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## March 2017 National Nutrition Month

	Sunday	Monday	Tuesday		Wednesday		Thursday		Friday	Saturday
	THE ARBOR COMPANY CO  ENGAGED	<ul> <li>Arts &amp; Education</li> <li>Deep Connections</li> <li>Health &amp; Wellness</li> <li>Recreation &amp; Leisure</li> </ul>		10:00 11:15 2:00 2:00 2:00 4:00 7:45	Morning Exercise [TR] Chair Exercise [2FB] Zumba/ Cardio with Leiana [2FB] Rummikub [GR] Classical Music: Medici TV [TR] Happy Hour [BL] Quarter Bingo [CR]	10:00 10:45 10:45 1:00 1:00 2:00 3:00 7:45	Morning Exercise [TR] Chair Exercise [2FB] Bus Errands [FL] Trip to Trader Joe's (sign up required) [FL] Mah-Jong [GR] Exploring Our Minds with Ed Garcia [TR] Walking Club [FL] Evening Movie [TR]	9:45 10:00 10:45 11:00 1:30 2:00 3:00 4:00 7:45	Transp. to MJCC Rec. Facilities [FL] Morning Exercise [TR] Chair Exercise [2FB] Friday Fun Day [FL] Bank Run [FL] Quarter Bingo [CR] Current Events [TR] Happy Hour & Specialty Cocktail [BL] Evening Movie [TR]	9:00 Transportation to Synagogues [FL] 10:00 Saturday Morning Exercise [TR] 10:30 Transportation to Target [FL] 12:00 Color Therapy "Adult Coloring Books" [CR] 1:00 Opera/ Ballet: Medici TV [TR] 7:45 Evening Bingo [CR]
8:30 2:00 2:00 3:00 5:30 7:45	Transportation [FL] Transportation to Stein Mart Plaza [FL] Quarter Bingo [CR] Sunday Social with Live Entertainment by Steve Sadowitz [FL] Dinner at Atlanta Fish Market	9:45 Transp. to MJCC Rec. Facilities [FL] 0:00 Morning Exercise [TR] 0:45 Chair Exercise [2FB] 0:45 Bus Errands [FL] 1:00 Candy Bingo [CR] 1:00 Men's Discussion Group [CONF] 2:00 The Tour of Greece & Italy [TR] 4:00 Happy Hour [BL] 7:45 Evening Movie [TR]		10:00 11:00 11:15 1:00 2:00 2:00 4:00 7:45	Morning Exercise [TR]  Brain Masters with Heidi [CR] Chair Exercise [2FB] International Women's Day Tea Social [DR] Rummikub [GR] Classical Music: Medici TV [TR] Happy Hour [BL] Quarter Bingo [CR]	10:00 10:45 10:45 1:00 1:00 2:00 3:00 3:00 7:45	Morning Exercise [TR] Chair Exercise [2FB] Bus Errands [FL] Trip to Dollar Tree (sign up required) [FL] Mah-Jong [GR] Women's Discussion Group [TR] Residents Meeting [TR] Walking Club [FL] Evening Movie [TR]	9:45 10:00 10:45 11:15 1:30 2:00 3:00 4:00 8:00	Transp. to MJCC Rec. Facilities [FL] Morning Exercise [TR] Chair Exercise [2FB] Tai Chi [TR] Bank Run [FL] Quarter Bingo [CR] Current Events [TR] Happy Hour & Specialty Cocktail [BL] Shabbat Service [TR]	9:00 Transportation to Synagogues [FL]  10:00 Saturday Morning Exercise [TR]  10:30 Transportation to Target [FL]  11:45 Transportation to MET Opera Live Stream "La Troviata" (sign up & ticket required) [FL]  12:00 Color Therapy "Adult Coloring Books" [CR]  1:00 Opera/ Ballet: Medici TV [TR]  3:00 Yoga with Linda [2FB]  7:45 Evening Bingo [CR]
