## Independent Living

## August 2018 Lifelong Learning

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	Sunday Mond	ay Tuesday		Wednesday		Thursday		Friday	Saturday
	ENGAGED  LIFESTYLE  Arts & Education  Arts & Education  Deep Conn  Health & W  Recreation	ections /ellness	9:45 10:00 10:30 1:00 2:00 4:00 8:00	Class [TR]	10:00 10:45 11:30 1:00 1:00 1:30 2:00 4:00 8:00	Exercise with Heritage Healthcare [TR] Bus Errands [FL] Peachtree Road Walk & Stroll [FL] Puzzles & Mimosas [CR] Trip to World Market (sign up required) [FL] Bank Run [FL] Exploring Our Minds with Ed Garcia [TR] Social Hour [BL] Evening Movie "Spanglish" [TR] Quarter Bingo [CR]	9:45 10:30 11:00 11:00 2:00 3:00 4:00 8:00	Morning Exercise First Class [TR] Morning Exercise Second Class [TR] Friday Fun Day [FL] Transp. to MJCC Rec. Facilities [FL] Quarter Bingo [CR] History Documentary [TR] Happy Hour & Specialty Cocktail [BL] Evening Movie "Lincoln" [TR]	9:00 Transportation to Synagogues [FL]  10:00 Saturday Morning Exercise [TR]  10:30 Transportation to Target [FL]  12:00 Brain Exercise Teasers [CR]  12:30 Opera/ Ballet: Medici TV [TR]  3:15 Afternoon Matinee Movie & Popcorn "Dunkirk" [TR]  8:00 Evening Bingo [CR]  8:00 Evening Movie [TR]
8:30 11:00 2:00 2:00 3:00 4:30 5:30 8:00	[FL] 1:00 Candy Bingo [CR]	TR    10:00   Blood Pressure Checks with Golden Home Services [CR]   10:30   Morning Exercise Second Class [TR]   10:30   Morning Exercise Second Class [TR]   Transp. to DMV (sign up required) [FL]   1:30   Activities/ Engagement Meeting [TR]   1:30   Bank Run [FL]   3:00   Let's Play Trivia [CR]   4:00   Social Hour [BL]   7:30   Bible Study Web Stream [2FB]   Poker [CR]	9:45 10:00 10:30 11:15 1:00 2:00 2:00 4:00 8:00 8:00	Morning Exercise First Class [TR] Parkinson Choir Rehearsal (participation by registration only) [2FB] Morning Exercise Second Class [TR] Lunch Outing to Seasons 52 (sign up required) [FL] Creative Workshop "Jewelry Creations/ Crafts" [CR] Classical Music: Medici TV [TR] Dance & Groove Class [2FB] Happy Hour [BL] Evening Movie "Momma Mia" [TR] Quarter Bingo [CR]	11:30 1:00 1:00 1:30	Exercise with Heritage Healthcare [TR]  Bus Errands [FL]  Peachtree Road Walk & Stroll [FL]  Puzzles & Mimosas [CR]  Trip to Dollar Tree (sign up required) [FL]  Bank Run [FL]  Women's Discussion Group with TED Talks [TR]  Resident Meeting [TR]  Transportation to Emory Wesley Woods Center "Men's Transitions Senior Program Support Group" (sign up required" [FL]  The Estate & Asset Protection Law Firm presentation with Victoria L. Collier [TR]  Evening Movie "Penelope" [TR]  Quarter Bingo [CR]	9:45 10:30 11:00 11:15 2:00 3:00 4:00 8:00	Morning Exercise First Class [TR] Morning Exercise Second Class [TR] Transp. to MJCC Rec. Facilities [FL] Tai Chi [TR] Quarter Bingo [CR] History Documentary [TR] Happy Hour & Specialty Cocktail [BL] Evening Movie "Nights in the Rodanthe" [CONF] Shabbat Service [TR]	9:00 Transportation to Synagogues [FL]  10:00 Paparazzi Boutique Jewelry Sale [FL]  10:00 Saturday Morning Exercise [TR]  10:30 Transportation to Target [FL]  11:00 Fit for Life Program with Ed Garcia (participation by registration only) [CONF]  12:00 Brain Exercise Teasers [CR]  12:30 Opera/ Ballet: Medici TV [TR]  3:00 Yoga with Linda [2FB]  3:15 Afternoon Matinee Movie & Popcorn "La La Land" [TR]  8:00 Evening Bingo [CR]  8:00 Evening Movie "Shadow Lands" [TR]
