



OLDER AMERICANS MONTH 2022  
**AGE MY WAY**

**MAY 3RD – MAY 26TH**

## DEPARTMENT OF SENIOR SERVICES | OAM CELEBRATION 2022 EVENTS CALENDAR:

| DATE:                   | START TIME: | FACILITY:               | EVENT TITLE:  | DESCRIPTION:  | ZOOM LINK:  | PASSCODE:   |
|-------------------------|-------------|-------------------------|---|---|---|-------------|
| Tuesday, May 03, 2022   | 10:30 AM    | Darnell                 | <b>“Corona Round Up”</b>                                    | Workshop presented by: Ms. Phyllis Gray, North Carolina, Region 7 Supervisor Community Contract Tracing Collaborative   | <a href="https://zoom.us/j/3529103639">https://zoom.us/j/3529103639</a>   | Fit123!!    |
| Tuesday, May 03, 2022   | 10:00 AM    | Bowden                  | <b>Community Fitness Connection</b>                         | 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.  | <a href="https://us04web.zoom.us/j/680991589">https://us04web.zoom.us/j/680991589</a>   | 9LpzPb      |
| Wednesday, May 04, 2022 | 11:00 AM    | Benson                  | <b>Hybrid Celebration of Centenarians (95-100 or older)</b> | In Collaboration with the Fulton County Public Arts Team portraits will be displayed in the Assembly Hall of Elders from Fulton County’s Senior Multipurpose Centers.   | <a href="https://zoom.us/j/92085388446">https://zoom.us/j/92085388446</a>   | No Passcode |
| Wednesday, May 04, 2022 | 10:00 AM    | ASSEMBLY HALL           | <b>PRESENTATION OF PROCLAMATION</b>                         | BOARD OF COMMISSIONERS - PRESENT THE DEPARTMENT OF SENIOR SERVICES WITH A PROCLAMATION RECOGNIZING AND CELEBRATING MAY 2022 AS OLDER AMERICAN’S MONTH IN FULTON COUNTY, GA.   | THE PRESENTATION WILL BE TELEVISED LIVE ON FGTV   |             |
| Thursday, May 05, 2022  | 10:00 AM    | Darnell                 | <b>“Do You Remember When?”</b>                              | Join us as we share 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="https://zoom.us/j/7074174619">https://zoom.us/j/7074174619</a>   | artluv      |
| Thursday, May 05, 2022  | 1:00 PM     | Bowden                  | <b>Mother’s Day Jazz Concert</b>                            | Seniors will be treated to an interactive virtual concert in honor of Mother’s Day.   | <a href="https://zoom.us/j/5857136774?pwd=Qmd-sWDZaSGlrT3BER0pmL3JMeVZzd09">https://zoom.us/j/5857136774?pwd=Qmd-sWDZaSGlrT3BER0pmL3JMeVZzd09</a> | bowden2     |
| Friday, May 06, 2022    | 10:00 AM    | Darnell                 | <b>Mother’s Day Tea - “Queens and their Chapeaux”</b>       | 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="https://zoom.us/j/3529103639">https://zoom.us/j/3529103639</a>   | Fit123!!    |
| Monday, May 09, 2022    | 11:00 AM    | Crabapple Senior Center | <b>Mental Health and Positivity</b>                         | In person event at the Crabapple Senior Center. Mental Health is an important part of our overall wellness. Come join the conversation with Kaiser Permanente about how positivity impacts your mental health and how you can increase positivity in your life. Reservation required, please contact <a href="mailto:tmorris@ssnorthfulton.org">tmorris@ssnorthfulton.org</a> . |   |             |
| Monday, May 09, 2022    | 1:00 PM     | Bowden                  | <b>Senior Quality of Life</b>                               | Crystal Pierce-Licensed Clinical Therapist. Mental Health for the Aging Adult.  | <a href="https://zoom.us/j/5857136774?pwd=Qmd-sWDZaSGlrT3BER0pmL3JMeVZzd09">https://zoom.us/j/5857136774?pwd=Qmd-sWDZaSGlrT3BER0pmL3JMeVZzd09</a> | bowden2     |
| Wednesday, May 11, 2022 | 10:00 AM    | Milton Senior Center    | <b>Musical Bingo</b>  | In person event at the Milton Senior Center. Reminisce and test your music knowledge while having a fun round of Bingo and prizes. Reservations required, contact <a href="mailto:milton@ssnorthfulton.org">milton@ssnorthfulton.org</a> or 770-475-7500.   |   |             |

