

2020

OCTOBER



Center for
ActiveLiving
a program of ACCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>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. Visit us at accaging.org and Facebook for continued updates.</p>			1	2
5	6		<p>3pm: Free Virtual Tour of Acadia National Park https://csun.zoom.us/j/93800127416 Anytime: Celebrate International Day of Older Persons</p>	<p>10am: Medicare Presentation and Q&A with GeorgiaCares (Zoom)</p>
<p>11am: Tai Chi (at ACCA, RSVP required) 1pm: Yoga w/ Josh (Zoom)</p>	<p>10am: CAL+ Table Talk (Zoom) 10am: Group Walk on the Greenway (RSVP required) 11am: Register for AARP's Living with Series: Heart Disease 2pm: Outsmart Your Smartphone (Zoom)</p>	<p>10am: Chair Yoga (at ACCA and live on Zoom, RSVP required) 1pm: Secure the Vote: Webinar with the Office of the GA Secretary of State (Zoom)</p>	<p>11am: Parking Lot Bingo (at ACCA, RSVP required) Anytime: Art with Geri: Fall Leaves (see activity packet)</p>	<p>12pm: Learn about the Fall Leaf Senescence with the Georgia Forestry Commission (Zoom)</p>
12	13	14	15	16
<p>11am: Tai Chi (at ACCA, RSVP required) 1pm: Yoga w/ Josh (Zoom)</p>	<p>10am: CAL+ Table Talk (Zoom) 10am: Group Walk on the Greenway (RSVP required)</p>	<p>10am: Chair Yoga (at ACCA and live on Zoom, RSVP required) 2-3pm: Name That Tune (Call-in)</p>	<p>10am: Nutrition and Healthy Aging (Zoom) Noon: Art @ Home sponsored by GA Museum of Art (RSVP by 10/9 to receive art kit)</p>	<p>12pm: BOO! Estate Planning isn't scary – practical tips to get you moving! w/ French Law Group (Zoom, RSVP)</p>
19	20	21	22	23
<p>11am: Tai Chi (at ACCA, RSVP required) 1pm: Yoga w/ Josh (Zoom)</p>	<p>10am: CAL+ Table Talk (Zoom) 10am: Group Walk at Bishop Park (RSVP required, meet at Park)</p>	<p>10am: Chair Yoga (at ACCA and live on Zoom, RSVP required)</p>	<p>11am: Virtual Trip to Ghana, Africa (Zoom)</p>	<p>11am: Virtual Bingo (Call in or Zoom) 2pm: Hugh Hodgson School of Music Virtual Concert (Zoom)</p>
26	27	28	29	30
<p>11am: Tai Chi (at ACCA, RSVP required) 1pm: Pumpkin Painting with Ellen (RSVP by 10/21 to receive supplies)</p>	<p>10am: CAL+ Table Talk (Zoom) 10am: Group Walk on the Greenway (RSVP required) 12pm: Virtual Line Dance Class (Zoom)</p>	<p>10am: Chair Yoga (at ACCA and live on Zoom, RSVP required)</p>	<p>10am: Dance Fitness with Melinda (Harris Room, limited spots, RSVP required)</p>	<p>11am-2pm: Drive Thru Trick-or-Treat (ACCA parking lot)</p>