

February

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

<p>4</p> <p>2PM CHRISTIAN FELLOWSHIP-SP</p> 	<p>5</p> <p>10AM CHAIR YOGA-HH 10:30AM BINGO-PCC 2PM BIBLE STUDY-MG 3:30PM VOLUNTEER COMMITTEE SIGN UP-SP 7PM PHASE 10-GR</p>	<p>6</p> <p>10AM BUY FOR NOTHING DAY-SP 10AM STANDING AEROBICS-HH 11:30AM STANDING TAI CHI-HH 1PM MANIPULATION-AZ 1:30PM RUMMIKUB-GR 6:30PM VESPERS-SP</p> 	<p>7</p> <p>10AM CHAIR YOGA-HH 11AM ZUMBA CLASS-HH 1:30PM BINGO-GR 3:30PM MUSIC TO MY EARS-SP 7PM CANASTA HAND & FOOT-GR</p>	<p>8</p> <p>10AM JIM HOWE BLACK HERITAGE TOUR W/LUNCH AT MARY MAC'S TEA ROOM-BD [RESIDENTS \$15.00] 10AM CHAIR AEROBICS-HH 1:30PM TAI CHI-HH 7PM JAZZ BY THREE-HH</p> 	<p>9</p> <p>10AM CARDIO-HH 10AM BEIGNETS & COFFEE W/ BRIANNA-BL 11AM STOP N SHOP W/ SHERYL SYKES-BL 3:30PM MIKE SMITH THE ENTERTAINER-SP</p> 	<p>10</p> <p>10AM STRENGTH & BALANCE-HH 1PM GAME DAY W/NATL CHARITY LEAGUE-GR 4PM VIGIL CATHOLIC MASS-SP 7PM POKER-GR</p> 
<p>11</p> <p>2PM CHRISTIAN FELLOWSHIP-SP</p>	<p>12</p> <p>10AM CHAIR YOGA-HH 2PM BIBLE STUDY-MG 3PM CURRENT EVENTS-SP 7PM PHASE 10-GR</p> 	<p>13</p> <p>10AM STANDING AEROBICS-HH 11:30AM STANDING TAI CHI-HH 1:30PM RUMMIKUB-GR 2:30PM SHOW & TELL -HH 3PM TRIVIA-MG 4:30PM PIANIST BETH MOORE-DR 6:30PM VESPERS-SP</p>	<p>14</p> <p>10AM CHAIR YOGA-HH 10:30AM HOLY INNOCENT VALENTINE'S DAY CARD DECORATING- SP 11AM ZUMBA CLASS-HH 1:30PM BINGO-GR 4:30PM VALENTINE'S DINNER W/ DEB LIEB ON PIANO-DR</p> 	<p>15</p> <p>9:30AM ALLIANCE THEATER "FURLOUGH'S PARADISE" W/LUNCG AT SOUTH CITY KITCHEN-BD [RESIDENTS \$12.50] 10AM CHAIR AEROBICS-HH 1:30PM TAI CHI-HH 3:30PM BRADY & TRISH CONCERT-SP</p>	<p>16</p> <p>10AM CARDIO-HH 3:30PM CRAIG GLEASON CONCERT -SP</p> 	<p>17</p> <p>10AM STRENGTH & BALANCE-HH 12PM HELP TECH W/ YOUNG MEN'S LEAGUE-MG 2PM CONCERT WITH DUSTIN COTTRELL-SP 4PM VIGIL CATHOLIC MASS -SP 7PM POKER-GR</p>
<p>18</p> <p>2PM CHRISTIAN FELLOWSHIP-SP</p> 	<p>19</p> <p>10AM CHAIR YOGA-HH 10:30AM BINGO-PCC 2PM BIBLE STUDY-MG 7PM SING-ALONG-SP 7PM PHASE 10-GR</p>	<p>20</p> <p>10AM STANDING AEROBICS-HH 11:30AM STANDING TAI CHI-HH 1PM MANIPULATION-AZ 1:30PM RUMMIKUB-GR 6:30PM VESPERS-SP</p> 	<p>21</p> <p>10AM CHAIR YOGA-HH 11M ZUMBA CLASS-HH 1:30PM BINGO-GR 1:30PM BOARD MEETING-SP 4:30PM MARDI GRAS PARTY W/ CLASS ACT BAND-DR RESERVATIONS ONLY! 7PM CANASTA HAND & FOOT-GR</p>	<p>22</p> <p>10AM CHAIR AEROBICS-HH 1:30PM TAI CHI -HH OUTING INFO COMING OUT SOON! STAY TUNED!</p> 	<p>23</p> <p>10AM CARDIO-HH 2PM FALL PREVENTION CLASS -SP</p>	<p>24</p> <p>10AM STRENGTH & BALANCE-HH 10:15AM HAPPY TAILS PET THERAPY-BL 4PM VIGIL CATHOLIC MASS-SP 7PM POKER-GR</p> 
<p>25</p> <p>11:30AM ALEX THE JEWELER-BL 2PM CHRISTIAN FELLOWSHIP -SP 4PM BOOKCLUB-HH</p>	<p>26</p> <p>10AM CHAIR YOGA-HH 2PM BIBLE STUDY-MG 3PM CURRENT EVENTS-SP 7PM PHASE 10-GR</p> 	<p>27</p> <p>10AM STANDING AEROBICS-HH 11:30AM STANDING TAI CHI-HH 1PM MANIPULATION-AZ 1:30PM RUMMIKUB-GR 3PM TRIVIA -MG 6:30PM VESPERS-SP</p>	<p>28</p> <p>10AM CHAIR YOGA-HH 11AM ZUMBA CLASS-HH 1:30PM BINGO-GR 3:30PM LAIGH LANGLEY AND TRIO-SP 7PM CANASTA HAND & FOOT -GR</p> 	<p>29</p> <p>10AM CIVIL RIGHTS MUSEUM W/ LUNCH AT PASCHALS-BD [RESIDENTS \$17.99] 10AM CHAIR AEROBICS-HH 1:30PM TAI CHI-HH</p>	<p>SUNPORCH [SP] MAGNOLIA ROOM [MR] AZALEA ROOM [AZ] BACK LOBBY [BL] HAMMOND HALL [HH] GAME ROOM [GR] DINING ROOM [DR]</p>	

