



LakeArrowheadGA.com



- April & May 2017 Activities & Events -

Love to Travel? Love Wine?

Wednesday, April 19th | 5:30pm
at the Design Center/Model Home

Join us for an evening tasting varietals from the Napa and Sonoma region while learning about your options for itineraries while visiting.

United beverage sales manager Greg Gibbs, Lori Haigwood and Phebe Cohen of Cruise Planners will take you on a journey to this exciting region.

Compliments of Cruise Planners and United Distributors Door Prizes!

RSVP to activities@lakearrowheadga.com.



Canvas & Cocktails

Wednesday, May 3rd
6:00pm to 8:30pm | The Highlands Grill

Enjoy an artistic evening with your friends and neighbors! No experience is necessary to create a beautiful painting with step by step instruction. Remember to wear paint friendly clothing. The Grill will be open for cocktail service with a light buffet.

[Click here to RSVP.](#)

Cost is \$25 per person. All supplies provided.



Autumn Hill Spring & Summer Container Class

Wednesday, April 26th | 6:00pm
The Highlands Grill Veranda

Learn how to build a miniature spring/summer container. This is a hands on make and take class, presented by Susan Wright from Autumn Hill Nursery. There will be several plants to choose from. Pots, soil, plants and moss provided.

\$20 per person. Additional items including seasonal for Spring and Summer will be available to purchase and add to your container or garden.

RSVP to activities@lakearrowheadga.com.



Calendar of Events

Wednesday, April 19th | 6:00pm
Cruise Planners/Wine Tasting

Wednesday, April 26th | 6:00pm
Autumn Hill Spring/Summer Container Class

Monday, May 1st | 6:00pm
Wellness Revolution Health Strategies

Wednesday, May 3rd | 6:00pm to 8:30pm
Canvas & Cocktails

British Soccer Camp - June 12 - 16



Fitness Classes

Monday, 11:30am Yoga
Tuesday, 9:15am Low Impact Weights
Thursday, 9:15am Combo - includes cardio, weights, yoga & more.

Classes are \$4 per person/class. Please bring a yoga mat to all classes and a light set of weights for the Tuesday and Thursday sessions. Classes are at the Clubhouse.

For more information, contact Loui Padgett at 770-262-6384.

Water Aerobics will begin in June - Monday, Wednesday and Friday, 11:30am.

Wellness Revolution Health Strategies

Monday, May 1st, 6:00pm | at the Design Center/Model Home
Please join us for the informative session discussing several modalities for therapeutic, non-invasive pain relief and healing for individual cells. Presented by Dr. David G. Lee, D.C., Ph.D., C.Ad.

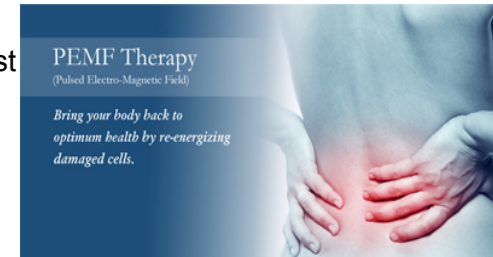
RESTORE, SCAN & BALANCE

Zyto Scan - uses bio communication to discover your body's needs. The Zyto scans your body and informs us how to transform it into its healthiest state.

P.E.M.F. (Pulsed Electromagnetic Field) Tensegrity delivers radiation free, non-thermal magnetic pulse into the cells, stimulating healing, to allow repair of damaged/diseased tissue).

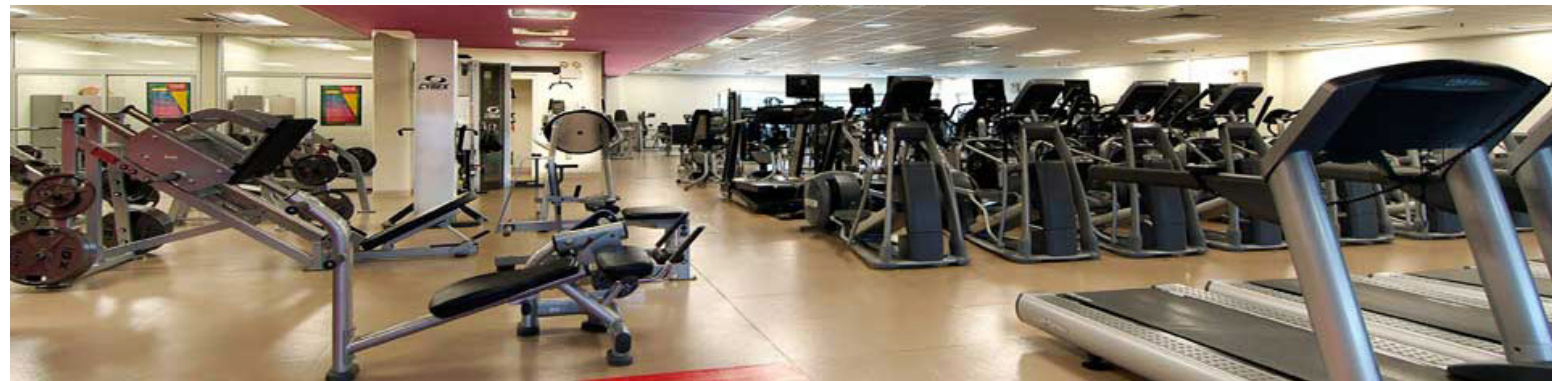
Learn more on how to renew and improve your health state of health.

RSVP to activities@lakearrowheadga.com.



PEMF Therapy
(Pulsed Electro-Magnetic Field)

Bring your body back to optimum health by re-energizing damaged cells.



Did you know that the Canton YMCA is located just 8 miles from Lake Arrowhead?

The G. Cecil Pruitt Community Center Family YMCA offers a variety of cardio and strength building equipment as well as a full schedule of group exercise classes. Participate in Water Aerobics, Zumba, Pilates, Stretch & Tone, Group Cycle, Barre, Cardio Kickboxing and so many more. View the full schedule of classes [HERE](#) by selecting "G. Cecil Pruitt" as the location. Find out more about the Canton YMCA [HERE](#).



Contact Loui Padgett, Lake Arrowhead Lifestyle Director, for reservations and more information regarding these fun events.

email: activities@lakearrowheadga.com
direct: 770.262.6384

