

May Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Disclaimer Activities are free and optional unless indicated (*self-pay).</p> <p>Note **Evidence-Based Program</p>	<p>10:00am Wednesdays Grocery Shopping*</p> <p>Reminder Sign up for all activities at the front desk prior to the day of the activity.</p>	<p>1 10:00am: Games That Wake Up Your Left/Right Brain</p> <p>11:00am: Ageless Grace</p> <p>1:00pm: Chair Yoga</p>	<p>2 10:00am: Dot Painting Craft</p> <p>11:00am: Lower Back Injury Prevention Exercises</p> <p>1:30pm: Seniors Overcoming and Achieving Results (4/4)</p>	<p>3 10:00am: Resistance Bands Video</p> <p>11:00am: Bingo with Billy Woodman of the World (50 Cents/Card)*</p> <p>1:00pm: Line Dance</p>
<p>6 10:00am: Salsa Dance Lesson with WellCare</p> <p>11:00am: Drumming**</p>	<p>7 10:00am: MyPlate Vitamins and Minerals</p> <p>11:00am: Tai Chi</p> <p>1:00pm: Tai Chi</p>	<p>8 10:00am: Transportation Bus Meeting</p> <p>11:00am: Ageless Grace</p> <p>1:00pm: Chair Yoga</p>	<p>9 9:30am: Gwinnett Strippers Baseball Game Field Trip and Lunch (<i>Limited Space</i>)</p> <p>10:00am: Blood Pressure, Pulse, and Weight Check</p> <p>11:00am: Qwirkle Game</p>	<p>10 10:00am: Military Spouses Salute</p> <p>11:00am: Resistance Bands Video</p>
<p>13 10:00am: Site Council Meeting</p> <p>11:00am: Music Therapy</p> <p>1:00pm: Free! "First Man" Movie at Norcross Cultural Arts and Community Center (<i>Limited Space</i>)</p>	<p>14 10:00am: Internet Scams and Avoiding Them with Centerville Library</p> <p>11:00am: Tai Chi</p> <p>1:00pm: Tai Chi</p>	<p>15 10:00am: Menu Meeting with Norcross Senior Center</p> <p>11:00am: Ageless Grace</p> <p>1:00pm: Chair Yoga</p>	<p>16 10:00am: Transportation Bus Meeting</p> <p>11:00am: Bingo with Billy Woodman of the World (50 Cents/Card)*</p>	<p>17 Closed</p> <p>10:00am – 1:00pm: Senior Picnic at Pinckneyville Park Medlock Pavilion</p>
<p>20 10:00am: Inspirational Readings</p> <p>11:00am: Drumming**</p>	<p>21 10:00am: Senior Self-Defense</p> <p>11:00am: Finger Fitness</p>	<p>22 10:00am: Osteoporosis (the Silent Disease)</p> <p>11:00am: Ageless Grace</p> <p>1:00pm: Chair Yoga</p>	<p>23 9:30am: Pickleball or Walking at Lucky Shoals Park</p> <p>10:00am: Cards and Puzzles</p> <p>10:00am: Pass the Pigs Game</p> <p>11:00am: Mexican Train Dominoes</p>	<p>24 10:00am: Blood Pressure, Pulse, and Weight Check</p> <p>10:00am: Inspirational Readings</p> <p>11:00am: May Birthdays Celebration with DJ John Cox</p> <p>1:00pm: Line Dance</p>
<p>27 Closed</p> 	<p>28 10:00am: Resistance Bands Video</p> <p>11:00am: Family Feud Game</p>	<p>29 10:00am: Washi Tape Craft</p> <p>11:00am: Ageless Grace</p> <p>1:00pm: Chair Yoga</p>	<p>30 10:00am: Friendly Flora with UGA Extension Gwinnett</p> <p>11:00am: Senior Fraud and Scams with Gwinnett County Police Department</p>	<p>31 10:00am: Women's Cardiovascular Health with Dr. Sim of Emory Healthcare</p> <p>11:00am: Sittercise Video</p>