

## **Norcross Senior Center – October Highlights**

**Tuesday and Thursday:** Cardio/Strength with Evie. Class can be done seated or standing. This class is also offered on the 2<sup>nd</sup> and 4th Fridays. Donations are gratefully accepted.

**Wednesdays:** ZUMBA Gold with Diane. Classes are free and designed specifically for seniors. No fee, but the instructor is a volunteer and donations are gratefully accepted.

**Mondays:** Chair Yoga. Come increase strength and flexibility!

**October 8 – Thursday:** Nutrition with Morgan. Topic to be announced.

**October 12 and 26 –** Drumming with Peter. Come join the drum circle to relieve stress and “bang on the drum all day”.

**October 14 – Wednesday:** Outing to the beautiful Atlanta Botanical Gardens Gainesville Garden. Garden Admission is \$8. We will stop for breakfast at Rabbittown Cafe.

**October 15 – Thursday:** SNAP presentation. Learn about SNAP benefits available to seniors.

**October 19 – Monday:** Breast and colon cancer awareness. October is Breast Cancer Awareness month. A representative from the American Cancer Society will present this program.

**October 23 – Friday:** Senior Prom at The Gwinnett Environmental and Heritage Center. Please make sure to sign up on the sign-up sheet on the bulletin board. Wear your snazzy attire and your dancing shoes.

**October 27 – Tuesday:** Flu Shots. Reservations are required, and you must bring your Medicare card and any supplemental card you have.

**October 29 – Thursday:** Halloween Fun! Wear a costume and enjoy some treats!

**October 30 – Friday: Senior Wellness Fair** at Bethesda Park Senior Center. Please sign up on the sign-up sheet posted on the bulletin board. There is no charge for this event.

**Meals:** If you need to cancel or reserve a meal, the correct number to call is 678.225.5430.

**Transportation:** For same-day transportation cancellations, please call 678.209.2430. All transportation reservations must go through the Center Manager and not directly to transportation. You must call both numbers if you need to cancel the day of your scheduled trip and or meal.