

Senior Center Main Phone: 770-345-2675

CATS: 770-345-6238

July 2026

Canton Senior Center

1001 Univeter Road Canton, GA 30115

Monday	Tuesday	Wednesday	Thursday	Friday
		1 July 4th fun at the Buzz (Happy 250th Birthday, USA!) Cupcakes with Pruitt Health	2 9:30 Gentle Workout 10:00 Grief Group w/ Pruitt Health 11:00 Cards/Games 1:00 Bingo	3 Independence Day Observed Senior Services Closed
6 10:00 LaBlast Class w/ Nancy 11:00 Ice Cream w/ CenterWell OR Cards/Games 1:00 Bingo w/ Bobbi	7 9:30 Core Strength 10:00 Eyewear Adjustments & Rx Medication Q&A 11:00 Craft w/ Agape Hospice Care 1:00 Bingo w/ Chiara	8 Site Council 9:30 80's Hits Exercise 10:00 Cards/Games 11:00 Senior Choir 1:00 Bingo w/ Deannine	9 9:30 Mobility Exercises 10:00 Cards/Games 11:00 Going to the Moose Lodge	10 July Birthdays 9:30 Exercises w/ Melanie 10:00 Activity w/ Sarah 11:00 Cards/Games 1:00 Bingo w/ Stephanie
13 9:30 The Vital Stretch 10:15 Treats & Wordle 11:00 Cards/Games 1:00 Bingo w/ Bobbi	14 [Nutrition Education] 9:30 Gentle Workout 10:00 Cornhole w/ Karen 11:00 Cards/Games 1:00 Bingo w/ Chiara	15 9:30 Core Strength 10:00 Cards/Games 11:00 Music w/ Foster Greene 12:00 Lunch & Learn w/ Spirit Hospice 1:00 Bingo w/ Deannine	16 9:30 80's Hits Exercise 10:00 Craft w/ Library 11:00 Cards/Games 1:00 Bingo	17 9:30 Exercises w/ Melanie 10:00 Activity w/ James 11:00 Cards/Games 1:00 Bingo w/ Stephanie

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20 10:00 LaBlast Class w/ Nancy 11:00Cards/Games 1:00 Bingo w/ Bobbi	21 Target & Out to Lunch at Golden Corral	22 9:30 Mobility Exercises 10:00 Music w/ The Knot Brothers 11:00Cards/Games 1:00 Bingo w/ Raquel	23 9:30 Chair Zumba 10:00 Medicare 101 w/ Mike Downey 11:00Cards/Games 1:00 Bingo w/ Deannine	24 9:30 Gentle Workout 10:30 Going to Walmart 1:00 Bingo w/ Stephanie
27 9:30 Core Strength 10:00 Computer Class w/ Mark 11:00Cards/Games 1:00 Bingo w/ Bobbi	28 9:30 80's Hits Exercise 10:00 Cards/Games 11:00 Hydration Information w/ Right at Home 1:00 Bingo w/ Chiara	29 9:30 Senior Forum w/ Chatt Tech Students 11:00 Tomato Class w/ Master Gardeners 1:00 Bingo	30 9:30 Mobility Exercises 10:00 Cards/Games 12:00Lunch & Learn w/ SALT/T.R.I.A.D. 1:00 Bingo w/ Deannine	31 9:30 Chair Zumba 11:00Cards/Games 1:00 Bingo w/ Stephanie