



# Department of Senior Services

## OAM Celebration 2023 Events Calendar:



#	<u>DATE:</u>	<u>START TIME:</u>	<u>FACILITY:</u>	<u>EVENT TITLE:</u>	<u>DESCRIPTION:</u>	<u>LOCATION:</u> <i>(Onsite/ Zoom Link )</i>	<u>PASSCODE:</u>
1	Tuesday, May 2, 2023	11:30AM	Darnell	Virtual Workshop "African Americans and the Vegan Lifestyle"	The workshop will be presented by Ms. Clayton and Ms. Williams. The discussion will include options of a plant-based lifestyle, how to get all the nutrients you need, and how to make affordable and delicious meals.	<a href="https://zoom.us/j/3529103639">https://zoom.us/j/3529103639</a>	Fit123!!
2	Tuesday, May 2, 2023	1:30PM	Adult Day Health Programs	Neurosize	Solving word and picture puzzles. Brain Exercise Program that Educates, Encourage, Engage, Entertain & Stimulate the Brain in Fun, Creative & Mindfully-Novel Ways.	<a href="https://zoom.us/j/98364742031">https://zoom.us/j/98364742031</a> Meeting ID: 983 6474 2031	No Passcode Needed
3	Wednesday, May 3, 2023	10:00AM	Assembly Hall	BOC Proclamation	<i>Board of Commissioners Presentation of Proclamation made to the Department of Senior Services declaring May as Older American's Month in Fulton County in 2023.</i>	<b>Fulton County Government Center;</b> 141 Pryor Street and streamed live on YouTube	----
4	Thursday, May 4, 2023	10:30AM	Bowden	Securing Your Legacy	Attorney Dione Traci Duckett of Duckett Law, Elder Law and Estate Planning (Virtual). A seminar or workshop that provides information and resources to seniors about estate planning and the importance of securing your legacy.	<a href="https://zoom.us/j/3190816324?pwd=U0lwRlpsMWdtZ3VoUWk4QlNvb0FKZz09">https://zoom.us/j/3190816324?pwd=U0lwRlpsMWdtZ3VoUWk4QlNvb0FKZz09</a>	senior#1
5	Thursday, May 4, 2023	1:30PM	Benson	Phoenix Players Present Smiles and Laughter	Benson participants will enjoy a themed play from the Phoenix Players.	<b>The Dorothy C. Benson MP Facility</b> 6500 Vernon Woods Drive Sandy Springs, GA 30328 Main: 404-613-4900	----
6	Friday, May 5, 2023	9:00AM	Darnell	"Mini Health Fair Celebrating Older Americans Month"	Darnell presents a Health Fair in collaboration with Dr.Lovie Negrn of Winguard Family Wellness and the Kidney Clinic of Newnan, GA. The following services will be provided: Blood Pressure Check, PDC Glucose Check, Medication and MedHx review ( if desired), Medical Research information, games and gifts. Other local vendors related to health care will be available for presentations.	<b>The Harriett G. Darnell Senior MP Facility</b> 677 Fairburn Road, NW Atlanta, GA 30312 Main: 404-613-8580	----
7	Tuesday, May 9, 2023	10:00AM	Mills	Artistic Rock Painting for the Mills Rose Garden	Sign-up to paint a predesigned rock at with Helene S. Mills garden club. These painted rocks will add value to the rose rock garden.	<b>The Helene S. Mills Senior MP Facility</b> 515 John Wesley Dobbs Ave., SE Atlanta, GA 30312 Main: 404-613-5820	----

