

Southside Baptist Church

2010 Wellness Program

Rosetta Richards, Parish Nurse

Sunday, January 10

Chili Lunch & Drum Circle

Sunday, February 28

Dinner at The Mill @ Five Points & Walk

Sunday, March 14

Trip to Cooksprings & Burger and Chips

Sunday, April 11

Botanical Gardens & Chicken Salad and Fruit

Sunday, May 30

Ruffner Mountain & Salad and Fruit

Saturday, June 12 10:00 am -2:00 pm

**Picnic at Oak Mountain State Park

Sunday, September 12

Gym Walk/New Forms & Chicken Salad and Fruit

Sunday, October 10

Drum Circle & Chili

Sunday, November 14

Homewood Park & Burger and Chips

Sunday, December 12

Christmas Get-together

Pot Luck—Meat and Drinks Provided

**All meals served in Heritage Room except where noted.