



# OLDER AMERICAN MONTH | MAY 2021

## COMMUNITIES OF STRENGTH



DATE & TIME:	EVENT TITLE:	DESCRIPTION:	ZOOM LINK:	PASSCODE:
TUESDAY, MAY 4, 2021 11:00 A.M.	Virtual Celebration of Centenarians (95-100 or older)	In Collaboration with the Fulton County Public Arts Team portraits will be taken of Elders from Fulton County's Senior Multipurpose Centers. We will celebrate with a virtual exhibit to include audio. Centenarians sharing a lifetime of resilience and strength through successes, failures, joys and difficulties.	<a href="#">ATTEND EVENT</a>	Senior21
TUESDAY, MAY 4, 2021 1:30 P.M.	Neurosize w/Gabriel	Neurosize offers a series of brain exercises/cognitive activities that seeks to improve mental health and enhance memory.	<a href="#">ATTEND EVENT</a>	336180
WEDNESDAY, MAY 5, 2021 10:00 A.M.	BOC Proclamation Presentation	A Proclamation presented by the Board of Commissioners in reconnection of May 2021 being the month of Older American's Celebration in Fulton County.	<a href="#">ATTEND EVENT</a>	No Passcode Needed
WEDNESDAY, MAY 5, 2021 1:30 P.M.	Art for the Soul	Art for the Soul was developed to provide easy hands on art experiences using simple household items.	<a href="#">ATTEND EVENT</a>	336180
THURSDAY, MAY 6, 2021 10:00 A.M.	Let's Unite in Color	This year's new event features a coloring book illustrated by Jamal Jones. Coloring books will be distributed to participants; who will pre-color pages from the coloring book and showcase a page of their choosing the day of this virtual event.	<a href="#">ATTEND EVENT</a>	HEART24!
FRIDAY, MAY 7, 2021 10:00 A.M.	Mother's Day Tea - "Queens and their Chapeaux"	Let's go back virtually, to an era of graciousness with our annual Mother's Day "Queens and their Chapeaux" Tea. Wear your "Sunday Best" chapeaux (hat). We will sip tea together and enjoy a mini hat show provided by class participants. Other activities will include Mother's Day word games, brain teasers and tea pot giveaways.	<a href="#">ATTEND EVENT</a>	Fit123!!
FRIDAY, MAY 7, 2021 1:00 P.M.	Music for our Mothers Concert	Seniors will be treated to an interactive virtual concert in honor of Mother's Day.	<a href="#">ATTEND EVENT</a>	Bowden1
TUESDAY, MAY 11, 2021 1:00 P.M.	Virtual Day of the Arts	DSS Class Participants and Instructors will virtually showcase completed pieces in past or present classes. You will get a chance to know the artists and the inspirations behind their work.	<a href="#">ATTEND EVENT</a>	Art21
TUESDAY, MAY 11, 2021 1:30 P.M.	Neurosize w/Gabriel	Neurosize offers a series of brain exercises/cognitive activities that seeks to improve mental health and enhance memory.	<a href="#">ATTEND EVENT</a>	336180
WEDNESDAY, MAY 12, 2021 1:00 P.M.	Kimberlie's Korner Sip N' Paint	This year's brand new event provides senior participants with a pre-drawn canvas; designed by Kimberlie Wright. Canvases will be distributed to participants prior to the event. The day of the event participants will have the opportunity to relax, enjoy beverages, soothing music and paint a beautiful image with step-by-step instructions from start to finish.	<a href="#">ATTEND EVENT</a>	HEART24!
WEDNESDAY, MAY 12, 2021 1:30 P.M.	Art for the Soul	Art for the Soul was developed to provide easy hands on art experiences using simple household items.	<a href="#">ATTEND EVENT</a>	336180
THURSDAY, MAY 13, 2021 10:00 A.M.	Older Americans Month Mills Fitness and Nutrition demonstration	A zoom mini class demonstration of light Cardio Exercise, Qigong Meditation, Nutritional Wellness Information and ending with a healthy food recipe. The demonstrations are led by the Helene S. Mills health & fitness instructors and Chief.	<a href="#">ATTEND EVENT</a>	519113

