



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1
10AM CHAIR YOGA-HH
10:30AM BINGO-PCC
7PM PHASE 10-GR

2
10AM STANDING AEROBICS-HH
11:30AM STANDING TAI CHI-HH
1PM MANIPULATIOIN-AZ
1:30PM RUMMIKUB-GR
4PM ARTS & CRAFTS -PCC
6:30PM VESPER SERVICE-SP

3
10AM CHAIR YOGA- HH
11AM ZUMBA-HH
1:30PM BINGO-GR
[CASH ONLY]
3:30PM MUSIC TO MY EARS BAND-HH
7PM CANASTA HAND & FOOT -GR

4
10AM GIBBS GARDENS W/LUNCH AT BALLGROUND BURGER BUS-BD
[RESIDENTS \$18.00]
2PM MOUNT VERNON
TOWERS ONLINE PAYMENT
SEMINAR W/RITA MALONE-SP
7PM MUSIC W/ROBERT RICE-SP

5
10AM CARDIO-HH
2PM POPCORN SOCIAL-BL


6
10AM STRENGTH & BALANCE-HH
12PM TECH HELP-MR
1:30 BIBLE STUDY-MR
7PM POKER-GR


7
2PM CHRISTIAN FELLOWSHIP-SP

8
10AM CHAIR YOGA-HH
10:30AM BINGO-PCC
2PM BIBLE STUDY- MR
3PM CURRENT EVENTS-SP
7PM PHASE 10-GR

9
10AM BAKE SALE-BL
11:30AM STANDING TAI CHI-HH
1PM MANIPULATIOIN-AZ
1:30PM RUMMIKUB-GR
4PM ARTS & CRAFTS -PCC
6:30PM VESPER SERVICE-SP

10
10AM CHAIR YOGA- HH
11AM ZUMBA-HH
1:30PM BINGO-GR
[CASH ONLY]
7PM ELDERLY BROS-SP
7PM CANASTA HAND & FOOT -GR

11
10AM JIM HOWE MARTA BELTLINE BUS TOUR W/LUNCH AT BBQ KITCHEN-BD
10AM CHAIR AEROBICS-HH
1:30PM TAI CHI W/MARIE-HH
7PM JAZZ BY TWO BAND-SP

12
10AM CARDIO-HH
2PM ICE CREAM SOCIAL-BL


13
10AM STRENGTH & BALANCE-HH
1:30 BIBLE STUDY-MR
7PM POKER-GR


14
2PM CHRISTIAN FELLOWSHIP-SP

15
10AM VEGAS NIGHT RESERVATIONS W/SUSAN-BL
10AM CHAIR YOGA-HH
10:30AM BINGO-PCC
7PM PHASE 10-GR

16
10AM STANDING AEROBICS-HH
11:30AM STANDING TAI CHI-HH
1PM MANIPULATIOIN-AZ
1:30PM RUMMIKUB-GR
3:30PM LOOSE SHOES BAND-SP
4PM ARTS & CRAFTS -PCC
6:30PM VESPER SERVICE-SP

17
10AM CHAIR YOGA- HH
11AM ZUMBA-HH
1:30PM BINGO-GR
[CASH ONLY]
3:30PM HOME BY TEN-SP
7PM CANASTA HAND & FOOT-GR

18
10AM BARTOW HISTORY CENTER W/LUNCH AT APPALACHIAN GRILL-BD
[RESIDENTS \$5.00]
10AM CHAIR AEROBICS-HH
1:30PM TAI CHI W/MARIE-HH

19
10AM CARDIO-HH
2PM SPRING HAPPY HOUR-BL


20
10AM STRENGTH & BALANCE-HH
12PM TECH HELP-MR
1:30 BIBLE STUDY-MR
6PM VEGAS NIGHT WITH LIVE ENTERTAINMENT AND GAMING TABLES W/DEALERS-DR
7PM POKER-GR


21
2PM CHRISTIAN FELLOWSHIP-SP

22
10AM CHAIR YOGA-HH
10:30AM BINGO-PCC
2PM PHYSICAL ACTIVITY AND MOBILITY WITH JENNIFER TUTT
FAMILY & MEDICINE PHYSICIAN-SP
2PM BIBLE STUDY- MR
3PM CURRENT EVENTS-SP

23
10AM STANDING AEROBICS-HH
11:30AM STANDING TAI CHI-HH
1PM MANIPULATIOIN-AZ
1:30PM RUMMIKUB-GR
4PM ARTS & CRAFTS -PCC
6:30PM VESPER SERVICE-SP

24
10AM CHAIR YOGA- HH
11AM ZUMBA-HH
1:30PM BINGO-GR
[CASH ONLY]
7PM CANASTA HAND & FOOT-GR

25
10AM ROAD TO TARA MUSEUM W/LUNCH AT LEWIS LITTLE THIS AND LITTLE THAT
10AM CHAIR AEROBICS-HH
1:30PM TAI CHI W/MARIE-HH

26
10AM CARDIO-HH
2PM WINE AND CHEESE SOCIAL W/ADMIN STAFF -BL


27
10AM STRENGTH & BALANCE-HH
1:30 BIBLE STUDY-MR
7PM POKER-GR

28
2PM CHRISTIAN FELLOWSHIP-SP
4PM BOOKCLUB-HH

29
10AM CHAIR YOGA-HH
10:30AM BINGO-PCC
7PM PHASE 10-GR

30
10AM STANDING AEROBICS-HH
11:30AM STANDING TAI CHI-HH
1PM MANIPULATIOIN-AZ
1:30PM RUMMIKUB-GR
4PM ARTS & CRAFTS -PCC
6:30PM VESPER SERVICE-SP





- NANCY ROGERS A705 4/1
- JEANNE GILLIAND B1010 4/2
- JIM NORRELL A308 4/2
- MAGHAN JOHNS B805 4/2
- LOUISE AUSBAND A210 4/4
- ELNA SHEETZ A1001 4/4
- JEAN MORRIS A714 4/5
- SUZANNE DACY A905 4/8
- TONY SHIBONA A805 4/8
- HARRY PREVATT B1007 4/9
- MARY SMITS B606 4/9
- ELEANOR WHIPPLE B215 4/10
- NANCY PEGG B507 4/10
- MARY SMITH A104 4/11
- JEAN ALLISON B314 4/14
- NANCY LUCKETT B308 4/14
- WORTH WILLIAMS B114 4/14
- ARLETTE PACE A505 4/14
- HUGH PUGSLEY A806 4/15
- CHRISTINE WHEELER B612 4/17
- DICK BUSH A305 4/18
- CLIVE HOWE B111 4/18
- REATHER WEATHERS A301 4/18
- FRANK EGAN A507 4/18
- ROSALIE NORTH A108 4/19
- CAROL HANNER B1006 4/21
- MARTHA SMITH A610 4/21
- GAY HORNE A1005 4/26
- BILL HACKADAY B514 4/26
- ERA WEEKS-SMITH A607 4/26
- SHIRLEY BURNETT A712 4/30
- LAURA HOPPE B307 4/30



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 OFFICE

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

BIBLE STUDY [DAVID CHRISTIAN] - 1:30PM MAGNOLIA ROOM
 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

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
THURSDAY 10:00AM CHAIR AEROBICS/1:30PM- TAI CHI
FRIDAY 10:00AM CARDIO EXERCISE
SATURDAY 10:00AM STRENGTH AND BALANCE

