





MARCH 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 11:00 Sunday School ~ MPR 6:30 Bible Study w/ Bill ~MPR	2 10:00 Strength & Balance ~ W/C 11:00 Strength & Balance ~ W/C 2:30 3:00	3 11:00 2020 Census Session—DR 2:00 Balance Seminar—W/Jessica 3:00 Group Acupuncture—MPR 5:00 Veggie Sale ~ LR 7:00 Bingo ~ DR	4 11:00 Strength & Balance ~ W/C 1:00 Bus to Publix 6:30	5 11:00 Movement & Stretch~ DR 7:00 Bingo ~ DR	6 OK CAFE 10:00 Bus to Kroger 11:00 Ok Café Lunch Trip 3:00 Wellness Walk w/Jessica	7 9:30 RC Coffee Time—DR 9:30-12 Wellness Center Open 7:00 Pokeno DR
8 11:00 Sunday School ~ MPR 6:30 Bible Study w/ Bill ~MPR	9 Dekalb Farmers 10:00 Dekalb Farmers Market 10:30 Podiatrist MPR 11:00 Strength & Balance ~ W/C	10 3:00 Hearing Aid Services- DR 1:00 Fire Alarm Test 5:00 Veggie Sale ~ LR 7:00 Bingo ~ DR	11 9:30 Benefits Screening—SC office 11:00 Strength & Balance ~ W/C 1:00 Bus to Publix	12 11:00 Communion-MPR 1:30 United Health Care Customer Order Benefits Party 2:30 Birthday Bingo 7:00 Bingo ~ DR	13 Golden Buddha 10:00 Bus to Kroger 11:00 <u>Golden Buddha Lunch Trip</u> 3:00 National Popcorn Lovers Day -DR	14 9:30 RC Coffee Time—DR 9:30-12 Wellness Center Open 7:00 Pokeno DR
 15 11:00 Sunday School ~ MPR 6:30 Bible Study w/ Bill ~MPR	16 Walmart 10:00 Taxes with SC 11:00 Walmart 11:00 Strength & Balance ~ W/C 2:00 Craft Group-~ DR 3:00	17 St. Patrick's Day 9:30 Blood Pressure Clinic 1:00 Smoothies W/ SCS- DR 5:00 Veggie Sale ~ LR 7:00 Bingo ~ DR	18 HOT BREAKFAST 9:30 Coffee & Breakfast ~ DR 11:00 Strength & Balance ~ W/C 1:00 Bus to Publix	19 10:00 Aegis Health Chat 11:00 Movement & Stretch ~ DR 2:00 New Resident Orientation -DR 7:00 Bingo ~ DR	20 TACO MAC 10:00 Bus to Kroger 4:00 <u>Taco Mac Dinner Trip</u>	21 9:30 RC Coffee Time—DR 9:30-12 Wellness Center Open 7:00 Pokeno DR
22 11:00 Sunday School ~ MPR 6:30 Bible Study w/ Bill ~MPR	23 11:00 Strength & Balance ~ W/C 1:00 Nutrition Talk W/ Jessica 2:30 Trivia DR	24 5:00 Veggie Sale ~ LR 7:00 Bingo ~ DR Chiropractic Care with DR K MPR Footcare with Ginger	25 11:00 Strength & Balance ~ W/C 1:00 Bus to Publix 2:30 Trivia - Dr REASSESSMENTS	26 11:00 Movement & Stretch ~ DR 7:00 Bingo ~ DR Footcare with Ginger	27 LA PARRILLA 10:00 Bus to Kroger 11:00 <u>La Parrilla Lunch Trip</u> 3:00 Wellness Walk w/Jessica	28 9:30 RC Coffee Time—DR 9:30-12 Wellness Center Open 7:00 Pokeno DR
 29 11:00 Sunday School ~ MPR 6:30 Bible Study w/ Bill ~MPR	30 Walmart 10:00 Walmart 11:00 Strength & Balance ~ W/C 2:00 Scrapbooking Group ~ DR REASSESSMENTS	31 Sprouts 10:00 Sprouts 5:00 Veggie Sale ~ LR 7:00 Bingo ~ DR	404-261-1223 24 hour Calvin Court Courtesy Desk Number	Beauty Spot 470-223-6332 Wed-Sat 9:30-2:30pm	Wellness Center Hours <u>Monday thru Friday</u> 8:00am to 4:30pm <u>Closed M-F (12 to 12:30p)</u> <u>Saturday-9:30 to 12pm</u>	Times of activities/ trips are subject to change. Please refer to Master calendar for updates. Thank you!