

# September Highlights



ACCA's Center for Active Living offers a fresh line-up dedicated to wellbeing, wonder and learning. This month we safely and slowly offer a limited selection of on-site classes in addition to virtual offerings.

To register, please call 706-549-4850 or email [nfrederick@accaging.org](mailto:nfrederick@accaging.org)

## Virtual

### Life's Milestones & Your Legal Planning

w/ French Law Group  
Thur Sept 10th at  
Noon

### Okefenokee Swamp Virtual Trip

Thur Sept 24th at  
2pm

### Virtual Bingo!

Fri Sept 25th at  
11am

RSVP by 9/21 to  
receive your card by  
mail

## At ACCA

### Tai Chi w/ Michele

Mondays at 11am  
starting 9/14 under the  
ACCA Pavilion. RSVP  
required, space is  
limited

### Chair Yoga with Josh

Wednesdays at  
10am starting 9/16  
under the ACCA  
Pavilion. RSVP  
required, space is  
limited

### Group Walk on the Greenway

Tuesday, Sept 22nd  
at 10am. RSVP  
required, space is  
limited

Note: All in-person classes are  
subject to change or cancellation

# FALL PREVENTION AWARENESS WEEK IS SEPT 21-25, 2020

## Georgia Falls Free Friday Webinars

Register at:

<https://us02web.zoom.us/j/84071213129?pwd=Y2tMOU1MYUhJeWpCZG1FeFdmY096UT09>

*Am I At Risk for a Fall?*

September 4th 10:00am – 11:00am

*Three Dreaded Words – Medications, Exercise, and Change*

September 11th 10:00am – 11:00am

*Hearing, Vision, and Blood Pressure/Sugar*

September 18th 10:00am – 11:00am

*Tai Chi and Music Therapy*

September 25th 10:00am – 11:00am

## ComForCare Webinar

Register at <http://bit.ly/fallsafe>

*Falls: Identifying Causes and Sources*

September 22nd at 7:30pm

Visit the Center for Active Living on YouTube

[https://www.youtube.com/channel/UC2JNMuPPKvXnKbqBljR0\\_mQ/featured?disable\\_polymer=1](https://www.youtube.com/channel/UC2JNMuPPKvXnKbqBljR0_mQ/featured?disable_polymer=1)

## WEEKLY CLASSES & SOCIALS

Morning Tai Chi  
w/ Julie, RN

Mondays at 10am

Contact the CAL  
office for access

Yoga w/ Josh

Mondays at 1pm

All Levels Hatha Yoga

To Join:

<https://us02web.zoom.us/j/82741310353>

CAL+ Social  
Hour

Tuesdays at 10am

Open to all CAL Plus  
members

To join by Video:

<https://us02web.zoom.us/j/86009261221>

Phone: 1-646-558-8656

Meeting ID: 860 0926  
1221