

MON	TUE	WED	THU	FRI
		<b>1</b> 9:00 Coffee & Chat 9:15 Happy Hour <b>9:30 Chair Yoga</b> 10:00 Brain Games 11:00 Baseball 12:30 Dance Break	<b>2</b> 9:00 Coffee & Chat 9:15 Happy Hour <b>9:30 Chair Aerobics</b> 10:00 Jewelry Making 11:00 <b>Membership Meeting</b> 12:30 Afternoon Walk	<b>3</b> 9:00 Coffee & Chat 9:15 Happy Hour <b>9:30 Stretch &amp; Flex</b> 10:00 Health Minute 11:00 Table Games 12:30 Line Dancing
<b>6</b> 9:00 Coffee & Chat 9:15 Happy Hour <b>9:30 Chair Aerobics</b> 10:00 Current Events 11:00 Brain Games 12:30 Afternoon Walk	<b>7</b> 9:00 Coffee & Chat 9:15 Happy Hour <b>9:30 Zumba</b> 10:00 Charades 11:00 Trivia 12:30 Dance Break	<b>8</b> 9:00 Coffee & Chat 9:15 Happy Hour <b>9:30 Chair Yoga</b> 10:00 <b>COA Watershed Updates</b> 12:30 Dance Break	<b>9</b> 9:00 Coffee & Chat 9:15 Happy Hour <b>9:30 Chair Aerobics</b> 10:30 <b>Pharmacist Price Medication Health Talk</b> 12:30 Afternoon Walk	<b>10</b> 9:00 Coffee & Chat 9:15 Happy Hour <b>9:30 Stretch &amp; Flex</b> 10:00 Health Minute 11:00 <b>BINGO</b> 12:30 Line Dancing
<b>13</b> 9:00 Coffee & Chat 9:15 Happy Hour <b>9:30 Chair Aerobics</b> 10:30 <b>UGA Food Demo</b> 12:30 Afternoon Walk	<b>14</b> 9:00 Coffee & Chat 9:15 Happy Hour <b>9:30 Zumba</b> 10:00 Family Feud 11:00 Arts & Crafts 12:30 Dance Break	<b>15</b> 9:00 Coffee & Chat 9:15 Happy Hour <b>9:30 Chair Yoga</b> 10:00 Brain Games <b>11:00 Ice Cream Truck</b> 12:30 Dance Break	<b>16</b> 9:00 Coffee & Chat 9:15 Happy Hour <b>9:30 Chair Aerobics</b> 10:00 Game Room 11:00 Creative Writing 12:30 Afternoon Walk	<b>17</b> 9:00 Coffee & Chat 9:15 Happy Hour <b>9:30 Stretch &amp; Flex</b> 10:00 Health Minute 11:00 <b>Nutrition</b> 12:30 Line Dancing
<b>20</b> 9:00 Coffee & Chat 9:15 Happy Hour <b>9:30 Chair Aerobics</b> 10:30 <b>UGA Food Demo</b> 12:30 Afternoon Walk	<b>21</b> 9:00 Coffee & Chat 9:15 Happy Hour <b>9:30 Zumba</b> 10:00 Adult Coloring 11:00 Hangman 12:30 Dance Break	<b>22</b> 9:00 Coffee & Chat 9:15 Happy Hour <b>9:30 Chair Yoga</b> 10:00 Art & Crafts 11:00 Charades 12:30 Dance Break	<b>23</b> 9:00 Coffee & Chat 9:15 Happy Hour <b>9:30 Chair Aerobics</b> 10:00 Game Room 11:00 Brain Games 12:30 Afternoon Walk	<b>24</b> 9:00 Coffee & Chat 9:15 Happy Hour <b>9:30 Stretch &amp; Flex</b> 10:00 Health Minute 11:00 Table Games 12:30 Line Dancing
<b>27</b> 9:00 Coffee & Chat 9:15 Happy Hour <b>9:30 Chair Aerobics</b> 10:30 <b>UGA Food Demo</b> 12:30 Afternoon Walk	<b>28</b> 9:00 Coffee & Chat 9:15 Happy Hour <b>9:30 Zumba</b> 10:00 Brain Games 11:00 Word in A Word 12:30 Dance Break	<b>29</b> 9:00 Coffee & Chat 9:15 Happy Hour <b>9:30 Chair Yoga</b> 10:00 Adult Coloring 11:00 Pictionary 12:30 Dance Break	<b>30</b> 9:00 Coffee & Chat 9:15 Happy Hour <b>9:30 Zumba</b> 10:00 Movie Day 12:30 Dance Break	