

September Activities

Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED 	3 10:00am: Chair Volleyball 10:00am: Zumba with Corazon* 11:00am: Bingo*	4 Walmart* 10:00am: Crochet 10:00am: Word Search 11:00am: Senior Center Policies and Procedures	5 10:00am: Chair Volleyball 10:00am: Red Hat Society Meeting 11:00am: Transportation Meeting	6 10:00am: Resistance Bands Video 11:00am: Bingo*
9 9:30am: Water Exercise at Bethesda Park Aquatic Center* 10:00am: Chair Volleyball 10:00am: Talk with Jim 11:00am: All About Soy with UGA Extension Gwinnett 12:30pm: "The Upside" at Norcross Cultural Arts and Community Center	10 10:00am – 12:30pm: Healthy Changes for Living with Diabetes (1/6)** 10:00am: Pickleball at Rhodes Jordan Park 10:00am: Zumba with Corazon* 11:00am: Senior Center Policies and Procedures	11 Publix* 10:00am: Crochet 10:00am: Patriot Day 11:00am: Bingo*	12 10:00am: Music Therapy** 10:00am: Resistance Bands Video 11:00am: Drumming 11:00am: Movie Time	13 10:00am: Grandparents Day Phrases and Words 10:00am: Red Hat Society Red Lobster Field Trip 11:00am: Bingo*
16 10:00am: Suncatchers Craft 10:00am: Talk with Jim 11:00am: Transportation Meeting	17 10:00am – 12:30pm: Healthy Changes for Living with Diabetes (2/6)** 10:00am: Finger Fitness 10:00am: Zumba with Corazon* 11:00am: Bingo*	18 Kroger* 9:00am: Driver Safety with AARP (1/2)* 10:00am: Crochet 10:00am: Balance and Strength Video 11:00am: Family Feud	19 9:00am: Driver Safety with AARP (2/2)* 10:00am: Book Club Meeting 10:00am: Talk It Out (Dealing with Your Health) 11:00am: Cancer Prevention	20 9:00am – 1:00pm: Senior Prom at Lucky Shoals Park Community Recreation Center
23 9:30am: Water Exercise at Bethesda Park Aquatic Center* 10:00am: Resistance Bands Video 10:00am: Talk with Jim 11:00am: Bingo* 12:30pm: "Dumbo" at Norcross Cultural Arts and Community Center	24 9:00am – 1:30pm: Engage in Aging Field Trip 10:00am – 12:30pm: Healthy Changes for Living with Diabetes (3/6)** 10:00am: Site Council Meeting 10:00am: Zumba with Corazon* 11:00am: Eyes, Ears, Nose, and Throat	25 Walmart* 10:00am: Crochet 10:00am: Tai Chi/Qigong** 11:00am: Eat Smart, Live Smart (2/4)	26 9:30am: BAPS Shri Swaminarayan Mandir Field Trip 10:00am: Sittercise Video 11:00am: Bingo* 1:00pm: Rummikub Tournament	27 10:00am – 2:00pm: Falls Prevention Awareness Day 10:00am: Faux Stained Glass (2/2) 10:00am: Resistance Bands Video 10:45am: Cranium Crunches/Word Search
30 10:00am: Jeopardy 10:00am: Talk with Jim 11:00am: Bingo*			Disclaimer Activities are free and optional unless indicated (*self-pay). Note **Evidence-Based Program	Wednesdays Grocery Shopping* Reminder Sign up at the front desk for all activities prior to the day of the activity.