Exercise 2:30 Beginner's Fitness 3:30 Bible Study w/ Denise		

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