

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

= Self Pay

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 Bingo & Pizza \$9.50 Shopping at \$Tree * Level 2* Frozen Meal to go Home	9. 10:30a Get Fit with Angela 12:45p Nutrition Lesson <i>Wellstar Mobile Market Delivery Day * Previous Registration ONLY</i>	10. 10:00a Card Stamp Making 1:00p BEST presentation "Understanding Cholesterol"	11. Trip: 10a—2p * Level 2 * McEachern High School "Connecting the Generations"	12. 10:15a Cardio Fusion w/Yvette 12:45p Austell Talent Show Info Session
15. 10:00a "Garden of Hope" Plant day & outside Games. 11:00a The Noteables * Special Meal! *	16. 10:30a Get Fit with Angela 1:00p Wi-fit Bowling or Table Games	17. 10:00a Garden Club Meeting & Seed Review 12:45p Team Baseball	18. 9:00a Breakfast at Austell Trip: 11a—1p The Outlet Shoppes at Atlanta * Level 3*	19. 10:15a Cardio Fusion w/Yvette 1:00p Book Tree w/Amanda S. C. Library @ Austell
22. Trip: Shopping downtown Austell and Lunch at South Cobb Diner Frozen Meal to go Home	23. 10:00a Bocce Ball Demo or outside walking 12:45p Senior Talent Show Practice @ Austell Save the date (5/30/24)	24. Trip: 10a - 12p Senior Expo at Cobb County Civic Center 12:30p Lunch at Williamson BBQ	25. 10:15a Walk Club 12:45p Cooking Demo W/Staff Eat your veggies	26. 10:15a Cardio Fusion 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