

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

**October 2025**

| Monday                                                                                                                                                           |  | Tuesday                                                                                                                                                                                           | Wednesday                                                                                                                                                                      | Thursday                                                                                                                                                                          | Friday                                                                                                                                           |
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| <b><u>MEALS</u></b><br><b>Meals Served Daily:</b><br><b>Breakfast – 9:00am</b><br><b>Lunch – Noon</b>                                                            |  | <b><u>LOCATION</u></b><br><b>Canton Senior Center</b><br><b>1001 Univeter Road</b><br><b>Canton, GA 30115</b>                                                                                     | <b>1 9:30</b> 80's Hits Exercise<br><b>10:00</b> SC Choir Rehearsal<br><b>11:00</b> Cards/Games<br><b>1:00</b> Bingo w/ June from Oaks                                         | <b>29:30</b> Core Strength<br><b>10:00</b> Cards/Games<br><b>11:00</b> <b>Going to the Moose Lodge</b>                                                                            | <b>3 9:30</b> Chair Zumba<br><b>10:00</b> Ladderball<br><b>11:00</b> Cards/Games<br><b>1:00</b> Bingo                                            |
| <b>6</b><br><b>9:30</b> Chair Aerobics<br><b>10:00</b> Cards/Games<br><b>11:00</b> Red Cross Ready<br><b>1:00</b> Bingo w/ Visiting Angels                       |  | <b>7 [Nutrition Education]</b><br><b>9:30</b> Walking Outside*<br><b>10:00</b> Cards/Games<br><b>12:00</b> Lunch & Learn: Q&A with an Audiologist- Dr. Payton Lack<br><b>1:00</b> Bingo w/ Chiara | <b>8 Site Council Meeting</b><br><b>9:30</b> Core Strength<br><b>10:00</b> Cards/Games<br><b>11:00</b> Animal Therapy w/ Hidden Acres<br><b>1:00</b> Bingo w/ Heart of Hospice | <b>9</b><br><b>9:30</b> Chair Zumba<br><b>10:00</b> Crochet Club <b>OR</b> Grief Support Group w/ Pruitt Health Hospice<br><b>11:00</b> Cards/Games<br><b>1:00</b> Bingo w/ Kerry | <b>10 October Birthdays</b><br><b>9:30</b> 80's Hits Exercise<br><b>10:00</b> Cards/Games<br><b>11:00</b> Karaoke w/ Raquel<br><b>1:00</b> Bingo |
| <b>13 Garage Sale (Santa's Workshop (SW))</b><br><b>9:30</b> Core Strength<br><b>10:00</b> Randy Richards Music<br><b>11:00</b> Cards/Games<br><b>1:00</b> Bingo |  | <b>14 Garage Sale (SW)</b><br><b>9:30</b> Mobility Exercises<br><b>10:00</b> Cards/Games<br><b>11:00</b> Nonsurgical Orthopaedics - Pain Management<br><b>1:00</b> Bingo w/ Chiara                | <b>15 Garage Sale (SW)</b><br><b>9:30</b> Chair Zumba<br><b>10:00</b> Craft w/ Betty<br><b>11:00</b> Cards/Games<br><b>1:00</b> Bingo w/ Appalachian Hospice                   | <b>16 Garage Sale (SW)</b><br><b>9:30</b> 80's Hits Exercise<br><b>10:00</b> Craft w/ Library<br><b>11:00</b> Cards/Games<br><b>1:00</b> Bingo w/ Kerry                           | <b>17 Garage Sale (SW)</b><br><b>9:30</b> Walking Outside*<br><b>10:00</b> Activity w/ James<br><b>11:00</b> Cards/Games<br><b>1:00</b> Bingo    |
| <b>20 9:30</b> Chair Zumba<br><b>10:00</b> LaBlast Class w/ Nancy<br><b>11:00</b> Cards/Games<br><b>1:00</b> Bingo                                               |  | <b>21 9:30</b> Core Strength<br><b>10:00</b> Raffle Royale w/ Humana<br><b>11:00</b> Cards/Games<br><b>1:00</b> Bingo w/ Chiara                                                                   | <b>22 9:30</b> Walking Outside*<br><b>10:00</b> <b>Going to Walmart</b><br><b>1:00</b> Bingo w/ Appalachian Hospice                                                            | <b>23 9:30 Senior Extravaganza @ His Hands Church 550 Molly Lane Woodstock, GA 30189</b><br><b>1:00</b> Bingo w/ Kerry                                                            | <b>24 9:30</b> 80's Hits Exercise<br><b>10:00</b> Facts & Snacks w/ LGE<br><b>11:00</b> Cards/Games<br><b>1:00</b> Bingo                         |
| <b>27 Decade Day</b><br><b>9:30</b> Core Strength<br><b>10:00</b> Computer Class w/ Mark <b>OR</b> Cards/Games<br><b>1:00</b> Bingo                              |  | <b>28 Warriors Day</b><br><b>9:30</b> Chair Zumba<br><b>10:00</b> Music w/ The Knot Brothers<br><b>11:00</b> Cards/Games                                                                          | <b>29 PJ Day</b><br><b>9:30</b> Chair Aerobics<br><b>10:00</b> Activity w/ Karen<br><b>11:00</b> Cards/Games<br><b>1:00</b> Bingo                                              | <b>30 Sports Day</b><br><b>9:30</b> Walking Outside*<br><b>10:00</b> Raising Qi: In Chair or Standing w/ Seeds of Wellness<br><b>11:00</b> Cards/Games                            | <b>31 Halloween Party (Trick or Treat w/ Senior Services) (Must be up to date on Site Council Dues)</b>                                          |

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| Monday                                                                                               | Tuesday | Wednesday | Thursday | Friday                                                                             |
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| <b>Breakfast Menu</b><br>Must let us know by the day before if you will be joining us for Breakfast. |         | 1         | 2        | 3                                                                                  |
| 6                                                                                                    | 7       | 8         | 9        | 10                                                                                 |
| 13                                                                                                   | 14      | 15        | 16       | 17                                                                                 |
| 20                                                                                                   | 21      | 22        | 23       | 24                                                                                 |
| 27                                                                                                   | 28      | 29        | 30       | <b>31 Halloween Party</b><br><br>Donuts & Fruit<br>Provided by Senior Center Staff |

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| Monday                                                                                                                             | Tuesday | Wednesday      | Thursday                      | Friday                                                   |
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| <b>Lunch Menu</b><br>If you're going to come in later, must let us know by 10:30am the day of if you will be joining us for Lunch. |         | 1              | 2<br>Going to the Moose Lodge | 3                                                        |
| 6                                                                                                                                  | 7       | 8              | 9                             | 10<br>Birthday Cake for Birthdays                        |
| 13                                                                                                                                 | 14      | 15             | 16                            | 17                                                       |
| 20                                                                                                                                 | 21      | 22 – Walmart - | 23                            | 24                                                       |
| 27                                                                                                                                 | 28      | 29             | 30                            | 31 Halloween Party<br><br>Lunch provided by Site Council |