

## **\*BREAKFAST OUT\***



**Every Friday morning at 9:00 am we go out for breakfast! No need to sign up, just meet in the lobby at 9:00 am. We love going to Waffle House, Atlanta Bread Company and Chick-fil-A. Please join us!!**

## **INSIDE THIS ISSUE**

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## **Free Cardiovascular Screenings for Residents Only**

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**Thursday, April 30<sup>th</sup>  
9:30 am – 3:00 pm  
Langdale Place  
Activity Room  
Willows**

**Lecture at 9:30am  
featuring Maurice Solis, MD  
Vascular and Endovascular  
Surgeon  
SGMC Cardiovascular Institute**

**Free Screenings from 9:45 – noon  
& 12:45 – 3:00 pm  
Abdominal Aortic Aneurysm  
Ankle-Brachial Index  
Carotid Ultrasound  
Same day results and consultation  
with doctor!**

**\*Must call for appointment:  
Kristyn Short, 229.247.4300**

## UPCOMING CALENDAR ACTIVITIES

### THE SCOOP & BUS RIDE

Wednesday, April 15<sup>th</sup>, 2:00 pm

Forget about federal and state income taxes lets go enjoy ice-cream! Sign-up to reserve your spot. Remember, one complementary scoop on us!!

### DR. KILBY LEARNING

\*\*\*\*\* Friday, April 17<sup>th</sup>, 2:00 pm\*\*\*\*\*

Please join us Friday afternoon as we have Dr. Kilby here to teach us about our teeth and answer any questions you may have! This is a very informative session and you will not want not miss it.

### CHICKEN SALAD CHICK

Thursday, April 16<sup>th</sup>, 5:00 pm

Come enjoy chicken salad, pimento cheese sandwiches and salad! This is the perfect dinner for a light tummy! Sign-up sheet is located on Activities Board. You can also buy chicken salad by the pound for your lunch and snack cravings!



### BUS RIDE - PERSONAL CARE

Wednesday, April 15<sup>th</sup>, 2:00 pm

Get out and enjoy a nice afternoon ride! All personal care residents are welcome!

Please sign-up to reserve your spot...wheelchairs are a first come first serve.

## FRIENDLY REMINDER

Langdale Place will begin siding replacement project. Although, this construction will have minimal impact on our residents, we do estimate a small amount of noise. Updates will be posted on the information boards as work continues throughout the project. As always, please be aware of your surroundings during this time and we appreciate your patience while we \*\*\*\*\* update the facility. \*\*\*\*\*

### NEXT WEEK

#### Blood Pressure Screening

Tuesday, April 21<sup>st</sup>, 2 – 5 pm

#### Valdosta Art Museum

Wednesday, April 22<sup>nd</sup>, 2:00 pm

#### Jonah's Lunch Out

Thursday, April 23<sup>rd</sup>, 11:00 pm

#### BINGO on FRIDAY

Friday, April 24<sup>th</sup>, 2:00 pm



### Residents currently SGMC/ Rehab

Betty Landrum – SGMC #509