




QUALITY LIVING SERVICES, INC.
Wellness & Enrichment Activities
MAY 2024



4001 Danforth Rd., SW
Atlanta, Georgia 30331

404-612-0750 Phone 404-505-5788 Fax www.qualityliving services.org

Mon	Tue	Wed	Thu	Fri
		1 10:00 Hand Crafts-Bid Whist Sewing-Arts & Crafts- Men's Healthy Living 10:30 Prime Fitness 11:45-12:15 Ladies Only MBS 1:00 Circuit Training	2 10:00 Ceramics 10:30 Prime Fitness & Meditation 11:00 Ballroom Dancing	3 10:00 Bid Whist—Line Dance—Quilting 10:30 Prime Fitness 11:00 Performers, Bible History 11:45-12:15 Ladies Only MBS 1:00 Chorus
6 HANDBELL MINI CONCERT Paul Lee—Medicare Updates 1:00 Stretch and Tone	7 10:00 Ceramics—Pinochle Jewelry Making Quilting 11:00 Bridge	8 10:00 Hand Crafts-Bid Whist Sewing-Arts & Crafts- Men's Healthy Living 10:30 Prime Fitness 11:45-12:15 Ladies Only MBS 1:00 Circuit Training—Travel Club	9 10:00 Ceramics 10:30 Prime Fitness & Meditation 11:00 Ballroom Dancing	10 10:00 Bid Whist—Line Dance—Quilting 10:30 Prime Fitness 11:00 Performers, Bible History 11:45-12:15 Ladies Only MBS 1:00 Chorus
13 10:00 Qi Gong Tai Chi 12:00 Handbell Choir 1:00 Stretch and Tone	14 10:00 Ceramics—Pinochle Jewelry Making Quilting 11:00 Bridge	15 10:00 Hand Crafts-Bid Whist Sewing-Arts & Crafts- Men's Healthy Living 10:30 Prime Fitness 11:45-12:15 Ladies Only MBS 1:00 Circuit Training	16 10:00 Ceramics 10:30 Prime Fitness & Meditation 11:00 Ballroom Dancing 1:00 Volunteer Program Assistants Meeting	17 10:00 Bid Whist—Line Dance—Quilting 10:30 Prime Fitness 11:00 Performers, Bible History 11:45-12:15 Ladies Only MBS 1:00 Chorus
20 BALLROOM & LINE DANCE EXHIBITION 12:00 Handbell Choir 1:00 Stretch and Tone	21 10:00 Ceramics—Pinochle Jewelry Making Quilting 11:00 Bridge	22 10:00 Hand Crafts-Bid Whist Sewing-Arts & Crafts- Men's Healthy Living 10:30 Prime Fitness 11:45-12:15 Ladies Only MBS 1:00 Circuit Training	23 SENIOR HEALTH, WELLNESS and RESOURCE FAIR 10:00 a.m.—2:00 p.m.	24 10:00 Bid Whist—Line Dance—Quilting 10:30 Prime Fitness 11:00 Performers, Bible History 11:45-12:15 Ladies Only MBS 1:00 Chorus
27 	28 10:00 Ceramics—Pinochle Jewelry Making Quilting 11:00 Bridge	29 10:00 Hand Crafts-Bid Whist Sewing-Arts & Crafts- Men's Healthy Living 10:30 Prime Fitness 11:45-12:15 Ladies Only MBS 1:00 Circuit Training	30 10:00 Ceramics 10:30 Prime Fitness & Meditation 11:00 Ballroom Dancing	31 10:00 Bid Whist—Line Dance—Quilting 10:30 Prime Fitness 11:00 Performers, Bible History 11:45-12:15 Ladies Only MBS 1:00 Chorus