

MON	TUE	WED	THU	FRI
<p align="center"><b>ALL PROGRAMS Via Teleconference</b></p>	<p align="center"><b>From Your Phone Dial: 701-802-5184 Access code: 1943486#</b></p>		<p><b>1</b> 10:00 Medicare 2021 w/ Bonnie Dobbs</p> <p>11:00 Bingo with Heidi &amp; Mary Louise</p>	<p><b>2</b></p> <p>11:00 Word Play with Heidi &amp; Mary Louise</p>
<p><b>5</b></p> <p>11:00 Chair Exercise with Heidi</p>	<p><b>6</b></p> <p>11:00 Inspirations with Gene, Ruth and Ann</p>	<p><b>7</b></p>	<p><b>8</b></p> <p>11:00 Bingo with Heidi &amp; Mary Louise</p>	<p><b>9</b></p> <p>11:00 Word Play with Heidi &amp; Mary Louise</p>
<p><b>12</b></p> <p>11:00 Chair Exercise with Heidi</p>	<p><b>13</b></p> <p>11:00 Inspirations with Gene, Ruth and Ann</p>	<p><b>14</b></p>	<p><b>15</b> 10:00 Medicare Update w/ Kaiser Permanente</p> <p>11:00 Bingo with Heidi &amp; Mary Louise</p>	<p><b>16</b></p> <p>11:00 Word Play with Heidi &amp; Mary Louise</p>
<p><b>19</b></p> <p>11:00 Chair Exercise with Heidi</p>	<p><b>20</b></p> <p>11:00 Inspirations with Gene, Ruth and Ann</p>	<p><b>21</b></p> <p>11:00 Nutrition with Open Hand</p>	<p><b>22</b></p> <p>11:00 Bingo with Heidi &amp; Mary Louise</p>	<p><b>23</b></p> <p>11:00 Word Play with Heidi &amp; Mary Louise</p>
<p><b>26</b></p> <p>11:00 Chair Exercise with Heidi</p>	<p><b>27</b></p> <p>11:00 Inspirations with Gene, Ruth and Ann</p>	<p><b>28</b></p>	<p><b>29</b></p> <p>11:00 Bingo with Heidi &amp; Mary Louise</p>	<p><b>30</b></p> <p>11:00 Word Play with Heidi &amp; Mary Louise</p>

## Alpharetta/Crabapple Senior Center

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### TELECONFERENCE:

(701) 802 - 5184

Access Code: 1943486

**Senior  
Services**  
NORTH FULTON

The Crabapple Senior Center is pleased to offer programming remotely, via Teleconference.

It's a great way to stay active and connected, from the safety of your home.

For questions and/or more information, please contact Center Manager, Heidi Sowder, by phone or e-mail.

