

MON	TUE	WED	THU	FRI
		1 9:00 Coffee & Chat 9:30 Inspiration Vitimin 10:00 Zumba 10:30 Bracelet Making Watershed of Atlanta(Avis) 12:15 Health Minute	2 9:00 Coffee & Chat 9:30 Inspiration Vitimin 10:00 Daily Dose Of Fitness 10:30 Pokeno & Prizes Aetna-(Artice) 12:15 Charades	3 9:00 Coffee & Chat 9:30 Inspiration Vitimin 10:00 Daily Dose Of Fitness 10:30 Bingo/Game & Prizes With Commissioner Hall 12:15 Afternoon Trivia
6 9:00 Coffee & Chat 9:30 Inspiration Vitimin 10:00 Zumba 10:30 Table Game 11:00 Site Council Meeting 12:15 Word Game	7 9:00 Coffee & Chat 9:30 Inspiration Vitimin Group Trip 2024 Senior Summit Lunch & Learn Seminar Georgia Convention Center	8 9:00 Coffee & Chat 9:30 Inspiration Vitimin 10:00 Zumba 10:30 Peer/Group Discussion FC Board Of Health(Deon) 12:15 Prodcue Distribution	9 9:00 Coffee & Chat 9:30 Daily Dose Of Fitness 10:00 Nutrition 10:30 Pre Mothers Day Event Clark Atlanta University 12:15 Health Minute	10 9:00 Coffee & Chat 9:30 Inspiration Vitimin Group Grip Mother's Day Luncheon At Promise Youth Center
13 9:00 Coffee and Chat 9:30 Inspiration Vitimin 10:00 Zumba 10:30 Senior Game & Prizes Axxess Benefit (Drew) 12:15 Afternoon Trivia	14 9:00 Coffee & Chat 9:30 Inspiration Vitimin 10:00 Daily Dose Of Fitness 10:30 May Birthday Party Bankers Life(Ms. Trower) 12:15 Health Minute	15 9:00 Coffee & Chat 9:30 Inspiration Vitimin 10:00 Zumba 10:30 Games and Prizes West Side Future Fund 12:15 Games & Puzzles	16 9:00 Coffee & Chat 9:30 Daily Dose Of Fitness 10:00 Daily Dose Of Fitness Group Trip Walmart & Wendy's (East-West Connector)	17 9:00 Coffee & Chat 9:30 Inspiration Vitimin 10:00 Daily Dose Of Fitness 10:30 Senior's Coloring Day Sonder Health (Ms. Bell) 12:15 ABC Word Game
20 9:00 Coffee & Chat 9:30 Inspiration Vitimin 10:00 Zumba 10:30 Art & Craft High Museum(Michelle) 12:15 Health Minute	21 9:00 Coffee & Chat 9:30 Inspiration Vitimin 10:00 Daily Dose Of Fitness 10:30 Health & Welfare Talk with Fulton/Dekalb Authority 12:15 Old Soul Music	22 9:00 Coffee & Chat 9:30 Inspiration Vitimin 10:00 Zumba 10:30 Lunch & Learn Centerwell(Tammie) Old School Music	23 9:00 Coffee & Chat 9:30 Inspiration Vitimin 10:00 Daily Dose Of Fitness 10:30 Art&Craft/Book Club Washington Park Library 12:15 Word Game	24 9:00 Coffee & Chat 9:30 Inspiration Vitimin 10:00 New Horizon Senior Health Fair/Outreach
27 Memoral Day Observed Center Closed	28 9:00 Coffee & Chat 9:30 Inspiration Vitimin 10:00 Daily Dose Of Fitness 10:30 Movie & Pizza Day 12:15 Health Minute	29 9:00 Coffee & Chat 9:30 Inspiration Vitimin 10:00 Zumba 10:30 Kitchen Bingo 12:15 Old Soul Music	30 9:00 Coffee & Chat 9:30 Inspiration Vitimin Group Trip Bay-Breeze Restaurant Veteran Memoral Mableton	31 9:00 Coffee & Chat 9:30 Inspiration Vitimin 10:00 Daily Dose Of Fitness 10:30 Snack/Sip & Paint with Marlon 12:15 Health & Wellness Trivia

Lunch Served Daily 12:00