M	ON	TUE	WE	D	TH	IU	FRI	
	ALL PROGRAMS	1 9:30 Wellness calls	2	9:30 Wellness calls	3		4	
	Via Teleconference							
	From Your Phone	11:00 Inspirations		12:00 Congregate Meal		11:00 Bingo and S.N.A.P.		11:00 Chair Aerobics with
	Dial: 701-802-5184	with Gene, Ruth and Ann		Deliveries		Heidi & Mary Louise		Heidi
	Access code:			1:00 Word Play				
	1943486#	12:30 Wellness calls		with Mary Louise				
7	9:30 Wellness calls	8 9:30 Wellness calls	9	9:30 Wellness calls	10)	11	
	11:00 Chair Exercise	11:00 Inspirations		12:00 Congregate Meal		11:00 Bingo with		11:00 Chair Aerobics with
	with Heidi	with Gene, Ruth and Ann		Deliveries		Bob C. w/Northside Chapel		Mary Louise
				1:00 Word Play				
	12:30 Wellness calls	12:30 Wellness calls		with Mary Louise				
14	9:30 Wellness calls	15 9:30 Wellness calls	16	9:30 Wellness calls	17		18	
				11:00 Nutrition		10:00 "Health Talk w/"		
	11:00 Chair Exercise	11:00 Inspirations		with Open Hand		Dr. Ryan Reid/Phoenix PT		11:00 Chair Aerobics with
	with Heidi	with Gene, Ruth and Ann		12:00 Cong. Meal Deliveries		11:00 Bingo with		Heidi
				1:00 Word Play		Heidi & Mary Louise		
	12:30 Wellness calls	12:30 Wellness calls		with Mary Louise				
21	9:30 Wellness calls	22 9:30 Wellness calls	23	9:30 Wellness calls	24		25	
	11.00 Chain Francisc	11.00 kaaninatiana		12:00 Cauranta Mari		11.00 Pinga with		44.00 Chain Aanahiaa with
	11:00 Chair Exercise	11:00 Inspirations		12:00 Congregate Meal Deliveries		11:00 Bingo with		11:00 Chair Aerobics with
	with Heidi	with Gene, Ruth and Ann				Bob C. w/Northside Chapel		Heidi
	12:20 Wallness calls	12:20 Wellness cells		•				
20			20	•				
28	3.30 WEIIIIESS CAIIS	23 3.30 Welliless Calls	30	J.SU WEIIIIESS CallS				
	11:00 Chair Evercise	11:00 Inspirations		12:00 Congregate Meal				
		· ·						
	With Heldi	with Gene, Nath and Alli						
	12:30 Wellness calls	12:30 Wellness calls		•				
28	12:30 Wellness calls 9:30 Wellness calls 11:00 Chair Exercise with Heidi 12:30 Wellness calls	12:30 Wellness calls 29 9:30 Wellness calls 11:00 Inspirations with Gene, Ruth and Ann 12:30 Wellness calls	30	1:00 Word Play with Mary Louise 9:30 Wellness calls 12:00 Congregate Meal Deliveries 1:00 Word Play with Mary Louise				

Alpharetta/Crabapple Senior Center

12624 Broadwell Road Alpharetta, GA 30004 **770-751-9397**

crabapple@ssnorthfulton.org

TELECONFERENCE:

(701) 802 - 5184

Access Code: 1943486



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.

