

MON	TUE	WED	THU	FRI
2 11:00 Chair Exercise with Heidi 12:30 Wellness calls	3 9:30 Wellness calls 11:00 Inspirations with Gene, Ruth and Ann 12:30 Wellness calls	4 12:00 Congregate Meal Deliveries	5 11:00 Bingo with Heidi & Mary Louise	6 11:00 Word Play with Heidi & Mary Louise
9 9:00 Wellness calls 11:00 Chair Exercise with Heidi 12:30 Wellness calls	10 9:30 Wellness calls 11:00 Inspirations with Gene, Ruth and Ann 12:30 Cong. Meal Deliveries	11 VETERAN'S DAY HOLIDAY CLOSED	12 11:00 Bingo with Bob C. - Northside Chapel	13 11:00 Word Play with Heidi & Mary Louise
16 11:00 Chair Exercise with Heidi 12:30 Wellness calls	17 9:30 Wellness calls 11:00 Inspirations with Gene, Ruth and Ann 12:30 Wellness calls	18 11:00 Nutrition with Open Hand 12:00 Congregate Meal Deliveries	19 11:00 Bingo with Heidi & Mary Louise	20 11:00 Word Play with Heidi & Mary Louise
23 11:00 Chair Exercise with Heidi 12:30 Wellness calls	24 9:30 Wellness calls 11:00 Inspirations with Gene, Ruth and Ann 12:30 Cong. Meal Deliveries	25 10:00 Wellness calls	26 THANKSGIVING HOLIDAY CLOSED	27 THANKSGIVING HOLIDAY CLOSED
30 11:00 Chair Exercise with Heidi 12:30 Wellness calls			ALL PROGRAMS Via Teleconference	From Your Phone Dial: 701-802-5184 Access code: 1943486#

Alpharetta/Crabapple Senior Center

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crabapple@ssnorthfulton.org

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.

