



Mon	Tue	Wed	Thu	Fri
	1 9:15 am: Core Strength 10:15 am: SS Line Dance 11:30 am: Canasta 2 pm: Strength & Mobility	2 9 am: Bocce 9 am: SS Classic (amp) 9 am: Wed. Walkers 10 am: Knit/Crochet	3 10:15 am: SS Line Dance 11:30 am: Canasta 2 pm: Strength & Mobility 2 pm: Gentle Yoga	4 9 am: Bocce 10 am: Yoga/Quigong
7 9 am: Bocce 9 am: SS Classic 9 am: Social Bridge 10 am: Caregiver Support 10:30 am ART 12:45 pm: Yoga/Quigong 2 pm: Gentle Yoga	8 9:15 am: Core Strength 10:15 am: SS Line Dance 11:30 am: Canasta 2 pm: Strength & Mobility	9 9 am: Bocce 9 am: SS Classic (amp) 9 am: Wed. Walkers 10 am: Knit/Crochet 2 pm: TechSmart: Tech Support	10 DAY TRIP: Jaemor Farm 9:15 am: Core Strength 10:15 am: SS Line Dance 11:30 am: Canasta 2 pm: Strength & Mobility 2 pm: Gentle Yoga	11 9 am: Bocce 9 am: Zumba Gold 10 am: Yoga/Quigong 10 am: Movie: Unfrosted
14 9 am: Bocce 9 am: SS Classic 9 am: Social Bridge 12:45 pm: Yoga/Quigong 2 pm: Gentle Yoga	15 9:15 am: Core Strength 10:15 am: SS Line Dance 11:30 am: Canasta 1 pm: Craft: Pressed Flower Lanterns 2 pm: Strength & Mobility	16 9 am: Bocce 9 am: SS Classic (amp) 9 am: Wed. Walkers 10 am: Knit/Crochet 12 pm: Lunch & Learn: Speakers Panel	17 9:15 am: Core Strength 10:15 am: SS Line Dance 11:30 pm: Canasta 2 pm: Strength & Mobility 2 pm: Gentle Yoga	18 8 am: Bocce 9 am: Zumba Gold 10 am: Yoga/Quigong
21 9 am: Bocce 9 am: SS Classic 9 am: Social Bridge 10:30 am ART 12:45 pm: Yoga/Quigong 2 pm: Gentle Yoga ** Silver Sneakers Registration Day	22 9:15 am: Core Strength 10 am: Bookclub: We Begin at the End 10:15 am: SS Line Dance 11:30 am: Canasta 2 pm: Strength & Mobility 2 pm: TechSmart: Apple/ iPhone Must Know Secrets	23 9 am: Bocce 9 am: SS Classic (amp) 9 am: Wed. Walkers 10 am: Knit/Crochet 12:00 pm: Anniversary Party: Sock Hop!	24 9:15 am: Core Strength 10:15 am: SS Line Dance 11:30 am: Canasta 2 pm: Strength & Mobility 2 pm: Gentle Yoga 6 pm: Johns Creek Veteran's Association	25 9 am: Bocce 9 am: Zumba Gold 10 am: Yoga/Quigong 10 am: Movie: Belfast 10:30 am: Social Singers
28 9 am: Bocce 9 am: SS Classic 9 am: Social Bridge 12:45 pm: Yoga/Quigong 2 pm: Gentle Yoga	29 9:15 am: Core Strength 10:15 am: SS Line Dance 10:30 am: Nature Hike— Autrey Mill Nature Preserve 11:30 am: Canasta 2 pm: Strength & Mobility	30 9 am: Bocce 9 am: SS Classic (amp) 9 am: Wed. Walkers 10 am: Knit/Crochet 1 pm: Cooking: Fundamentals of Chili	31 9:15 am: Core Strength 10:15 am: SS Line Dance 11:30 am: Canasta 12 pm: Halloween Potluck B'day Lunch 2 pm: Strength & Mobility	