

New Beginnings Senior Center

October 2026 Monthly Calendar

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Pamela Daniel, Center Manager * Pamela.Daniel@fultoncountyga.gov

MON

TUE

WED

THU

FRI

			1 9:30-9:45-Let's Talk News w/Barbara Hughley 10:00-12:00-Judge Leftridge w/Superior Court 12:00-12:30-Lunch 12:30-1:30-Card Play	2 9:30-9:45-Coffee, Tea & News 9:45-10:15-Exercise 10:15-12:00-Games w/Pruitt Health 12:30-1:00-Lunch 1:00-1:30-Social Time
5 9:30-9:45-Information Sharing w/Christine Green 9:45-10:15-Exercise w/Regina 10:15-11:00-Computer Class, Ceramics 11:00-12:00-Self Defense 12:00-12:30 Lunch 12:30-1:30- Computer Class 12:30-1:30- Social Time	6 9:30-10:00-Devotion w/Patricia Guvera 10:30-11:30-Glass Art Workshop 12:00-12:30- Lunch 12:30-1:30- Social Time/Choir Practice	7 9:30-10:30-Chair Yoga w/Naomi 10:30-11:00- Circuit training w/Naomi 10:30-11:00-Choir Practice 11:00-12:00- Inspirations w/Cheryl Lastie 12:00-12:30-Lunch 12:30-2:00- Trail Ride Dance w/Naomi 12:30-1:30- Social Time 12:30-1:30-Brain Class A	8 99:30-9:45-Let's Talk News w/Minevara Clarke 9:30-10:30 BP Check/Nurse Barbara 10:00-12:00-Sewing/Quilting with Mary 10:00-12:00-Presentation w/Mr Lee Medicare 12:00-12:30-Lunch 12:30-1:30-Card Play 12:30-1:30-Men's meeting w/Mr Mack 1:00-1:30-Meeting w/The Willing Workers" in craft room	9 9:30-9:45-Coffee, Tea & News 9:45-10:15-Exercise 10:30-12:00-Dance Party @ NBSC (pls rsvp) 12:00-12:30-Lunch 12:30-1:30- Social Time
12 9:30-9:45-Information Sharing w/Sabrina White 9:45-10:15-Exercise w/Regina 10:15-11:00-Computer Class, Ceramics 11:00-12:00-Self Defense 12:00-12:30 Lunch 12:30-1:30- Computer Class 12:30-1:30- Social Time	13 9:30-10:00-Devotion w/ Barbara Sabbie 10:30-11:30-Sip N Paint w/ Ms CC 12:00-12:30- Lunch 12:30-1:30- Social Time/Choir Practice	14 9:30-10:30-Chair Yoga w/Naomi 10:30-11:00- Circuit training w/Naomi 11:00-12:00- Breast Cancer Awareness Program pls wear your "Pink" 12:00-12:30-Lunch 12:30-2:00- Trail Ride Dance w/Naomi 12:30-1:30- Social Time	15 9:30-9:45-Let's Talk News w/Catheryn Martin 10:00-12:00-Sewing/Quilting with Mary 12:00-12:30-Lunch 12:30-1:30-Card Play	16 9:30-9:45-Coffee, Tea & News 9:45-10:15-Exercise 10:15-12:00-Art Workshop w/Miranda 12:30-1:00-Lunch 1:00-1:30-Social Time
19 9:30-9:45-Information Sharing w/Gayle Jones 9:45-10:15-Exercise w/Regina 10:15-11:00-Computer Class, Ceramics 11:00-12:00-Self Defense 12:30-1:30- Computer Class 12:30-1:30- Social Time	20 9:30-10:00- Devotion w/Joan Jackson 10:00-2:00- Fieldtrip: Spivey Hall to see Bantaba presenting West Africa Dance (limit 24) Lunch \$12 pp	21 9:30-10:30-Chair Yoga w/Naomi 10:30-11:00- Circuit training w/Naomi 10:30-11:00-Choir Practice 11:00-11:45 Inspirations w/Carl Blalock 12:00-12:30-Lunch 12:30-2:00- Line Dance w/Naomi 12:30-1:30- Social Time 12:30-1:30-Brain Class B	22 9:30-9:45-Let's Talk News w/Patricia Bernitt 9:30-10:30 BP Check/Nurse Barbara 9:45-10:15-Breakfast @ NBSC 9:45-11:00-Sewing/Quilting with Mary 9:30-2:30-Fieldtrip: Breakfast @ Judy's and The Legendary Brick & The Majestx \$25 pp(for show only)	23 9:30-9:45-Coffee, Tea & News 9:45-10:15-Exercise 10:15-12:00-Movie Day w/Nachos- The BeeKeeper 12:30-1:00-Lunch 1:00-1:30-Social Time
26 9:30-9:45-Information Sharing w/Cynthia Jackson 9:45-10:15-Exercise w/Regina 10:15-11:00-Computer Class, Ceramics 11:00-12:00-Self Defense 12:00-12:30 Lunch/October Birthdays/Site Council 12:30-1:30- Computer Class 12:30-1:30- Social Time	27 9:30-10:00-Devotion w/ Joyce Phinazee 10:30-2:00- Fieldtrip: Walmart Newnan & lunch @ Fried Tomato	28 9:30-10:30-Chair Yoga w/Naomi 10:30-11:00- Circuit training w/Naomi 10:30-11:00-Choir Practice 11:00-11:45 Bible Study w/Ms Daniel 11:45-12:00- Spotlight for Recognition 12:00-12:30-Lunch 12:30-2:00- Variety Dance w/Naomi 12:30-1:30- Social Time	29 9:30-9:45-Let's Talk News w/Sabrina White 10:00-12:00-Jewelry making class (Boho Necklace) w/ Ms Gloria (limit 12) Sign up please 12:00-12:30-Lunch 12:30-1:30-Card Play	30 9:30-9:45-Coffee, Tea & News 9:45-10:15-Exercise 10:30-2:00-Fieldtrip: Senior Prom(Themed the Roaring 20's) Dress in your fabulous 1920's attire) The Gathering Place in Union City

Spotlight for Special Recognition:

Delores Walthall
Dorothy Corbin
Esther Fitch