



Activities Calendar August 2017

Mount Vernon Towers

A	AZALEA ROOM	HH	HAMMOND HALL
TD	THE DEPOT	MAG	MAGNOLIA ROOM
TBL 300	TABLE 300	P	POOL
FD	FRONT DESK	RL	REAR LOBBY
FL	FRONT LOBBY	SP	SUN PORCH
G	GAME ROOM	2ND	2ND FL PARLOR
GR	GATHERING ROOM	7TH	7TH FL PARLOR
GAR	GARAGE	10TH	10TH FL PARLOR

Blue: PCC Activities
 Maroon: Special Activities for the Month
 Red: Exercise Classes



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
July 31 9:00 Chair Yoga HH 10:00 Water Aerobics P 10:30 8th Floor Brunch TBL300 11:00 Focus on Fitness HH 12:00 Newcomers' & Residents' Lunch TBL300 4:30 Diner's Night TD Red Lobster Sign up w/ Activities 4:45 Don Sherow PCC 6:30 Poker G	1 10:00 2nd Fl Brunch TBL300 11:00 T'ai Chi HH 1:00 The Amen Solution HH Stress Busting to be Thinner, Smarter & Happier CD 1:30 Canasta A 1:45 Trivia G 3:00 Bible Study MAG 3:00 Bunco Game G 4:00 Grief Share MAG 6:45 Vespers SP 7:30 Movie Night: HH Sunset Boulevard	2 10:00 Water Aerobics P 11:00 Focus on Fitness HH 11:00 Episcopal Eucharist MAG 11:30—12:30 Blood Pressure Check RL 3:00 Exercise with Paul PCC 3:00 Bingo G 4:00 Jim Gibson on Piano SP Come with a song request! 5:00 Newcomers' and Residents Dinner TBL300 6:30 Sing a Long FL 6:30 Poker G	3 TD Jim Howe Tour of Senoia Going to see where various movies have been made and tour historic Senoia Methodist Church. Lunch at a local restaurant. Sign up w/ Activities 11:00 T'ai Chi HH 12-1:00 Blood Pressure Check - Regency Home Care RL 12:30 Collin on Piano PCC 2:00 Bingo w/ Emerson PCC 4:00 Hotlanta Dixieland Jazz SP	4 10:00 Water Aerobics P 11:00 Roman Catholic Mass SP 11:00 Focus on Fitness HH 4:00 Happy Hour FL  6:30 Poker G	5 10:30 VIP'S MAG "Read & Conversation" (for visually impaired) 12:30 National Charity League PCC 2:00 Afternoon Movie HH HACKSAW RIDGE 	6 9:30 Sunday School Class MAG 11:00 Catholic Communion MAG 2:00 Sunday Service SP 3:00 Bingo Game G
7 9:00 Chair Yoga HH 10:00 Water Aerobics P 11:00 Focus on Fitness HH 12:00 Newcomers' & Residents Lunch TBL300 4:00 Judy Boehm & Hani Stempler Performing a Cabaret Show 5:00 9th Floor Dinner TBL 300 6:30 Dr. Moreno presents The life and music of Robert Shaw HH 6:30 Poker G	8 10:30 7th & 10th FL Brunch TBL 300 11:00 T'ai Chi HH 11:00 Sandy Springs Methodist Communion MAG 11:45 Beth Michael PCC 1:00 The Amen Solution HH Natural ways to boost your brain and body CD 1:30 Canasta A 1:45 Trivia G 3:00 Bible Study MAG 3:00 Bunco Game G 4:00 Current Events SP 7:30 Movie Night: HH Australia	9 10:00 Water Aerobics P 11:00 Focus on Fitness HH 11:00 Episcopal Eucharist MAG 2:00 Ask the Director SP Q&A with Chris 3:00 Exercise with Paul PCC 3:00 Bingo G 5:00 Newcomers' and Residents' Dinner TBL300 6:30 Poker 6:30 Sing a Long FL	10 TD Tour of the Archibald Smith House in Roswell Lunch at The Public house \$7 will be added to your bill Sign up with Activities 11:00 T'ai Chi HH 12:30-1:30 BP Check RL With Regency Home Care 12:30 Collin on Piano PCC 2:00 Bingo w/ Emerson PCC 6:30 T-Tones SP A special performance by a seven piece band and 3 tight harmony singers. <u>DO NOT MISS</u>	11 10:00 Water Aerobics P 11:00 Focus on Fitness HH 2:00 Paul James (PCC exercise instructor) presenting a new class for all residents PHYSIOTAINMENT HH 4:00 The Yellow Blue Band Performing songs from Fiddler on the Roof SP 6:30 Poker G	12 10:30 VIP'S MAG "Read & Conversation" (for visually impaired) 2:00 Afternoon Movie HH QUEEN OF KATWE 	13 9:30 Sunday School Class MAG 11:00 Catholic Communion MAG 2:00 Sunday Service SP 3:00 Bingo Game G