2:00 3:00 5:30 💿	Transportation to Stein Mart Plaza [FL] Quarter Bingo [CR] Sunday Social with Live Entertainment by Steve Long [FL] Dinner at The Cheesecake Factory (sign up required) [FL]	7:45 Transp. to MJCC Rec. Facilities [FL]  0:00 Morning Exercise [TR]  0:45 Chair Exercise [2FB]  0:45 Bus Errands [FL]  1:00 Candy Bingo [CR]  1:00 Men's Discussion Group [CONF]  The Tour of Greece & Italy [TR]  4:00 Happy Hour [BL]  7:45 Evening Movie [TR]	10:00 Morning Exercise [TR] 10:45 Chair Exercise [2FB] 11:15 Tai Chi [TR] 1:00 Learn & Play Canasta [BL] 1:30 Bridge Game [GR] 2:00 Two O'clock Tunes [FL] 3:15 Prepping Your Portfolio presentation with Financial Advisor, Cara O'Grady [TR] 7:30 Poker [CR] 7:45 Evening Movie [TR]	10:00 10:15 11:15 2:00 2:00 2:00 4:00 7:45	Morning Exercise [TR] Outing to Anne Frank in the World Exhibit Tour (sign up required) [FL] Chair Exercise [2FB] Zumba/ Cardio with Leiana [2FB] Rummikub [GR] Classical Music: Medici TV [TR] Happy Hour [BL] Quarter Bingo [CR]	1:00 1:00 2:00 3:00 3:00 3:15 7:00	Morning Exercise [TR] Chair Exercise [2FB] Bus Errands [FL] Trip to Hobby Lobby (sign up required) [FL] Mah-Jong [GR] Exploring Our Minds with Ed Garcia [TR] Bible Study [CONF] Walking Club [FL] Heritage Healthcare "Active Aging" presentation [TR] Transportation to Stage Door Players "The Cemetery Club" (sign up & ticket required) [FL] Evening Movie [TR]		Transp. to MJCC Rec. Facilities [FL] Morning Exercise [TR] Chair Exercise [2FB] St. Patrick's Day Party with Live Entertainment by Conner Lorre [DR] Bank Run [FL] Quarter Bingo [CR] Current Events [TR] Happy Hour & Specialty Cocktail [BL] Transportation to Atlanta Ballet "Gennadi's Choice" (sign up & ticket required) [FL] Evening Movie [TR]	9:00 Transportation to Synagogues [FL]  10:00 Saturday Morning Exercise [TR]  10:30 Transportation to Target [FL]  12:00 Color Therapy "Adult Coloring Books" [CR]  1:00 Opera/ Ballet: Medici TV [TR]  1:30 Dewelry Making with Gillian [CR]  3:30 Sth & 12th Floor Social [2FB]  Evening Bingo [CR]
2:00 2:00 3:00 4:00 5:30	Transportation to Stein Mart Plaza [FL] Quarter Bingo [CR] Sunday Social with Live Entertainment by Judy Boehm [FL] Girl Scouts Talent Show [TR] Dinner at California Pizza Kitchen (sign up required) [FL]	9:30 Jewelry Repair [BL] 9:45 Transp. to MJCC Rec. Facilities [FL] 0:00 Morning Exercise [TR] 0:45 Chair Exercise [2FB] 0:45 Bus Errands [FL] 1:00 Candy Bingo [CR] 1:00 Men's Discussion Group [CONF] 2:00 The Tour of Greece & Italy [TR] 3:00 Writer's Group Meeting [PDR] 4:00 Happy Hour [BL] 7:45 Evening Movie [TR]	10:00 Morning Exercise [TR] 10:00 Hearing Clinic with Monica [CR] 10:45 Chair Exercise [2FB] 11:15 Tai Chi [TR] 1:00 Learn & Play Canasta [BL] 1:30 Bridge Game [GR] 2:00 March Birthday Party with