ln	dependent L	iving		A	ugust 2017			Dog Days of Summer
	Sunday	Monday	Tuesday		Wednesday		Thursday	Friday Saturday
	THE ARBOR COMPANY COMP	<ul> <li>Arts &amp; Education</li> <li>Deep Connections</li> <li>Health &amp; Wellness</li> <li>Recreation &amp; Leisure</li> </ul>	9:45 Morning Exercise First Class [TR] 10:30 Morning Exercise Second Class [TR] 10:30 Transp. to DMV (sign up required) [FL] 11:15 Tai Chi [TR] 1:30 Bank Run [FL] 2:00 Two O'clock Tunes with Judy Boehm [FL] 3:00 Let's Play Trivia [CR] 7:30 Poker [CR] 8:00 Evening Movie "Quartet" [TR]	9:45 10:30 1:00 2:00 4:00 8:00	National Ice Cream Sandwich Day Social [FL] Classical Music: Medici TV [TR] Happy Hour [BL] Quarter Bingo [CR]	10:00 10:45 1:00 1:00 2:00 3:00 3:00	Complimentary Estate Planning Service with Elder Law Attorney Victoria Collier (sign up timeslot required) CONF] Exercise with Heritage Healthcare [TR] Bus Errands [FL] Trip to Sprouts Farmers Market (sign up required) [FL] Viddish Songs Violin Performance by Karla Tievsky [TR] Exploring Our Minds with Ed Garcia [TR] Residents Meeting [TR] Walking Club "Dresden Park" [FL] Evening Movie "Spotlight" [TR]	9:45 Morning Exercise First Class [TR] 4  10:30 Morning Exercise Second Class [TR] 10:00 Saturday Morning Exercise [TR] 10:00 Transportation to Target [FL] 10:00 Transportati
8:30 2:00 2:00 3:00 5:30 8:00	Church Transportation [FL] Transportation to Stein Mart Plaza [FL] Quarter Bingo [CR] National Root Beer Float Social with Live Entertainment by The Kerry Hill Band [FL] Dinner at Brio (sign up required) [FL] Evening Movie "Dirty Dancing" [TR]	9:45 Morning Exercise First Class [TR]  10:30 Morning Exercise Second Class [TR]  10:45 Bus Errands [FL]  11:00 Transp. to MJCC Rec. Facilities [FL]  1:00 Candy Bingo [CR]  2:00 Great Courses- The Louvre Museum Materpieces [TR]  4:00 Happy Hour [BL]  8:00 Evening Movie "The Double" [TR]	9:45 Morning Exercise First Class [TR] 10:30 Morning Exercise Second Class [TR] 11:15 Tai Chi [TR] 1:00 Activities/ Engagement Meeting [TI] 1:30 Bank Run [FL] 2:30 Reading Stories from Tales of Jerusalem, Israel and Other Loves I Norma Marx [TR] 3:00 Let's Play Trivia [CR] 7:30 Poker [CR] 8:00 Evening Movie "Enemy of the State"	10:30 11:00 (11:30) 11:30 2:00 4:00 8:00	Second Class [TR]  Brain Masters with Heidi [CR]  Lunch Outing to Mary Mac's Tea Room (sign up required) [FL]  Classical Music: Medici TV [TR]  Happy Hour [BL]  Quarter Bingo [CR]	10:45 1:00 2:00 3:00 3:00 3:30	Exercise with Heritage Healthcare [TR] Bus Errands [FL] Trip to Dollar Tree (sign up required) [FL] Women's Discussion Group with TED Talks [TR] Yiddish Class [PDR] Walking Club "Dresden Park" [FL] Transportation to Emory Wesley Woods Center "Men's Transitions Senior Program Support Group" (sign up required" [FL] Evening Movie "Phenomenon" [TR]	9:45 Morning Exercise First Class [TR] 10:30 Morning Exercise Second Class [TR] 11:00 Transp. to MJCC Rec. Facilities [FL] 11:15 Tai Chi [TR] 2:00 Quarter Bingo [CR] 3:00 Current Events [TR] 4:00 Happy Hour & Specialty Cocktail [BL] 8:00 Evening Movie "The Money Fit"  9:00 Transportation to Synagogues [FL] 10:00 Saturday Morning Exercise [TR] 10:30 Color Therapy "Adult Coloring Books" & Painting [CR] 12:30 Opera/ Ballet: Medici TV [TR] 3:00 Mid Day Matinee Movie & Popcorn [TR] 3:00 Yoga with Linda [2FB] 8:00 Evening Movie "The Money Fit"  [TR]
