Buford Senior Center – June 2017 Highlights

Monday through Friday: 1:00pm – Canasta and other games
Mondays: 10:00am –Rummikub contest, Scrabble
Tuesdays: 10:00am – Ageless Grace with Debbie: Fitness program that activates all functions of the brain – analytical, strategic, kinesthetic, learning, memory/recall, creativity and imagination, plus all physical skills needed for optimal function
Wednesdays: 9:30am – Grocery shopping. Please sign up in advance
Wednesdays: 10:00am –Qi Gong/Tai Chi with George: exercise for coordinated body posture, and movement, positive for fall prevention and improving balance.
First and third Wednesday: 9:00am – Blood Pressure and Weight Checks
First and third Thursday: 11:00am – Drum Therapy with Peter
Second, fourth and fifth Friday: 10:00am – Chair Yoga with Eloise

June 2 – Friday: Music with Sunrise Baptist Church Youth Group

June 6 – Tuesday: Sleep Health with Dr. Alan Wang from Salude

June 7 – Wednesday: Music with Don Sherow

June 8 – Thursday: Bingo sponsored by Walgreens

June 9 – Friday: Inspirational Music with Andrew

June 13 – Tuesday: Affordable Family Health Services: Doc Wellbee – Savings on dental, hearing and vision

June 16 – Friday: Pool Tournament. Father's Day Celebration: Music with Mr. C

June 19 – Monday: Nutrition Presentation

June 20 – Tuesday: Zumba and Ageless Grace with Debbie – All Boxed In

June 21 – Wednesday: Blood Pressure/Weight Checks. Plastic Canvas

June 22 – Tuesday: Zumba for seniors. June Birthdays Celebration - Music with Kim Babb

June 26 – Monday: Music Therapy with Lauren

June 27 – Wednesday: Music with Paula Jones

June 29 – Thursday: Sittercise. Jewelry class

June 30 – Friday: Trip to Downtown Lawrenceville and Lunch at Corner stop Cafe. Please sign up in advance to participate. **Deadline: <u>Wednesday 6/21/17</u>.** Bring money to buy lunch.

Transportation:* *For same-day transportation cancellations, please call 678.209.2430 before 6:30am. All transportation reservations must go through the center manager and not directly to transportation.