

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

## 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.

