

Senior Center Main Phone: 770-345-2675

CATS: 770-345-6238

June 2024

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:30 Chair Yoga 10:00 Construction Paper Painting Craft w/ Karen 11:00 Cards/Games 1:00 Bingo	4 9:30 Chair Aerobics 10:00 Senior Services 101: Meals on Wheels 11:00 Cards/Games 1:00 Bingo	5 9:30 Walking Outside* 10:30 Osmosis w/ Master Gardeners 1:00 Bingo	6 9:30 80's Hits Exercise 10:00 Cards/Games 11:00 Going to the Moose Lodge (\$1 for lunch at the Moose)	7 9:30 Line Music Exercise 10:00 Ladderball w/ Alta 11:00 Cards/Games 1:00 Bingo
10 9:30 Exercises w/ Sydney 10:00 Randy Richards Music 11:00 Cards/Games 1:00 Bingo	11 9:30 Walking Outside* 10:30 Flower Arrangements w/ Flowers with a Purpose & Empower Cherokee 1:00 Bingo	12 Mystery Day (Senior's Choice) Bingo w/ Miguel Insurance Site Council Meeting	13 9:30 Chair Zumba Exercise 10:00 Crochet Club w/ Alta 11:00 Cards/Games 1:00 Bingo	14 June Birthdays Father's Day lunch 9:30 80's Hits Exercise 10:00 Cornhole w/ James 11:00 Cards/Games 1:00 Bingo
17 9:30 Walking Outside* 10:00 LaBlast Class w/ Nancy 11:00 Cards/Games 1:00 Bingo	18 9:30 Chair Zumba Exercise 10:00 Lanyard Craft w/ Betty 11:00 Cards/Games 1:00 Bingo	19 America's Thrift Store & Out to Lunch at John Boys (\$12 for lunch at John Boys) (Sign up by 6/12)	20 9:30 Line Music Exercise 10:00 Activity w/ Katie from Live to the Max 11:00 Cards/Games 12:00 Lunch & Learn w/ SALT 1:00 Bingo	21 9:30 Chair Aerobics 10:00 Cards/Games 11:00 Karaoke w/ Raquel 1:00 Bingo
24 9:30 Chair Yoga 10:00 Paper Flowers Craft w/ Sydney 11:00 Cards/Games 1:00 Bingo	25 Health Fair with CareSource at the Senior Center 9:00 – 1:00	26 9:30 80's Hits Exercise 10:00 Activity w/ Comfort Keepers OR Cards/Games 1:00 Bingo	27 9:30 Chair Aerobics 10:00 Going to Walmart (Sign up by 6/20) 1:00 Bingo	28 9:30 Walking Outside* 10:00 Craft w/ Library 11:00 Cards/Games 1:00 Bingo