

November 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
		9:00 am - 10:00 am Dementia Friends Virtual Sessions 9:30 am - 11:30 am PLARN 10:00 am - 11:00 am Tai Chi for Arthritis and Fall Prevention – Skills Session 12:00 pm - 1:00 pm Dementia Family Support Group – Albany	10:00 am - 11:00 am Chair Fitness 10:00 am - 11:45 am Tech Talk (Basic Computing Skills) 1:00 pm - 3:30 pm Diabetes Self- Management Workshop (Virtual) 2:30 pm - 3:30 pm Game Day Trivia–VIRTUAL			
6	7	8	9	10	11	12
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 11:00 am - 12:00 pm Aging Mastery Programs Workshops- VIRTUAL	8:15 am - 9:45 am Pickleball Open Play 10:00 am - 11:00 am Coffee Chat (Virtual) 10:00 am - 11:00 am Senior Stretch & Yoga 10:00 am - 11:45 am Tech Talk (Basic Computing Skills) 10:00 am - 11:00 pm Virtual Tai Chi for Arthritis and Fall Prevention 1:30 pm - 2:30 pm Virtual Tai Chi for Arthritis and Fall Prevention	9:30 am - 11:30 am PLARN 10:00 am - 11:00 am Tai Chi for Arthritis and Fall Prevention – Skills Session 12:00 pm - 1:00 pm Dementia Friends Virtual Sessions	8:30 am - 4:30 pm Day Trip: Christmas Shopping in Macon 10:00 am - 11:00 am Chair Fitness 10:00 am - 11:45 am Tech Talk (Basic Computing Skills) 1:00 pm - 3:30 pm Diabetes Self- Management Workshop (Virtual) 2:30 pm - 3:30 pm Game Day BINGO–Virtual 5:30 pm - 7:30 pm Docs & Dinner			
13	14	15	16	17	18	19
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 11:00 am - 12:00 pm Aging Mastery Programs Workshops- VIRTUAL	8:15 am - 9:45 am Pickleball Open Play 9:00 am - 12:00 pm AARP Smart Driver Course 10:00 am - 12:00 pm Movie & a Mission 10:00 am - 11:00 am Coffee Chat (Virtual) 10:00 am - 11:00 am Senior Stretch & Yoga 10:00 am - 11:00 pm Virtual Tai Chi for Arthritis and Fall Prevention 1:30 pm - 2:30 pm Virtual Tai Chi for Arthritis and Fall Prevention	9:00 am - 12:00 pm AARP Smart Driver Course 9:30 am - 11:30 am PLARN 10:00 am - 11:00 am Tai Chi for Arthritis and Fall Prevention – Skills Session	9:00 am - 10:00 am Aging & Disability Resource Connection/Senior Hunger Coalition–VIRTUAL 10:00 am - 11:00 am Chair Fitness 10:00 am - 12:00 pm "A Better Way Grocers" Mobile Grocery Truck			
20	21	22	23	24	25	26
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 11:00 am - 12:00 pm Aging Mastery Programs Workshops- VIRTUAL	8:15 am - 9:45 am Pickleball Open Play 9:00 am - 12:00 pm Georgia Legal Services 10:00 am - 11:00 am Coffee Chat (Virtual) 10:00 am - 11:00 am Senior Stretch & Yoga 10:00 am - 11:00 pm Virtual Tai Chi for Arthritis and Fall Prevention 1:30 pm - 2:30 pm Virtual Tai Chi for Arthritis and Fall Prevention	9:30 am - 11:30 am PLARN 10:00 am - 11:00 am Tai Chi for Arthritis and Fall Prevention – Skills Session				
27	28	29	30			
9:00 am - 10:00 am Line Dancing Class- Beginner's 9:00 am - 12:00 pm Christmas Blanket & Sock Drive 10:00 am - 11:00 am Chair Fitness 11:00 am - 12:00 pm Line Dancing Class- Advanced 11:00 am - 12:00 pm Aging Mastery Programs Workshops- VIRTUAL	8:00 am - 5:00 pm Christmas Blanket & Sock Drive 8:15 am - 9:45 am Pickleball Open Play 10:00 am - 11:00 am Coffee Chat (Virtual) 10:00 am - 11:00 am Senior Stretch & Yoga 10:00 am - 11:00 pm Virtual Tai Chi for Arthritis and Fall Prevention 1:30 pm - 2:30 pm Virtual Tai Chi for Arthritis and Fall Prevention	9:00 am - 12:00 pm Christmas Blanket & Sock Drive 9:30 am - 11:30 am PLARN 10:00 am - 11:00 am Tai Chi for Arthritis and Fall Prevention – Skills Session	9:00 am - 12:00 pm Christmas Blanket & Sock Drive 10:00 am - 11:00 am Chair Fitness			