8	Tuesday, May 9, 2023	10:00AM	Benson	Library Perks Workshop	Benson participants will be able to gain knowledge of perks they can dive into from their very own community libraries.	The Dorothy C. Benson MP Facility 6500 Vernon Woods Drive Sandy Springs, GA 30328 Main: 404-613-4900	----
9	Wednesday, May 10, 2023	10:00AM	Bowden	Knowledge Exchange	Offer information on topics such as healthcare, financial planning, transportation and community services. It will provide opportunity for seniors to connect with service providers, ask questions, and get answers to their concerns.	The HJC Bowden Senior MP Facility 2885 Church Street East Point, GA 30344 Main: 404-613-6131	----
10	Wednesday, May 10, 2023	10:00AM	Darnell	Mother's Day Tea - "Queens and their Chapeaux"	Let's go back 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 the Darnell Dancing Divas and participants. Other activities will include Mother's Day word games and brain teasers.	The Harriett G. Darnell Senior MP Facility 677 Fairburn Road, NW Atlanta, GA 30312 Main: 404-613-8580	----
11	Wednesday, May 10, 2023	10:00AM	Benson	Open House Event	Reengage former members, as well as attract new potential members that are not familiar with the center and all it has to offer. There will be hourly tours of the facility and local vendors will also be onsite promoting their business and services.	The Dorothy C. Benson MP Facility 6500 Vernon Woods Drive Sandy Springs, GA 30328 Main: 404-613-4900	----
12	Thursday, May 11, 2023	2:00PM	Bowden	A Mothers Melody	Jazz and poetry performances will be centered around the themes of motherhood, love, and family, with performances from local artists and poets.	The HJC Bowden Senior MP Facility 2885 Church Street East Point, GA 30344 Main: 404-613-6131	----
13	Friday, May 12, 2023	11:00AM	Darnell	"Securing Our Seniors"	A representative from the Georgia Attorney General's Consumer Protection Division will join us to present valuable consumer guidance for older adults. Among the topics to be covered will be recognizing and avoiding scams, senior security and protection, and preventing elder abuse. The 30 minute presentation will be followed by a 15 minute Q & A.	<a href="https://us04web.zoom.us/j/6384189822">https://us04web.zoom.us/j/6384189822</a>	FRIENDS
14	Friday, May 12, 2023	12:00PM	Mills	Aging Unbound Caribbean Soca Festival	A unique exciting celebration to experience aging unbound through dancing, fellowship to soca caribbean music, eating caribbean style food and having fun on a Friday afternoon at the Helene S. Mills Facility.	The Helene S. Mills Senior MP Facility 515 John Wesley Dobbs Ave., SE Atlanta, GA 30312 Main: 404-613-5820	----
15	Monday, May 15, 2023	11:00AM	Bowden	Ageless Minds	Crystal Pierce-Licensed Clinical Therapist. Mental Health for the Aging Adult. Promoting mental wellness in senior communities.	<a href="https://zoom.us/j/3190816324?pwd=U0lwRlpsMWdtZ3VoUWk4QlNvb0FKZz09">https://zoom.us/j/3190816324?pwd=U0lwRlpsMWdtZ3VoUWk4QlNvb0FKZz09</a>	senior#1
17	Tuesday, May 16, 2023	2:00PM	Bowden	Hats Through the Ages	Seniors will be encourage to wear hats that reflect different periods of their lives. Hats that represent careers, hobbies, or interest.	The HJC Bowden Senior MP Facility 2885 Church Street East Point, GA 30344 Main: 404-613-6131	----

18	Tuesday, May 16, 2023	5:00PM	Benson	Many pieces of Art	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.	The Dorothy C. Benson MP Facility 6500 Vernon Woods Drive Sandy Springs, GA 30328 Main: 404-613-4900	----
19	Wednesday May 17, 2023	7:30AM	Darnell	Darnell Participants "Walk for Wellness"	Calling all Darnell participants to join in our Walk for Wellness celebrating Older Americans month. Participants will walk 2 times(1/2 mile) or 4 times(1 mile) around the perimeter of the facility.	The Harriett G. Darnell Senior MP Facility 677 Fairburn Road, NW Atlanta, GA 30312 Main: 404-613-8580	----
16	Wednesday, May 17, 2023	10:00AM	Adult Day Health Programs	Spring Gala	The Adult day programs will present various skits and activities to showcase programming in the Adult Day Program.	<a href="https://zoom.us/j/98364742031">https://zoom.us/j/98364742031</a> Meeting ID: 983 6474 2031	No Passcode Needed
20	Wednesday, May 17, 2023	11:00AM	Bowden	Sugar Sleuth's	The American Heart Association suggest reducing added sugar consumption. Understanding where sugar can be hiding and identifying those hidden names of sugar could help you meet your sugar goals.	<a href="https://zoom.us/j/95458965645?pwd=-ZWpESmlscWsyRndjNG1wUkYxVmdDUT09">https://zoom.us/j/95458965645?pwd=-ZWpESmlscWsyRndjNG1wUkYxVmdDUT09</a>	300851
21	Thursday, May 18, 2023	1:30PM	Benson	Bingo with Watershed Management	Benson participants will be able to learn about watershed tips and tricks for managing their water use at home while getting a chance to win gifts and prizes!	The Dorothy C. Benson MP Facility 6500 Vernon Woods Drive Sandy Springs, GA 30328 Main: 404-613-4900	----
22	Friday, May 19, 2023	9:00AM	Bowden	Fitness Fair	Our goal is provide seniors with an opportunity to learn about different fitness programs and healthy living options, as well as engage in physical activities that will improve their overall health and well being. This event will include a 1.5 to 2 mile walk that will begin a 8:30am, swim meet and various vendors. This will also include a line dance workshop that will be both onsite and virtual.	The HJC Bowden Senior MP Facility 2885 Church Street East Point, GA 30344 Main: 404-613-6131	----
23	Friday, May 19, 2023	9:50AM	Bowden	Step Into Health	This Line Dance Workshop is taking each dance and breaking it down step by step so the participant can learn the dance.	<a href="https://zoom.us/j/6602724490?pwd=aTVJdW1nSW44eVdla2MraE84EpCZz09">https://zoom.us/j/6602724490?pwd=aTVJdW1nSW44eVdla2MraE84EpCZz09</a>	932292
24	Friday, May 19, 2023	1:30PM	Adult Day Health Programs	Bingo	Research has found that playing Bingo has multiple health benefits for older adults. You can <b>build social connections, increase hand-eye coordination, and maintain cognitive abilities and focus.</b>	<a href="https://zoom.us/j/98364742031">https://zoom.us/j/98364742031</a> Meeting ID: 983 6474 2031	No Passcode Needed

