



- January 2017 Activities & Events -



December Yard of the Month Winner: **5013 Peninsula Way**

Winner receives a \$50 gift card to Autumn Hill Nursery.

Autumn Hill Nursery is located at
4256 Earney Rd, Woodstock, GA.

Wellness Revolution Health Strategies

**RESCHEDULED TO WEDNESDAY,
JANUARY 11TH AT 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.



PEMF Therapy

(Pulsed Electro-Magnetic Field)

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

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.

To learn more about how to renew and improve your health, [email Loui](#). Complimentary to Residents. Reservations required - [RSVP Here](#).



Dinner & Learn with Canton Physical Therapy & Sports Rehabilitation

Thursday, January 12th
6:00pm to 8:30pm at The Highlands Grill

Includes discussion on general physical therapy, common conditions, injury/pain and treatment interventions. Treatment options with direct access to PT with no need for referral and lower cost for treatment. Exam and treatment demonstration. Great session for golf, tennis and fitness enthusiasts.

Menu: Salad Bar, Three Cheese Lasagna, Pasta Bar with Ziti, Angel Hair, Fettuccine, Marinara, Alfredo, and Mushroom Piccata Sauce, and Tiramisu

Complimentary to Residents.
Reservations required - [RSVP Here](#).



Onsite Physical Therapy Screenings with Canton Physical Therapy

Tuesday, January 17th
9:00am to 11:00am at the Clubhouse

Complimentary to Residents.
Reservations required - [RSVP Here](#).

BINGO NIGHT

and All You Can Eat Taco Bar

Great Prizes and fun! Thursday, January 19th
Dinner 5:00pm to 8:30pm
BINGO 7:00pm to 8:30pm
Sponsored by First Presbyterian Church

Menu: seasoned ground beef, shredded chicken, chorizo, deep dish enchilada, fresh salsa, guacamole, sour cream, shredded lettuce, diced tomatoes, jalapeños, diced onions, hard/soft tacos and full salad bar.

\$16 Adults, \$8 Children ages 4-10.
RSVP to The Highlands Grill 770.721.7900 3



Wednesday, January 25th
6:00pm to 8:30pm | The Highlands Grill

Enjoy an artistic evening with your friends and neighbors! No experience is necessary to create this 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.



Massage Therapy

Available the second Tuesday of the month. 60 to 90 minute sessions available beginning at 10:00am at the Clubhouse. Book your session with Licensed and Certified Massage Therapist, Jan Shelby at 404-538-2308 and rejuvenate your body, improve your golf, tennis and daily activity. Valentine gift certificates available. Cost: 1 hour \$70, 90 minutes \$100.

Group Fitness Classes

Monday, 11:30am Yoga
Tuesday, 9:15am Low Impact Weights
Thursday, 9:15am Yoga Fusion
(Yoga/Pilates and body weight exercises)

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 held at the clubhouse. For more information, contact Loui Padgett at 770.262.6384.



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 December/January Events.

email: activities@lakearrowheadga.com
direct: 770.262.6384