

MARCH/APRIL ACTIVITIES & EVENTS

**WELLNESS SCANS**

Monday, March 5th | 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](mailto:activities@lakearrowheadga.com).



For more information or to sign up for these events, email [activities@lakearrowheadga.com](mailto:activities@lakearrowheadga.com) unless otherwise noted.

*Spring Wood Painting Class*

Wednesday, March 7th  
6:00pm to 8:30pm at The Highlands Grill

Enjoy an artistic evening with your friends and neighbors! Create a beautiful Spring wood painting with step by step instruction. Remember to wear paint friendly clothing. The Grill will be open for cocktail service and a dinner buffet.

RSVP to [activities@lakearrowheadga.com](mailto:activities@lakearrowheadga.com).  
Cost is \$30 per person. All supplies provided.



**BINGO NIGHT & FAMILY STYLE BUFFET**

Thursday, March 22nd at The Highlands Grill

Buffet from 6:00pm to 8:30pm  
Bingo from 7:00pm to 8:30pm  
Sponsored by Faith Presbyterian Church

Price is \$16 for adults  
\$8 for children (4-10)

RSVP 770-721-7900, ext 3.



# GET FIT FOR SPRING

**NO**  
Fad Diets

**EAT**  
Real Food

**NO**  
Crazy  
workouts

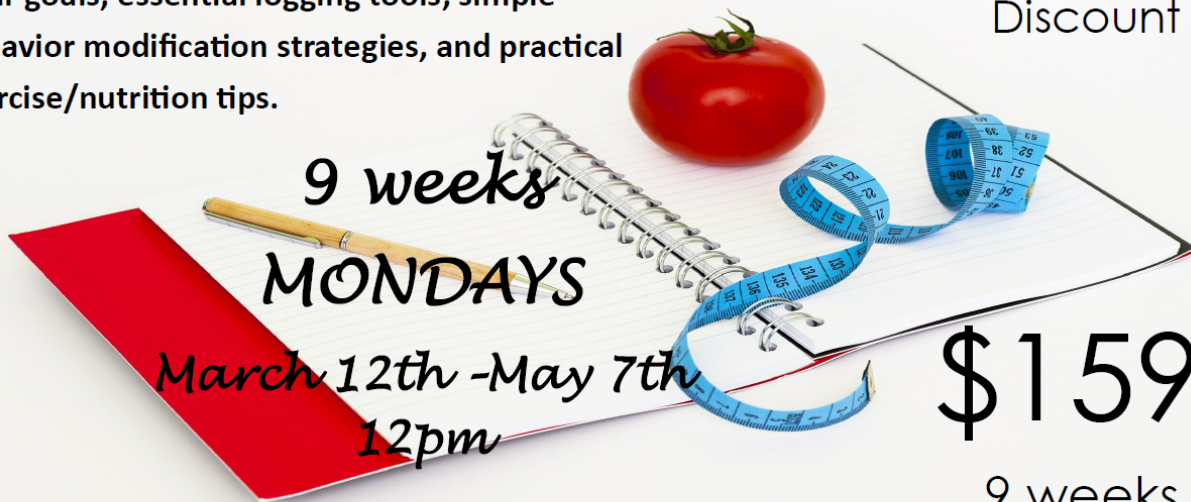
## WEIGHT LOSS

### MAKEOVER

Effective, sustainable weight loss requires a PLAN!

Build your plan on a strong foundation with clear goals, essential logging tools, simple behavior modification strategies, and practical exercise/nutrition tips.

Couples  
Discount



**\$159**

9 weeks

Informational meeting Monday March 5th 12pm

Receive a free meal and exercise guide for joining



## canvas & cocktails

Wednesday, March 28th

6:00pm to 8:30pm at 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. This painting can be done as one canvas or two with a friend or family member to create a special piece. Remember to wear paint friendly clothing. The Grill will be open for cocktail service and a dinner buffet.

RSVP to [activities@lakearrowheadga.com](mailto:activities@lakearrowheadga.com).

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

## SATURDAY, MARCH 31ST



## Bunny Breakfast

9:00am | The Highlands Grill

Meet the Easter Bunny and enjoy a buffet-style breakfast of French Toast, Pancakes, Scrambled Eggs, Bacon and Hashbrowns

Children \$6.95 (ages 3-11) | Adults \$10.95

Call 770.721.7900 x 3 for reservations.

## Easter Egg Hunt

11:30am | Great Festival Park

Age groups: 1-3, 4-7 and 8-11 year olds.

Bring your own baskets!

Face Painter, DJ with great music and games.

RSVP to [activities@lakearrowheadga.com](mailto:activities@lakearrowheadga.com). Event is complimentary for reservations made on or before March 30th. After that date there is a \$5 charge per child.



# Easter Sunday Brunch

Sunday, April 1st at The Highlands Grill

Salad Bar with Tossed Caesar Salad with Croutons, Seasonal Mixed Greens Salad, Assorted Dressings, Fresh Potato Salad, Lightly Smoked Tuna Salad, Seasonal Fruits and Gourmet Cheeses, Shrimp Cocktail, Breakfast Bar and Omelette Station with Grits, Biscuits, Gravy, Bacon, and Sausage

Carved Slow Roasted Turkey, Carved Slow Cooked Steamship Round with Au Jus, Highlands Grille Fried Chicken, Sesame Seared Pork Tenderloin, Baked Sweet Potatoes, Grilled Seasonal Vegetables, Garlic Green Beans, Cut Corn, Creamy Mashed Potatoes, Sautéed Brussels Sprouts with Onions, Brown Rice, Assorted Desserts

Adults \$23.95 | Children \$12.95 Service Times are 11:00am to 4:00pm. Reservations required 770.721.7900 x 3



## FITNESS CLASSES

Monday, 11:00am Yoga

Tuesday, 9:00am Low Impact Weights

Thursday, 9:00am 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 held at the Clubhouse. For more information, contact Loui at 770-262-6384.



## massage therapy

Second and Fourth Tuesday of Every Month  
60 to 90 minute sessions available beginning 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. Gift certificates available.  
Cost: 1 hour \$70 | 90 minutes \$100



A great week of British Soccer Coaching at the Great Festival Park = camp dates June 11th - 15th  
9:00am to 10:00am First Kicks 3-4 yrs. \$91      10:30am to 12:00pm Mini Soccer 4-6 yrs. \$107  
9:00am to 12:00pm Half Day 6-14 yrs. \$137      9:00am to 4:00pm Full Day 9-15 yrs. \$193

Full day campers have the option to swim from 1:00pm to 2:00pm. All campers should bring plenty of water, a snack (lunch if full day) and appropriate athletic wear. Camp times may change based on registration. Includes FREE ball & t-shirt and a Free British Soccer T-Shirt for online registration at least 45 days prior to camp. Register online at [challengersports.com](http://challengersports.com).