



EVELYN BARKEN B607 5/3

ANNE DUNCAN A411-413 5/3

JOANN AKERS B504 5/3

LUCY THUSS A502 5/4

JERRY BAUER B1004 5/7

JOHN BECKHAM A713 5/7

CAROLYN GRANT A911 5/7

ELEANOR GOODWIN B615 5/9

JOANN FONTS A902 5/11

JOAN DELISE B908 5/11

HELEN JOHNSON B614 5/13

KATHLEEN SEELEY B304 5/19

CAROL EDWARDS B412 5/20

HELEN BIGHAM B310 5/22

CONNIE NICHOLS A807 5/27

## WISHING YOU ALL A VERY HAPPY BIRTHDAY FROM YOUR MVT FAMILY!





## 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!!





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

VIGIL CATHOLIC MASS - SATURDAYS 4:00PM IN SUN PORCH

CHRISTIAN FELLOWSHIP - SUNDAYS 2:00PM IN SUN PORCH

BIBLE STUDY - MONDAYS 2:00PM MAGNOLIA ROOM

VESPERS - TUESDAYS 6:30PM SUN PORCH

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