25	Friday, May 19, 2023	1:30PM	Roswell	Connections Café	Dementia Spotlight Foundation facilitates a time for caregivers and their loved one with dementia to come together and socialize with others and participate in some fun activities. Reservation required, contact 678-332-1711 or alyss@dementiaspotlightfoundation.org	Roswell Neighborhood Senior Center 1250 Warsaw Road Roswell, GA 30076 770-640-1583	----
26	Monday, May 22, 2023	1st session 10:30AM  2nd session 1:00PM	Mills	CPR Class for Participants	Get your CPR certification. You will learn how to safely assist someone who could be choking, having a heart attack, or need help in a hazardous situation. In two hours you will have the skills and certification.	The Helene S. Mills Senior MP Facility 515 John Wesley Dobbs Ave., SE Atlanta, GA 30312 <a href="#">Contact Ciara Simone</a> Health & Fitness Coordinator at 404-613-5820	----
27	Tuesday, May 23, 2023	8:30AM	Darnell	"Back Together Again" Darnell Annual Artist Walk	This year's exhibit will feature the works of Darnell participants in the following classes: Jewelry Making ( Anne King), Hand Built Pottery, Making Something Out of Nothing, Putting It All Together, Drawing Board, Word Up, and Smart Art (Kimberlie Wright) Deco Art, Art Appreciation, Acrylics I and II ( Jamal Jones), Paper Crafts (Leona James), Quilting( Queen Smith) and Ceramics and Crocheting( Betty Coleman). <u><a href="#">This event is from 8:30 am - 5:00 pm.</a></u>	The Harriett G. Darnell Senior MP Facility 677 Fairburn Road, NW Atlanta, GA 30312 Main: 404-613-8580	----
28	Tuesday, May 23, 2023	10:00AM	Mills	Billiards Tournament	A friendly two day billiards tournament where Mills Facility participants will compete against each other. Trophies awarded to the 1st and 2nd place winners.	The Helene S. Mills Senior MP Facility 515 John Wesley Dobbs Ave., SE Atlanta, GA 30312 Main: 404-613-5820	----
29	Tuesday, May 23, 2023	11:00AM	Milton	Safety Advice for Seniors	Milton Police Department provide information to protect yourself from current senior scams & Milton Fire educate about preventing fall risks. Reservations required, contact milton@ssnorthfulton.org or 770-475-7500.	Milton Neighborhood Senior Center 1250 Warsaw Road Roswell, GA 30076 770-640-1583	----
30	Tuesday, May 23, 2023	1:30PM	Adult Day Health Programs	Neurosize	Solving word and picture puzzles. Brain Exercise Program that Educates, Encourage, Engage, Entertain & Stimulate the Brain in Fun, Creative & Mindfully-Novel Ways.	<a href="https://zoom.us/j/98364742031">https://zoom.us/j/98364742031</a>  <a href="#">Meeting ID: 983 6474 2031</a>	No Passcode Needed