8:30 11:00 2:00 2:00 3:00 4:30 5:30 8:00	Sunday Social with Live 1:00 Candy Bingo [CR]	with Elder Law Attorney Victoria Collier (please call Victoria Collier) office to schedule an appointment) [CONF]  9:45   Morning Exercise First Class [TR]   10:00   Blood Pressure Checks with Golden Home Services   Morning Exercise First Class [TR]   10:00   Morning Exercise Second Class [TR]   11:15   Tai Chi [TR]   11:30   Bank Run [FL]   2:00   Conversation with the Chef [TR]   3:00   Let's Play Trivia [CR]   3:00   Social Hour [BL]   7:30   Bible Study Web Stream [2FB]   7:30   Poker [CR]   8:00   Evening Movie "Persuasion" [TR]	9:45 10:00 10:30 11:15 1:00 2:00 2:00 2:00 3:15 4:00 8:00	Morning Exercise First Class [TR] Parkinson Choir Rehearsal (participation by registration only) [2FB] Morning Exercise Second Class [TR] Jim Howe Tour "Marietta/ Kennesaw Mountain" & Lunch at Marietta Dinner [FL] Creative Workshop "Jewelry Creations/ Crafts" [CR] Classical Music: Medici TV [TR] Zumba & Cardio Class with Leiana [2FB] Brandt Ross presentation [TR] Happy Hour [BL] Evening Movie "August Rush" [TR] Quarter Bingo [CR]	10:00 10:45 11:30 1:00 1:00 1:00 1:30 2:00 3:00 4:00 8:00 8:00	Exercise with Heritage Healthcare [TR] Bus Errands [FL] Peachtree Road Walk & Stroll [FL] Basic Computer Training Class [TR] Puzzles & Mimosas [CR] Trip to Aldi (sign up required) [FL] Bank Run [FL] Exploring Our Minds with Ed Garcia [TR] Bible Study [CONF] Social Hour [BL] Evening Movie "De-Lovely" [TR] Quarter Bingo [CR]	9:45 10:30 11:00 11:00 1:00 2:00 3:00 4:00 8:00	Morning Exercise First Class [TR] Morning Exercise Second Class [TR] Friday Fun Day [FL] Transp. to MJCC Rec. Facilities [FL] Finding Your Roots Program [TR] Quarter Bingo [CR] History Documentary [TR] Happy Hour & Specialty Cocktail [BL] Evening Movie "Leap Year" [TR]	9:00 Transportation to Synagogues [FL] 10:00 Saturday Morning Exercise [TR] 10:30 Transportation to Target [FL] 11:00 Fit for Life Program with Ed Garcia (participation by registration only) [CONF] 12:00 Brain Exercise Teasers [CR] 12:30 Opera/ Ballet: Medici TV [TR] 3:15 Afternoon Matinee Movie & Popcorn "Spotlight" [TR] 8:00 Evening Bingo [CR] 8:00 Evening Movie "To Dance with the Whit Dog" [TR]
8:30 11:00 2:00 2:00 3:00 4:30 5:30 8:00	Church Transportation [FL] Church Live Stream Service [TR] Quarter Bingo [CR] Transportation to Buckhead Loop Shopping Center [FL] Sunday Social with Live Entertainment [FL] Documentary Film [TR] Dinner at The Tavern (sign up required) [FL] Evening Movie "Amour" [TR]  9:30 Morning Exercise St Class [TR] 10:30 Candy Bingo [CR] 2:00 Great Courses "The Franklin" [TR] 3:00 Writer's Group Meeti 3:15 Art History Program Green, Ph.D. [TR] 4:00 Happy Hour [BL] Evening Movie "The	Cond	9:45 10:00 10:30 11:15 2:00 2:00 4:30 8:00 8:00	Morning Exercise First Class [TR] Parkinson Choir Rehearsal (participation by registration only) [2FB] Morning Exercise Second Class [TR] Outing to Stone Mountain Theme Park & Lunch (sign up required) [FL] Classical Music: Medici TV [TR] Zumba & Cardio Class with Leiana [2FB] Happy Hour [BL] Candlelight Dinner First Seating [DR] Evening Movie "The Missionary" [TR] Quarter Bingo [CR]	10:45 11:30 1:00 1:00 1:30 2:00 3:15 3:30	Exercise with Heritage Healthcare [TR] Bus Errands [FL] Peachtree Road Walk & Stroll [FL] Puzzles & Mimosas [CR] Trip to Trader's Joe's (sign up required) [FL] Bank Run [FL] Women's Discussion Group with TED Talks [TR] Heritage Healthcare Program "Living with Low