Independent Living — September 2018 — Family First

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September cont'd **30** 8:30 Church Transportation [FL] 11:00 ***Church Live Stream Service [TR]*** 2:00 Quarter Bingo [CR] 2:00 **Transportation to Phipps Plaza [FL]** 3:00 **Sunday Social with Live Entertainment by Jim Tiernan [FL]** 4:30 **Documentary Film [TR]** 5:30 **Dinner at Mellow Mushroom Pizza (sign up required) [FL]** 8:00 Evening Movie [TR]						**1** 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 [TR]** 8:00 **Evening Bingo [CR]** 8:00 **Evening Movie " Stripes" [TR]**
2 8:30 Church Transportation [FL] 11:00 ***Church Live Stream Service [TR]*** 2:00 Quarter Bingo [CR] 2:00 **Transportation to Stein Mart Plaza [FL]** 3:00 **Sunday Social with Live Entertainment By Jim Tiernan [FL]** 4:30 **Documentary Film [TR]** 5:30 **Dinner at The Capital Grille (sign up required) [FL]** 8:00 Evening Movie "Ghostbusters" [TR]	**3** 9:45 **Morning Exercise First Class [TR]** 10:30 **Morning Exercise Second Class [TR]** 1:00 Candy Bingo [CR] 2:00 **Great Courses "The Aging Brain" [TR]** 3:15 **Art History Program Class with Roger Green, Ph.D. [TR]** 4:30 **Labor Day Celebration with Live Entertainment Duo Band [FL]** 8:00 Evening Movie "Inside Man" [TR]	**4** 9:45 **Morning Exercise First Class [TR]** 10:00 **Blood Pressure Checks with Golden Home Services [CR]** 10:30 **Morning Exercise Second Class [TR]** 10:30 **Transp. to DMV (sign up required) [FL]** 10:45 Bus Errands [FL] 11:15 Tai Chi [TR] 1:30 **Bank Run [FL]** 2:15 **Health Tip & Healthy Snack [TR]** 3:00 Let's Play Trivia [CR] 4:00 ***Social Hour [BL]*** 7:30 **Bible Study Web Stream [2FB]** 7:30 Poker [CR] 8:00 Evening Movie "Cinema Paradise" [TR]	**5** 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 "007" [TR]** 8:00 **Quarter Bingo [CR]**	**6** 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 Tuesday Morning (sign up required) [FL]** 1:30 **Bank Run [FL]** 2:00 Exploring Our Minds with Ed Garcia [TR] 3:00 **Residents Meeting [TR]** 4:00 ***Social Hour [BL]*** 8:00 Evening Movie "Out Of Sight" [TR] 8:00 **Quarter Bingo [CR]**	**7** 9:45 **Morning Exercise First Class [TR]** 10:30 **Morning Exercise Second Class [TR]** 11:00 Friday Fun Day [FL] 11:00 **Transp. to MJCC Rec. Facilities [FL]** 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 "Cinderella Man" [TR]	**8** 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]** 3:00 Yoga with Linda [2FB] 3:15 **Afternoon Matinee Movie & Popcorn "The Greatest Showman" [TR]** 8:00 **Evening Bingo [CR]** 8:00 **Evening Movie "Blue Valentine" [TR]**
9 8:30 Church Transportation [FL] 11:00 ***Church Live Stream Service [TR]*** 2:00 Quarter Bingo [CR] 2:00 **Transportation to Buckhead Crossing Shopping Center (Michaels, Ross, Marshalls, Home Goods, etc.) [FL]** 3:00 **Grandparents Day Celebration with Magic Show by Magician Howie (Please Invite Family & Grandkids) [FL]** 4:30 **Documentary Film [TR]** 5:30 **Dinner at Maggianos (sign up required) [FL]** 8:00 Evening Movie "Moulin Rogue!" [TR]	**10** 9:45 **Morning Exercise First Class [2FB]** 10:30 **Morning Exercise Second Class [2FB]** 10:30 **Rosh Hashanah Morning Service [TR]** 