

OCTOBER 2020

SUN	MON	TUE	WED	THU	FRI	SAT
<p>KEY</p> <p>Religious Services Live Streams on Ch. 95</p> <p>Fitness on Ch. 95</p> <p>AMANDA LIVE! Q&A</p> <p>Wellness Events on Ch. 95</p> <p>Movie Matinee and TV Entertainment on CH. 95</p> <p>LIVE/IN PERSON EVENTS!</p>	<p>During the week of October 5th, the ballroom will be out of commission due to the furniture storage and moving for the Oaks Refurbishment Project. All fitness classes will be in the Activities Room.</p>		<p>WELLNESS SPEAKER</p> <p>Heather Willingham</p> <p>Tuesday, Oct. 13th, 3pm, Ballroom</p> <p>More information on this month's wellness speaker can be found on the back of this calendar.</p>	<p>9:30am: Aqua Fitness with Allison (PC) ¹</p> <p>9:30am: Resident Led Yoga DVD Class (BR)</p> <p>10:30am: Stretch and Strength (Ch. 95)</p> <p>2pm: Breath & Balance (Ch. 95)</p> <p>3pm: Musical Composer Highlight: <i>IN SEARCH OF BEETHOVEN</i></p> <p>4:30-5:30pm: Happy Hour Cart! (featuring a special Champagne treat from Mrs. Joan Ross for her birthday toast!)</p>	<p>9:30am: Aqua Fitness with Allison (PC) ²</p> <p>9:30am: Chair Only Sit and Stretch (Ch. 95)</p> <p>10:30am: Stretch and Strength with Allison (BR)</p> <p>2pm: Breath & Balance (Ch. 95)</p> <p>3pm: Movie Matinee: <i>On The Basis of Sex - The Ruth Bader Ginsburg Story</i> (On Ch. 95 & on the big screen in the ballroom by registration)</p>	<p>9:30am: Resident Led ³</p> <p>Yoga DVD class (BR)</p> <p>11:00am: Congregation Mickve Israel Service</p> <p>2pm: Breath & Balance (Ch. 95)</p> <p>3pm: Ken Burns Documentary Presents - <i>America: Thomas Hart Benton</i></p>
<p>9:00am: Catholic Mass ⁴</p> <p>10:00am: Skidaway Island United Methodist</p> <p>11:30am: Skidaway Island Presbyterian</p> <p>3pm: Movie Matinee: <i>Spare Parts</i></p>	<p>9:30am: Aqua Fitness with Allison (PC) ⁵</p> <p>9:30am: Chair Only Sit and Stretch (Ch. 95)</p> <p>10:30am: Stretch and Strength with Allison (AR)</p> <p>2pm: Monday Meditation (Ch 95)</p> <p>3pm: Monday Sports Fan Movie Matinee: <i>Brian's Song</i> (Ch. 95)</p>	<p>9:30am: Aqua Fitness with Allison (PC) ⁶</p> <p>9:30am: Resident Led Yoga DVD Class (BR)</p> <p>10:30am: Chair Only Sit & Stretch (Ch. 95)</p> <p>2pm: Breath & Balance (Ch. 95)</p> <p>2-3pm: Blood Pressure Checks (SR)</p> <p>3pm: Movie Matinee: <i>The Bucket List</i> (Ch. 95)</p>	<p>9:30am: Chair Only Sit and Stretch (Ch. 95) ⁷</p> <p>10:30am: Stretch and Strength with Allison (AR)</p> <p>1pm: Ask Amanda LIVE!</p> <p>3pm: The Great Courses:</p> <p>9) <i>1787- The American Experiment</i></p> <p>10) <i>1789—The French Revolution</i></p>	<p>9:30am: Aqua Fitness with Allison (PC) ⁸</p> <p>9:30am: Resident Led Yoga DVD Class (BR)</p> <p>10:30am: Stretch and Strength (Ch. 95)</p> <p>2pm: Breath & Balance (Ch. 95)</p> <p>3pm: Musical Composer Highlight: <i>IN SEARCH OF BACH</i></p> <p>4:30-5:30pm: Happy Hour Cart!</p>	<p>*CH. 95 Fitness Only* ⁹</p> <p>9:30am: Chair Only Sit and Stretch (Ch. 95)</p> <p>10:30am: Stretch and Strength (Ch. 95)</p> <p>1pm: Replay of Ask Amanda LIVE!</p> <p>2pm: Breath & Balance (Ch. 95)</p> <p>3pm: Movie Matinee: <i>Man of the Year</i></p>	<p>9:30am: Resident Led ¹⁰</p> <p>Yoga DVD Class (BR)</p> <p>11:00am: Congregation Mickve Israel Service</p> <p>2pm: Breath & Balance (Ch.95)</p> <p>3pm: Ken Burns Documentary Presents - <i>America: The Congress</i></p>
<p>9:00am: Catholic Mass ¹¹</p> <p>10:00am: Skidaway Island United Methodist</p> <p>11:30am: Skidaway Island Presbyterian</p> <p>3pm: Movie Matinee: <i>Mrs. Winterbourne</i></p>	<p>*CH. 95 Fitness Only* ¹²</p> <p>9:30am: Chair Only Sit and Stretch (Ch. 95)</p> <p>10:30am: Stretch and Strength (Ch. 95)</p> <p>2pm: Monday Meditation (Ch 95)</p> <p>3pm: Caregiver Fellowship meeting (Call Lauren 598-3617 for details)</p> <p>3pm: Monday Sports Fan Movie Matinee: <i>McFarland, USA</i> (Ch. 95 & LIVE in the Ballroom)</p>	<p>9:30am: Aqua Fitness with Allison (PC) ¹³</p> <p>10:30am: Chair Only Sit & Stretch</p> <p>2pm: Breath & Balance (Ch. 95)</p> <p>2-3pm: Blood Pressure Checks (SR)</p> <p>3pm: Wellness Speaker LIVE IN THE BALLROOM!</p>	<p>9:30am: Chair Only Sit and Stretch (Ch. 95) ¹⁴</p> <p>10:30am: Stretch and Strength with Allison (BR)</p> <p>1pm: The Great Courses:</p> <p>11) <i>1838—The British Slavery Abolition Act</i></p> <p>12) <i>1839—The Opium War in China</i></p> <p>3pm: LIVE CONCERT! <i>Lyn Avenue American Country Concert</i> (BR)</p>	<p>9:30am: Aqua Fitness with Allison (PC) ¹⁵</p> <p>10:30am: Stretch and Strength (Ch. 95)</p> <p>2pm: Breath & Balance (Ch. 95)</p> <p>3pm: Musical Composer Highlight: <i>IN SEARCH OF HAYDEN</i></p> <p>4:30-5:30pm: Happy Hour Cart!</p>	<p>9:30am: Aqua Fitness with Allison (PC) ¹⁶</p> <p>10:30am: Stretch and Strength with Allison (BR)</p> <p>2pm: Breath & Balance (Ch. 95)</p> <p>3pm: Movie Matinee: <i>Guarding Tess</i></p>	<p>9:30am: Resident Led ¹⁷</p> <p>Yoga DVD Class (BR)</p> <p>11:00am: Congregation Mickve Israel Service</p> <p>2pm: Breath & Balance (Ch. 95)</p> <p>3pm: Ken Burns Documentary Presents - <i>America: Empire of the Air: The Men Who Made Radio</i></p>

