

MON	TUE	WED	THU	FRI
			1 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat, & Brain Games ## Health Minute 11:00 The Fitness Factory w/ Aditi 12:00 Lunch	2 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat, & Games 10:00 Holiday Celebration - RSVP 12:00 Lunch 1:30 Dementia Spotlight- RSVP
5 9:00 Welcome Chat & Walk & Talk 9:45 Move & Groove 10:45 High Museum 12:00 Lunch	6 9:00 Welcome Chat & Walk & Talk 9:30 Walking Club / Board Games 10:00 Petals of Love: Holdiday Edition with Hospice & GA Cares 11:00 Pilates with Janice 12:00 Lunch	7 9:00 Welcome Chat & Walk & Talk 9:30 Art w/ Leslie 10:00 Yoga 11:00 Hot Chocolate Party & Feeling Better During the Holidays 12:00 Lunch	8 9:00 Welcome Chat & Walk & Talk ## Holiday Carols with Mt Park Elementary (You don't want to miss this) 11:00 The Fitness Factory w/ Aditi 12:00 Lunch	9 9:00 Welcome Chat & Walk & Talk 9:30 Walking Club 9:30 Art w/ Leslie 10:00 Nutrition Talk w/ Open Hand 10:45 Chair Dance Yoga with Marissa 12:00 Lunch
12 9:00 Welcome Chat & Walk & Talk 10:00 Laughing Yoga with Marissa 10:30 North Point Mall 12:00 Lunch	13 9:00 Welcome Chat & Walk & Talk 9:30 Walking Club 10:00 Game Competition w/ Ms. I 11:00 Pilates with Janice 12:00 Lunch	14 Ugly Sweater Day 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Chat, & Games 10:00 Yoga 11:00 Stone Cold Groove w/ Ben & Pamela 12:00 Lunch	15 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat, & Brain Games 10:00 Health Minute: Comedy Hour 11:00 The Fitness Factory w/ Aditi 12:00 Lunch	16 9:00 Welcome Chat & Walk & Talk 9:30 Art w/ Leslie 10:00 Chair Dance Yoga with Marissa 11:00 BINGO w/ Kimberly Clark 12:00 Lunch 1:30 Dementia Spotlight- RSVP
19 9:00 Welcome Chat & Walk & Talk 9:45 Move & Groove 10:45 High Museum 12:00 Lunch	20 Welcome Chat & Walk & Talk 9:30 Walking Club 10:00 When I was a child.... Holiday Edition 11:00 Pilates with Janice 12:00 Lunch	21 9:00 Welcome Chat & Walking Club 9:30 Coffee, Tea, Chat, & Games 10:00 How To Prevent Financial Exploitation 11:00 BINGO w/ NCL 12:00 Lunch	22 9:00 Welcome Chat & Walk & Talk 9:45 Walking Club 10:15 Fried Tomato Buffet 12:00 Lunch	23 <p style="text-align: center;">HOLIDAY Closed</p>
26 <p style="text-align: center;">HOLIDAY Closed</p>	27 Welcome Chat & Walk & Talk 9:30 Walking Club 10:00 Tongue Twisters 11:00 Pilates with Janice 12:00 Lunch	28 9:00 Welcome Chat & Walking Club 9:30 Coffee, Tea, Chat, & Games 10:00 Exercise: Vote 11:00 Site Council 12:00 Lunch	29 9:00 Welcome Chat & Walk & Talk 9:45 Yoga Meditation 10:15 Holiday Movie 12:00 Lunch	30 9:00 Welcome Chat & Walk & Talk 10:00 Countdown to Noon Year's Eve Party 12:00 Lunch
10:00 Site Council & SNAP 11:00 The Fitness Factory w/ Aditi 12:00 Lunch	10:00 Morning Meditation 11:00 Pilates with Janice 12:00 Lunch	10:00 Walking Club 9:30 Art w/ Leslie 10:00 Surprise Event w/ UPS 12:00 Lunch		