Alpharetta/Crabapple Senior Center
12624 Broadwell Road
Alpharetta, GA 30004
770-751-9397
Teri Girardeau, Center Manager

NOVEMBER 2026

MON	TUE	WED	THU	FRI
2 9:00 Check-in, Coffee & The Daily Chronicle 9:30 Table Top Games 10:00 Catergories Puzzle 11:00 Tai Chi w/Grace 11:45 Get Good Sleep Tips	**3** 9:00 Check-in, Coffee & The Daily Chronicle 9:30 Senior Stretch 10:30 Table Top Games 11:00 Travelin' Tuesday Video Aviation-Where in the World?	**4** 9:00 Check-in, Coffee & The Daily Chronicle, Stations of Engagement 10:00 Chair Yoga w/Ana 11:00 Dietary Suppliments 1 Pharmacist Dr. Rocky Beeland	**5** 9:00 Check-in, Coffee & The Daily Chronicle, Table Top Games 9:30 Sit and Be Fit **10:00 Group Trip to Scottsdale Farm Christmas Open House**	**6** 9:00 Check-in, Coffee & The Daily Chronicle, Table Top Games 10:00 Pictionary Game 10:30 SingFit Music & Move 11:30 YouTube Surfing
9 9:00 Check-in, Coffee & The Daily Chronicle 9:30 Table Top Games 10:00 World Freedom Day-AC 10:30 Playing with Words 11:00 Tai Chi class (DVD)	**10** 9:00 Check-in, Coffee & The Daily Chronicle 9:30 Walking Club w/Chris 10:30 Table Top Games 11:00 Holiday Stress Chat w/Dawna Williamson	**11** VETERANS DAY CENTER CLOSED	**12** 9:00 Check-in, Coffee & The Daily Chronicle, Table Top Games 9:30 Stations of Engagement 10:30 Thanksgiving Bingo 11:30 Social and Luncheon	**13** 9:00 Check-in, Coffee & The Daily Chronicle, Table Top Games 10:00 Balloon Tennis 10:30 Let's Get Fall Crafty 11:30 Name 10 Game
16 9:00 Check-in, Coffee & The Daily Chronicle 9:30 Table Top Games 10:00 November in History-GC 11:00 Tai Chi w/Grace	**17** 9:00 Check-in, Coffee & The Daily Chronicle 9:30 Walking Club w/Chris 10:30 Table Top Games 11:00 Stations of Engagement 12:30 Self Care check-in	**18** 9:00 Check-in, Coffee & The Daily Chronicle, Table Top Fun, Stations of Engagement 10:00 Chair Yoga w/Ana 11:00 Words in a Word	**19** 9:00 Check-in, Coffee & The Daily Chronicle, Table Top Games 9:30 Blood Pressure Clinic 10:00 Nutrition Chat w/OH 11:00 Senior Stretch	**20** 9:00 Check-in, Coffee & The Daily Chronicle, Table Top Games 9:30 Chair Dancing w/Sherri **10:00 Group Trip to Marshalls Ross and Dollar General**
23 9:00 Check-in, Coffee & The Daily Chronicle 9:30 Table Top Games 10:30 Short Story & Discussion 11:00 Tai Chi class (DVD)	**24** 9:00 Check-in, Coffee & The Daily Chronicle, Table Top Games 9:30 Walking Club w/Chris 10:00 Solve a Crime Day Fun 11:00 Art class w/Ellie	**25** 9:00 Check-in, Coffee & the Daily Chronicle, Stations of Engagement 9:30 Chair Yoga class **10:00 Group Trip to Cracker Barrel Old Country Store**	**26** HAPPY THANKSGIVING CENTER CLOSED	**27** THANKSGIVING HOLIDAY CENTER CLOSED
30 9:00 Check-in, Coffee & The Daily Chronicle 9:30 Table Top Games 10:30 Mason Jar Giftables Fun 11:00 Tai Chi class (DVD)		**HEALTH MINUTE** Self Care Check-in Blood Pressure Clinic Dietary Supplements 1 Holiday Stress Get Good Sleep Tips	**STATIONS OF ENGAGEMENT** Arts & Crafts Physical Games Educational Videos Games & Puzzles Cooking Activities	AFTERNOON ACTIVITIES 1st & 3rd Friday-Connection Café 1:30-3:30 Every Wednesday-Mahjong 1-3 (Mahjong canceled on 11/11)