

MON	TUE	WED	THU	FRI
Lunch Daily 12noon TransDev (404) 965-3085		<b>1</b> 9:00 Coffee and Chat 9:30 Morning Motivation 10:00 Trivia 10:30 Arts and Crafts <b>11:00 Zumba</b>	<b>2</b> 9:00 Coffee and Chat 9:30 Morning Motivation <b>10:00 Walking Club</b> 10:30 Health is Wealth 11:00 Site Council Meeting	<b>3</b> 9:00 Coffee and Chat 9:30 Morning Motivation <b>10:00 Chair Exercise</b> 10:30 Curb Market 11:00 BINGO
<b>6</b> 9:00 Coffee and Chat 9:30 Morning Motivation <b>10:00 Stretch and Flex</b> 10:30 Hidden Pictures 11:00 Brain Games	<b>7</b> 9:00 Coffee and Chat 9:30 Morning Motivation <b>10:00 Chair Yoga</b> 10:30 High Museum Fulton Fresh	<b>8</b> <b>Direct Drop</b> <b>Roswell Senior Center</b> Vascular Screening <b>Fitness Factory</b> BINGO	<b>9</b> 9:00 Coffee and Chat 9:30 Morning Motivation <b>10:00 Move and Groove</b> 11:00 Mad Libs 11:30 Short Story	<b>10</b> 9:00 Coffee and Chat 9:30 Morning Motivation <b>10:00 Chair Exercise</b> 10:30 Family Feud 11:00 Movie
<b>13</b> 9:00 Coffee and Chat 9:30 Morning Motivation <b>10:00 Stretch and Flex</b> 10:30 Adult Coloring 11:00 Brain Games	<b>14</b> 9:00 Coffee and Chat 9:30 Morning Motivation <b>10:00 Chair Yoga</b> 10:30 Mental Health Chat 11:00 Table Games	<b>15</b> 9:00 Coffee and Chat 9:30 Morning Motivation 10:00 Trivia 10:30 Arts and Crafts <b>11:00 Zumba</b>	<b>16</b> 9:00 Coffee and Chat 9:30 Morning Motivation <b>10:00 Walking Club</b> 10:30 Nutrition 11:00 POKENO	<b>17</b> <b>Trip Day</b> <b>Jim n Nicks/ Sprouts</b>
<b>20</b> 9:00 Coffee and Chat 9:30 Morning Motivation <b>10:00 Stretch and Flex</b> 10:30 Health is Wealth 11:00 Brain Games	<b>21</b> 9:00 Coffee and Chat 9:30 Morning Motivation <b>10:00 Chair Yoga</b> 10:30 High Museum Fulton Fresh	<b>22</b> 9:00 Coffee and Chat 9:30 Morning Motivation 10:00 Trivia 10:30 Arts and Crafts <b>11:00 Zumba</b>	<b>23</b> 9:00 Coffee and Chat 9:30 Morning Motivation <b>10:00 Move and Groove</b> 11:00 BINGO	<b>24</b> <b>Trip Day</b> <b>Ross/ Kroger</b>
<b>27</b> 9:00 Coffee and Chat 9:30 Morning Motivation <b>10:00 Stretch and Flex</b> 10:30 Word Search 11:00 Brain Games	<b>28</b> 9:00 Coffee and Chat 9:30 Morning Motivation <b>10:00 Chair Yoga</b> 10:30 Food Talk 11:30 Table Games	<b>29</b> 9:00 Coffee and Chat 9:30 Morning Motivation 10:00 Trivia 10:30 Arts and Crafts <b>11:00 Zumba</b>	<b>30</b> 9:00 Coffee and Chat 9:30 Morning Motivation <b>10:00 Walking Club</b> 10:30 Health is Wealth 11:00 POKENO	<b>31</b> <b>Trip Day</b> <b>Good Will/ Chick-fil-A</b>