

Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED	2 10:00am Zumba Exercise 11:00am Bingo	3 WALMART 10:00am Tai Chi/Qi Gong Crochet 11:00am Senior B Safe with Gwinnett County Fire Department	4 10:00am Red Hat Meeting Exercise 11:00am Drum Therapy	5 10:00am Exercise 11:00am Bingo
8 9:30am Waterobics 10:00am Music with Jim & Frank 11:00am Bingo	9 10:00am Zumba Exercise Arts & Crafts 11:00am Memory & Aging with Dr. Wang	10 PUBLIX 10:00am Tai Chi/Qi Gong Crochet 11:00am Bingo	11 10:00am Music Therapy Exercise 11:00am Nutrition Program: Name That Food	12 10:00am Red Hat Field Trip to Piccadilly's Sittercise 11:00am Pokeno
15 CLOSED	16 10:00am to 12:00pm Martin Luther King Jr. Celebration	17 KROGER 9:00am BP/Weight Check 10:00am Exercise Crochet Talk with John Wheaton 11:00am Bingo	18 10:00am Talk it Out Exercise 11:00am Senior Safety with Officer Coats 1:00pm Rummikub Tournament	19 10:00 am Chair Yoga with Eloise 11:00am Bingo
22 9:30am Waterobics 10:00am Music with Jim & Frank 11:00am Bingo	23 10:00am Council Meeting Zumba 11:00am Helping Seniors Drive Safely	24 WALMART 10:00am Tai Chi/Qi Gong Crochet 11:00am Word Game	25 10:00am Field Trip to Stars & Strikes Exercise 11:00am Bingo	26 10:00am Exercise 11:00am Peripheral Neuropathy with Dr. Smith
29 10:00am Sittercise Talk with Jim 11:00am Let's Make a Deal!	30 10:00am Zumba 11:00am Winter Celebration	31 PUBLIX 10:00am Tai Chi/Qi Gong Crochet 11:00 Bingo		