Hani & Judy [DR] 3:15 Let's Play Trivia [CR] 7:30 Poker [CR] 7:45 Evening Movie [TR]	9:15  10:00 11:00 11:15 2:00 2:00 4:00 7:45	Outing to The Atlanta Ballet Studio Tour (sign up required) [FL] Morning Exercise [TR] Brain Masters with Heidi [CR] Chair Exercise [2FB] Rummikub [GR] Classical Music: Medici TV [TR] Happy Hour [BL] Quarter Bingo [CR]	10:00 10:45 10:45 1:00 1:00 2:00 3:00 7:45	Morning Exercise [TR] Chair Exercise [2FB] Bus Errands [FL] Trip to Ikea (sign up required) [FL] Mah-Jong [GR] Women's Discussion Group [TR] Walking Club [FL] Evening Movie [TR]	9:45 10:00 10:45	Transp. to MJCC Rec. Facilities [FL] Morning Exercise [TR] Chair Exercise [2FB] Tai Chi [TR] Bank Run [FL] Quarter Bingo [CR] Current Events [TR] Happy Hour & Specialty Cocktail [BL] Shabbat Service [TR]	9:00 Transportation to Synagogues [FL] 10:00 Saturday Morning Exercise [TR] 10:30 Transportation to Target [FL] 11:45 Transportation to MET Live Stream "Idomeneo" (sign up & ticket required) [FL] 12:00 Color Therapy "Adult Coloring Books" [CR] 1:00 Opera/ Ballet: Medici TV [TR] 3:00 Yoga with Linda [2FB] 7:45 Evening Bingo [CR]
8:30 2:00 2:00 3:00 5:30 7:45	Transportation [FL] Transportation to Stein Mart Plaza [FL] Quarter Bingo [CR] Sunday Social with Live Entertainment by Jeni Michelson [FL] Dinner at Houston's (sign up	9:00 Podiatrist 9:45 Transp. to MJCC Rec. Facilities [FL] 0:00 Morning Exercise [TR] 0:45 Chair Exercise [2FB] 0:45 Bus Errands [FL] 1:00 Candy Bingo [CR] 1:00 Men's Discussion Group [CONF] 2:00 The Tour of Greece & Italy [TR] 4:00 Happy Hour [BL] 7:45 Evening Movie [TR]	10:00 Morning Exercise [TR] 10:45 Chair Exercise [2FB] 11:15 Tai Chi [TR] 1:00 Arts & Crafts Activity with Percata [CR] 1:00 Learn & Play Canasta [BL] 1:30 Bridge Game [GR] 2:00 Two O'clock Tunes with Steve Long [FL] 2:00 Book Club Meeting [PDR] 7:30 Poker [CR] 7:45 Evening Movie [TR]	10:00 10:00 11:15 2:00 2:00 4:00 7:45	Outing to Apex Museum (sign up required) [FL] Morning Exercise [TR] Chair Exercise [2FB] Rummikub [GR] Classical Music: Medici TV [TR] Happy Hour [BL] Quarter Bingo [CR]	10:00 10:45 10:45 1:00 1:00 3:00 3:15 7:45	Morning Exercise [TR] Chair Exercise [2FB] Bus Errands [FL] Trip to DeKalb Farmers Market (sign up required) [FL] Mah-Jong [GR] Walking Club [FL] Pet Nutrition Discussion Class with Pet Wants [TR] Evening Movie [TR]	9:45 10:00 10:45 12:00 1:30 2:00 3:00 4:00 7:45	Transp. to MJCC Rec. Facilities [FL] Morning Exercise [TR] Chair Exercise [2FB] Men's Business Luncheon "Pizza & Beer" [PDR] Bank Run [FL] Quarter Bingo [CR] Current Events [TR] Happy Hour & Specialty Cocktail [BL] Evening Movie [TR]	Location Keys  2nd Floor Balcony  4th Floor Game Room  Back Lobby  Conf Room  Crafts Room  Front Lobby  Lobby Dining Room  Private Dining Room  TR