SeniorServices NORTH FULTON

Roswell Senior Center / 1250 Warsaw Road, Roswell, GA 30076/ 404.612.0710

November 2026

MON	TUE	WED	THU	FRI
2 9: 00 Welcome Chat & Walk & Talk 9:30 Walking Club / Board Games 10:00 The Fitness Factory w/ Aditi **11:00 Bingo w/ Country Club of the South** 12:00 Lunch	**3** 9: 00 Welcome Chat & Walk & Talk 9:30 Walking Club / Board Games 9:45 Art w/ Leslee , Judith, and Victoria 10:00 Learn Spanish w/ Serafin 11:00 Pilates w/ Janice	**4** 9: 00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat & Brain Games **10:30 Field Trip:** **Patel Brothers** 12:00 Lunch	**5** 9: 00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat & Brain Games **10:00 Bingo w/ Gracelyn Home Care** 11:00 Tai Chi w/ Grace 12:00 Lunch	**6** 9: 00 Welcome Chat & Walk & Talk 9:30 Walking Club / Board Games 10:00 Ed Talk: Heart Attack Prevention 11:00 Youtube Exercise 12:00 Lunch
9 9: 00 Welcome Chat & Walk & Talk 9:30 Walking Club / Board Games 9:45 Art w/ Leslee , Judith, and Victoria 11:00 The Fitness Factory w/ Aditi 12:00 Lunch	**10** 9: 00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat & Brain Games **10:30 Field Trip:** **Stevie B's Pizza** 12:00 Lunch	**11 CLOSED FOR VETERAN'S DAY**	**12** 9: 00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat & Brain Games **10:00 Friendsgiving w/ Zion** **Baptist Church** 12:00 Lunch	**13** 9: 00 Welcome Chat & Walk & Talk 9:30 Walking Club / Board Games 10:00 Nutrition w/ Open Hand 11:00 Yoga w/ Mary 12:00 Lunch
16 9: 00 Welcome Chat & Walk & Talk 9:30 Walking Club / Board Games **10:00 Medication Myths w/ Dr. Rocky** 11:00 The Fitness Factory w/ Aditi 12:00 Lunch	**17** 9: 00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat & Brain Games 9:45 Art w/ Leslee , Judith, and Victoria 10:00 Learn Spanish w/ Serafin 11:00 Pilates w/ Janice 12:00 Lunch	**18** 9: 00 Welcome Chat & Walk & Talk 9:30 Walking Club / Board Games **10:00 Field Trip:** **WALMART** 12:00 Lunch	**19** 9: 00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat & Brain Games **10:00 Staying Social w/ Martin Willis** 11:00 Tai Chi w/ Grace 12:00 Lunch	**20** 9: 00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat & Brain Games 10:00 Pilates w/ Janice 11:00 Site Council 12:00 Lunch
23 9: 00 Welcome Chat & Walk & Talk 9:30 Walking Club / Board Games **9:45 Bingo w/ Senior Helpers** 11:00 The Fitness Factory w/ Aditi 12:00 Lunch	**24** 9: 00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat & Brain Games **10:00 Field Trip:** **GA Festival of Trees at Gas South Convention Center** 12:00 Lunch	**25** 9: 00 Welcome Chat & Walk & Talk 9:30 Walking Club / Board Games 9:45 Art w/ Leslee , Judith, and Victoria 10:00 Learn Spanish w/ Serafin 11:00 Pilates w/ Janice 12:00 Lunch	**26 CLOSED FOR THANKSGIVING**	**27 CLOSED FOR THANKSGIVING**
30 9: 00 Welcome Chat & Walk & Talk 9:30 Walking Club / Board Games **10:00 Dietary Supplements 2 w/ Dr. Rocky** 11:00 Yoga w/ Mary 12:00 Lunch				

SeniorServices NORTH FULTON

Roswell Senior Center / 1250 Warsaw Road, Roswell, GA 30076/ 404.612.0710

November 2026

MON	TUE	WED	THU	FRI
2 9: 00 Welcome Chat & Walk & Talk 9:30 Walking Club / Board Games 10:00 The Fitness Factory w/ Aditi **11:00 Bingo w/ Country Club of the South** 12:00 Lunch	**3** 9: 00 Welcome Chat & Walk & Talk 9:30 Walking Club / Board Games 9:45 Art w/ Leslee , Judith, and Victoria 10:00 Learn Spanish w/ Serafin 11:00 Pilates w/ Janice 12:00 Lunch	**4** 9: 00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat & Brain Games **10:30 Field Trip:** **Patel Brothers** 12:00 Lunch	**5** 9: 00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat & Brain Games **10:00 Bingo w/ Gracelyn Home Care** 11:00 Tai Chi w/ Grace 12:00 Lunch	**6** 9: 00 Welcome Chat & Walk & Talk 9:30 Walking Club / Board Games 10:00 Ed Talk: Heart Attack Prevention 11:00 Youtube Exercise 12:00 Lunch
9 9: 00 Welcome Chat & Walk & Talk 9:30 Walking Club / Board Games 9:45 Art w/ Leslee , Judith, and Victoria 11:00 The Fitness Factory w/ Aditi 12:00 Lunch	**10** 9: 00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat & Brain Games **10:30 Field Trip:** **Stevie B's Pizza** 12:00 Lunch	**11** **CLOSED** 	**12** 9: 00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat & Brain Games **10:00 Friendsgiving w/ Zion Baptist Church** 12:00 Lunch	**13** 9: 00 Welcome Chat & Walk & Talk 9:30 Walking Club / Board Games 10:00 Nutrition w/ Open Hand 11:00 Yoga w/ Mary 12:00 Lunch
16 9: 00 Welcome Chat & Walk & Talk 9:30 Walking Club / Board Games **10:00 Medication Myths w/ Dr. Rocky** 11:00 The Fitness Factory w/ Aditi 12:00 Lunch	**17** 9: 00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat & Brain Games 9:45 Art w/ Leslee , Judith, and Victoria 10:00 Learn Spanish w/ Serafin 11:00 Pilates w/ Janice 12:00 Lunch	**18** 9: 00 Welcome Chat & Walk & Talk 9:30 Walking Club / Board Games **10:00 Field Trip:** **WALMART** 12:00 Lunch	**19** 9: 00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat & Brain Games **10:00 Staying Social w/ Martin Willis** 11:00 Tai Chi w/ Grace 12:00 Lunch	**20** 9: 00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat & Brain Games 10:00 Pilates w/ Janice 11:00 Site Council 12:00 Lunch
23 9: 00 Welcome Chat & Walk & Talk 9:30 Walking Club / Board Games **9:45 Bingo w/ Senior Helpers** 11:00 The Fitness Factory w/ Aditi 12:00 Lunch	**24** 9: 00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat & Brain Games **10:00 Field Trip:** **GA Festival of Trees at Gas South Convention Center** 12:00 Lunch	**25** 9: 00 Welcome Chat & Walk & Talk 9:30 Walking Club / Board Games 9:45 Art w/ Leslee , Judith, and Victoria 10:00 Learn Spanish w/ Serafin 11:00 Pilates w/ Janice 12:00 Lunch	**CLOSED 26TH & 27TH**	
30 9: 00 Welcome Chat & Walk & Talk 9:30 Walking Club / Board Games **10:00 Dietary Supplements 2 w/ Dr. Rocky** 11:00 Yoga w/ Mary 12:00 Lunch				