

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 10:00am – Button Necklaces Craft with Linda</p> <p>11:00am Chair Volleyball</p>	<p>3 10:00am – Board & Card Games</p> <p>11:00am Qi Gong with George</p>	<p>4 *Grocery 10:00am – Eat This NOT That!</p> <p>11:00am Ageless Grace Chair Exercise</p>	<p>5 10:00am – Resistance Bands with Diane</p> <p>11:00am Stretching & Line Dancing with Diane</p>	<p>6 9:30am – Water Aerobics (Maximum 12)</p> <p>10:00am – Inspriational Readings with Mrs. Woods</p> <p>11:00am Card Games</p>
<p>9 10:00am – Inspirational Readings with Molly T.</p> <p>11:00am – Drumming with Peter</p>	<p>10 10:00am – Cyber Safety with Centerville Branch Library</p> <p>11:00am – Chair Volleyball</p>	<p>11 *Grocery 10:00am – Reading Food Labels & Effective Shopping</p> <p>11:00am – Ageless Grace Chair Exercise</p>	<p>12 10:00am – ACT it Out with Mrs. Edith Wilson</p> <p>11:00am – ACT Continued</p>	<p>13 10:00am – Wellcare Healthy Habits</p> <p>11:00am – Chair Zumba w/Ronelle</p>
<p>16 9:30am – trip to Jaemor Farms (Maximum 12)</p> <p>10:00am – Parachute Play</p> <p>11:00am – Dominoes</p>	<p>17 10:00am – Communication Strategies for Hearing Loss and Hearing Testing</p> <p>11:00am – Hearing Loss/ Hearing Tests</p>	<p>18 *Grocery 10:00am – Diabetic Shoe Program</p> <p>11:00am – Ageless Grace Chair Exercise</p>	<p>19 10:00am – Resistance Bands with Diane</p> <p>11:00am – Stretching & Line Dancing with Diane</p>	<p>20 9:30am – Water Aerobics (Maximum 12)</p> <p>10:00am – Inspriational Readings with Mrs. Woods</p> <p>11:00am – Card Games</p>
<p>23 10:00am – Inspirational Readings with Molly T</p> <p>11:00am – Drumming with Peter</p>	<p>24 10:00am – Make a Pumpkin from dryer vent hoses</p> <p>11:00am – Chair Zumba with Ronelle</p>	<p>25 *Grocery 10:00am – Aches & Pains Mobility Challenges</p> <p>11:00am – Ageless Grace Chair Exercise</p>	<p>26 10:00am – Resistance Bands with Diane</p> <p>11:00am – Stretching & Line Dancing with Diane</p>	<p>27 Senior Wellness Fair at Bethesda Senior Center</p> <p>– Bus leaves at 9:45am and returns by 1:00pm</p>
<p>30 10:00am – Ladder Ball – Corn Hole</p> <p>11:00am – Medicare Benefits for Seniors – BINGO</p>	<p>31 10:00am – Pumpkin Painting</p> <p>11:00am – John Cox, DJ – Celebrate October birthdays!</p>	<p>Wellness Goals Have at least 50% participation stretching and 20% participation in walking club</p>	<p>* Every Day 9:30am Pledge to Flag Song Announcement</p>	

3075 Bethany Church Road, Snellville 30039

Programs subject to change without notice.

Lisa Sharpe, Program Supervisor – 678.277.0229

*Pre-registration for each program is recommended as programs may fill!