



FALL — INTO FUN — WITH MCCPRA

GET READY FOR A SEASON PACKED WITH CREATIVITY, CONNECTION, AND COMMUNITY WELLNESS! FROM FITNESS AND CRAFTS TO COOKING AND SPECIAL EVENTS, MCCPRA HAS SOMETHING TO KEEP YOU ACTIVE AND ENGAGED.

ONGOING FITNESS & SOCIAL PROGRAMS

- THE GLADIATORS: BINGO & GAMES FOR AGES 50+ EVERY MON/WED/FRI MORNING AT 9 AM.
- CHAIR & FLOW YOGA: MON/WED STARTING AT 9:30 AM
- CARDIO DRUMMING: TUESDAYS AT 1:15 PM STARTING IN SEPT
- ARTS & CRAFTS: WEEKLY SESSIONS + MONTHLY SATURDAY WORKSHOPS

SEPTEMBER

ARTS & CRAFTS TUESDAYS: 2 - 4 PM > CUPCAKE DECORATING, PULLED STRING ART, SASSY POTS & BEADED PLANT STICKS, COOKING SALMON

SEPT 5: FIRST FRIDAY TRIVIA

SEPT 20: PRIME OLYMPICS

SEPT 22: KITCHEN SIFTER WIND CHIME

SEPT 25: FREE GINGERBREAD HOUSE WORKSHOP

SEPT 27: FALL FABRIC RAG WREATH

SEPT 29: MAKE A STEPPING STONE

SEPT 30: SASSY POT PLANTER WORKSHOP

SCAN THIS QR CODE WITH YOUR
PHONE AND SORT BY ACTIVE ADULT
ACTIVITIES TO SEE ALL PROGRAMS
AND TO REGISTER ONLINE.
OR VISIT WWW.MCCPRA.COM
OR CALL 668.0028



SCAN ME



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OCTOBER

OCT 3: ROCK OUT WITH YOUR CROCK OUT MEAL SHARE

OCT 4: GINGERBREAD WORKSHOP CONTINUES

ARTS & CRAFTS TUESDAY'S 2-4 PM > PECAN ROLLS, PAINTED PUMPKINS,
ALCOHOL DYE SCARVES, FALL COOKIES

NOVEMBER

ARTS & CRAFTS TUESDAY'S 2-4 PM > CANCER PREVENTION DEMO, YO-YO TREE
ORNAMENTS, MINI PIES

NOV 7: FIRST FRIDAY MOVIE NIGHT

NOV 15: WHOVILLE HOLIDAY MARKET: GINGERBREAD COMPETITION

NOV 20: EVERGREEN WREATH WORKSHOP

DECEMBER

ARTS & CRAFTS TUESDAY'S 2-4 PM > HEALTHY EATING, HOLIDAY WINE
GLASS VOTIVES, CHRISTMAS PARTY

DEC 5: ACTIVE ADULTS CHRISTMAS PARTY: SNACK & GIFT EXCHANGE

DEC 18: HOLIDAY MENTAL HEALTH SESSION

FACILITY UPGRADES

WE'VE ENHANCED THE DELOACHE ARTS & CRAFTS ROOM AT
SHAW GYM THANKS TO THE WALDO DELOACHE CHARITABLE
TRUST & GEORGIA COUNCIL FOR THE ARTS. MORE AMENITIES,
MORE CREATIVITY!

DON'T MISS A MOMENT THIS FALL.
JOIN THE FUN WITH MCCPRA!



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