

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9:00am – Trip to the King Center 9:30am – Cardio (Evie) 11:00am – Trivia Time	2 9:30am – Qi Gong 10:30am – Drawing Class – Grocery Shopping 10:45am – Bingo	3 9:30am – Circus trip 10:30am – Meditation 11:00am – Cardio (Diane)
6 9:30am – Daffodil Door Decoration – Trivia Time 11:00am – Chair Yoga	7 9:30am – Cardio (Evie) 10:15am – Key holder craft project 10:45am – Bingo	8 9:00am – Bowling 9:30am – Cardio (Evie) 10:15am – Movie (dining room) – Cards (activity room)	9 9:30am – Qi Gong 10:15am – Drawing class 11:00am – ASK with Bethany 1:30pm – Cooking class	10 9:30am – Cardio (Evie) 10:30am – Meditation 11:15am – Women’s History Month presentation
13 9:30am – Floral painting 9:45am – Drumming with Peter 11:00am – Chair Yoga	14 9:30am – Cardio (Evie) 10:15am – Jewelry class 11:00am – Kaiser “Take A Walk”	15 9:00am – In For Anything Trip 9:30am – Cardio (Evie) 10:45am – Bingo	16 9:30am – Qi Gong 10:15am – Drawing class 11:00am – Hearing Loss Presentation	17 9:30am – Grocery shopping 10:30am – Meditation 11:00am – Cardio (Diane)
20 9:30am – 3D Floral Art – Cards/Games 11:00am – Chair Yoga 11:45am – Walk to Lunch Bunch	21 9:30am – Cardio (Evie) 10:15am – Ceramics shopping 11:00am – Health with Dr. Hogan	22 9:00am – Bowling 9:30am – Cardio (Evie) 11:00am – Mind Benders	23 9:30am – Qi Gong 10:00am – Drawing class 10:45am – Bingo 1:30pm – Cooking class	24 9:30am – Cardio (Evie) 10:30am – Meditation – Grocery Shopping 11:00am – Art class – Cards/Games
27 9:45am – Drumming with Peter – Shopping at Ollie’s 11:00am – Chair Yoga	28 9:30am – Cardio (Evie) 10:15am – Floral painting 11:00am – Safety with Officer Greene	29 9:00am – Bowling 9:30am – Cardio (Evie) 11:00am – Movie – Cards/Games	30 9:30am – Qi Gong 10:00am – Drawing class 10:45am – Bingo	31 9:30am – Cardio (Evie) 10:30am – Meditation 11:00am – Nutrition Activity

5030 Georgia Belle Ct, Suite 1066, Norcross, GA 30093. Tammy Lea, center specialist 678.225.5430

Programs subject to change without notice.