

MON	TUE	WED	THU	FRI
1 9:00 Coffee and Chat 9:30 Morning Motivation 10:00 Stretch and Flex 10:30 Health is Wealth 11:00 Brain Games	2 9:00 Coffee and Chat 9:30 Morning Motivation 10:00 Chair Yoga 10:30 Food Talk 11:30 Table Games	3 Trip Day Aging Well Expo C.T. Martin	4 Older American Act Month Spring Festival 11:45 Zumba	5 9:00 Coffee and Chat 9:30 Morning Motivation 10:00 Chair Exercise 10:30 Hidden Pictures 11:00 Word Search
8 9:00 Coffee and Chat 9:30 Morning Motivation 10:00 Stretch and Flex 10:30 Health is Wealth 11:00 Brain Games	9 9:00 Coffee and Chat 9:30 Morning Motivation 10:00 Chair Yoga 10:30 Food Talk 11:30 Table Games	10 9:00 Coffee and Chat 9:30 Morning Motivation 10:00 Arts and Crafts 11:00 Zumba	11 9:00 Coffee and Chat 9:30 Morning Motivation 10:00 Move and Groove 11:00 BINGO	12 Trip Day Walmart/ Dollar Tree
15 9:00 Coffee and Chat 9:30 Morning Motivation 10:00 Stretch and Flex 10:30 Health is Wealth 11:00 Brain Games	16 9:00 Coffee and Chat 9:30 Morning Motivation 10:00 Chair Yoga 10:30 High Museum 11:30 Table Games	17 9:00 Coffee and Chat 9:30 Morning Motivation 10:00 Walking Club 10:30 Adult Coloring 11:00 Jeopardy	18 9:00 Coffee and Chat 9:30 Morning Motivation 10:00 Walking Club 10:30 Nutrition 11:30 Site Council	19 Trip Day Mayfest Clayton County Park
22 9:00 Coffee and Chat 9:30 Morning Motivation 10:00 Stretch and Flex 10:30 Mental Health Chat 11:00 Brain Games	23 Trip Day Sadie G. Mays Community Health Fair	24 9:00 Coffee and Chat 9:30 Morning Motivation 10:00 Arts and Crafts 11:00 Zumba	25 9:00 Coffee and Chat 9:30 Morning Motivation 10:00 Move and Groove 11:00 BINGO	26 9:00 Coffee and Chat 9:30 Morning Motivation 10:00 Chair Exercise 10:30 Movie
29 CLOSED Memorial Day Holiday	30 9:00 Coffee and Chat 9:30 Morning Motivation 10:00 Chair Yoga 10:30 Mad Libs 11:00 Family Feud	31 9:00 Coffee and Chat 9:30 Morning Motivation 10:00 Arts and Crafts 11:00 Zumba		