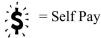
Austell Senior Center (770) 819-3200 4915 Austell-Powder Springs Road Austell, GA 30106 Program Hours 10am to 2pm



APRIL 2024

Joanie Ricketts, Program Specialist Viri Dudoit, Program Leader Transportation (770) 528-5380

LUNCH SERVED DAILY AT NOON



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Mon	Tue	Wed	Thu	Fri
1. 10:00a Breakfast at Austell Trip: 11:00a Walmart (Dallas) * Level 2*	2. 10:30a Get Fit With Angela 1p—2p Marker and Color Pencil w/Marietta Cobb Museum staff	3. 10:00a Site Council Meeting 12:30p Sonder Recap Health Plans & Sonder Says Game	4. 9:45a Trip: Burlington's Coat Factory & more (12p-2p) South Cobb Library Movie & Box Lunch	5. 10:15a Cardio Fusion w/Yvette 1:00p Pokeno Friday & Birthday Cake
8. Trip 10a-1p: Stevi B's	9. 10:30a Get Fit with Angela	10. 10:00a Card Stamp Making	11. Trip: 10a—2p * Level 2 *	12. 10:15a Cardio Fusion
Bingo & Pizza \$9.50	12:45p Nutrition Lesson	1:00p BEST presentation	McEachern High School	w/Yvette 12:45p Austell
Shopping at \$Tree * Level 2* Frozen Meal to go Home	Wellstar Mobile Market Delivery Day * Previous Registration ONLY	"Understanding Cholesterol"	"Connecting the Generations"	Talent Show Info Session
15.10:00a "Garden of Hope"	16. 10:30a Get Fit with Angela	17. 10:00a Garden Club	18. 9:00a Breakfast at Austell	19. 10:15a Cardio Fusion
Plant day & outside Games. 11:00a The Noteables 9: * Special Meal! *	1:00p Wi-fit Bowling or Table Games	Meeting & Seed Review 12:45p Team Baseball	Trip: 11a—1p The Outlet Shoppes at Atlanta * Level 3*	w/Yvette 1:00p Book Tree w/Amanda S. C. Library @ Austell
22. Trip: Shopping downtown	23.10:00a Bocce Ball Demo or	24. Trip: 10a - 12p Senior Expo	25. 10:15a Walk Club	26. 10:15a Cardio Fusion
Austell and Lunch at South Cobb Diner Frozen Meal to go Home	outside walking 12:45p Senior Talent Show Practice @ Austell Save the date (5/30/24)	at Cobb County Civic Center 12:30p Lunch at Williamson BBQ	12:45p Cooking Demo W/Staff Eat your veggies	w/Yvette 1:00p Card Stamp making (Session 2)
29. 10a—12p Women's Safety Presentation W/Sheriffs Department 1:00p Wi-fit Bowling	30. 10:30a Get Fit with Angela 1:00p Journaling workshop w/Julia from the Bookworm		Note: On trip days the Austell Center will be closed or times vary.	SUBMIT Calendars to Staff by March 18th

LAST DAY TO ADD FOR MEALS AND TRANSPORTATION: FRIDAY, APRIL 5th