31	Wednesday, May 24, 2023	8:30AM	Darnell	"Back Together Again" Darnell Annual Artist Walk	This year's exhibit will feature the works of Darnell participants in the following classes: Jewelry Making ( Anne King), Hand Built Pottery, Making Something Out of Nothing, Putting It All Together, Drawing Board, Word Up, and Smart Art (Kimberlie Wright) Deco Art, Art Appreciation, Acrylics I and II ( Jamal Jones), Paper Crafts (Leona James), Quilting( Queen Smith) and Ceramics and Crocheting( Betty Coleman). <u><a href="#">This event is from 8:30 am - 3:30 pm.</a></u>	The Harriett G. Darnell Senior MP Facility 677 Fairburn Road, NW Atlanta, GA 30312 Main: 404-613-8580	----
32	Wednesday, May 24, 2023	9:00AM	Benson	Health Fair	Northside Hospital and other community vendors will provide various health screenings and information to senior participants..	The Dorothy C. Benson MP Facility 6500 Vernon Woods Drive Sandy Springs, GA 30328 Main: 404-613-4900	----
33	Wednesday, May 24, 2023	10:00AM	Mills	Billiards Tournament	A friendly two day billiards tournament where Mills Facility participants will compete against each other. Trophies awarded to the 1st and 2nd place winners.	The Helene S. Mills Senior MP Facility 515 John Wesley Dobbs Ave., SE Atlanta, GA 30312 Main: 404-613-5820	----
34	Wednesday, May 24, 2023	10:00AM	Bethlehem	Past to Present	They seniors will be creating a picture collage from past centers to now. They will also have art presentations. This center has a member that will have art work on display at the High Museum of Art during the month of May.	Bethlehem Neighborhood Senior Center 215 Lakewood Way Atlanta, GA 30315 Main: 404-613-4802	----
35	Wednesday, May 24, 2023	1:00PM	Mills	Storytelling by Josie	An afternoon of storytelling featuring Josie. Josie will take us on a journey through stories that will focus on the Older Americans Theme: Aging Unbound.	The Helene S. Mills Senior MP Facility 515 John Wesley Dobbs Ave., SE Atlanta, GA 30312 Main: 404-613-5820	----
36	Thursday, May 25, 2023	10:00AM	Camp Truitt	Laughter is Good for the Soul	The center will have a story telling from various seniors and some laughter with a performance by a local comedian.	Camp Truitt Neighborhood Senior Center 4320 Herschel Road College Park, GA 30337 404-762-4802	----
37	Friday, May 26, 2023	6:00PM	Mills	Evening of the Arts	An art show featuring art created by Mills Facility participants. This special art show is open to the public and will feature good music, food and great fellowship.	The Helene S. Mills Senior MP Facility 515 John Wesley Dobbs Ave., SE Atlanta, GA 30312 Main: 404-613-5820	----
38	Friday, May 26, 2023	2:00PM	Bowden	Pre-Memorial Day Celebration	A celebration of Memorial Day that will include food and dancing.	The HJC Bowden Senior MP Facility 2885 Church Street East Point, GA 30344 Main: 404-613-6131	----

39	Wednesday, May 31, 2023	10:00AM	Bowden	<b>A Lifetime of Art</b>	An Art Exhibition featuring works of art by older americans, showcasing their unique perspective and experiences through various mediums such as painting, sculpture, and mixed media.	<b>The HJC Bowden Senior MP Facility</b> 2885 Church Street East Point, GA 30344 Main: 404-613-6131	----
40	Wednesday, May 31, 2023	1:30PM	Benson	<b>Medicare Advantage</b>	This Workshop will show Participants the 2023 CHANGES to MEDICARE and how it affects them	<b>The Dorothy C. Benson MP Facility</b> Multipurpose Dining Hall 6500 Vernon Woods Drive Sandy Springs, GA 30328 Main: 404-613-4900 <b>and on Zoom;</b>  <a href="https://zoom.us/j/97250109722?from=addon">https://zoom.us/j/97250109722?from=addon</a>	----
41	Wednesday, May 31, 2023	2:00PM	Mills	<b>Multicultural Diversity</b>	Come here and experience how diversity aspects such as culture, ethnicity, education, religion can have a direct influence of aging concerns. Many assume that older adults are alike. However, as this age group includes five decades of individuals, the differences among older adults are great and actually greater than those seen in other age groups. Age Unbound and sample foods from 4 different countries.	<b>The Helene S. Mills Senior MP Facility</b> 515 John Wesley Dobbs Ave., SE Atlanta, GA 30312 Main: 404-613-5820	----