Independent Living

October 2018 Autumn Harvest

			CLODE ZOI		/ tatal illimited voot
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday Saturday
THE ARBOR COMPANY ES ENGAGED LIFESTYLE	Flu Shots (sign up at the front desk for a timeslot) 9:45 10:00	[TR] Blood Pressure Checks with Golden Home Services [CR] Morning Exercise Second Class [TR] Transp. to DMV (sign up required) [FL] Tai Chi [TR] Bank Run [FL] Health Tip & Healthy Snack [TR] Let's Play Trivia [CR] Social Hour [BL] Bible Study Web Stream [2FB] Poker [CR]	9:45 Morning Exercise First Class [TR] 10:00 Parkinson Choir Rehearsal (participation by registration only) [2FB] 10:30 Morning Exercise Second Class [TR] 1:00 Creative Workshop "Jewelry Creations" [CR] 2:00 Classical Music: Medici TV [TR] 2:00 Zumba & Cardio Class with Leiana [2FB] 4:00 Happy Hour [BL] 8:00 Evening Movie "The Pursuit of Happiness" [TR] 8:00 Quarter Bingo [CR]	10:00 Exercise with Heritage Healthcare [TR] 10:45 Bus Errands [FL] 11:30 Peachtree Road Walk & Stroll [FL] 1:00 Puzzles & Mimosas [CR] 1:00 Trip to Aldi (sign up required) [FL] Bank Run [FL] 2:00 Theater Show Sign Up & Ticket Purchase for Atlanta Symphony Orchestra [TR] 4:00 Social Hour [BL] 8:00 Evening Movie "The Addams Family" [TR] Quarter Bingo [CR]	9:45 Morning Exercise First Class [TR] 10:30 Morning Exercise Second Class [TR] 11:00 Friday Fun Day [FL] 11:00 Finding Your Roots Program [TR] 2:00 Quarter Bingo [CR] 3:00 History Documentary [TR] 4:00 Happy Hour & Specialty Cocktail [BL] 8:00 Evening Movie "Hocus Pocus" [TR] BY ON Exercise Class 9:00 Transportation to Synagogues [FL] 10:30 Transportation to Target [FL] 11:30 Transportation to MET Opera Live Stream "Giuseppe Verdi- Aida" (sign up required) [FL] 12:15 Brain Exercise Teasers [CR] 12:30 Opera/ Ballet: Medici TV [TR] 2:30 Sewing/ Knitting Group (please bring supplies) [CR] 3:15 Afternoon Matinee Movie & Popcorn [TR] 8:00 Evening Bingo [CR] 8:00 Evening Movie "Monster Squad" [TR]
8:30 Church Transportation [FL] 11:00 Church Live Stream Service [TR] 2:00 Quarter Bingo [CR] 2:00 Transportation to Stein Mart Plat [FL] 3:00 Sunday Social with Live Entertainment by Jeni Michelson [FL] 4:30 Documentary Film [TR] 5:30 Dinner at Seasons 52 (sign up required) [FL] 8:00 Evening Movie "Twitches" [TR]	1:00 1:	with Elder Law Attorney Victoria Collier (sign up timesolt required) [CONF] Morning Exercise First Class [TR] Blood Pressure Checks with Golden Home Services [CR] Morning Exercise Second Class [TR] Tai Chi [TR] Activities/ Engagement Meeting "Independent & Assisted Living" [TR] Bank Run [FL] Health Tip & Healthy Snack [TR] Let's Play Trivia [CR] Social Hour [BL] Bible Study Web Stream [2FB] Poker [CR]	9:45 Morning Exercise First Class [TR] 10:00 Parkinson Choir Rehearsal (participation by registration only) [2FB] 10:30 Morning Exercise Second Class [TR] 11:30 Lunch Outing to Outback Steakhouse (sign up required) [FL] 1:00 Creative Workshop "Crafts- Breast Cancer Support Pins" [CR] 2:00 Classical Music: Medici TV [TR] 2:00 Zumba & Cardio Class with Leiana [2FB] 4:00 Happy Hour [BL] 8:00 Evening Movie 'Ghostbusters" [TR] 8:00 Quarter Bingo [CR]	10:00 Exercise with Heritage Healthcare [TR] 10:45 Bus Errands [FL] 11:30 Peachtree Road Walk & Stroll [FL] 1:00 Pokeno & Game Prizes [CR] 1:00 Trip to Dollar Tree (sign up required) [FL] 1:30 Bank Run [FL] 2:00 Women's Discussion Group with TED Talks [TR] 3:00 Residents Meeting [TR] 3:30 Residents Meeting [TR] 3:30 Transportation to Emory Wesley Woods Center "Men's Transitions Senior Program Support Group" (sign up required" [FL] 4:00 Social Hour [BL] 7:00 Transportation to Atlanta Symphony Orchestra "Berlioz Benvenuto Cellini Overture Vieuxtemps" (sign up & ticket required) [FL] 8:00 Evening Movie "Aviator" [TR] 8:00 Quarter Bingo [CR]	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] 1:00 Finding Your Roots Program [TR] 2:00 Quarter Bingo [CR] 3:00 History Documentary [TR] 4:00 Happy Hour & Specialty Cocktail [BL] 8:00 Evening Movie "Hello Dolly" [CONF] 8:00 Saturday Morning Exercise [TR] 10:30 Saturday Morning Exercis
8:30 Church Transportation [FL] 11:00 Church Live Stream Service [TR] 2:00 Quarter Bingo [CR] 2:00 Transportation to Pier 1/ Marsh: [FL] 3:00 Sunday Social with Live Entertainment [FL] 4:30 Documentary Film [TR] 5:30 Dinner at The Colonade (sign up required) [FL] 8:00 Evening Movie "The Guernsey Lit and Potato Peel Pie" [TR]	10:30 Morning Exercise Second Class [TR] 10:30 10:45 Bus Errands [FL] 11:00 Transp. to MJCC Rec. Facilities [FL] 1:00 Candy Bingo [CR] 2:00 Great Courses "The Aging Brain" [TR] 3:00 Writer's Group Meeting [PDR] 3:01 3:15 Art History Program Class with Roger Green, Ph.D. [TR] 7:30	[TR] Blood Pressure Checks with Golden Home Services [CR] Hearing Clinic with Monica [CONF] Morning Exercise Second Class [TR] Tai Chi [TR] Breast Cancer Support Tea Party & Social [DR] Bank Run [FL] Let's Play Trivia [CR] Social Hour [BL] Bible Study Web Stream [2FB] Poker [CR]	9:45 Morning Exercise First Class [TR] 10:00 Parkinson Choir Rehearsal (participation by registration only) [2FB] 10:30 Morning Exercise Second Class [TR] 11:15 Shopping Outing & Lunch at Perimeter Mall (sign up required) [FL] 1:00 Creative Workshop "Jewelry Creations- Breast Cancer Support Bracelets" [CR] 2:00 Classical Music: Medici TV [TR] 2:00 Zumba & Cardio Class with Leiana [2FB] 3:15 Brandt Ross presentation "Andrew Jackson" [TR] 4:00 Happy Hour [BL] 8:00 Evening Movie "Bruce Almighty" [TR] 8:00 Quarter Bingo [CR]	10:00 Exercise with Heritage Healthcare [TR] 10:45 Bus Errands [FL] 11:30 Peachtree Road Walk & Stroll "Breast Cancer Walk" (wear pink) [FL] 1:00 Puzzles & Mimosas [CR] 1:00 Trip to Barnes & Noble/ Party City (sign up required) [FL] 1:30 Bank Run [FL] 2:00 ► Exploring Our Minds with Ed Garcia [TR] 3:15 Bible Study [CONF] 3:15 Emergency Evacuation Program by Brandt Ross [TR] 3:15 Heritage Healthcare Program [TR] 4:00 Social Hour [BL] 8:00 Evening Movie "The Family Man" [TR] Quarter Bingo [CR]	9:45 Morning Exercise First Class [TR] 10:30 Morning Exercise Second Class [TR] 11:00 Friday Fun Day [FL] 11:00 Finding Your Roots Program [TR] 2:00 Quarter Bingo [CR] 3:00 History Documentary [TR] 4:00 Happy Hour & Specialty Cocktail [BL] 8:00 Evening Movie "Get Smart" [TR] 9:00 Transportation to Synagogues [FL] 10:00 Saturday Morning Exercise [TR] 10:30 Transportation to Target [FL] 11:30 Transportation to MET Opera Live Stream "Camille Saint-Saens- Samson et Dalila" (sign up required) [FL] 12:00 Brain Exercise Teasers [CR] 12:30 Opera Bellet: Medici TV [TR] 2:30 Sewing/ Knitting Group (please bring supplies) [CR] 3:15 Afternoon Matinee Movie & Popcorn [TR] 8:00 Evening Bingo [CR] 8:00 Evening Movie "Phenomenom" [TR]