OCTOBER HIGHLIGHTS!



Our next Caregiver Fellowship Meeting will be on Monday, Oct. 12th at 3pm. We are excited to have a guest speaker from Encompass Health talk about their innovative acute inpatient rehabilitation program for movement and neurological disorders.

Please contact Lauren Dutko at 912-598-3617 or dutkolauten@marshesofskidaway.com with any questions.

WELLNESS SPEAKER OF THE MONTH:



Heather Willingham

Tuesday, Oct. 13th, 3pm,
Ballroom

Heather Willingham was born and raised in Savannah, GA. She entered the health insurance industry in 2008 as a third-generation insurance agent. While working on her career she was finishing up college and earned a degree in Business Administration from South University in 2009. Over the past 11 years she has been involved in many organizations and has held many leadership positions. Some of those organizations are, the Savannah Chamber of Commerce, The Savannah Jaycees, Coastal Empire Association of Health Underwriters and Business Networking International. Heather recently received an award from Anthem for being a Medicare Sales Leader. Heather is married and lives in Guyton, GA. She loves football, traveling and reading.

Did you know Medicare announced a new enrollment period that started in January of 2019? It allows some Medicare beneficiaries to make plan changes January 1-March 31 2020. Come learn about the changes and basics of Medicare at our Medicare 101 seminar. We will go over the Medicare basics as well as the enrollment periods, Medicare supplement plans, Medicare advantage plans, and prescription drug plans.



Nothing feeds the soul like LIVE music! Don't miss these awesome opportunities to enjoy great performances in our very own Ballroom!

- Oct. 14th, 3pm - Lyn Avenue
- Oct. 22nd, 3pm - Jackson Jazz Duo
- Oct. 27th, 3pm - David Duckworth



October 14th, 3pm



October 22nd, 3pm



October 27th, 3pm

Please register on the portal at MyMarshes.org or by calling Erin at 598-3677.