Vision" [TR] Transportation to Emory Wesley Woods Center "Men's Transitions Senior Program Support Group" (sign up required" [FL] Social Hour [BL] Evening Movie "The Best Exotic Marigold Hotel" [TR] Quarter Bingo [CR]	9:45 10:30 11:00 11:15 1:00 2:00 3:00 4:00 8:00	Morning Exercise First Class [TR] Morning Exercise Second Class [TR] Transp. to MJCC Rec. Facilities [FL] Tai Chi [TR] Finding Your Roots Program [TR] Quarter Bingo [CR] History Documentary [TR] Happy Hour & Specialty Cocktail [BL] Evening Movie "Wild Oats" [TR] Shabbat Service [TR]	9:00 Transportation to Synagogues [FL] 10:00 Saturday Morning Exercise [TR] 10:30 Transportation to Target [FL] 12:00 Brain Exercise Teasers [CR] 12:30 Opera/ Ballet: Medici TV [TR] 3:00 Yoga with Linda [2FB] 3:15 Afternoon Matinee Movie & Popcorn "The Phantom of the Opera" [TR] 8:00 Evening Bingo [CR] 8:00 Evening Movie "The Gold Rush" [TR]
8:30 11:00 2:00 2:00 3:00 4:30 5:30 8:00	Church Transportation [FL] Church Live Stream Service [TR] Quarter Bingo [CR] Transportation to Buckhead Crossing Shopping Center [FL] Sunday Social with Live Entertainment [FL] Documentary Film [TR] Dinner at Atlanta Fish Market (sign up required) [FL] Evening Movie "Venus" [TR]  9:00 Gare to schedule an app Morning Exercise Secon [TR] In:00 Italian Care to schedule an app Morning Exercise First of Morning Exercise Secon [TR] In:00 Italian Care to schedule an app Morning Exercise First of Morning Exercise First of Morning Exercise First of Morning Exercise Secon [TR] In:00 Italian Care to schedule an app Morning Exercise First of Exe	TR     10:00   Blood Pressure Checks with Golden Home Services [CR]   10:30   Morning Exercise Second Class [TR]   11:15   O Tai Chi [TR]   1:00   Tea Party Social [TR]   1:30   Bank Run [FL]   2:00   Sook Club Meeting [PDR]   3:00   Cet's Play Trivia [CR]   4:00   Social Hour [BL]   7:30   Poker [CR]   Tea Party Second Class [TR]   1:00   Tea Party Social [TR]   1:00   Social Hour [BL]   1:00   Social Hour [BL]   1:00   Tea Party Second Class [TR]   1:00   Tea Party Second Class [TR]	10:30 10:30 11:15 1:00 2:00 2:00 3:15 4:00 8:00	Morning Exercise First Class [TR] Parkinson Choir Rehearsal (participation by registration only) [2FB] Morning Exercise Second Class [TR] Outing to Zoo Atlanta (sign up required) [FL] Creative Workshop "Jewelry Creations/ Crafts" [CR] Classical Music: Medici TV [TR] Zumba & Cardio Class with Leiana [2FB] Conversation with the Council [TR] Happy Hour [BL] Evening Movie "Bombshell The Heddy Lamar Story" [TR] Quarter Bingo [CR]	10:00 10:45 11:30 1:00 1:00 1:00 1:30 2:00 4:00 8:00 8:00	Exercise with Heritage Healthcare [TR] Bus Errands [FL] Peachtree Road Walk & Stroll [FL] Email Basic Computer Training [TR] Puzzles & Mimosas [CR] Trip to DeKalb Farmers Market (sign up required) [FL] Bank Run [FL] Meet Your Neighbor Social 7th & 14th Floor Residents [2FB] Social Hour [BL] Evening Movie "Brain On Fire" [TR] Quarter Bingo [CR]	9:45 10:30 11:00 12:00 1:00 2:00 3:00 4:00 8:00	Morning Exercise First Class [TR] Morning Exercise Second Class [TR] Transp. to MJCC Rec. Facilities [FL] Men's Discussion Group Luncheon "Picnic & Beer" [2FB] Finding Your Roots Program [TR] Quarter Bingo [CR] History Documentary [TR] Happy Hour & Specialty Cocktail [BL] Evening Movie "Chalet Girl" [TR]	Location Keys  2nd Floor Balcony 2FB Back Lobby BL Conf Room CONF Crafts Room CR Front Lobby FL Lobby Dining Room DR Private Dining Room TR