


Mon	Tue	Wed	Thu	Fri
2 Coffee and Current Events 10:00-10:30  BINGO 10:30-11:30	3 Riddle Me This 10:15-10:45  Arthritis Foundation Exercise 10:45-11:45	4 ZUMBA with Celeste 10:15-11:00  Bible Study 11:00-12:00	5 Finish the Proverb 10:15-10:45  Arthritis Foundation Exercise 10:45-11:45	6 Coffee and Current Events 10:00-10:30  BINGO 10:30-11:30
9 Coffee and Current Events 10:00-10:30  BINGO 10:30-11:30	10 FHC Adults Wellness Care 10:15am  Arthritis Foundation Exercise 10:45-11:45	11 ZUMBA with Celeste 10:15-11:00  Bible Study 11:00-12:00	12 Word Search Puzzles 10:15-11:00  Arthritis Foundation Exercise 10:45-11:45	13 Coffee and Current Events 10:00-10:30  Diabetes Education 10:30am to 11:30am
16 Coffee and Current Events 10:00-10:30  BINGO 10:30-11:30	17 Happy St. Pat- rick's Day! This Day in History 10:00-10:45  Arthritis Foundation Exercise 10:45-11:45	18 ZUMBA with Celeste 10:15-11:00  Bible Study 11:00-12:00	19 Blood Pressure Checks 10 to 12  Arthritis Foundation Exercise 10:45-11:45	20 Coffee and Current Events 10:00-10:30  "Tina Talks" 10:30- 11:30
23 Coffee and Current Events 10:00-10:30  BINGO 10:30-11:30	24 Karaoke 10:15-11:30  Arthritis Foundation Exercise 10:45-11:45	25 ZUMBA with Celeste 10:15-11:00 It's Your Health Take Charge 10:15 - 11:30 Bible Study 11:00-12:00	26 Word Search Puzzles 10:15-11:00  Arthritis Foundation Exercise 10:45-11:45	27 Coffee and Current Events 10:00-10:30  Diabetes Education 10:30am to 11:30am
30 Coffee and Current Events 10:00-10:30  BINGO 10:30-11:30	31 Flapper Headbands 10:15-11:30  Arthritis Foundation Exercise 10:45-11:45			

**CALHOUN COA**  
Contact: Barbara Jones  
874-1270

**CENTER HOURS**  
8:30am – 3:30pm

**Daily Events**  
Free Wireless Internet, Coffee &  
Daily Newspaper  
Fitness Room 8:30 – 12:00  
2:00 – 3:30  
Cards/Games 1:00 – 3:30  
Mail letters/purchase money or-  
ders & pick up prescriptions  
Current Events– 9:00 – 1:00  
Word Search, Puzzles, & Board  
games  
8:30am – 3:30pm

**Computer Access &  
Assistance**  
Monday–Friday  
8:30am-3:30pm  
**Arthritis Foundation Class**  
Tuesday & Thursday  
10:45- 11:45  
**Bible Study** on Wednesday  
11:00 – 12:00  
**Bookmobile** 2nd Tuesday  
10:30 – 11:30  
**TRMC** – 3rd Thursday  
10:00 – 12:00  
**Lunch Served: 12:00 M-F**

