

2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Keep Distance & Wear Cloth Face Cover</p>	<p>1 10am: CAL+ Table Talk (Zoom) Anytime: Register for classes on Well Connected www.covia.org/services/well-connected/</p>	<p>2 10am: Chair Yoga w/ Josh (Zoom)</p>	<p>3 Anytime: Stream the 2020 PBS Short Film Festival https://www.pbs.org/show/pbs-online-film-festival/</p>	<p>4 10am: Georgia Falls Free Friday Webinar: Am I at Risk for a Fall? https://us02web.zoom.us/j/84071213129?pwd=Y2tMOU1MYUhJeWpCZG1FeFdmY096UT09</p>
<p>7 HAPPY LABOR DAY ACCA Closed</p>	<p>8 10am: CAL+ Table Talk (Zoom) 11am: AARP Living with Alzheimer's Panel https://aarp.cvent.com/LivingWithSeriesAlzheimers 2pm: Outsmart Your Smartphone (Zoom)</p>	<p>9 10am: Chair Yoga w/ Josh (Zoom) 3pm: Name That Tune (Call-in to CAL office at 706-549-4850)</p>	<p>10 Noon: Life's Milestones and Your Legal Planning w/ French Law Group (Zoom) Anytime: National Swap Ideas Day - share a creative or helpful idea with each other</p>	<p>11 10am: Georgia Falls Free Friday: Medications, Exercise & Change (see webinar link above) Anytime: Register for the 9/11 Heroes Virtual 5K at 911heroesrunvirtualrunner.itsyourrace.com/event.aspx?id=9471</p>
<p>14 10am: Morning Tai Chi w/ Julie at PARMC (Zoom) 11am: Tai Chi w/ Michele (NEW* at ACCA, RSVP required) 1pm: Yoga w/ Josh (Zoom)</p>	<p>15 10am: CAL+ Table Talk (Zoom) Anytime: Complete a virtual puzzle of Athens at https://www.exploregeorgia.org/digital-puzzles/georgia-theatre</p>	<p>16 10am: Chair Yoga w/ Josh (NEW* at ACCA, RSVP required)</p>	<p>17 8am: Attend the 'Happy Inside: 9 Steps to Harnessing the Power of Health and Happiness' Launch Party at www.eventbrite.co.uk</p>	<p>18 10am: Georgia Falls Free Friday: Hearing, Vision & Blood Pressure/Sugar (see webinar link above) 11am: Virtual Art Class: Still Life Drawing (RSVP by 9/15 to receive class materials)</p>
<p>21 10am: Morning Tai Chi w/ Julie at PARMC (Zoom) 11am: Tai Chi w/ Michele (at ACCA, RSVP required) 1pm: Yoga w/ Josh (Zoom)</p>	<p>22 10am: CAL+ Table Talk 10am: Group Walk on Greenway (at ACCA, RSVP required). 7:30pm: Falls in Older Adults: Identifying Causes and Solutions (Register at http://bit.ly/fallsafe)</p>	<p>23 10am: Chair Yoga w/ Josh (at ACCA, RSVP required)</p>	<p>24 2pm: Okefenokee Swamp Virtual Trip (Zoom)</p>	<p>25 10am: Georgia Falls Free Friday: Tai Chi & Music Therapy (see webinar link above) 11am: Virtual Bingo (Zoom, RSVP by 9/21 to receive your bingo card in the mail)</p>
<p>28 10am: Morning Tai Chi w/ Julie at PARMC (Zoom) 11am: Tai Chi w/ Michele (at ACCA, RSVP required) 1pm: Yoga w/ Josh (Zoom)</p>	<p>29 10am: CAL+ Table Talk (Zoom) 12pm: Virtual Line Dance Class (Zoom)</p>	<p>30 10am: Chair Yoga w/ Josh (at ACCA, RSVP required)</p>	<p>Welcome to the Center for Active Living ONLINE Edition! To register for Zoom classes, please email nfrederick@accaging.org</p> <p>Check out the Center for Active Living's YouTube Channel for pre-recorded videos. Visit us at accaging.org and Facebook for continued updates.</p>	