



This Month

May 2023



MON	TUE	WED	THU	FRI
<p><b>1</b></p> <p>9:00 am - 10:00 am </p> <p>Line Dancing Class- Beginner's</p> <p>10:00 am - 11:00 am </p> <p>Chair Fitness</p> <p>11:00 am - 12:00 pm </p> <p>Line Dancing Class- Advanced</p>	<p><b>2</b></p> <p>8:00 am - 10:00 am </p> <p>Pickleball</p> <p>9:00 am - 10:00 am </p> <p>Coffee Chat (Virtual)</p> <p>10:00 am - 11:00 am </p> <p>Senior Stretch &amp; Yoga</p> <p>10:30 am - 11:30 am </p> <p>Free Nutrition Education Classes – In Person &amp; Virtual</p>	<p><b>3</b></p> <p>9:30 am - 11:30 am </p> <p>Plarn</p> <p>10:00 am - 10:30 am </p> <p>Tai Chi for Arthritis and Fall Prevention – Beginner</p> <p>10:30 am - 11:00 am </p> <p>Tai Chi for Arthritis and Fall Prevention – Intermediate</p> <p>12:00 pm - 1:00 pm </p> <p>Dementia Family Support Group – Albany</p> <p>1:00 pm - 3:00 pm </p> <p>Diabetes Self- Management Workshop (Virtual)</p> <p>2:00 pm - 3:00 pm </p> <p>Parkinson's Support Group</p>	<p><b>4</b></p> <p>10:00 am - 11:00 am </p> <p>“EAT SMART, BE ACTIVE” SNAP EDUCATION CLASSES Virtual</p> <p>10:00 am - 11:00 am </p> <p>Chair Fitness</p> <p>2:30 pm - 3:00 pm </p> <p>Virtual Programming</p>	<p><b>5</b></p>
<p><b>8</b></p> <p>9:00 am - 10:00 am </p> <p>Line Dancing Class- Beginner's</p> <p>10:00 am - 11:00 am </p> <p>Chair Fitness</p> <p>11:00 am - 12:00 pm </p> <p>Line Dancing Class- Advanced</p>	<p><b>9</b></p> <p>8:00 am - 10:00 am </p> <p>Pickleball</p> <p>9:00 am - 10:00 am </p> <p>Coffee Chat (Virtual)</p> <p>9:00 am - 12:00 pm </p> <p>AARP Smart Driver Course</p> <p>10:00 am - 11:00 am </p> <p>Senior Stretch &amp; Yoga</p>	<p><b>10</b></p> <p>9:00 am - 12:00 pm </p> <p>AARP Smart Driver Course</p> <p>9:30 am - 11:30 am </p> <p>Plarn</p> <p>10:00 am - 10:30 am </p> <p>Tai Chi for Arthritis and Fall Prevention – Beginner</p> <p>10:30 am - 11:00 am </p> <p>Tai Chi for Arthritis and Fall Prevention – Intermediate</p> <p>1:00 pm - 3:00 pm </p> <p>Diabetes Self- Management Workshop (Virtual)</p> <p>2:00 pm - 3:00 pm </p> <p>Parkinson's Support Group</p>	<p><b>11</b></p> <p>10:00 am - 11:00 am </p> <p>“EAT SMART, BE ACTIVE” SNAP EDUCATION CLASSES Virtual</p> <p>10:00 am - 11:00 am </p> <p>Chair Fitness</p> <p>2:30 pm - 3:00 pm </p> <p>Virtual Programming</p>	<p><b>12</b></p>