FRIDAY, MAY 14, 2021 1:00 P.M.	Community Fitness Connection	Bowden Health & Fitness Instructors will come together to each provide “15 minutes of Fitness” starting with a warm up by the Coordinator followed by high impact Line Dancing, then low impact Tai Chi, and finally a cool down w/Sound Vibration Meditation.	ATTEND EVENT	Bowden1
TUESDAY, MAY 18, 2021 11:00 A.M.	Virtual Health Fair	Virtual Health Fair with Northside Hospital and other Health/Wellness Professionals. Please click link to register for the Health Fair.	ATTEND EVENT	Health1
TUESDAY, MAY 18, 2021 1:30 P.M.	Neurosize w/Gabriel	Neurosize offers a series of brain exercises/cognitive activities that seeks to improve mental health and enhance memory.	ATTEND EVENT	336180
WEDNESDAY, MAY 19, 2021 1:00 P.M.	Strengthening Communities Forum	Attorney Shannon Pawley of The Elderly and Disability Law Firm will present “Estate Planning”; Stefanie Gough of Habitat for Humanity will present the “Repair with Kindness and Brush with Kindness” Programs; Shirley Coleman of Sadie G. Mays Health & Rehab will present “Building a Legacy of Quality Care”; Janet Payne of GeorgiaCares Medicare Counseling will present “Maximizing Medicare Benefits”	ATTEND EVENT	Bowden1
WEDNESDAY, MAY 19, 2021 1:30 P.M.	Art for the Soul	Art for the Soul was developed to provide easy hands on art experiences using simple household items.	ATTEND EVENT	336180
THURSDAY, MAY 20, 2021 10:00 A.M.	“Take Heart in Art” Darnell’s Annual Artist Exhibit	This year’s event will be a Virtual Presentation! The exhibit will feature a slideshow that highlights art creations crafted by participants from Jewelry Making (Anne King), Hand Built Pottery /Making Something Out of Nothing (Kimberlie Wright), and Deco Arts/Textiles/Art Appreciation (Jamal Jones).	ATTEND EVENT	HEART24!
FRIDAY, MAY 21, 2021 11:00 A.M.	Virtual Community Check-In	Checking in at various local businesses to strengthen our community awareness. Updates on how their services are supporting and benefiting our Active Adults	ATTEND EVENT	Benson65!
FRIDAY, MAY 21, 2021 1:00 P.M.	Photography Sip and Chat with photography artist lanta All	Hear and view some photograhpy from lanta Ali2020 impact series and cultural series.	ATTEND EVENT	vjM9eD
MONDAY, MAY 24, 2021 10:00 A.M.	Community Art Expo: Quarantine Edition	The creations of Bowden participants in the Art, Jewelry-Making, and Sewing classes will be featured in a virtual showcase.	ATTEND EVENT	Bowden1
TUESDAY, MAY 25, 2021 1:30 P.M.	Neurosize w/Gabriel	Neurosize offers a series of brain exercises/cognitive activities that seeks to improve mental health and enhance memory.	ATTEND EVENT	336180
WEDNESDAY, MAY 26, 2021 10:00AM	Virtual Walk for Life in our Communities	Virtual tours of exciting safe places to walk in the communities of the Great Fulton County	ATTEND EVENT	Walk404
WEDNESDAY, MAY 26, 2021 1:30 P.M.	Art for the Soul	Art for the Soul was developed to provide easy hands on art experiences using simple household items.	ATTEND EVENT	336180
THURSDAY, MAY 27, 2021 11:30 A.M.	Cooking & Learning with Care Culinary Slideshow	A culinary collective of Cooking & Learning with Care class participant’s personal recipes and food art . Featured recipes will be curated and presented in an electronic cookbook to share. Pictures and recipes must be submitted by April 15, 2021	ATTEND EVENT	1MOGRAVY!
FRIDAY, MAY 28, 2021 1:00 P.M.	Art Show and Tell	Participants will display and discuss the art they have produced.	ATTEND EVENT	m9qdVX