

MON	TUE	WED	THU	FRI
	STATIONS OF ENGAGEMENT Arts and Crafts Physical Games Educational Videos Games and Puzzles Cooking Activities	FEBRUARY BIRTHDAYS Patricia M 02/18	1 9:00 Check-in, Coffee & The Daily Chronicle 9:30 Cards, Games & Puzzles 10:00 "Normal Ageing" Chat w/ Right at Home Homecare 11:00 Bingo/Senior Stretch	2 9:00 Check-in, Coffee & The Daily Chronicle 9:30 TableTop Games 10:00 Group Outing to Target 11:30 Noodle Ball
5 9:00 Check-in, Coffee & The Daily Chronicle 9:30 Table Top Games 10:30 Discuss & Recall 11:00 Tai Chi w/Grace	6 9:00 Check-in, Coffee & The Daily Chronicle 9:30 Walking Club w/Chris 10:30 Table Top Games 11:00 Travelin'Tuesday to New Orleans	7 9:00 Check-in, Coffee & The Daily Chronicle 9:30 Stations of Engagement 10:00 Chair Yoga w/ Ana 11:00 Playing with Words 11:30 Self Awareness Check-in	8 9:00 Check-in, Coffee & The Daily Chronicle 9:30 Cards Games & Puzzles 10:00 Blood Pressure Clinic 10:30 SingFit Music Move class 11:00 Pokeno Hour	9 9:00 Check-in, Coffee & The Daily Chronicle 9:30 TableTop Games 10:00 Group Trip- Alpharetta Milton History Museum and Dairy Queen for Lunch
12 9:00 Check-in, Coffee & The Daily Chronicle 9:30 TableTop Games 10:30 SingFit Music Move class 11:00 Nutrition Chat w/OH	13 9:00 Check-in, Coffee & The Daily Chronicle 9:30 Walking Club w/Chris 10:30 Table Top Games 11:00 Mardi Gras Celebration	14 9:00 Check-in, Coffee & The Daily Chronicle 9:00 Valentine's Day Party at the Roswell Senior Center- Wear Your Red and Pink Enjoy Games, Music and Food.	15 9:00 Check-in, Coffee & The Daily Chronicle 9:30 Cards Games & Puzzles 10:00 Senior Stretch 11:00 Bingo Hour	16 9:00 Check-in, Coffee & The Daily Chronicle 9:30 TableTop Games 10:00 CornHole Competition 10:30 Popcorn and a Movie
19 9:00 Check-in, Coffee & The Daily Chronicle 9:30 Table Top Games 10:30 ShortStories & Discussion 11:00 Tai Chi w/Grace	20 9:00 Check-in, Coffee & The Daily Chronicle 9:30 Walking Club w/Chris 10:30 Heart Health w/Legacy 11:30 Travelin' Tuesday to the country of Peru	21 9:00 Check-in, Coffee & The Daily Chronicle 9:30 Stations of Engagement 10:00 Chair Yoga w/ Ana 11:00 Words in a Word Puzzle	22 9:00 Check-in, Coffee & The Daily Chronicle 9:30 Cards Games & Puzzles English class w/Jose Pinto SMP 10:00 SingFit Music Move class 11:00 Bingo Hour	23 9:00 Check-in, Coffee & The Daily Chronicle 9:30 Table Top Games 10:00 Balloon Tennis 11:00 Group Trip- Lunch at Central City Tavern
26 9:00 Check-in, Coffee & The Daily Chronicle 9:30 Table Top Games 10:30 SingFit Music Move class 11:30 Health Minute-Emotional Well Being Strategies.	27 9:00 Check-in, Coffee & The Daily Chronicle 9:30 Walking Club w/Chris 10:30 Table Top Games 11:00 Piano Hymns w/Ann 11:30 Crossword Puzzle	28 9:00 Check-in, Coffee & The Daily Chronicle 9:30 Stations of Engagement 10:30 "Good Mental Health is Ageless"w/Fulton County Behavioral Health	29 9:00 Check-in, Coffee & The Daily Chronicle 9:30 Cards Games & Puzzles 10:00 Senior Stretch 11:00 Bingo Hour	HEALTH MINUTES Normal Ageing Self Awareness Check-in Emotional Wellbeing Tips Good MentalHealth, Ageless Blood Pressure checks

Lunch Served Daily