

March 2012

# What's Happening?

A Monthly AMLI Community Update

## **AMLI at McGinnis Ferry** 4021 McGinnis Ferry Road; Suwanee, GA 30024 770.945.6261

### Senior Bingo

Please join us on **Wednesday, March 14th at 12:00pm** for lunch and a few games of Bingo. We will meet in the Lodge located by the pool on the 4021 side of the community. Please call the office if you need directions. We also want to extend the invitation to residents who have senior parents and feel they would enjoy this event as well as invite our regular Bingo attendees to bring a friend. This is a great opportunity to meet other residents, make new friends and have fun!

### Zumba Class

Let's Zumba! Zumba classes are quickly becoming one of the most popular and fun ways to exercise and now you can take part right here in your own community. This **FREE** class combines dance and fitness in a way that is easy to follow, calorie burning and energizing. Please join us at **6:15pm on Wednesdays** in our Cardio Studio, which is located near the pool on the 4025 side of the community downstairs from the Resident Activity Center.

### Wednesday Morning Treats

Join us each Wednesday in the Resident Activity Center. We will be serving treats and coffee every **Wednesday morning beginning at 8:00am**. This is a good opportunity to meet neighbors and socialize a little bit before getting your day started. We hope to see you there!

### Suwanee Town Center Events

There are two 5K and 1 mile fun runs coming up during the month of March. The first is the Suwanee Kiwanis Shamrock Run to take place at Suwanee Town Center on March 17<sup>th</sup> at 8am. The second is the Georgia SPCA Run for the Rescues on March 24<sup>th</sup> at 9am. Visit [www.suwanee.com](http://www.suwanee.com) for more details and instructions on how to register for either or both of these runs.

You can also visit [www.suwanee.com](http://www.suwanee.com) to check out other events and activities going on in our city.