

MON	TUE	WED	THU	FRI
				1 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat, & Brain Games 11:15 Brain Games 10:15 Chair Dance w/ Marissa 12:00 Lunch 1:30 Dementia Spotlight's Connection Café
4 Labor Day - Closed	5 9:00 Welcome Chat & Walk & Talk 9:30 Walking Club / Board Games 10:00 Morning Meditation 11:00 Pilates with Janice 12:00 Lunch	6 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Chat, Games 9:45 Move and Groove 10:00 Field Trip: Madras Chettinaad 12:00 Lunch	7 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat & Brain Games 10:00 Fall Prevention w/Martin Willis 11:30 The Fitness Factory w/ Aditi 12:00 Lunch	8 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat, & Brain Games 10:00 Open Hand 11:00 BINGO 12:00 Lunch
11 9:00 Welcome Chat & Walk & Talk 9:45 SNAP 10:00 Exercise with Paul Eugene 11:00 Trivia w/ Bright Star Care 12:00 Lunch	12 9:00 Welcome Chat & Walk & Talk 9:30 Walking Club / Board Games 10:00 Morning Meditation 11:00 Pilates with Janice 12:00 Lunch	13 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Chat, Games 9:45 Field Trip: TJ Max & Whataburger 12:00 Lunch	14 9:00 Welcome Chat & Walk & Talk 9:45: Art w/Leslee 10:00 Ron & FRIENDS!!! 11:30 The Fitness Factory w/ Aditi 12:00 Lunch	15 GSU Dental Hygienist Project 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat, & Brain Games 10:15 YouTube Exercise 11:00 Petals of Love 12:00 Lunch 1:30 Dementia Spotlight's Connection Café
18 9:00 Welcome Chat & Walk & Talk 9:45 Move and Groove 11:00: Ed Talk: Continued Self Care w/ NAMI 12:00 Lunch	19 9:00 Welcome Chat & Walk & Talk 9:30 Walking Club / Board Games 10:00 Morning Meditation 11:00 Pilates with Janice 12:00 Lunch	20 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Chat, Games 10:00 YouTube Exercise (VOTE) 11:00 Ed Talk: Mental Health Minute w/ Constance 12:00 Lunch	21 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat & Brain Games 10:00 Bingo w/ Arbor Terrace 11:30 The Fitness Factory w/ Aditi 12:00 Lunch	22 GSU Dental Hygienist Project 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat, & Brain Games 10:00 Field Trip: North GA State Fair 12:00 Lunch
25 9:00 Welcome Chat & Walk & Talk 9:30 Walking Club / Board Games 10:00 Strength Training 11:00 Bonnie Dobbs Medicare Talk 12:00 Lunch	26 9:00 Welcome Chat & Walk & Talk 9:30 Walking Club / Board Games 10:00 Morning Meditation 11:00 Pilates with Janice 11:45 BP Check with Lidia Kirundi, RN 12:00 Lunch	27 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Chat, Games 10:00 Field Trip: Walmart 12:00 Lunch	28 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat & Brain Games 9:45 Art w/ Leslee 11:30 The Fitness Factory w/ Aditi 12:00 Lunch	29 GSU Dental Hygienist Project 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat, & Brain Games 10:15 Site Council 11:15 Chair Dance w/ Marissa 12:00 Lunch