8:30 11:00 2:00 2:00 3:00 5:30 8:00	Church Transportation [FL]  Buckhead Church Live Stream Service [TR]  Transportation to Stein Mart Plaza [FL]  Quarter Bingo [CR]  Sunday Social with Live Entertainment [FL]  Dinner at The Cheesecake Factory (sign up required) [FL]  Evening Movie [TR]	9:45 Morning Exercise First Class [TR]  10:30 Morning Exercise Second Class [TR]  10:45 Bus Errands [FL]  11:00 Transp. to MJCC Rec. Facilities [FL]  1:00 Candy Bingo [CR]  2:00 Great Courses- The Louvre Museum Materpieces [TR]  4:00 Happy Hour [BL]  8:00 Evening Movie [TR]	9:45 Morning Exercise First Class [TR] 10:30 Morning Exercise Second Class [TR] 11:15 Tai Chi [TR] 1:30 Bank Run [FL] 2:00 National Relaxation Day Aromatherapy & Hand Massage (sign up time slot required) [4Td] 3:00 Let's Play Trivia [CR] 7:30 Poker [CR] 8:00 Evening Movie [TR]	10:30 11:30 2:00	Class [TR] Morning Exercise Second Class [TR] Outing to Millennium Gate Museum (sign up required) [FL] Zumba & Cardio Class with Leiana [2FB] Classical Music: Medici TV [TR] Jewelry Creation Crafts [CR] Happy Hour [BL] Quarter Bingo [CR]	2:00 2:00 <b>3</b> :00	Exercise with Heritage Healthcare [TR] Bus Errands [FL] Trip to Barnes & Noble (sign up required) [FL] Grief Support Group facilitated by Brittany Jones, LCSW [CONF] Exploring Our Minds with Ed Garcia [TR] Bible Study [CONF] Yiddish Class [PDR] Walking Club "Dresden Park" [FL] Heritage Healthcare Program [TR] Evening Movie [TR]	9:45 Morning Exercise First Class [TR]  10:30 Morning Exercise Second Class [TR]  11:00 Transp. to MJCC Rec. Facilities [FL]  11:00 Friday Fun Day [FL]  2:00 Quarter Bingo [CR]  3:00 Current Events [TR]  4:00 Happy Hour & Specialty Cocktail [BL]  8:00 Shabbat Service [TR]  9:00 Transportation to Synagogues [FL]  10:00 Saturday Morning Exercise [TR]  10:30 Transportation to Target [FL]  10:30 Color Therapy "Adult Coloring Books" & Painting [CR]  12:30 Opera/ Ballet: Medici TV [TR]  Mid Day Matinee Movie & Popcorn [TR]  8:00 Evening Bingo [CR]
8:30 11:00 2:00 2:00 3:00 5:30 8:00	Church Transportation [FL]  Buckhead Church Live Stream Service [TR]  Transportation to Stein Mart Plaza [FL]  Quarter Bingo [CR]  Sunday Social with Live Entertainment [FL]  Dinner at Chops Restaurant (sign up required) [FL]  Evening Movie [TR]	9:30 Jewelry Repair [BL] 9:45 Morning Exercise First Class [TR] 10:30 Morning Exercise Second Class [TR] 10:45 Bus Errands [FL] 11:00 Transp. to MJCC Rec. Facilities [FL] 1:00 Candy Bingo [CR] 2:00 Great Courses- The