





July 2010

sunday	monday	tuesday	wednesday	thursday	friday	saturday
				1 Exercise Class Synergy Health & Fitness 9:30 a.m.	2	3 Fireworks Festival @ Taylor Senior Center 9:00 p.m.
4 Independence Day 	5	6 Exercise Class Synergy Health & Fitness 9:30 a.m.	7 Birthday Bingo Classroom 1 3:00 p.m.	8 Exercise Class Synergy Health & Fitness 9:30 a.m.	9	10
11	12	13 Exercise Class Synergy Health & Fitness 9:30 a.m.	14 Coffee Talk Classroom 1 9:00 a.m. "Rehab Services"	15 Exercise Class Synergy Health & Fitness 9:30 a.m.	16 Money Due for Train Trip 	17
18	19 Monday Movie Classroom 1 2:00 p.m. "Dear John"	20 Exercise Class Synergy Health & Fitness 9:30 a.m.	21 New Member Orientation Breakfast @ Cracker Barrel 8:30 a.m.	22 Exercise Class Synergy Health & Fitness 9:30 a.m.	23	24
25	26 Page Turners Book Club Books-A- Million 9:00 a.m.	27 Exercise Class Synergy Health & Fitness 9:30 a.m.	28 Lunch Bunch Classroom 1 12:00 p.m. "Pain Management" Dr. Jones	29 Exercise Class Synergy Health & Fitness 9:30 a.m.	30	31




Flowers Hospital

Tonya Pruitt, Senior Circle Advisor
(334) 794-5000 ext. 8575



August 2010

sunday	monday	tuesday	wednesday	thursday	friday	saturday
1	2	3 Exercise Class Synergy Health & Fitness 9:30 a.m.	4	5 Exercise Class Synergy Health & Fitness 9:30 a.m.	6 Birthday Bingo Classroom 1 3:00 p.m.	7
8	9	10 Exercise Class Synergy Health & Fitness 9:30 a.m.	11 Lunch Bunch Classroom 1 12:00 p.m. "Incisionless Heartburn Surgery"	12 Exercise Class Synergy Health & Fitness 9:30 a.m.	13	14
15	16 Monday Movie Classroom 1 2:00 p.m. "It's Complicated"	17 Exercise Class Synergy Health & Fitness 9:30 a.m.	18	19 Exercise Class Synergy Health & Fitness 9:30 a.m.	20 Georgia Train Trip 	21
22	23 Coffee Talk Classroom 1 9:00 a.m. "Pharmacy"	24 Exercise Class Synergy Health & Fitness 9:30 a.m.	25	26 Exercise Class Synergy Health & Fitness 9:30 a.m.	27	28
29	30 Page Turners Book Club Books-A- Million 9:00 a.m.	31 Exercise Class Synergy Health & Fitness 9:30 a.m.				



September 2010

sunday	monday	tuesday	wednesday	thursday	friday	saturday
			1	2 Exercise Class Synergy Health & Fitness 9:30 a.m.	3	4
5	6 Labor Day	7 Exercise Class Synergy Health & Fitness 9:30 a.m.	8 Birthday Bingo Classroom 1 3:00 p.m.	9 Exercise Class Synergy Health & Fitness 9:30 a.m.	10	11
12	13 Coffee Talk Classroom 1 9:00 a.m. "Respiratory Therapy"	14 Exercise Class Synergy Health & Fitness 9:30 a.m.	15	16 Exercise Class Synergy Health & Fitness 9:30 a.m.	17	18
19	20 Monday Movie Classroom 1 2:00 p.m. "Invictus"	21 Exercise Class SH&F 9:30 a.m. Lunch Bunch Classroom 1 12:00 p.m.	22	23 Exercise Class Synergy Health & Fitness 9:30 a.m.	24 Senior World Troy University Dothan Campus 8am-2pm	25
26	27 Page Turners Book Club Books-A- Million 9:00 a.m.	28 Exercise Class Synergy Health & Fitness 9:30 a.m.	29	30 Exercise Class Synergy Health & Fitness 9:30 a.m.		

*Our Lunch Bunch topic this month is on "Stroke Prevention" with Dr. Mathew Krista.