



This Month

June 2023



MON	TUE	WED	THU	FRI
<p>29</p>	<p>30</p> <p>8:00 am - 10:00 am Pickleball</p> <p>9:00 am - 10:00 am Coffee Chat (Virtual)</p> <p>10:00 am - 11:00 am Senior Stretch & Yoga</p>	<p>31</p> <p>9:30 am - 11:30 am Plann</p> <p>10:00 am - 10:30 am Tai Chi for Arthritis and Fall Prevention – Beginner</p> <p>10:30 am - 11:00 am Tai Chi for Arthritis and Fall Prevention – Intermediate</p> <p>2:00 pm - 3:00 pm Parkinson’s Support Group</p>	<p>1</p> <p>10:00 am - 11:00 am Chair Fitness</p> <p>2:30 pm - 3:00 pm Virtual Programming</p>	<p>2</p>
<p>5</p> <p>9:00 am - 10:00 am Line Dancing Class- Beginner’s</p> <p>10:00 am - 11:00 am Chair Fitness</p> <p>11:00 am - 12:00 pm Line Dancing Class- Advanced</p>	<p>6</p> <p>8:00 am - 10:00 am Pickleball</p> <p>9:00 am - 10:00 am Coffee Chat (Virtual)</p> <p>10:00 am - 11:00 am Senior Stretch & Yoga</p> <p>10:30 am - 11:30 am Free Nutrition Education Classes – In Person & Virtual</p> <p>11:00 am - 12:00 pm Caregiver Support Group</p>	<p>7</p> <p>9:30 am - 11:30 am Plann</p> <p>10:00 am - 10:30 am Tai Chi for Arthritis and Fall Prevention – Beginner</p> <p>10:30 am - 11:00 am Tai Chi for Arthritis and Fall Prevention – Intermediate</p> <p>12:00 pm - 1:00 pm Dementia Family Support Group – Albany</p> <p>2:00 pm - 3:00 pm Parkinson’s Support Group</p>	<p>8</p> <p>10:00 am - 11:00 am Chair Fitness</p> <p>2:30 pm - 3:00 pm Virtual Programming</p>	<p>9</p> <p>7:30 pm - 9:30 pm Theatre Albany – “The Wedding Singer”</p>
<p>12</p> <p>9:00 am - 10:00 am Line Dancing Class- Beginner’s</p> <p>10:00 am - 11:00 am Chair Fitness</p> <p>11:00 am - 12:00 pm Line Dancing Class- Advanced</p>	<p>13</p> <p>8:00 am - 10:00 am Pickleball</p> <p>9:00 am - 10:00 am Coffee Chat (Virtual)</p> <p>9:00 am - 12:00 pm AARP Smart Driver Course</p> <p>10:00 am - 11:00 am Senior Stretch & Yoga</p>	<p>14</p> <p>9:00 am - 12:00 pm AARP Smart Driver Course</p> <p>9:30 am - 11:30 am Plann</p> <p>10:00 am - 10:30 am Tai Chi for Arthritis and Fall Prevention – Beginner</p> <p>10:30 am - 11:00 am Tai Chi for Arthritis and Fall Prevention – Intermediate</p> <p>2:00 pm - 3:00 pm Parkinson’s Support Group</p>	<p>15</p> <p>10:00 am - 11:00 am Chair Fitness</p> <p>2:30 pm - 3:00 pm Virtual Programming</p>	<p>16</p>
<p>19</p> <p>9:00 am - 10:00 am Line Dancing Class- Beginner’s</p> <p>11:00 am - 12:00 pm Line Dancing Class- Advanced</p>	<p>20</p> <p>8:00 am - 10:00 am Pickleball</p> <p>9:00 am - 10:00 am Coffee Chat (Virtual)</p> <p>9:00 am - 12:00 pm Georgia Legal Services</p> <p>9:00 am - 12:00 pm Game Day & BINGO</p> <p>10:00 am - 11:00 am Senior Stretch & Yoga</p>	<p>21</p> <p>9:30 am - 11:30 am Plann</p> <p>10:00 am - 10:30 am Tai Chi for Arthritis and Fall Prevention – Beginner</p> <p>10:30 am - 11:00 am Tai Chi for Arthritis and Fall Prevention – Intermediate</p> <p>2:00 pm - 3:00 pm Parkinson’s Support Group</p>	<p>22</p> <p>10:00 am - 11:00 am Chair Fitness</p> <p>2:30 pm - 3:00 pm Virtual Programming</p>	<p>23</p>
<p>26</p> <p>9:00 am - 10:00 am Line Dancing Class- Beginner’s</p> <p>10:00 am - 11:00 am Chair Fitness</p> <p>11:00 am - 12:00 pm Line Dancing Class- Advanced</p>	<p>27</p> <p>8:00 am - 10:00 am Pickleball</p> <p>9:00 am - 10:00 am Coffee Chat (Virtual)</p> <p>10:00 am - 11:00 am Senior Stretch & Yoga</p>	<p>28</p> <p>9:30 am - 11:30 am Plann</p> <p>10:00 am - 10:30 am Tai Chi for Arthritis and Fall Prevention – Beginner</p> <p>10:30 am - 11:00 am Tai Chi for Arthritis and Fall Prevention – Intermediate</p> <p>2:00 pm - 3:00 pm Parkinson’s Support Group</p>	<p>29</p> <p>10:00 am - 11:00 am Chair Fitness</p> <p>2:30 pm - 3:00 pm Virtual Programming</p>	<p>30</p>