

June 2024

| Mon | Tues | Wed | Thurs | Fri |
|---|--|---|---|---|
| <p>3</p> <p>9:00 am - 11:30 am RSVP Garden Club</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>11:00 am - 12:00 pm Aging Mastery Program Workshops</p> | <p>4</p> <p>10:00 am - 11:00 am Low Impact Aerobics</p> <p>11:00 am - 12:00 pm Senior Stretch & Yoga</p> | <p>5</p> <p>9:30 am - 11:30 am PLARN</p> <p>10:00 am - 11:00 am Tai Chi for Arthritis and Fall Prevention – Skills Session</p> <p>12:00 pm - 1:00 pm Dementia Family Support Group – Albany</p> | <p>6</p> <p>10:00 am - 11:00 am Chair Fitness</p> | <p>7</p> |
| <p>10</p> <p>9:00 am - 11:30 am RSVP Garden Club</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>11:00 am - 12:00 pm Aging Mastery Program Workshops</p> | <p>11</p> <p>9:00 am - 12:00 pm AARP Smart Driver Course</p> <p>10:00 am - 11:00 am Low Impact Aerobics</p> <p>11:00 am - 12:00 pm Senior Stretch & Yoga</p> | <p>12</p> <p>9:00 am - 12:00 pm AARP Smart Driver Course</p> <p>9:30 am - 11:30 am PLARN</p> <p>10:00 am - 11:00 am Tai Chi for Arthritis and Fall Prevention – Skills Session</p> | <p>13</p> <p>10:00 am - 11:00 am Chair Fitness</p> | <p>14</p> <p>9:00 am - 12:00 pm Summer Regional Senior Resource Fair – Moultrie</p> |
| <p>17</p> <p>9:00 am - 11:30 am RSVP Garden Club</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>11:00 am - 12:00 pm Aging Mastery Program Workshops</p> | <p>18</p> <p>9:30 am - 11:30 am Game Day</p> <p>10:00 am - 11:00 am Low Impact Aerobics</p> <p>11:00 am - 12:00 pm Senior Stretch & Yoga</p> | <p>19</p> <p>ADRC Closed 2024-06-19 SCOA Regional Resource Hub CLOSED</p> | <p>20</p> <p>10:00 am - 11:00 am Chair Fitness</p> | <p>21</p> |
| <p>24</p> <p>9:00 am - 11:30 am RSVP Garden Club</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>25</p> <p>10:00 am - 11:00 am Low Impact Aerobics</p> <p>11:00 am - 12:00 pm Senior Stretch & Yoga</p> | <p>26</p> <p>9:30 am - 11:30 am PLARN</p> <p>10:00 am - 11:00 am Tai Chi for Arthritis and Fall Prevention – Skills Session</p> | <p>27</p> <p>10:00 am - 11:00 am Chair Fitness</p> <p>10:00 am - 12:00 pm "A Better Way Grocers" Mobile Grocery Truck</p> | <p>28</p> <p>9:00 am - 12:00 pm Summer Regional Senior Resource Fair – Camilla</p> |