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]** 3:15 **Art History Program Class with Roger Green, Ph.D. [TR]** 4:00 **Happy Hour [BL]** 8:00 Evening Movie "When Harry met Sally" [TR]	**11** 9:45 **Morning Exercise First Class [TR]** 10:00 **Blood Pressure Checks with Golden Home Services [CR]** 10:30 **Morning Exercise Second Class [TR]** 11:15 Tai Chi [TR] 1:00 **September Birthday Party with Live Entertainment [DR]** 1:30 **Bank Run [FL]** 2:15 **9/11Tribute Documentary & Popcorn [TR]** 3:00 Let's Play Trivia [CR] 4:00 ***Social Hour [BL]*** 7:30 **Bible Study Web Stream [2FB]** 7:30 Poker [CR] 8:00 Evening Movie "The Madness Of King George" [TR]	**12** 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 Longhorn Steakhouse (sign up required) [FL]** 1:00 **Creative Workshop "Crafts- Tote Bags" [CR]** 2:00 **Classical Music: Medici TV [TR]** 2:00 **Zumba & Cardio Class with Leiana [2FB]** 3:15 **Brandt Ross presentation "Gamechangers- The Story of US" [TR]** 4:00 **Happy Hour [BL]** 8:00 **Evening Movie "Last Chance Harvey" [TR]** 8:00 **Quarter Bingo [CR]**	**13** 10:00 **Exercise with Heritage Healthcare [TR]** 10:45 Bus Errands [FL] 11:30 **Peachtree Road Walk & Stroll [FL]** 1:00 **One on One Computer/ Phone/ Tech Support (Time Slot Sign up Required) [CONF]** 1:00 **Puzzles & Mimosas [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 **Conversation with the Executive Director [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 Evening Movie "The Hours" [TR] 8:00 **Quarter Bingo [CR]**	**14** 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 "Julie & Julia" [CONF] 8:00 **Shabbat Service [TR]**	**15** 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 [TR]** 8:00 **Evening Bingo [CR]** 8:00 **Evening Movie "Mamma Mia" [TR]**
16 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 The Colonnade (sign up required) [FL]** 8:00 Evening Movie "Grease 2" [TR]	**17** 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 Aging Brain" [TR]** 3:00 Writer's Group Meeting [PDR] 3:15 **Art History Program Class with Roger Green, Ph.D. [TR]** 4:00 **Happy Hour [BL]** 8:00 Evening Movie "Mary Poppins Return" [TR]	**18** 9:45 **Morning Exercise First Class [TR]** 10:00 **Blood Pressure Checks with Golden Home Services [CR]** 10:00 Hearing Clinic with Monica [CONF] 10:30 **Morning Exercise Second Class [TR]** 11:15 Tai Chi [TR] 1:00 **Tea Party Social [DR]** 1:30 **Bank Run [FL]** 2:15 **Health Tip & Healthy Snack [TR]** 3:00 Let's Play Trivia [CR] 4:00 ***Social Hour [BL]*** 7:30 **Bible Study Web Stream [2FB]** 7:30 Poker [CR] 8:00 Evening Movie "The Sound of Music" [CONF] 8:00 **Yom Kippur Eve [TR]**	**19** 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 [CONF]** 2:00 **Zumba & Cardio Class with Leiana [2FB]** 3:00 **Yom Kippur Afternoon [TR]** 4:00 **Happy Hour [BL]** 8:00 **Evening Movie "The Blues Brothers" [TR]** 8:00 **Quarter Bingo [CR]**	**20** 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 **Theater Show Meeting & Sign Up (ASO, Alliance, Atlanta Ballet, MET Opera Live Stream) [TR]** 1:00 **Trip to Fresh Market (sign up required) [FL]** 1:30 **Bank Run [FL]** 2:00 Exploring Our Minds with Ed Garcia [TR] 3:00 Bible Study [CONF] 3:15 **Heritage Healthcare Program "Understanding Diabetes" [TR]** 4:00 ***Social Hour [BL]*** 8:00 Evening Movie "The Story of the Jews" [TR] 8:00 **Quarter Bingo [CR]**	**21** 9:45 **Morning Exercise First Class [TR]** 10:30 **Morning Exercise Second Class [TR]** 11:00 Friday Fun Day [FL] 11:00 **Transp. to MJCC Rec. Facilities [FL]** 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 "You've Got Mail" [TR]	**22** 9:00 **Outing to Harrah's Casino "Valley River" (sign up required) [FL]** 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]** 3:00 Yoga with Linda [2FB] 3:15 **Afternoon Matinee Movie & Popcorn [TR]** 8:00 **Evening Bingo [CR]** 8:00 **Evening Movie [TR]**
23 8:30 Church Transportation [FL] 11:00 ***Church Live Stream Service [TR]*** 2:00 Quarter Bingo [CR] 2:00 **Transportation to Buckhead Loop Shopping Center (TJ Maxx, Ulta, Nordstrom Rack, etc.) [FL]** 3:00 **Sunday Social with Live Entertainment by Jeni Michelson [FL]** 4:30 **Documentary Film [TR]** 5:30 **Dinner at The Cheesecake Factory (sign up required) [FL]**	**24** 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 Aging Brain" [TR]** 3:15 **Art History Program Class with Roger Green, Ph.D. [TR]** 4:00 **Happy Hour [BL]** 8:00 Evening Movie "Journey to Center of the Earth" [TR]	**25** 9:45 **Morning Exercise First Class [TR]** 10:00 **Blood Pressure Checks with Golden Home Services [CR]** 10:30 **Morning Exercise Second Class [TR]** 11:15 Tai Chi [TR] 1:30 **Bank Run [FL]** 1:30 **Ice Cream Truck Social [FL]** 2:00 Book Club Meeting [PDR] 2:15 **Health Tip & Healthy Snack [TR]** 3:00 Let's Play Trivia [CR] 4:00 ***Social Hour [BL]*** 7:30 **Bible Study Web Stream [2FB]** 7:30 Poker [CR] 8:00 Evening Movie "Big Chill" [TR]	**26** 9:45 **Morning Exercise First Class [TR]** 10:00 **Outing to Stone Mountain Park & Museum (sign up required) [FL]** 10:00 **Parkinson Choir Rehearsal (participation by registration only) [2FB]** 10:30 **Morning Exercise Second Class [TR]** 1:00 **Creative Workshop "Crafts- Tie Dye Shirts" [CR]** 2:00 **Classical Music: Medici TV [TR]** 2:00 **Zumba & Cardio Class with Leiana [2FB]** 3:15 **Meet Your Neighbor Social 6th & 15th Floor Residents [2FB]** 4:00 **Happy Hour [BL]** 8:00 **Evening Movie "Some Like It Hot" [TR]** 8:00 **Quarter Bingo [CR]**	**27** 10:00 **Exercise with Heritage Healthcare [TR]** 10:45 Bus Errands [FL] 11:30 **Peachtree Road Walk & Stroll [FL]** 1:00 **One on One Computer/ Phone/ Tech Support (Time Slot Sign up Required) [CONF]** 1:00 **Puzzles & Mimosas [CR]** 1:00 **Trip to Ikea (sign up required) [FL]** 1:30 **Bank Run [FL]** 2:00 Women's Discussion Group with TED Talks [TR] 3:00 **Emergency Evacuation Program by Brandt Ross [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 Evening Movie "Made In Manhattan" [TR] 8:00 **Quarter Bingo [CR]**	**28** 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] 12:00 **Men's Discussion Group Luncheon "Picnic & Beer" [2FB]** 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 [CONF] 8:00 **Shabbat Service [TR]**	**29** 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 [TR]** 8:00 **Evening Bingo [CR]** 8:00 **Evening Movie [TR]** Continued at top

THE ARBOR COMPANY ENGAGED LIFESTYLE

- 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