SeniorServices NORTH FULTON

**Roswell Senior Center / 1250 Warsaw Road, Roswell 30076 / 770-640-1583**

# NOV 2020

| MON | TUE | WED | THU | FRI |
|---|---|---|---|---|
| **2**<br>10:00 Teleconference:<br>Pop-Up Friends<br>11:00 Wellness Call | **3**<br>9:00 Wellness Call<br>10:00 Chair Pilates<br>with Janice | **4**<br>9:00 Phone Pals Friends of<br>JC Guild<br>10:00 Morning Meditation<br>with Chhaya<br>11:00 HDM | **5**<br>10:00 Ed Talk<br>Home Safety Quiz | **6**<br>10:00 Nutrition Talk<br>with Open Hands |
| **9**<br>10:00 Teleconference:<br>Pop-Up Friends<br>11:00 Wellness Call | **10**<br>9:00 Wellness Call<br>10:00 Chair Pilates<br>with Janice | **11** CLOSED<br> | **12**<br>10:00 Inspirational Discussion<br>Surprise Topic with Martin<br> | **13**<br>10:00 TOPs PROGRAM<br>With Colleen |
| **16**<br>10:00 Teleconference:<br>Pop-Up Friends<br>11:00 Wellness Call | **17**<br>9:00 Wellness Call<br>10:00 Chair Pilates<br>with Janice | **18**<br>9:00 Phone Pals Friends of<br>JC Guild<br>10:00 Morning Meditation<br>with Chhaya<br>11:00 HDM | **19**<br>10:00 Ed Talk<br>"Understanding & Supporting<br>A Person with Dementia<br>& Alzheimer's"<br>with Andrea | **20**<br>10:00 BINGO |
| **23**<br>10 Teleconference:<br>Pop-Up Friends<br>11:00 Wellness Call | **24**<br>9:00 Wellness Call<br>10:00 Chair Pilates<br>with Janice | **25**<br>9:00 Phone Pals Friends of<br>JC Guild<br>10:00 Morning Meditation<br>11:00 HDM | **26**<br> | **27**<br> |
| **30**<br>10:00 Teleconference:<br>Pop-Up Friends<br>11:00 Wellness Call | | | | |

**Instructions for Teleconference**
**Dial: 978-990-5114 (IF using a land line,**
you will have to dial 1 first)
When the voice prompts you to
enter your Access Code, dial **8566304#**