

MON	TUE	WED	THU	FRI
<p>ALL PROGRAMS Via Teleconference From Your Phone Dial: 701-802-5184 Access code: 1943486#</p>			<p>1</p> <p>11:00 Bingo with Heidi & Mary Louise April B'day Celebration</p>	<p>2</p> <p>11:00 Chair Aerobics with Heidi</p>
<p>5 9:30 Wellness calls</p> <p>11:00 Chair Exercise with Heidi</p> <p>12:30 Wellness calls</p>	<p>6 9:30 Wellness calls</p> <p>11:00 Inspirations with Gene, Ruth and Ann</p> <p>12:30 Wellness calls</p>	<p>7 9:30 Wellness calls</p> <p>12:00 Congregate Meal Deliveries</p> <p>1:00 Word Play with Mary Louise</p>	<p>8</p> <p>11:00 Bingo with Bob C. w/Northside Chapel</p>	<p>9</p> <p>11:00 Chair Aerobics with Heidi</p>
<p>12 9:30 Wellness calls</p> <p>11:00 Chair Exercise with Heidi</p> <p>12:30 Wellness calls</p>	<p>13 9:30 Wellness calls</p> <p>11:00 Inspirations with Gene, Ruth and Ann</p> <p>12:30 Wellness calls</p>	<p>14 9:30 Wellness calls</p> <p>12:00 Congregate Meal Deliveries</p> <p>1:00 Word Play with Mary Louise</p>	<p>15</p> <p>10:00 "Young at Heart"</p> <p>11:00 Bingo with Heidi & Mary Louise</p>	<p>16</p> <p>11:00 Chair Aerobics with Heidi</p>
<p>19 9:30 Wellness calls</p> <p>11:00 Chair Exercise with Heidi</p> <p>12:30 Wellness calls</p>	<p>20 9:30 Wellness calls</p> <p>11:00 Inspirations with Gene, Ruth and Ann</p> <p>12:30 Wellness calls</p>	<p>21 9:30 Wellness calls</p> <p>11:00 Nutrition with Open Hand</p> <p>12:00 Cong. Meal Deliveries</p> <p>1:00 Word Play with Mary Louise</p>	<p>22</p> <p>11:00 Bingo with Bob C. w/Northside Chapel</p>	<p>23</p> <p>11:00 Chair Aerobics with Heidi</p>
<p>26 9:30 Wellness calls</p> <p>11:00 Chair Exercise with Heidi</p> <p>12:30 Wellness calls</p>	<p>27 9:30 Wellness calls</p> <p>11:00 Inspirations with Gene, Ruth and Ann</p> <p>12:30 Wellness calls</p>	<p>28 9:30 Wellness calls</p> <p>12:00 Congregate Meal Deliveries</p> <p>1:00 Word Play with Mary Louise</p>	<p>29</p> <p>11:00 Bingo with Heidi & Mary Louise</p>	<p>30</p> <p>11:00 Chair Aerobics with Heidi</p>

Alpharetta/Crabapple Senior Center

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TELECONFERENCE:

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**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.

