

# June Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Disclaimer</b> Activities are free and optional unless indicated (*self-pay).</p> <p><b>Note</b> **Evidence-Based Program</p>	<p><b>10:00am Wednesdays</b> Grocery Shopping*</p> <p><b>Reminder</b> Sign up at the front desk for all activities prior to the day of the activity.</p>	<p><b>Wellness Goals</b> "Just Do it NOW!:" Earn points by participating in exercise, health, nutrition, and wellness programs.</p> <p>H2O 4 U Challenge: Drink eight ounces of water to earn a point. A winner will be awarded each month.</p>		
<p><b>3</b> <b>10:00am:</b> MyPlate (Smart Food Choices)</p> <p><b>11:00am:</b> Drumming**</p>	<p><b>4</b> <b>10:00am:</b> Chair Soccer</p> <p><b>11:00am:</b> Summer Trivia</p>	<p><b>5</b> <b>10:00am:</b> Hyperthermia (Too Hot for Your Health)</p> <p><b>11:00am:</b> Ageless Grace</p> <p><b>1:00pm:</b> Chair Yoga</p>	<p><b>6</b> <b>10:00am:</b> Pickleball with Mary Jane</p> <p><b>11:00am:</b> Bingo with Billy Woodman of the World (50 Cents/Card)*</p>	<p><b>7</b> <b>9:30am:</b> Water Exercise at Mountain Park Aquatic Center (\$2/Person)*</p> <p><b>10:00am:</b> Inspirational Readings</p> <p><b>11:00am:</b> Father's Day Candle Holder Craft</p>
<p><b>10</b> <b>10:00am:</b> Site Council Meeting</p> <p><b>11:00am:</b> Music Therapy</p> <p><b>1:00pm:</b> Free! "Green Book" Movie at Norcross Cultural Arts and Community Center (Limited Space)</p>	<p><b>11</b> <b>10:00am:</b> 3D Printing and Craft Demo with Centerville Library</p> <p><b>11:00am:</b> Tai Chi</p> <p><b>1:00pm:</b> Tai Chi</p>	<p><b>12</b> <b>10:00am:</b> Become an Eggs-Pert with UGA Extension Gwinnett</p> <p><b>11:00am:</b> Ageless Grace</p> <p><b>1:00pm:</b> Chair Yoga</p>	<p><b>13</b> <b>10:00am:</b> Bocce Ball at Ronald Reagan Park</p> <p><b>11:00am:</b> Eight Reasons to Wear Sunscreen</p>	<p><b>14</b> Centerville Senior Center Picnic and Games at Yellow River Park</p> <p>(Sign up at the front desk to bring a side dish, dessert, or drinks.)</p>
<p><b>17</b> <b>10:00am:</b> Poetry Writings and Short Stories with Carmen</p> <p><b>11:00am:</b> Drumming**</p>	<p><b>18</b> <b>10:00am:</b> Fishing Derby</p> <p><b>11:00am:</b> Tai Chi</p> <p><b>1:00pm:</b> Tai Chi</p>	<p><b>19</b> <b>10:00am:</b> Blood Pressure, Pulse, and Weight Check</p> <p><b>11:00am:</b> Ageless Grace</p> <p><b>1:00pm:</b> Chair Yoga</p>	<p><b>20</b> <b>9:30am:</b> Bowling Field Trip (\$2/Game and \$2/Shoes)*</p> <p><b>10:00am:</b> Pickleball with Mary Jane</p> <p><b>11:00am:</b> Resistance Bands Video</p>	<p><b>21</b> <b>10:00am:</b> Supplemental Nutrition Assistance Program (SNAP) with Joanna</p> <p><b>11:00am:</b> Can You Name Five?</p> <p><b>1:00pm:</b> Line Dance</p>
<p><b>24</b> <b>10:00am:</b> Lawn Games (Weather Permitting)</p> <p><b>11:00am:</b> Bingo with Billy Woodman of the World (50 Cents/Card)*</p>	<p><b>25</b> <b>10:00am:</b> Citrus Coasters Craft</p> <p><b>11:00am:</b> Tai Chi</p> <p><b>1:00pm:</b> Tai Chi</p>	<p><b>26</b> <b>10:00am:</b> Family Feud</p> <p><b>11:00am:</b> Ageless Grace</p> <p><b>1:00pm:</b> Chair Yoga</p>	<p><b>27</b> <b>10:00am:</b> Senior Self-Defense</p> <p><b>11:00am:</b> Community Art Project at OneStop Centerville</p>	<p><b>28</b> <b>10:00am:</b> Sittercise</p> <p><b>11:00am:</b> May Birthdays Celebration with DJ John Cox</p> <p><b>1:00pm:</b> Line Dance</p>