

MON	TUE	WED	THU	FRI
			<p>1 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat, & Brain Games 9:30 Art w/ Leslee 9:45 Movie Day 11:30 Yoga 12:00 Lunch</p>	<p>2 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat, & Games 10:00 Field Trip: Whole Foods 11:00 Brain Games 12:00 Lunch</p>
<p>5 Labor Day - Closed</p>	<p>6 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat, & Games 10:00 High Museum 11:00 Pilates with Janice 12:00 Lunch ** Self Improvement Challenge**</p>	<p>7 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat, & Games 10:00 George & The Party Makers 11:30 Walk Club 12:00 Lunch **You don't want to miss this**</p>	<p>8 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat, & Games 10:00 Show & Tell: Grandparents ***Bring Baby Picture*** ***Trae foto de bebé*** 11:00 The Fitness Factory w/ Aditi 12:00 Lunch</p>	<p>9 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</p>
<p>12 *** Please Wear BLUE*** 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat, & Games 10:00 Field Trip: Morgan Falls- PICNIC (RSVP) Senior Center Month Celebration 12:00 Lunch **Por favor, vistase de azul***</p>	<p>13 9:00 Welcome Chat & Walk & Talk 9:30 Walking Club 10:00 Morning Meditation 11:00 Bingo with a Medicare Twist w/ Aetna 12:00 Lunch BIRTHDAY</p>	<p>14 ***Please Wear Red*** 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Chat, & Games 10:00 Ed Field Trip: \$ Fyzical & Family Traditions \$ 11:30 Walk Club 12:00 Lunch ***Por favor use roja***</p>	<p>15 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat, & Brain Games 10:00 Site Council & SNAP 10:30 Health Tips of the Month 11:00 The Fitness Factory w/ Aditi 12:00 Lunch</p>	<p>16 *** Wacky Tacky Day*** 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</p>
<p>19 9:00 Welcome Chat & Walk & Talk 9:45 Move & Groove 11:00 Fulton County Election Senior Center Month Celebration 12:00 Lunch</p>	<p>20 Welcome Chat & Walk & Talk 9:30 Walking Club 10:00 Morning Meditation with Chhaya 11:00 Pilates with Janice 12:00 Lunch</p>	<p>21 9:00 Welcome Chat & Walking Club 9:30 Coffee, Tea, Chat, & Games 10:00 Walking Club 11:00 Bingo with General Motors 12:00 Lunch</p>	<p>22 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat, & Brain Games 10:00 Senior Tip of the Day 11:00 The Fitness Factory w/ Aditi 12:00 Lunch & Learn w/ Stern Hoffman Fall Prevention Presentation</p>	<p>23 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat, & Games 9:30 Art w/ Leslie 10:15 Chair Dance Yoga with Marissa 12:00 Lunch</p>
<p>26 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat, & Games 10:00 What Does the Senior Center Mean to You? 11:00 Pilates with Janice 12:00 Lunch</p>	<p>27 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat, & Games 10:00 Morning Meditation 11:00 Pilates with Janice 12:00 Lunch</p>	<p>28 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat, & Games 10:00 Ed Field Trip: The Georgian: Race to Wellness 11:30 Walk Club 12:00 Lunch</p>	<p>29 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat, & Brain Games 10:00 Bingo 11:00 The Fitness Factory w/ Aditi 12:00 Lunch</p>	<p>30 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat, & Games 9:30 Art w/ Leslie 10:45 Chair Dance Yoga with Marissa 12:00 Lunch *** Turn in Self Improvement List***</p>