SeniorServices NORTH FULTON

Milton Senior Center/15690 Hopewell Road/Milton, GA 30004/770-475-7500

November 2026

MON	TUE	WED	THU	FRI
2 **8-12:00** Coffee/Chat/Cards/ Rummikub **10:00** Sing-along **11:00 Chair Force One w/ Karen** **12:00 Lunch** **1:00 Mahjong Mondays**	**3** **8-12:00** Coffee/Chat/Rummikub **9:15 Chair Yoga** **10:00** Games- **Show and tell** **11:00** Bingo **12:00 Lunch** **1:00 Writers Group**	**4** **8-12:00** Coffee/Chat/Cards Rummikub/Bananagram… **9:15** Knitting Group **10:30 Tai Chi** **11:00** Art & Rummikub **12:00 Lunch**	**5** **8-12:00** Coffee/Chat/Cards **9:00** Inspirations **9:30 Health talk- Diabetes awareness** **10:30** Group trip to Scottsdale Farms Garden Center **1:00 Mahjong**	**6** **8-12:00** Coffee/Chat/Cards Rummikub/Bananagram… **9:30 YouTube Exercise** **10:00** Ed Talk: Dietary Supplements w/ Rocky **11:00** Bingo
9 **8-12:00** Coffee/Chat/Cards **10:00** Memory Enrichment **w/ Karen** **11:00 Take a Seat & Feel the Beat! w/ Karen** **1:00 Mahjong Mondays**	**10** **8-12:00 Coffee/Chat/Rummikub** **9:15 Chair Yoga** **10:00** Arm Chair Travel **10:30** Rummikub **11:00** Bingo **1:00 Writers Group**	**11**	**12** **8-12:00** Coffee/Chat/Cards Rummikub/Bananagram… **9:15** Travel Dreams **10:30** Group trip to Super Golden Buffet **1:00 Mahjong**	**13** **8-12:00** Coffee/Chat/Cards Rummikub/Bananagram… **9:30 YouTube Exercise** **10:00** Crafting **11:00** Bingo **12:00 Lunch**
16 **8-12:00** Coffee/Chat/Cards **10:00** Memory Enrichment **w/ Karen** **11:00 YouTube Exercise w/Allina** **12:00 Lunch** **1:00 Mahjong Mondays**	**17** **8-12:00** Coffee/Chat/Cards **9:15 Chair Yoga** **10:00 Health Talk Bladder Health** **11:00** Bingo **1:00 Writers Group**	**18** **8-12:00** Coffee/Chat/Cards Rummikub/Bananagram… **9:15** Knitting Group **10:30 Tai Chi** **11:00** Activity with Be Rich **12:00 Lunch**	**19** **8-12:00** Coffee/Chat/Cards Rummikub/Bananagram… **9:00 Site Council** **9:30** Group trip to Dollar Tree/ Walmart and Diary Queen **1:00 Mahjong**	**20** **8-12:00** Coffee/Chat/Cards Rummikub/Bananagram… **9:30 YouTube Exercise** **10:00** Nutrition w/ Open Hand **11:00** Bingo **12:00** Lunch
23 **8-12:00** Coffee/Chat/Cards **10:00** Edu, talk-OTC pt. 2 **w/ Rocky** **11:00 YouTube Exercise** **12:00 Lunch** **1:00 Mahjong Mondays**	**24** **8-12:00** Coffee/Chat/Cards Rummikub/Bananagram… **9:15 Chair Yoga** **10:00 Rummikub Tournament** **11:00** Bingo **1:00 Writers Group**	**25** **8-12:00** Coffee/Chat/Cards Rummikub/Bananagram… **9:15** Knitting Group **10:30 Tai Chi** **11:00** Art & Rummikub **12:00 Thanksgiving Lunch**	**26**	**27**
30 **8-12:00** Coffee/Chat/Cards **10:00** Spelling Bee **w/ Karen** **11:00 Senior Stretch Fit w/ Karen** **1:00 Mahjong Mondays**			Lunch served daily @ 12pm	