

MON	TUE	WED	THU	FRI
<p>ALL PROGRAMS Via Teleconference From Your Phone Dial: 701-802-5184 Access code: 1943486#</p>	<p>1 9:30 Wellness calls</p> <p>11:00 Inspirations with Gene, Ruth and Ann</p> <p>12:30 Wellness calls</p>	<p>2 9:30 Wellness calls</p> <p>12:00 Congregate Meal Deliveries</p> <p>1:00 Word Play with Mary Louise</p>	<p>3</p> <p>11:00 Bingo and S.N.A.P. Heidi & Mary Louise</p>	<p>4</p> <p>11:00 Chair Aerobics with Heidi</p>
<p>7 9:30 Wellness calls</p> <p>11:00 Chair Exercise with Heidi</p> <p>12:30 Wellness calls</p>	<p>8 9:30 Wellness calls</p> <p>11:00 Inspirations with Gene, Ruth and Ann</p> <p>12:30 Wellness calls</p>	<p>9 9:30 Wellness calls</p> <p>12:00 Congregate Meal Deliveries</p> <p>1:00 Word Play with Mary Louise</p>	<p>10</p> <p>11:00 Bingo with Bob C. w/Northside Chapel</p>	<p>11</p> <p>11:00 Chair Aerobics with Mary Louise</p>
<p>14 9:30 Wellness calls</p> <p>11:00 Chair Exercise with Heidi</p> <p>12:30 Wellness calls</p>	<p>15 9:30 Wellness calls</p> <p>11:00 Inspirations with Gene, Ruth and Ann</p> <p>12:30 Wellness calls</p>	<p>16 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>17</p> <p>10:00 "Health Talk w/" Dr. Ryan Reid/Phoenix PT</p> <p>11:00 Bingo with Heidi & Mary Louise</p>	<p>18</p> <p>11:00 Chair Aerobics with Heidi</p>
<p>21 9:30 Wellness calls</p> <p>11:00 Chair Exercise with Heidi</p> <p>12:30 Wellness calls</p>	<p>22 9:30 Wellness calls</p> <p>11:00 Inspirations with Gene, Ruth and Ann</p> <p>12:30 Wellness calls</p>	<p>23 9:30 Wellness calls</p> <p>12:00 Congregate Meal Deliveries</p> <p>1:00 Word Play with Mary Louise</p>	<p>24</p> <p>11:00 Bingo with Bob C. w/Northside Chapel</p>	<p>25</p> <p>11:00 Chair Aerobics with Heidi</p>
<p>28 9:30 Wellness calls</p> <p>11:00 Chair Exercise with Heidi</p> <p>12:30 Wellness calls</p>	<p>29 9:30 Wellness calls</p> <p>11:00 Inspirations with Gene, Ruth and Ann</p> <p>12:30 Wellness calls</p>	<p>30 9:30 Wellness calls</p> <p>12:00 Congregate Meal Deliveries</p> <p>1:00 Word Play with Mary Louise</p>		

Alpharetta/Crabapple Senior Center

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TELECONFERENCE:

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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.

