

# June 2023

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			10:00 am - 11:00 am Chair Fitness 2:30 pm - 3:00 pm Virtual Programming	
5	6	7	8	9
9:00 am - 10:00 am Line Dancing Class- Beginner's 10:00 am - 11:00 am Chair Fitness 11:00 am - 12:00 pm Line Dancing Class- Advanced	8:00 am - 10:00 am Pickleball 9:00 am - 10:00 am Coffee Chat (Virtual) 10:00 am - 11:00 am Senior Stretch & Yoga 10:30 am - 11:30 am Free Nutrition Education Classes – In Person & Virtual 11:00 am - 12:00 pm Caregiver Support Group	9:30 am - 11:30 am Plam 10:00 am - 10:30 am Tai Chi for Arthritis and Fall Prevention – Beginner 10:30 am - 11:00 am Tai Chi for Arthritis and Fall Prevention – Intermediate 12:00 pm - 1:00 pm Dementia Family Support Group – Albany 2:00 pm - 3:00 pm Parkinson's Support Group	10:00 am - 11:00 am Chair Fitness 2:30 pm - 3:00 pm Virtual Programming	7:30 pm - 9:30 pm Theatre Albany – “The Wedding Singer”
12	13	14	15	16
9:00 am - 10:00 am Line Dancing Class- Beginner's 10:00 am - 11:00 am Chair Fitness 11:00 am - 12:00 pm Line Dancing Class- Advanced	8:00 am - 10:00 am Pickleball 9:00 am - 10:00 am Coffee Chat (Virtual) 9:00 am - 12:00 pm AARP Smart Driver Course 10:00 am - 11:00 am Senior Stretch & Yoga	9:00 am - 12:00 pm AARP Smart Driver Course 9:30 am - 11:30 am Plam 10:00 am - 10:30 am Tai Chi for Arthritis and Fall Prevention – Beginner 10:30 am - 11:00 am Tai Chi for Arthritis and Fall Prevention – Intermediate 2:00 pm - 3:00 pm Parkinson's Support Group	10:00 am - 11:00 am Chair Fitness 2:30 pm - 3:00 pm Virtual Programming	
19	20	21	22	23
9:00 am - 10:00 am Line Dancing Class- Beginner's 11:00 am - 12:00 pm Line Dancing Class- Advanced	8:00 am - 10:00 am Pickleball 9:00 am - 10:00 am Coffee Chat (Virtual) 9:00 am - 12:00 pm Georgia Legal Services 9:00 am - 12:00 pm Game Day & BINGO 10:00 am - 11:00 am Senior Stretch & Yoga	9:30 am - 11:30 am Plam 10:00 am - 10:30 am Tai Chi for Arthritis and Fall Prevention – Beginner 10:30 am - 11:00 am Tai Chi for Arthritis and Fall Prevention – Intermediate 2:00 pm - 3:00 pm Parkinson's Support Group	10:00 am - 11:00 am Chair Fitness 2:30 pm - 3:00 pm Virtual Programming	
26	27	28	29	30
9:00 am - 10:00 am Line Dancing Class- Beginner's 10:00 am - 11:00 am Chair Fitness 11:00 am - 12:00 pm Line Dancing Class- Advanced	8:00 am - 10:00 am Pickleball 9:00 am - 10:00 am Coffee Chat (Virtual) 10:00 am - 11:00 am Senior Stretch & Yoga	9:30 am - 11:30 am Plam 10:00 am - 10:30 am Tai Chi for Arthritis and Fall Prevention – Beginner 10:30 am - 11:00 am Tai Chi for Arthritis and Fall Prevention – Intermediate 2:00 pm - 3:00 pm Parkinson's Support Group	10:00 am - 11:00 am Chair Fitness 2:30 pm - 3:00 pm Virtual Programming	