

MON	TUE	WED	THU	FRI
1 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat, & Games 9:45 Move & Groove 11:00 BINGO with Jackson Health 12:00 Lunch	2 9:00 Welcome Chat & Walk & Talk 9:30 Walking Club 10:00 Morning Meditation with Chhaya 11:00 Pilates with Janice 12:00 Lunch	3 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat, & Games 10:00 The Fitness Factory w/ Aditi 10:45 Movie Day 12:00 \$ Holiday Shopping \$ 12:00 Lunch	4 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat, & Games 10:00 Ed Talk: Annual Medical Check-up Day 11:00 The Fitness Factory w/ Aditi 12:00 Lunch	5 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat, & Games 9:30 Art w/ Leslee 10:00 Chair Dance Yoga with Marissa 11:00 Brain Games 12:00 Lunch
8 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat, & Games 10:00 Yoga 11:00 BINGO with Jackson Health 12:00 Lunch	9 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat, & Games 10:00 Morning Meditation with Chhaya 10:30 GA Care w/ Janet 11:00 Pilates with Janice 12:00 Lunch	10 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat, & Games 10:00 Field Trip: \$ pOpshelf & Golden Corral \$ 11:30 Walk Club 12:00 Lunch	11 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat, & Games 10:00 Sunrise Fun w/ Brianna 11:00 The Fitness Factory w/ Aditi 12:00 Lunch	12 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat, & Games 9:30 Art w/ Leslee 10:00 Nutrition Talk w/ Open Hand 10:45 Chair Dance Yoga with Marissa 12:00 Lunch
15 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat, & Games 9:45 Move & Groove 10:45 Sleeping Bags Project w/ Mt. Zion 12:00 Lunch	16 9:00 Welcome Chat & Walk & Talk 9:30 Walking Club 10:00 Morning Meditation with Chhaya 11:00 Pilates with Janice 12:00 Lunch BIRTHDAY	17 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat, & Games 10:00 Field Trip: Five Below & TJ Maxx 11:30 Walk Club 12:00 Lunch	18 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat, & Games 10:00 Art w/ Leslie 10:00 Site Council & SNAP 10:30 Ed Talk: National Grief Awareness 11:00 The Fitness Factory w/ Aditi 12:00 Lunch	19 9:00 Welcome Chat & Walk & Talk 9:30 Walking Club 9:30 Art w/ Leslie 10:00 Chair Dance Yoga with Marissa 11:00 Petals of Love with Hospice 12:00 Lunch 1:30 Dementia Spotlight- RSVP
22 9:00 Welcome Chat & Walk & Talk 9:30 Senior Safety Presentation Fulton County PD 11:00 Exercise: YOU VOTE! 12:00 Lunch	23 9:00 Welcome Chat & Walk & Talk 9:30 Walking Club 10:00 Morning Meditation with Chhaya 11:00 Pilates with Janice 12:00 Lunch	24 9:00 Welcome Chat & Walking Club 9:30 Coffee, Tea, Chat, & Games 10:00 Field Trip: Kohl's & Dollar Tree 12:00 Lunch	25 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat, & Games 10:00 High Museum 11:00 The Fitness Factory w/ Aditi 12:00 Lunch	26 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat, & Games 10:00 Art w/ Leslie 10:45 Chair Dance Yoga with Marissa 12:00 Lunch & Learn w/ Vascular Surgery Center
29 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat, & Games 10:00 Pebbles w/ Barbara 11:30 Walking Club 12:00 Lunch	30 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat, & Games 10:00 Morning Meditation 11:00 Pilates with Janice 12:00 Lunch	31 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat, & Games 10:00 Field Trip: Walmart 11:30 Walk Club 12:00 Lunch		