**HAPPY
BIRTHDAY**

ROBERT MCCALUM B515 2/1
BARBARA OLSON B1015 2/3
JEAN BLISS A414 2/6
NANCY KRINCEK A609 2/6
SANDRA BULLOCK A605 2/6
DOUG SCALES B113 2/7
CAROLYN YOST A613 2/9
MARILYN KODESH B211 2/11
BETTY GRANT P45-47 2/13
SARAH MILLS B609 2/13
BARBARA THOMAS A511 2/14
VALLENE BAKER A404 2/14
ROASLYN GOLDBERG B503 2/15
PEGGY VOLLMAR B409 2/15
LUCILLE NORRELL A308 2/16
LOUISE LORD A211 2/17
WILLIAM BAGGETT A704 2/19
MARY LAURENCE A804 2/21
TRICIA VAN SCIVER A812 2/21
PATRICIA KAPPAHN B90 2/22
SUZIE SAVOY B911 2/22
ANDREW SMITH A607 2/24
FRANK STOVALL A1013 2/25
AL LOEBE B605 2/25
GLENDA JENKINS A102 2/28



WEDNESDAY

9:00AM TRADER JOE'S AND CVS

(RETURN 10:15AM)

10:45AM ALDI

1:30PM KROGER AND BANKS

3:00PM PUBLIX

FRIDAY

9:00AM PUBLIX

10:45AM WALMART

1:30PM KROGER AND DRY CLEANERS

3:00PM COSTCO [1ST FRIDAY]

TARGET [2ND FRIDAY]

WHOLE FOODS/DOLLAR TREE [3RD FRIDAY]

PERIMETER MALL [4TH FRIDAY]

5TH FRIDAY WILL BE DETERMINED BY ACTIVITES
DEPT.

**IF YOU HAVE A DOCTOR'S APPT
WITHIN A 5 MILE RADIUS
FROM MVT, PLEASE CONTACT
THE FRONT DESK TO SIGN-UP
FOR MEDICAL BUS MONDAY
AND TUESDAY ONLY!!**



Join Us
IN Worship

VIGIL CATHOLIC MASS - SATURDAYS 4:00PM IN SUNPORCH

CHRISTIAN FELLOWSHIP - SUNDAYS 2:00PM IN SUN PORCH

BIBLE STUDY - MONDAYS 2:00PM MAGNOLIA ROOM

VESPERS - TUESDAYS 6:30PM SUNPORCH

EPISCOPAL EUCHARIST - WEDNESDAYS 11:00AM MAGNOLIA ROOM

BIBLE STUDY - WEDNESDAYS 1:30PM MAGNOLIA ROOM

THE CHOSEN BIBLE STUDY - THURSDAYS 1:30PM MAGNOLIA ROOM

EXERCISE CLASSES HAMMOND HALL

MONDAY 10:00AM—CHAIR YOGA

TUESDAY 10:00AM—STANDING AEROBICS/11:30AM STANDING TAI CHI

WEDNESDAY 10:00AM -CHAIR YOGA/11:00AM ZUMBA CLASS

THURSDAY 10:00AM CHAIR AEROBICS/1:30PM- TAI CHI

FRIDAY 10:00AM CARDIO EXERCISE

SATURDAY 10:00AM STRENGTH AND BALANCE

