



LakeArrowheadGA.com



- February 2017 Activities & Events -

NERIUM NIGHT OUT Monday, February 13th | 6:00pm at the Design Center/Model Home

Join us for a fun evening with some bubbling wine, wonderful dessert and learn more about Nerium's new product Eye-V moisture Boost Hydrogel Patches to help your eyes look and feel refreshed. Cost is \$15 and all participants will have the opportunity to experience this new product at this event which is sponsored by Lake Arrowhead resident and Nerium rep, Kathy Dietz. RSVP to activities@lakearrowheadga.com.

LUNCH & LEARN Sponsored by Prestige Medical Center and Oasis Med Spa

Thursday, February 16th | 12:00pm at The Highlands Grill. Topic: weight loss, antiaging and Kybella for Chin and Bra Fat reduction. Goodie bags for attendees. Lunch is compliments of Prestige Medical Center and Oasis Med Spa. House or Caesar Salad, Grilled Mahi Mahi Over Seasoned Rissotto With Fresh Spinach And Mushrooms, and Oreo Cheese Cake. RSVP to activities@lakearrowheadga.com.

Wellness Revolution Health Strategies

MONDAY, FEBRUARY 27TH 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.



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

BINGO NIGHT and Family Style Buffet

Great Prizes and fun! Thursday, March 23rd
Dinner 5:00pm to 8:30pm
BINGO 7:00pm to 8:30pm
Sponsored by Faith Presbyterian Church

Salad Bar, Homemade Meatloaf, Seasoned Baked Chicken, Mashed Potatoes, Wild Rice, Green Beans, Fresh Corn & Limas, and Brownies

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



Group Fitness Classes

Monday 11:30am
Tuesday 9:15am
Thursday 9:15am

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.



Onsite Physical Therapy Screenings with Canton Physical Therapy

Thursday, March 2nd
9:00am to 11:00am at the Clubhouse

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



Family Night Out

Saturday, March 4th | 5:00pm to 8:00pm
Enjoy a family friendly menu for a fun evening with Strolling Magician, Dennis the Great. He will entertain and delight children and adults with his magical talent as he shares magical surprise tableside. Reservations suggested.
770.721.7900 x 3



Wednesday, March 8th
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.



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.



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