January Activities

Monday	Tuesday	Wednesday	Thursday	Friday
Disclaimer Activities are free (unless indicated) and optional. *Self-Pay **Evidence-Based Program		**1** **CLOSED** Happy New Year's Day!	**2** **9:30am:** Tai Chi **10:00am:** Happy Birthday Georgia **11:00am:** Adaptive Telecommunications Presentation **1:00pm:** Strength Training	**3** **9:30am:** Cardio **9:30am:** Water Exercise* **10:30am:** Game Time **10:30am:** Grocery Shopping at Walmart* **1:00pm:** Move with Mary
6 **9:45am:** Meditation & Stress Reduction **10:00am:** Line Dancing **11:00am:** Chair Yoga **1:00pm:** Strength Training	**7** **9:30am:** Cardio **10:30am:** Snowman Wall Hanging Craft **11:00am:** Bingo **1:00pm:** Zumba Gold	**8** **9:30am:** Cardio **10:45am:** Mall Walkers **11:00am:** Safety Presentation with Gwinnett Police **1:00pm:** Chair Yoga with Weights	**9** **9:30am:** Tai Chi **10:30am:** Sugar Scrub Class *(Bring Container)* **11:00am:** Dietary Approaches to Weight Management **1:00pm:** Strength Training	**10** **9:30am:** Cardio **9:30am:** Water Exercise* **10:30am:** Grocery Shopping at Kroger* **11:00am:** January Trivia **1:00pm:** Move with Mary
13 **9:45am:** Drumming **10:00am:** Line Dancing **11:00am:** Chair Yoga **1:00pm:** Free Movie Monday Field Trip **1:00pm:** Strength Training	**14** **9:30am:** Cardio **10:30am:** Bleeding Tissue Paper Class (1/2) **11:00am:** Bingo **1:00pm:** Zumba Gold	**15** **9:30am:** Cardio **9:30am:** Water Exercise* **11:00am:** Life Balance Presentation **1:00pm:** Chair Yoga with Weights **1:30pm:** Cooking Class	**16** **9:30am:** Tai Chi **10:30am:** Flower Pot Decoupage Craft **11:00am:** Monthly Birthday Celebration with DJ Cox **1:00pm:** Strength Training	**17** **9:30am:** Cardio **10:30am:** Grocery Shopping at Food Depot* **11:00am:** Martin Luther King Jr. Celebration **1:00pm:** Move with Mary
20 **CLOSED** Happy Martin Luther King Jr. Day!	**21** **9:30am:** Cardio **10:30am:** Bleeding Tissue Paper Class (2/2) **11:00am:** National Hobby Day Activity **1:00pm:** Zumba Gold	**22** **9:30am:** Cardio **10:30am:** Bead Making Class **11:00am:** Bingo **1:00pm:** Chair Yoga with Weights	**23** **9:30am:** Tai Chi **10:45am:** Lunch at Sam's Japanese Restaurant* **11:00am:** Game Time **1:00pm:** Strength Training	**24** **9:30am:** Cardio **9:30am:** Water Exercise* **10:30am:** Grocery Shopping at Kroger* **11:00am:** Brain Teasers **1:00pm:** Move with Mary
27 **9:45am:** Drumming **10:00am:** Line Dancing **11:00am:** Chair Yoga **1:00pm:** Free Movie Monday Field Trip **1:00pm:** Strength Training	**28** **9:30am:** Cardio **10:30am:** Lunar New Year Celebration **1:00pm:** Zumba Gold	**29** **9:30am:** Cardio **9:30am:** Shopping at The Shoppes at Webb Gin* **11:00am:** National Puzzle Day Activity **1:00pm:** Chair Yoga with Weights	**30** **9:30am:** Tai Chi **10:30am:** Jewelry Class **11:00am:** Bingo **1:00pm:** Strength Training	**31** **9:30am:** Cardio **9:30am:** Water Exercise* **10:30am:** Grocery Shopping at Walmart* **11:00am:** Friday Funday **1:00pm:** Move with Mary **1:30pm:** Create with Clay

Norcross Senior Center
678.225.5430

To cancel transportation, call 678.209.2430 by 6:30am.
Activities may change without notice.

Gwinnett