

# September Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>CLOSED</b> 	<b>3</b> <b>9:45am:</b> Walking <b>10:00am:</b> Abstract Painting <b>10:00am:</b> Billiards <b>11:00am:</b> Reminiscing Your First Job <b>11:00am:</b> Ageless Grace with Debbie**	<b>4</b> <b>Aldi*</b> <b>9:45am:</b> Chair Aerobics <b>10:00am:</b> Lawn Darts <b>10:00am:</b> Table Games <b>11:00am:</b> Bingo	<b>5</b> <b>9:45am:</b> Stretching <b>10:00am:</b> Fall Gardening with UGA Extension Gwinnett <b>11:00am:</b> Drumming with Peter** <b>11:00am:</b> Picture Frames	<b>6</b> <b>9:45am:</b> Sittercise <b>10:00am:</b> Chair Yoga <b>10:00am:</b> Tower Gardening <b>11:00am:</b> Table Games <b>11:00am:</b> Bingo
<b>9</b> <b>9:45am:</b> Walking <b>10:00am:</b> Rummikub Contest <b>10:00am:</b> Scrapbooking <b>11:00am:</b> Dance Fitness <b>11:00am:</b> Jewelry	<b>10</b> <b>10:00am:</b> Falls Prevention Presentation <b>11:00am:</b> Ageless Grace with Debbie** <b>11:00am:</b> Table Games	<b>11</b> <b>Kroger*</b> <b>9:45am:</b> Chair Yoga <b>10:00am:</b> Gainesville Botanical Garden Field Trip <b>10:00am:</b> Patio Table Games <b>11:00am:</b> Billiards <b>11:00am:</b> Bingo	<b>12</b> <b>9:45am:</b> Walking <b>10:00am:</b> Bean Bag Toss <b>10:00am:</b> Homemade Sugar Scrub <b>11:00am:</b> Music with Akil Shakir	<b>13</b> <b>9:45am:</b> Chair Aerobics <b>10:00am:</b> Outdoor Lasso Golf <b>10:00am:</b> Tower Gardening <b>10:00am:</b> Table Games <b>11:00am:</b> Bingo
<b>16</b> <b>9:45am:</b> Stretching <b>10:00am:</b> Rummikub Contest <b>10:00am:</b> Scrapbooking <b>11:00am:</b> Bingo <b>11:00am:</b> Jewelry	<b>17</b> <b>9:45am:</b> Chair Aerobics <b>10:00am:</b> Comic Strip Art <b>10:00am:</b> Darts <b>11:00am:</b> Ageless Grace with Debbie** <b>11:00am:</b> T-Shirt Tote Bags <b>2:00pm:</b> Dance Fitness	<b>18</b> <b>Publix*</b> <b>9:30am:</b> Site Council Meeting <b>9:45am:</b> Walking <b>10:00am:</b> A Healthy Brain <b>11:00am:</b> Bingo <b>11:00am:</b> Table Games	<b>19</b> <b>10:00am:</b> Be Active Gwinnett Mobile Recreation <b>10:00am:</b> Table Games <b>11:00am:</b> Drumming with Peter** <b>2:00pm:</b> Table Tennis	<b>20</b> <b>9:00am – 1:00pm:</b> Senior Prom at Lucky Shoals Park Community Recreation Center
<b>23</b> <b>9:45am:</b> Chair Yoga <b>10:00am:</b> Rummikub Contest <b>10:00am:</b> Scrapbooking <b>10:00am:</b> Tower Gardening <b>11:00am:</b> Jewelry <b>11:00am:</b> Writing <b>2:00pm:</b> Poetry Club	<b>24</b> <b>9:00am – 1:30pm:</b> Engage in Aging Field Trip <b>9:45am:</b> Stretching <b>10:00am:</b> Ceramics <b>10:00am:</b> Pokeno <b>11:00am:</b> Table Games <b>11:00am:</b> Word Search	<b>25</b> <b>Walmart*</b> <b>9:45am:</b> Sittercise <b>10:00am:</b> Mental Health Presentation <b>11:00am:</b> Billiards <b>11:00am:</b> Bingo	<b>26</b> <b>10:00am:</b> All About Soy with UGA Extension Gwinnett <b>11:00am:</b> Book Club <b>11:00am:</b> Table Games	<b>27</b> <b>9:45am:</b> Walking <b>10:00am:</b> Falls Prevention Awareness Day Field Trip with Lunch* <b>10:00am:</b> Tai Chi/ Qigong** <b>11:00am:</b> Bingo
<b>30</b> <b>9:45am:</b> Chair Aerobics <b>10:00am:</b> Rummikub Contest <b>10:00am:</b> Scrapbooking <b>10:00am:</b> Tower Gardening <b>11:00am:</b> Jewelry <b>11:00am:</b> Team Scrabble			<b>Disclaimer</b> Activities are free and optional unless indicated (*self-pay).  <b>Note</b> **Evidence-Based Program	<b>Daily</b> <b>9:30am:</b> Devotion and Pledge of Allegiance Billiards, Canasta, Rummikub, etc.  <b>Wednesdays</b> Grocery Shopping*  <b>Reminder</b> Sign up at the front desk for all activities prior to the day of the activity.