




2020

NOVEMBER



Keep Distance & Wear Cloth Face Cover



MON	TUE	WED	THU	FRI
2 12pm: Día de los Muertos - Honoring our Ancestors in the Mexican Tradition (Zoom) 1pm: Tai Chi (at ACCA) 1pm: Yoga w/ Josh (Zoom)	3 10am: CAL+ Social Hour (Zoom) 10am: Group Walk (at ACCA)	4 10am: Chair Yoga w/ Josh (at ACCA)	5 11am: Biscuits with Debra (Zoom)	6 3pm: Photobook Making 101 via Zoom- https://www.eventbrite.com/e/virtual-photobook-making-101-tickets-114959888120?aff=ebdssbonlinesearch
9 1pm: Tai Chi (at ACCA) 1pm: Yoga w/ Josh (Zoom)	10 10am: CAL+ Social Hour (Zoom) 10am: Group Walk (at ACCA) 2pm: Outsmart Your Smartphone (Zoom)	11  10am: Chair Yoga w/ Josh (at ACCA) 2pm: Name That Tune (Call-in)	12 3pm: Virtual Tour of Machu Picchu (Zoom) https://www.eventbrite.com/e/free-virtual-tour-machu-picchu-tickets-116151499261?aff=ebdssbonlinesearch	13 12pm: Giving Thanks and Honoring Family through Legal Planning Webinar w/ French Law Group (Zoom)
16 1pm: Tai Chi (at ACCA) 1pm: Yoga w/ Josh (Zoom)	17 10am: CAL+ Social Hour (Zoom) 10am: Group Walk (at Dudley Park) 1pm: Living with Diabetes (Register with AARP at https://aarp.cvent.com/LivingWithSeriesDiabetes)	18 10am: Chair Yoga w/ Josh (at ACCA) 11am: Virtual Bingo	19 11am: Virtual Trip to Iceland and the Northern Lights (Zoom)	20 11am: Parking Lot Bingo! (RSVP required) 12pm: "Pop-Up" Piano Performance with UGA Students (Under the ACCA Pavillion.)
23 1pm: Tai Chi (at ACCA) 1pm: Yoga w/ Josh (Zoom) TURKEYPALOOZA!	24 10am: CAL+ Social Hour (Zoom) 10am: Group Walk (at ACCA) 1pm: "Friendsgiving Gathering on Zoom	25 10am: Chair Yoga w/ Josh (at ACCA)	26  ACCA Closed	
30 1pm: Tai Chi (at ACCA) 1pm: Yoga w/ Josh (Zoom)	31 		4 Welcome to the Center for Active Living ONLINE Edition! To register for Zoom classes, please email nfrederick@accaging.org Check out Center for Active Living's YouTube Channel for pre-recorded videos and visit us at accaging.org , Facebook for continued updates.	