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| Thursday, May 12, 2022  | 2:00 PM  | Darnell               | <b>“Securing Our Seniors”</b>                             | 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     |
| Thursday, May 12, 2022  | 1:00 AM  | Bowden                | <b>Empowering Our Community</b>                           | Attorney Dione Traci Duckett of Duckett Law, Elder Law and Estate Planning (Virtual). Estate Planning, Wills and Trust   | <a href="https://zoom.us/j/5857136774?pwd=Qmd-sWDZaSGlrT3BER0pmL3JMeVZzd09">https://zoom.us/j/5857136774?pwd=Qmd-sWDZaSGlrT3BER0pmL3JMeVZzd09</a>                   | bowden2     |
| Thursday, May 12, 2022  | 10:00AM  | Benson                | <b>Community Workshop</b>                                 | Calloboration Workshop with Senior Living Community in Sandy Springs   | <a href="https://zoom.us/j/94106806298">https://zoom.us/j/94106806298</a>   | No Passcode |
| Thursday, May 12, 2022  | 10:30 AM | Mills                 | <b>Create a Raised Garden Bed</b>                         | A raised bed garden is a mound of soil in a contained bed. It saves space, with the convenience to grow vegetables and herbs for healthier meals. Anyone can do it!  | <a href="https://us04web.zoom.us/j/72320591778?pwd=MlK7MpW9hf0rtOk5ZQvxx5n-AwaOmX.1">https://us04web.zoom.us/j/72320591778?pwd=MlK7MpW9hf0rtOk5ZQvxx5n-AwaOmX.1</a> | Garden      |
| Tuesday, May 13, 2022   | 10:30 AM | Dogwood Senior Center | <b>Living Well With Chronic Pain</b>                      | In person event at the Dogwood Senior Center. Atlanta Regional Commission will be providing an interactive demonstration of exercises/tools used for chronic pain management, as well as sharing information about the Chronic Pain Self-Management course that can help people be their healthiest selves. Reservations required, please contact <a href="mailto:tmorris@ssnorthfulton.org">tmorris@ssnorthfulton.org</a> . |   |             |
| Tuesday, May 17, 2022   | 1:00PM   | Benson                | <b>Virtual Day of the Arts</b>                            | 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="https://zoom.us/j/98780776468">https://zoom.us/j/98780776468</a>   | No Passcode |
| Wednesday, May 18, 2022 | 1:00 PM  | Darnell               | <b>“This is How We Do It” Aging My Way</b>                | Join us as we share the many ways older adults continue to socialize, remain healthy and stay involved by “Aging My Way”.  | <a href="https://us02web.zoom.us/j/3363436806">https://us02web.zoom.us/j/3363436806</a>   | purple1!    |
| Wednesday, May 18, 2022 | 1:00 PM  | Bowden                | <b>Technology/ Strategies Seminar</b>                     | Information sessions and public forum on computers, telephones, tablets.   | <a href="https://zoom.us/j/5857136774?pwd=Qmd-sWDZaSGlrT3BER0pmL3JMeVZzd09">https://zoom.us/j/5857136774?pwd=Qmd-sWDZaSGlrT3BER0pmL3JMeVZzd09</a>                   | bowden2     |
| Thursday, May 19, 2022  | 10:00 AM | Darnell               | <b>“The Magic of Art” Darnell’s Annual Artist Exhibit</b> | 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).   | <a href="https://zoom.us/j/6830245481">https://zoom.us/j/6830245481</a>   | HEART24!    |
| Friday, May 20, 2022    | 1:30 PM  | Roswell Senior Center | <b>Connections Café</b>                                   | In person event at the Roswell Senior Center. 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 <a href="mailto:alyss@dementiaspotlightfoundation.org">alyss@dementiaspotlightfoundation.org</a>  |   |             |



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|--------------------------------|----------|---------------------------|--|--|---|-------------|
| <b>Monday, May 23, 2022</b>    | 10:00 AM | New Horizon Senior Center | <b>Living Well With Chronic Pain</b>                                   | In person event at the New Horizon Senior Center.<br><br>Atlanta Regional Commission will be providing an interactive demonstration of exercises/tools used for chronic pain management, as well as sharing information about the Chronic Pain Self-Management course that can help people be their healthiest selves. Reservations required, please contact tmorris@ssnorthfulton.org . |   |             |
| <b>Tuesday, May 24, 2022</b>   | 11:00 AM | Benson                    | <b>Health Fair</b>   | Health Fair with Northside Hospital and other Health/Wellness Professionals.   | <a href="https://zoom.us/j/95372939699">https://zoom.us/j/95372939699</a>   | No Passcode |
| <b>Wednesday, May 25, 2022</b> | 10:00 AM | Benson                    | <b>Older Adults and Mental Health</b>                                  | Dr. Ashley Keaton will discuss mental health and older adults  | <a href="https://zoom.us/j/98003736489">https://zoom.us/j/98003736489</a>   | No Passcode |
| <b>Thursday, May 26, 2022</b>  | 10:00 AM | Mills                     | <b>Older Americans Month Mills Fitness and Nutrition Demonstration</b> | 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="https://zoom.us/j/89307986850">https://zoom.us/j/89307986850</a>   | 519113      |
| <b>Thursday, May 26, 2022</b>  | 10:00 AM | Benson                    | <b>On the Other Side of Covid</b>                                      | On the Other Side of Covid: Improving Your Fitness and Immune System   | <a href="https://zoom.us/j/98214431614">https://zoom.us/j/98214431614</a>   | No Passcode |
| <b>Thursday, May 26, 2022</b>  | 1:00 PM  | Darnell                   | <b>Kimberlie's Korner Sip N' Paint</b>                                 | This 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="https://zoom.us/j/6830245481">https://zoom.us/j/6830245481</a>   | HEART24!    |
| <b>Thursday, May 26, 2022</b>  | 1:00 PM  | Mills                     | <b>Age My Way Art Presentation</b>                                     | This Virtual Presentation will display art and jewelry curated by senior participants and Instructor Nicole Smith  | <a href="https://zoom.us/j/98946559346?pwd=MEx-WVmlwaXZKeGw5NXFyVXZ6cTY4dz09">https://zoom.us/j/98946559346?pwd=MEx-WVmlwaXZKeGw5NXFyVXZ6cTY4dz09</a> | 99454       |