<p><b>15</b></p> <p>9:00 am - 10:00 am </p> <p>Line Dancing Class- Beginner's</p> <p>10:00 am - 11:00 am </p> <p>Chair Fitness</p> <p>11:00 am - 12:00 pm </p> <p>Line Dancing Class- Advanced</p>	<p><b>16</b></p> <p>8:00 am - 10:00 am </p> <p>Pickleball</p> <p>9:00 am - 10:00 am </p> <p>Coffee Chat (Virtual)</p> <p>9:00 am - 12:00 pm </p> <p>Georgia Legal Services</p> <p>9:00 am - 12:00 pm </p> <p>Game Day &amp; BINGO</p> <p>10:00 am - 11:00 am </p> <p>Senior Stretch &amp; Yoga</p>	<p><b>17</b></p> <p>9:30 am - 11:30 am </p> <p>Plarn</p> <p>10:00 am - 10:30 am </p> <p>Tai Chi for Arthritis and Fall Prevention – Beginner</p> <p>10:30 am - 11:00 am </p> <p>Tai Chi for Arthritis and Fall Prevention – Intermediate</p> <p>1:00 pm - 3:00 pm </p> <p>Diabetes Self- Management Workshop (Virtual)</p> <p>2:00 pm - 3:00 pm </p> <p>Parkinson's Support Group</p>	<p><b>18</b></p> <p>9:00 am - 10:00 am</p> <p>Aging &amp; Disability Resource Connection/Senior Hunger Coalition</p> <p>10:00 am - 11:00 am </p> <p>“EAT SMART, BE ACTIVE” SNAP EDUCATION CLASSES Virtual</p> <p>10:00 am - 11:00 am </p> <p>Chair Fitness</p> <p>2:30 pm - 3:00 pm </p> <p>Virtual Programming</p>	<p><b>19</b></p> <p>6:15 pm</p> <p>Rylander Theatre – “Sons of Serendip”</p>
<p><b>22</b></p> <p>9:00 am - 10:00 am </p> <p>Line Dancing Class- Beginner's</p> <p>10:00 am - 11:00 am </p> <p>Chair Fitness</p> <p>11:00 am - 12:00 pm </p> <p>Line Dancing Class- Advanced</p>	<p><b>23</b></p> <p>8:00 am - 10:00 am </p> <p>Pickleball</p> <p>9:00 am - 10:00 am </p> <p>Coffee Chat (Virtual)</p> <p>10:00 am - 11:00 am </p> <p>Senior Stretch &amp; Yoga</p>	<p><b>24</b></p> <p>9:30 am - 11:30 am </p> <p>Plarn</p> <p>10:00 am - 10:30 am </p> <p>Tai Chi for Arthritis and Fall Prevention – Beginner</p> <p>10:30 am - 11:00 am </p> <p>Tai Chi for Arthritis and Fall Prevention – Intermediate</p> <p>2:00 pm - 3:00 pm </p> <p>Parkinson's Support Group</p>	<p><b>25</b></p> <p>9:00 am - 1:00 pm </p> <p>Dealing with Dementia Workshop</p> <p>10:00 am - 11:00 am </p> <p>“EAT SMART, BE ACTIVE” SNAP EDUCATION CLASSES Virtual</p> <p>10:00 am - 11:00 am </p> <p>Chair Fitness</p> <p>2:30 pm - 3:00 pm </p> <p>Virtual Programming</p>	<p><b>26</b></p>
<p><b>29</b></p>	<p><b>30</b></p> <p>8:00 am - 10:00 am </p> <p>Pickleball</p> <p>9:00 am - 10:00 am </p> <p>Coffee Chat (Virtual)</p> <p>10:00 am - 11:00 am </p> <p>Senior Stretch &amp; Yoga</p>	<p><b>31</b></p> <p>9:30 am - 11:30 am </p> <p>Plarn</p> <p>10:00 am - 10:30 am </p> <p>Tai Chi for Arthritis and Fall Prevention – Beginner</p> <p>10:30 am - 11:00 am </p> <p>Tai Chi for Arthritis and Fall Prevention – Intermediate</p> <p>2:00 pm - 3:00 pm </p> <p>Parkinson's Support Group</p>	<p><b>1</b></p> <p>10:00 am - 11:00 am </p> <p>Chair Fitness</p> <p>2:30 pm - 3:00 pm </p> <p>Virtual Programming</p>	<p><b>2</b></p>