

January 2026

<u>MEALS</u> Meals Served Daily: Breakfast – 9:00am Lunch – Noon		<u>LOCATION</u> Canton Senior Center 1001 Univeter Road Canton, GA 30115		1 New Year’s Day Senior Service Closed		2 9:30 Full Body Exercise 10:00 Treats & Wordle 11:00 Cards/Games 1:00 Bingo			
5 10:00 LaBlast Class w/ Nancy 11:00 Cards/Games 1:00 Bingo		6 Run-off Election Day Senior Center Closed		7 9:30 Gentle Workout 10:00 Crochet/Knit Club 11:00 Cards/Games 1:00 Bingo		8 9:30 Chair Aerobics 10:00 Cards/Games 11:00 Going to the Moose Lodge		9 January Birthdays 9:30 Core Strength 10:00 Scattergories 11:00 Cards/Games 1:00 Bingo	
12 9:30 Chair Zumba 10:00 Getting to Know Your Neighbor Bingo 11:00 Cards/Games 1:00 Bingo		13 [Nutrition Education] 9:30 80’s Hits Exercise 10:00 Cards/Games 1:00 Bingo w/ Chiara		14 Site Council Meeting 9:30 Mobility Exercises 10:00 Dog Therapy w/ Melody & Charlie 1:00 Bingo w/ Hayloft Holly Springs		15 9:30 Full Body Exercise 10:00 Craft w/ Library 11:00 Cards/Games 1:00 Bingo		16 9:30 Gentle Workout 10:00 Phone Assistance w/ James 11:00 Cards/Games 1:00 Bingo	
19 Martin Luther King Day Senior Service Closed		20 9:30 Chair Aerobics 10:00 Music w/ the Knot Brothers 1:00 Bingo w/ Reserve at Towne Lake		21 9:30 Core Strength 10:00 Craft w/ Betty 11:00 Cards/Games 1:00 Bingo w/ Guided Senior Solutions		22 9:30 Chair Zumba 10:00 Going to Walmart 1:00 Bingo		23 9:30 80’s Hits Exercise 10:00 Cards/Games 11:00 Karaoke w/ Raquel 1:00 Bingo	
26 9:30 10:00 Computer Class w/ Mark 11:00 Cards/Games 1:00 Bingo		27 9:30 Full Body Exercise 10:00 Medicare Changes for 2026 w/ Guided Senior Solutions 11:00 Cards/Games 1:00 Bingo w/ Chiara		28 9:30 Gentle Workout 10:00 Cards/Games 11:00 Out to Lunch		29 9:30 Chair Aerobics 10:00-12:00 CPR Friends & Family Class 1:00 Bingo		30 9:30 Core Strength 10:00 Activity w/ Compassus 11:00 Cards/Games 1:00 Bingo	

Senior Center Main Phone: 770-345-2675
CATS: 770-345-6238