

MON	TUE	WED	THU	FRI
Lunch Daily 12noon	TransDev (404) 965-3085	Conference Call (978) 990-5287 Access ID 8270134#	1 9:00 Coffee and Chat 9:30 Morning Motivation 10:00 Walking Club 10:30 Site Council 11:00 Christmas Tree Lighting/Decorating	2 9:00 Coffee and Chat 9:30 Morning Motivation 10:00 Chair Yoga 10:30 Health is Wealth 11:00 Movie
5 9:00 Coffee and Chat 9:30 Morning Motivation 10:00 Stretch and Flex 10:30 Health is Wealth 11:00 Brain Games	6 9:00 Coffee and Chat 9:30 Morning Motivation 10:00 Chair Yoga 10:30 Mental Health Chat 11:30 Table Games	7 9:00 Coffee and Chat 9:30 Morning Motivation 10:00 Trivia 10:30 ZUMBA 11:00 Arts and Crafts	8 9:00 Coffee and Chat 9:30 Morning Motivation 10:00 Move and Groove 11:00 POKENO	9 9:00 Coffee and Chat 9:30 Morning Motivation 10:00 Chair Yoga 10:30 Movie
12 9:00 Coffee and Chat 9:30 Morning Motivation 10:00 Stretch and Flex 10:30 Health is Wealth 11:00 Brain Games	13 9:00 Coffee and Chat 9:30 Morning Motivation 10:00 Chair Yoga 10:30 Christmas Celebration	14 9:00 Coffee and Chat 9:30 Morning Motivation 10:00 Trivia 10:30 ZUMBA 11:00 Arts and Crafts	15 9:00 Coffee and Chat 9:30 Morning Motivation 10:00 Walking Club 10:30 Nutrition 11:00 BINGO	16 TRIP DAY Publix/ Dollar Tree
19 9:00 Coffee and Chat 9:30 Morning Motivation 10:00 Stretch and Flex 10:30 Health is Wealth Fulton County BOH 11:00 Brain Games	20 TRIP DAY Atlantic Station	21 9:00 Coffee and Chat 9:30 Morning Motivation 10:00 Trivia 10:30 ZUMBA 11:00 Arts and Crafts	22 9:00 Coffee and Chat 9:30 Morning Motivation 10:00 Move and Groove 11:00 POKENO	23 CLOSED CHRISTMAS HOLIDAY
26 CLOSED CHRISTMAS HOLIDAY	27 Direct Drop New Horizon	28 Direct Drop New Horizon	29 Direct Drop Dogwood	30 Direct Drop Dogwood