8:30 Church Transportation [FL] 11:00 Church Live Stream Service [TR] 2:00 Quarter Bingo [CR] 2:00 Transportation to Kohl's [FL] 3:00 Sunday Social with Live Entertainment [FL] 4:30 Documentary Film [TR] 5:30 Dinner at Galla's Pizza (sign required) [FL] 8:00 Evening Movie [TR]	11:00 Transp. to MJCC Rec. Facilities [FL] 1:00 1:00 Candy Bingo [CR] 2:00 Great Courses "The Aging Brain" [TR] 3:00 3:15 Art History Program Class with Roger Green. Ph.D. [TR] 4:00 4	TR	9:45 Morning Exercise First Class [TR] 10:00 Parkinson Choir Rehearsal (participation by registration only) [2FB] 10:30 Morning Exercise Second Class [TR] 11:30 Picnic at Piedmont Park "Pack a Lunch" (sign up required) [FL] 1:00 Creative Workshop "Crafts- Canvas Painting" [CR] 2:00 Classical Music: Medici TV [TR] 2:00 Zumba & Cardio Class with Leiana [2FB] 4:00 Happy Hour [BL] 4:30 Candlelight Dinner "Harvest Festival" First Seating [DR] 6:30 Candlelight Dinner "Harvest Festival" Second Seating [DR] 8:00 Evening Movie [TR] 8:00 Quarter Bingo [CR]	10:00 Exercise with Heritage Healthcare [TR] 10:45 Bus Errands [FL] 11:30 Peachtree Road Walk & Stroll [FL] 1:00 Pokeno & Prizes [CR] 1:00 Trip to Pike Nurseries (sign up required) [FL] 1:30 Bank Run [FL] 2:00 Women's Discussion Group with TED Talks [TR] 3:30 Transportation to Emory Wesley Woods Center "Men's Transitions Senior Program Support Group" (sign up required" [FL] 4:00 Social Hour [BL] 8:00 Quarter Bingo [CR]	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] 1:2:00 Men's Discussion Group Luncheon "Pizza & Beer" [DR] 1:00 Finding Your Roots Program [TR] 2:00 Quarter Bingo [CR] 3:00 History Documentary [TR] 4:00 Happy Hour & Specialty Cocktail [BL] 8:00 Shabbat Service [TR] Transportation to Synagogues [FL] 10:00 Saturday Morning Exercise [TR] Transportation to Target [FL] Transportation to Target [FL] Transportation to MET Opera Live Stream "Giacomo Puccini- La Fanciulla del West" (sign up required) [FL] 11:30 Brain Exercise Teasers [CR] 0 Opera/ Ballet: Medici TV [TR] 2:30 Sewing/ Knitting Group (please bring supplies) [CR] 3:00 Evening Movie [CONF] 8:00 Evening Movie [CONF]
	11:00 Transp. to MJCC Rec. Facilities [FL] 1:30 2:00 Women's Discussion Group Participants Luncheon "Pizza & Beer" (ticket required to attend) [DR] 1:00 Candy Bingo [CR] 2:00 Great Courses "The Aging Brain" [TR] 4:00	Blood Pressure Checks with Golden Home Services [CR] Morning Exercise Second Class [TR] Tai Chi [TR] Bank Run [FL] Book Club Meeting [PDR] Show & Tell Presentation (sign up to participate) [TR] Let's Play Trivia [CR] Social Hour [BL] Bible Study Web Stream [2FB] Poker [CR]	9:45 Morning Exercise First Class [TR] 10:00 Parkinson Choir Rehearsal (participation by registration only) [2FB] 10:30 Morning Exercise Second Class [TR] 1:00 Halloween Party & Costume Contest [DR] 2:00 Classical Music: Medici TV [TR] 4:00 Happy Hour [BL] 8:00 Evening Movie [TR] 8:00 Quarter Bingo [CR]	 Arts & Education Deep Connections Health & Wellness Recreation & Leisure 	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 PDR Theater Room TR