



HOURS:
Monday—Thursday:
 9 am—3:30 pm
Friday: 9am-12 pm
678-512-3430

November



Mon	Tue	Wed	Thu	Fri
				1 9 am: Bocce 9 am: Zumba Gold 10 am: Yoga/Quigong
4 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	5 9:15 am: Core Strength 10:15 am: SS Line Dance 11:30 am: Canasta 2 pm: Strength & Mobility	6 9 am: Bocce 9 am: SS Classic 10 am: Wed. Walkers 10 am: Knit/Crochet	7 9:15 am: Core Strength 10:15 am: SS Line Dance 11:30 am: Canasta 2 pm: Strength & Mobility	8 9 am: Bocce 9 am: Zumba Gold 10 am: Yoga/Quigong 10:30 am: Social Singers
11 	12 9:15 am: Core Strength 10:15 am: SS Line Dance 11:30 am: Canasta 2 pm: Strength & Mobility	13 9 am: Bocce 9 am: SS Classic 10 am: Wed. Walkers 10 am: Knit/Crochet 12 pm: Lunch & Learn: Hormones & Weight Loss 2 pm: TechSmart: Free Tech Support	14 9:15 am: Core Strength 10:15 am: SS Line Dance 11:30 pm: Canasta 2 pm: Strength & Mobility 6 pm: Johns Creek Veteran's Association	15 9 am: Bocce 9 am: Zumba Gold 10 am: Yoga/Quigong
18 9 am: Bocce 9 am: SS Classic 9 am: Social Bridge 10:30 am ART 12:45 pm: Yoga/Quigong 2 pm: Gentle Yoga <i>** Silver Sneakers Registration Day</i>	19 9:15 am: Core Strength 10:15 am: SS Line Dance 11:30 am: Canasta 2 pm: Strength & Mobility	20 9 am: Bocce 9 am: SS Classic 10 am: Wed. Walkers 10 am: Knit/Crochet 1 pm: Cooking: Healthy Holiday Sides	21 9:15 am: Core Strength 10:15 am: SS Line Dance 11:30 am: Canasta 12 pm: Thanksgiving Potluck 2 pm: Strength & Mobility	22 9 am: Bocce 9 am: Zumba Gold 10 am: Yoga/Quigong 10 am: Movie: The Holdovers 10:30 am: Social Singers
25 9 am: Bocce 9 am: Social Bridge 2 pm: Gentle Yoga	26 11:30 am: Canasta	27 9 am: Bocce 10 am: Wed. Walkers 10 am: Knit/Crochet	28 Park Place Closed 	29 Park Place Closed