

# October 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2	3	4	5	6	7	8
Pigeon Forge & Smoky Mountains Show Trip 9:00 am - 12:00 pm SCOA Open House 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	Pigeon Forge & Smoky Mountains Show Trip 8:15 am - 9:45 am Pickleball Open Play 9:00 am - 12:00 pm SCOA Open House 10:00 am - 12:30 pm Diabetes Self- Management Workshop (DSMP) 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	Pigeon Forge & Smoky Mountains Show Trip 9:00 am - 12:00 pm SCOA Open House 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	Pigeon Forge & Smoky Mountains Show Trip 9:00 am - 12:00 pm SCOA Open House 9:30 am - 11:00 am Chair Fitness 1:00 pm - 3:30 pm Diabetes Self- Management Workshop (Virtual) 2:30 pm - 3:30 pm Game Day Trivia-VIRTUAL	Pigeon Forge & Smoky Mountains Show Trip	Dinks for Dinners	Dinks for Dinners
9	10	11	12	13		15
9:00 am - 10:00 am Line Dancing Class- Beginner's 11:00 am - 12:00 pm Line Dancing Class- Advanced	8:15 am - 9:45 am Pickleball Open Play 9:00 am - 12:00 pm AARP Smart Driver Course 9:00 am - 10:00 am Dementia Friends Virtual Sessions 10:00 am - 12:30 pm Diabetes Self- Management Workshop (DSMP) 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 - 1:00 pm Dealing with Dementia Workshop 10:00 am - 11:00 am Chair Fitness 1:00 pm - 3:30 pm Diabetes Self- Management Workshop (Virtual) 2:30 pm - 3:30 pm Game Day BINGO-Virtual			
16	17	18	19	20	21	22
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 9:00 am - 12:00 pm Game Day 10:00 am - 12:30 pm Diabetes Self- Management Workshop (DSMP) 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 Virtual Dementia Tour 9:30 am - 11:30 am PLARN 10:00 am - 11:00 am Tai Chi for Arthritis and Fall Prevention – Skills Session	10:00 am - 11:00 am Chair Fitness 1:00 pm - 3:30 pm Diabetes Self- Management Workshop (Virtual)			
23	24	25	26	27	28	29
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 Southwest Georgia Public Hearing 10:00 am - 11:00 am Coffee Chat (Virtual) 10:00 am - 12:30 pm Diabetes Self- Management Workshop (DSMP) 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	10:00 am - 11:00 am Chair Fitness 10:00 am - 12:00 pm "A Better Way Grocers" Mobile Grocery Truck 12:00 pm - 1:00 pm Dementia Friends Virtual Sessions 1:00 pm - 3:30 pm Diabetes Self- Management Workshop (Virtual)		10:00 am - 5:00 pm National Drug Take Back Day	
30	31					
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					