#### SEPTEMBER/OCTOBER ACTIVITIES & EVENTS



Saturday, September, 16th Dinner Buffet 7:00pm Magic Comedy Show 8:30pm \$22 per person (adults only) Two headliners, one show--featuring Magician/Comedian, the Amazing Dennis and Comedian/TV Host,
Brian T. Shirley with a new show!

It will be an evening of great food, comedy, magic and improvisation you won't forget!

Buffet Dinner with Full Salad Bar (House & Caesar) Carving Station - Slow Roasted Prime Rib Au Jus Blackened Mahi Mahi with Mango Salsa, Grilled Chicken Smothered & Covered, Caramelized Brussels Sprouts, Roasted Red Potatoes, Rice Pilaf, Roasted & Grilled Mixed Vegetables, Assorted Desserts, and Fruit

INTRO TO FITNESS Monday, September 18th | 6:00pm at Great Festival Park
Learn how to use the outdoor fitness equipment at Great Festival Park and how to get the best workout for your
health and fitness goals. Complimentary. RSVP to activities@lakearrowheadga.com by September 17th.

# Autumn Hill Nwisery Workshop

Wednesday, September 20th | 6:00pm at The Clubhouse

Topic: Learn How To Build a Miniature Fall Garden
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 Fall
will be available to purchase and add to your container or garden.
RSVP to activities@lakearrowheadga.com by September 15th.





### PARTY ON THE LAKE

Saturday, September 23rd | 5:00pm to 8:00pm Live Music with Best of Times Band

Live Music & Cousins Maine Lobster Truck at the Stopper Knot Regatta

The Highlands Grill will have Beer/Wine and light beverages as well. Come by boat or bring comfortable seating to the Marina for a relaxing evening with neighbors, friends, great food and entertainment. RSVP to activities@lakearrowheadga.com.

#### WELLNESS REVOLUTION HEALTH STRATEGIES

Monday, September 25th | 6:30pm 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.

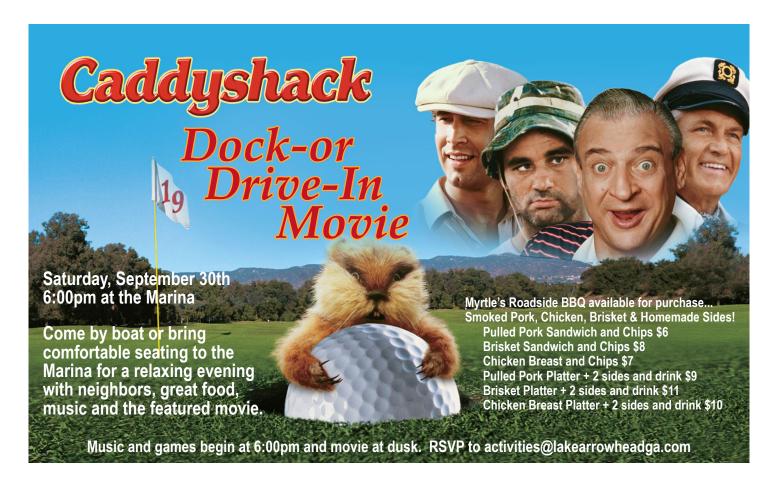
**RESTORE, SCAN & BALANCE** 

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.





## Canvas & Cocktails

Wednesday, October 4th | 6:00pm to 8:30pm at 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.

Cost is \$25 per person. All supplies provided. Cocktail service available.