


MON	TUE	WED	THU	FRI
	<b>1</b> 9:00 Wellness Call 10:00 Wellness Call	<b>2</b> 9:00 Phone Pals Friends of JC Guild 10:00 Morning Meditation 11:00 Home Delivered Meals 12:00 HDM	<b>3</b> 10:00 Bingo with Cigna	<b>4</b> 10:00 Morning Meditation with Chhaya
<b>7</b>  HAPPY LABOR DAY!	<b>8</b> 9:00 Wellness Call 10:00 Chair Pilates with Janice	<b>9</b> 9:00 Phone Pals Friends of JC Guild 10:00 Morning Meditation with Chhaya 11:00 Home Delivered Meals	<b>10</b> 10:00 Weight Management Kaiser	<b>11</b> 10 Nutrition Talk with Open Hands
<b>14</b> 10 Teleconference: Pop-Up Friends 11:00 Wellness Call	<b>15</b> 9:00 Wellness Call 10:00 Chair Pilates with Janice	<b>16</b> 9:00 Phone Pals Friends of JC Guild 10:00 Morning Meditation with Chhaya 11 HDM	<b>17</b> 10:00 COVID-19& MEDICARE Bonnie Dobbs & Steve	<b>18</b> 10:00 Comedy Show 11:00 -1:00 Drive By Suprise ** RSVP**
<b>21</b> 10 Teleconference: Pop-Up Friends 11:00 Wellness Call	<b>22</b> 9:00 Wellness Call 10:00 Chair Pilates with Janice	<b>23</b> HDM 9:00 Phone Pals Friends of JC Guild 10:00 Morning Meditation 11:00 Home Delivered Meals	<b>24</b> 10:00 Fall Prevention with Sandy Springs Place	<b>25</b> 10:00 SSNF Trivia **Prizes**
<b>28</b> 10 Teleconference: Pop-Up Friends 11:00 Wellness Call	<b>29</b> 9:00 Wellness Calls Roswell 10:00 Chair Pilates w/Janice	<b>30</b> 9:00 Phone Pals Friends of JC Guild 10:00 Morning Meditation with Chhaya 11:00 Home Delivered Meals	<b>Instructions for Teleconference</b> <b>Dial: 978-990-5114 (IF using a land line,</b> you will have to dial 1 first) When the voice prompts you to enter your Access Code, dial <b>8566304#</b>	