

MON	TUE	WED	THU	FRI
			1 9:00 Coffee & Chat 9:15 Happy Hour 10:00 Hangman 11:00 Move & Groove 12:30 Trivia	2 9:00 Coffee & Chat 9:15 Happy Hour 9:30 Stretch & Flex 10:00 Game Room Labor Day Cookout 12:30 Health Minute
5 CENTER CLOSED LABOR DAY	6 9:00 Coffee & Chat 9:15 Happy Hour 9:30 Stretch & Flex Walmart Dollar Tree	7 9:00 Coffee & Chat 9:15 Happy Hour 9:30 Zumba 10:30 Medicare Updates 11:30 Word in a Word 12:30 Afternoon Walk	8 9:00 Coffee & Chat 9:15 Happy Hour 9:30 Chair Aerobics 10:00 Arts & Crafts 11:30 Charades 12:30 Dance Break	9 9:00 Coffee & Chat 9:15 Happy Hour 9:30 Stretch & Flex 10:30 BINGO 12:30 Health Minute
12 9:00 Coffee & Chat 9:15 Happy Hour 9:30 Chair Aerobics 10:00 Brain Teasers 10:30 UGA Food Talk 12:30 Afternoon Tunes	13 9:00 Coffee & Chat 9:15 Happy Hour 9:30 Chair Yoga 10:00 Technology Class 10:30 Sip & Paint w/Aetna 12:30 Sewing	14 9:00 Coffee & Chat 9:15 Happy Hour 9:30 Zumba Fried Tomato Buffet	15 9:00 Coffee & Chat 9:15 Happy Hour 10:00 Creative Writing 11:00 Move & Groove 12:30 Trivia	16 9:00 Coffee & Chat 9:15 Happy Hour 9:30 Stretch & Flex 11:00 Health Talk w/ INS Hospice 12:30 Dance Break
19 9:00 Coffee & Chat 9:15 Happy Hour 9:30 Chair Aerobics 10:00 Matter of Balance Falls Prevention Class 12:30 Afternoon Tunes	20 9:00 Coffee & Chat 9:15 Happy Hour 9:30 Chair Yoga 10:00 Technology Class 11:00 Baseball 12:30 Gardening	21 9:00 Coffee & Chat 9:15 Happy Hour 9:30 Zumba 10:00 Creative Writing 11:30 Nutrition 12:30 Afternoon Walk	22 9:00 Coffee & Chat 9:15 Happy Hour 9:30 Chair Aerobics 10:00 Senior Center Month Health Fair	23 9:00 Coffee & Chat 9:15 Happy Hour 9:30 Stretch & Flex Nam Dae Mun Farmer's Market
26 Falls Prevention Festival New Horizon Dogwood spirit day	27 9:00 Coffee & Chat 9:15 Happy Hour 9:30 Chair Yoga 10:00 Technology Class 11:00 Adult Coloring Kid Again Day	28 9:00 Coffee & Chat 9:15 Happy Hour 9:30 Zumba 10:00 COA Watershed Updates Tacky Day	29 9:00 Coffee & Chat 9:15 Happy Hour 9:30 Stretch & Flex LUNCH & BOWL METRO LANES Wacky Socks & Hat Day	30 9:00 Coffee & Chat 9:15 Happy Hour 9:30 Stretch & Flex 10:00 Popcorn & Movie 12:30 Health Minute PJs Day

Senior Center Spirit Week 26-30

12:00 Lunch Served Daily