Louvre Museun Materpieces [TR] 3:00 Writer's Group Meeting [PDR] 4:00 Happy Hour [BL] 8:00 Evening Movie [TR]	11:15 Tai Chi [TR] 1:00 August Birthday Party with Live Entertainment [DR]	10:30 11:00	Second Class [TR] Outing to North Georgia Premium Outlets (sign up required) [FL] Brain Masters with Heidi [CR] Classical Music: Medici TV [TR] Arts & Crafts Workshop [CR] Happy Hour [BL] Quarter Bingo [CR]	10:45 1:00 2:00 3:00 3:00 3:30	Exercise with Heritage Healthcare [TR] Bus Errands [FL] Trip to Whole Foods (sign up required) [FL] Women's Discussion Group with TED Talks [TR] Yiddish Class [PDR] Walking Club "Dresden Park" [FL] Transportation to Emory Wesley Woods Center "Men's Transitions Senior Program Support Group" (sign up required" [FL] Evening Movie [TR]	9:45 Morning Exercise First Class [TR]  10:30 Morning Exercise Second Class [TR]  11:00 Deb & Leon Fashion Jewelry & Accessories Boutique Sale [PDR]  11:15 Tai Chi [TR]  12:00 Men's Discussion Group Luncheon "Pizza & Beer" [PDR]  2:00 Quarter Bingo [CR]  3:00 Current Events [TR]  4:00 Happy Hour & Specialty Cocktail [BL] 8:00 Transportation to Synagogues [FL]  10:00 Saturday Morning Exercise [TR]  10:30 Saturday Morning Exercise [TR]  10:30 Color Therapy "Adult Coloring Books" & Painting [CR]  12:30 Opera/ Ballet: Medici TV [TR]  Mid Day Matinee Movie & Popcorn [TR]  3:00 Yoga with Linda [2FB]  Evening Bingo [CR]
8:30 11:00 12:00 2:00 2:00 3:00 5:30 8:00	Church Transportation [FL] Buckhead Church Live Stream Service [TR] Outing to Braves vs. Rockies Baseball Game (ticket & sign up required) [FL] Transportation to Stein Mart Plaza [FL] Quarter Bingo [CR] Sunday Social with Live Entertainment [FL] Dinner at Seasons 52 (sign up required) [FL] Evening Movie [TR]	9:45 Morning Exercise First Class [TR]  10:30 Morning Exercise Second Class [TR]  10:45 Bus Errands [FL]  11:00 Transp. to MJCC Rec. Facilities [FL]  12:00 Women's Discussion Group Participants Luncheon "Pizza & Beer (ticket required to attend) [DR]  1:00 Candy Bingo [CR]  2:00 Great Courses- The Louvre Museum Materpieces [TR]  4:00 Happy Hour [BL]  8:00 Evening Movie [TR]	Class [TR]  10:30 Morning Exercise Second Class [TR]  11:15 Tai Chi [TR]  1:30 Bank Run [FL]  2:00 Book Club Meeting [PDR]  3:00 Let's Play Trivia [CR]  4:30 Candlelight Dinner First Seating [DR]  6:30 Candlelight Dinner Second Seating	10:30 2:00 3:00	First Class [TR]  Morning Exercise Second Class [TR]  Classical Music: Medici TV  [TR]  Living with Strangers presentation by Brandt Ross  [TR]  Happy Hour [BL]  Ouarter Bingo [CR]	10:00 10:45 1:00 3:00 3:00 8:00	Exercise with Heritage Healthcare [TR] Bus Errands [FL] Trip to Hobby Lobby (sign up required) [FL] Yiddish Class [PDR] Walking Club "Dresden Park" [FL] Evening Movie [TR]	Location Keys  2nd Floor Balcony 2FB  4th Floor TV Room 4TV  Back Lobby BL  Conf Room CONF  Crafts Room CR  Front Lobby FL  Lobby Dining Room DR  Private Dining Room TR