Norcross Senior Center September Highlights

Mondays: Chair Yoga. Come increase strength and flexibility!

Tuesdays, Wednesdays, and Fridays: Cardio/Strength. Class can be done seated or standing. Evie is the instructor on Tuesdays and Wednesdays and Ted is the Friday instructor.

1st and 3rd Tuesdays: Line Dancing. Come learn basic line dances with instructor Diane Adams. Have fun and get a workout at the same time.

2nd and 4th Tuesdays: La Blast Silk Fitness. Join instructor Diane Adams for a low-impact workout that incorporates ballroom dance steps for a fun cardio workout.

Thursdays: Qi Gong with George. This is a no-impact class which focuses on breathing and stretching.

Thursdays: Drawing class. Learn basic drawing skills through practice drills and simple drawings.

Fridays: Water Exercise at Mountain Park Aquatic Center. Cost is $2. Please bring a bathing suit and towel. Bus departs promptly at 9:15am. **Note:** the week of September 22 water exercise will be on Wednesday.

September 1 – Friday: Picnic at Lion's Club Park. Bus transportation will be provided, and the center will be open for anyone who does not choose to attend the picnic.

September 5– Tuesday: Upcycled Flower Pin. This pin is made from flowers punched out of aluminum soda cans. You can personalize it for a truly original piece of jewelry. Bring cans of your choice if desired.

September 8 – Friday: Celebrating Grandparents. In honor of Grandparents Day, we will have a special activity.

September 13- Wednesday: Greeting Card class with Martha. Use fancy paper and other supplies to create beautiful greeting cards.

September 13 – Wednesday: Shopping and Lunch outing. Locations to be determined.

September 14 and 28 – Thursday: Cooking Class. Topic for September 14 is "Wheel of Food." Topic for September 28 will be announced.

September 22 – Friday: Annual Senior Prom. This year it will be held at Lucky Shoals Park Community Center. Join us for a morning of dancing and fun.

September 27 – Wednesday: BAPS Mandir Tour. Admission is free. Bring money for lunch.

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.