MONDAY 14 9:00 Chair Yoga HH 10:00 Water Aerobics P 11:00 Focus on Fitness HH 12:00 Newcomers' & Residents' Lunch TBL300 4:45 Don Sherow PCC 6:30 SP SUPER BINGO 6:30 Poker G	TUESDAY 15 10:00 4th & 5th FI Brunch TBL300 11:00 T'ai Chi HH 11:00 Audiological Consultants A 1:00 <i>The Amen Solution Barrier Busting CD</i> HH 1:30 Canasta Game A 1:45 Trivia G 3:00 Bible Study MAG 3:00 Bunco Game G 4:00 Grief Share MAG 6:45 Vespers SP 7:30 Movie Night: <i>Valkyrie</i> HH	WEDNESDAY 16 10:00 Water Aerobics P 11:00 Focus on Fitness HH 11:00 Episcopal Eucharist MAG 11:00 Catholic Mass SP 11:00 Republican Women's Book Club G 3:00 Exercise with Paul PCC 3:00 Bingo G 4:00 City Beat Band SP 5:00 Newcomers' & Residents Dinner TBL 300 6:30 Poker GR	THURSDAY 17 10:00 Shop at The Forum TD 11:00 T'ai Chi HH 12:30 Collin on Piano PCC 12:30 - 1:30 Blood Pressure Regency Home Care RL 2:00 Bingo w/ Emerson PCC	FRIDAY 18 10:00 1st & 3rd FL Brunch TBL 300 10:00 Water Aerobics P 10:30 Floor Rep Mtg A 11:00 Focus on Fitness HH 2:00 Game Day A Ping Pong - GR, Scrabble, Backgammon, Cards FL 3:30 Happy Hour SP 4:00 - 6:00 50's Party Social With music by the Reminescents	SATURDAY 19 10:30 VIP'S MAG "Read & Conversation" (for visually impaired) 2:00 HH Saturday Afternoon Movie INFERNO 	SUNDAY 20 9:30 Sunday School Class MAG 11:00 Catholic Communion MAG 2:00 Sunday Service SP 3:00 Bingo Game G
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MONDAY 21 9:00 Chair Yoga HH 10:00 Water Aerobics P 11:00 Focus on Fitness HH 12:00 Newcomers' & Residents' Lunch TBL300 2:00 ADA Medical SP Free repair of all your mobility issues 4:00 Ray Shaw SP Singing your favorites! 6:30 Poker G	TUESDAY 22 11:00 T'ai Chi HH 11:45 Beth Michaels PCC 1:30 Canasta Game A 1:45 Trivia G 3:00 Bible Study MAG 3:00 Bunco Game G 4:00 Current Events SP 6:45 Vespers SP 7:30 Movie Night: <i>My Cousin Vinny</i> HH	WEDNESDAY 23 10:00 6th FI Brunch TBL300 10:00 Water Aerobics P 11:00 Focus on Fitness HH 11:00 Episcopal Eucharist MAG 3:00 Bingo G 3:00 Exercise with Paul PCC 4:00 Art History Lecture SP With Marilyn Morton 5:00 Newcomers' and Residents' Dinner TBL300 6:30 Poker G	THURSDAY 24 11:00 Ladybirds' TD Canoe Restaurant Sign up with Activities 11:00 T'ai Chi HH 12:30 Colin on Piano PCC 12:30 Blood Pressure RL Regency Home Care 2:00 Bingo w/ Emerson PCC 6:30 Capital City Express SP This is a professional group of musicians that we have a one time opportunity to hear! <u>Don't miss</u>	FRIDAY 25 10:00 Water Aerobics P 11:00 Focus on Fitness HH 1:30 Presbyterian Fellowship SP 4:00 8 Up with Dixie SP  6:30 Poker G	SATURDAY 26 10:30 VIP'S MAG "Read & Conversation" (for visually impaired) 2:00 Saturday Movie HH SNOWDON 	SUNDAY 27 9:30 Sunday School Class MAG 11:00 Catholic Communion MAG 2:00 Sunday Service SP 3:00 Bingo Game G 4:00 Book Club MAG
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MONDAY 28 9:00 Chair Yoga HH 10:00 Water Aerobics P 11:00 Focus on Fitness HH 12:00 Newcomers' & Residents' Lunch TBL300 4:30 Diners' Night Out TD CAPITAL GRILLE Sign Up With Activities 4:45 Don Sherow 6:30 Poker SP	TUESDAY 29 11:00 T'ai Chi HH 11:00 Helping Hands MAG 1:30 Canasta Game A 1:45 Trivia GR 3:00 Bible Study MAG 3:00 Bunco Game G 4:00 Current Events SP 6:45 Vespers SP 7:30 Movie Night: <i>Captain Phillips</i> HH	WEDNESDAY 30 10:00 Water Aerobics P 11:00 Focus on Fitness HH 11:00 Episcopal Eucharist MAG 2:00 <i>The Nutrition Guy</i> SP 3:00 Bingo G 3:00 Exercise with Paul PCC 4:00 Art History Lecture SP With Marilyn Morton 5:00 Newcomers' and Residents' Dinner TBL300 6:30 Poker G	THURSDAY 31 9:30 Outing TD Anne Frank in the World Exhibit Sign up with Activities Lunch at Rize Pizza 11:00 T'ai Chi HH 12:30 Colin on Piano PCC 12:30 Blood Pressure RL Regency Home Care 2:00 Bingo w/ Emerson PCC 4:00 SP New Horizons Jazz Band
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