

September Activities

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| 2 CLOSED  | 3 9:00am: Learn to Play Bridge with Mary Jane 10:00am: Healthy Eating on a Budget 11:00am: Bingo with Billy Pate (50 Cents/Card)* | 4 10:00am: Bingo with WellCare 11:00am: Ageless Grace 1:00pm: Chair Yoga | 5 10:00am: Yellow Daisy Festival Field Trip 11:00am: Sittercise Video 1:00pm: Bingo with Site Council (50 Cents/Card)* | 6 9:30am: "Across 110th Street: The Struggles of Bobby Womack" at Porter Sanford III Performing Arts and Community Center 10:00am: Stretch Exercise Video |
| 9 9:00am: Resistance Bands Video 10:00am: Site Council Meeting 11:00am: Metro Music Therapy 1:00pm: "The Upside" at Norcross Cultural Arts and Community Center | 10 9:00am: Blood Pressure Check 9:00am: Learn to Play Bridge with Mary Jane 10:00am: Photo Restoration with Gwinnett County Public Library 11:00am: Resistance Bands Video | 11 10:00am: Jewelry Craft with Linda Hooks 11:00am: Ageless Grace 1:00pm: Chair Yoga | 12 9:00am: Learn to Play Bridge with Mary Jane 11:00am: Bowling Field Trip (\$2/Games and \$2/Shoes)* 11:00am: Pickleball with Mary Jane | 13 9:30am: Water Exercise at Mountain Park Aquatic Center (\$2/Person)* 11:00am: Resistance Bands Exercise with Rae Rae 1:00pm: Inspirational Readings with Mildred Woods |
| 16 9:00am: Learn to Crochet with Carmen 10:00am: Mat Yoga with Connie 11:00am: Drumming | 17 9:00am: Learn to Play Bridge with Mary Jane 10:00am: All About Soy with UGA Extension Gwinnett 11:00am: Bingo with Billy Pate (50 Cents/Card)* 1:00pm: Movie | 18 10:00am: Decoupage Craft with Linda Hooks 11:00am: Ageless Grace 1:00pm: Chair Yoga with Connie | 19 9:00am: Learn to Play Bridge with Mary Jane 10:00am: Self-Defense with Misty Hall 11:00am: Pickleball with Mary Jane | 20 9:00am – 1:00pm: Senior Prom at Lucky Shoals Park Community Recreation Center |
| 23 10:00am: Inspirational Readings with Molly Toyloy 11:00am: DJ Akil Shakir 1:00pm: "Dumbo" at Norcross Cultural Arts and Community Center | 24 9:00am – 1:30pm: Engage in Aging Field Trip 9:00am: Learn to Play Bridge with Mary Jane 10:00am: Jeopardy 11:00am: Tai Chi** 1:00pm: Tai Chi** | 25 10:00am: No-Sew Scarf with Linda Hooks 11:00am: Ageless Grace 1:00pm: Chair Yoga with Connie | 26 9:30am: BAPS Shri Swaminarayan Mandir Field Trip 11:00am: Resistance Bands Video 1:00pm: Bingo with Site Council (50 Cents/Card)* | 27 10:00am – 12:00pm: Falls Prevention Workshop 11:00am: September Birthdays Celebration with DJ John Cox 1:00pm: Soul Line Dancing |
| 30 10:00am: Mat Yoga with Connie 11:00am: Drumming 1:00pm: Inspirational Readings with Molly Toyloy | | | Disclaimer Activities are free and optional unless indicated (*self-pay). Note **Evidence-Based Program | 10:00am Wednesdays Grocery Shopping* Reminder Sign up at the front desk for all activities prior to the day of the activity. |