








8AM Coffee and Fellowship

Please note: Days and times of various activities are subject to change!

Reminder! All activities in **BOLD** print are for those participating in the Nutrition Program. If you are interested in finding out more information please see:
Kim Graham, Activities Coordinator

Open Art Studio,
Open Billiards &
Ping Pong
Monday-Friday
(8AM-4PM)

Lumpkin County Senior Center
266 Mechanicsville Road
Dahlonega, GA 30533
706-864-2358
www.lumpkincounty.gov

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
8:00 Open Billiards 9:30 SilverSneakers Classic 9:45 Balloon Volleyball 10:00 Wii Bowling Tournament 10:30 Tai Chi Beginner 11:00 Tai Chi Advanced 11:30 Lunch 12:00 Word Pictures 	8:00 Open Billiards 9:30 SilverSneakers- Cardio 9:45 Sittercise 10:00 Wii Bowling Tournament 10:30 Tai Chi w/Gale 11:00 Seniors & Law Enforcement Together 11:30 Lunch 12:00 Bingo	8:00 Open Billiards 9:30 SilverSneakers- Classic 9:30 Wii Bowling Tournament 9:30 Mothers Day Project 9:30 Tai Chi Beginner 10:30 Tai Chi Advanced 11:30 Lunch 12:00 Yahtzee 1:00 Bridge	8:00 Open Billiards 9:30 SilverSneakers- Cardio 9:15 Thrift Store Shopping 9:30 Wii Bowling Tournament 11:00 Stretch & Flex 11:30 Lunch 12:00 Bingo w/Art 	8:00 Open Billiards 9:30 SilverSneakers- Classic 9:30 Sittercise 9:30 Wii Bowling Tournament 10:30 Tai Chi Beginner 11:00 Tai Chi Advanced 11:30 Lunch 12:00 Card Games 
9	10	11	12	13
8:00 Open Billiards 9:30 SilverSneakers- Classic 9:45 Balloon Volleyball 10:00 Wii Bowling 10:30 Tai Chi Beginner 11:00 Tai Chi Advanced 11:30 Lunch 12:00 Bird Feeder Craft 	8:00 Open Billiards 9:30 SilverSneakers- Cardio 9:45 Drums Alive Exercise 10:00 Therapy Dog Visit 10:00 Miscellaneous Games 11:30 Lunch 12:00 Bingo  7:00 Gold Diggers Garden Club	8:00 Open Billiards 9:30 SilverSneakers- Classic 10:00 Miscellaneous Games 10:30 Tai Chi Beginner 11:00 Tai Chi Advanced 11:30 Lunch 12:00 Group Crossword 1:00 Bridge 	8:00 Open Billiards 9:30 SilverSneakers- Cardio 9:45 Balloon Volleyball 10:00 Stroke Awareness Presentation 11:30 Lunch 12:00 Bingo w/Art 6:00 Golden Stiches Quilting Guild	8:00 Open Billiards 9:30 SilverSneakers- Classic 9:45 Sittercise 10:30 Tai Chi Beginner 11:00 Tai Chi Advanced 11:30 Lunch 12:00 Games with Kim 6:30 Gold Country Squares 

16	17	18	19	20
8:00 Open Billiards 9:30 SilverSneakers- Classic 9:30 Balloon Volleyball 10:30 Tai Chi Beginner 11:00 Tai Chi Advanced 10:30 Miscellaneous Games 11:30 Lunch  12:00 Yahtzee	8:00 Open Billiards 9:30 SilverSneakers Cardio 9:45 Sittercise 10:00 Craft w/Michaela 10:00 Blood Pressure Checks 10:00 Wii Bowling 11:00 Lunch 12:00 Bingo w/Sheriff Jarrard	8:00 Open Billiards 9:30 SilverSneakers Classic 9:45 Stretch & Flex 10:30 Tai Chi Beginner 11:00 Tai Chi Advanced 11:30 Lunch 12:00 Sing & Piano w/Patrick 1:00 Bridge 	8:00 Open Billiards 8:30 Pancake Breakfast 9:30 SilverSneakers Cardio 9:45 Balloon Volleyball 10:00 Dollar General Shopping 11:30 Lunch 11:50 Birthday Celebration 12:00 Site Council Meeting	8:00 Open Billiards 9:30 SilverSneakers Classic 9:30 Sittercise 10:30 Tai Chi Beginner 11:00 Tai Chi Advanced 11:30 Lunch 12:00 Games with Kim 6:30 Gold Country Squares
23	24	25	26	27
8:00 Open Billiards 9:30 SilverSneakers Classic 9:45 Balloon Volleyball 10:30 Tai Chi Beginner 11:00 Tai Chi Advanced 11:30 Lunch  12:00 Sing Along	8:00 Open Billiards 9:30 SilverSneakers Cardio 9:15 Sittercise 10:00 Therapy Dog Visit 10:00 Nutrition Presentation 11:00 Red Hats/Black Hats Lunch 12:00 Bingo 	8:00 Open Billiards 9:30 SilverSneakers Classic 10:00 Stretch & Flex 10:30 Tai Chi Beginner 11:00 Tai Chi Advanced 11:30 Lunch 12:00 Health Talk with Kim 1:00 Bridge	8:00 Open Billiards 9:30 SilverSneakers Cardio 9:45 Drums Alive 10:00 Health Presentation w/NEGMC 11:30 Lunch 12:00 Bingo	8:00 Open Billiards 9:30 SilverSneakers Classic 9:15 Sittercise 10:30 Tai Chi Beginner 11:00 Tai Chi Advanced 11:30 Lunch 12:00 In the Good Ole' Days
<p style="text-align: center;">Closed</p> 	<p style="text-align: right;">31</p> 8:00 Open Billiards 9:30 SilverSneakers- Cardio 9:15 Sittercise 10:00 Wii Bowling 11:30 Lunch 12:00 Bingo w/Sheriff Jarrard	<p style="text-align: center;">Like us on Facebook and help spread the word! Search "Lumpkin County Government"</p> 	<p style="text-align: center;">Seniors and Law Enforcement Together S.A.L.T. May 3rd 11:00-12:00</p> <p style="text-align: center;">Basics of CPR</p> <p style="text-align: center;">Located at the Senior Center Hosted by the Lumpkin County Sheriff Department</p>	<p style="text-align: center;">Join the Monthly Dahlonge Gold Gourd Patch Meeting</p>  <p style="text-align: center;">Saturday, May 28th 1pm Good Luck Gnome Class \$20 Most Materials Provided</p>