

MON	TUE	WED	THU	FRI
ALL PROGRAMS Via Teleconference	From Your Phone Dial: 701-802-5184 Access code: 1943486#			1 NEW YEAR'S HOLIDAY CLOSED
4 11:00 Chair Exercise with Heidi 12:30 Wellness calls	5 9:30 Wellness calls 11:00 Inspirations with Gene, Ruth and Ann 12:30 Wellness calls	6 9:30 Wellness calls 12:00 Congregate Meal Deliveries	7 11:00 Bingo with Heidi & Mary Louise	8 11:00 Word Play with Heidi & Mary Louise
11 11:00 Chair Exercise with Heidi 12:30 Wellness calls	12 9:30 Wellness calls 11:00 Inspirations with Gene, Ruth and Ann 12:30 Wellness calls	13 9:30 Wellness calls 12:00 Congregate Meal Deliveries	14 11:00 Bingo with Heidi & Mary Louise	15 11:00 Word Play with Heidi & Mary Louise
18 MARTIN LUTHER KING JR. HOLIDAY CLOSED	19 9:30 Wellness calls 11:00 Inspirations with Gene, Ruth and Ann 12:30 Wellness calls	20 9:30 Wellness calls 11:00 Nutrition with Open Hand 12:00 Congregate Meal Deliveries	21 11:00 Bingo with Heidi & Mary Louise	22 11:00 Word Play with Heidi & Mary Louise
25 11:00 Chair Exercise with Heidi 12:30 Wellness calls	26 9:30 Wellness calls 11:00 Inspirations with Gene, Ruth and Ann 12:30 Wellness calls	27 9:30 Wellness calls 12:00 Congregate Meal Deliveries	28 11:00 Bingo with Heidi & Mary Louise	29 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.

