



Monday	Tuesday	Wednesday	Thursday	Friday
 	 <p><b>Celebrate in February American Heart Month</b></p>	 <p><b>Free AARP Tax-Aide February 4th - April 15th Every Wednesday 9:00 - 1:00</b></p>		
<p>8:00 Fellowship &amp; Coffee 9:00 Open Billiards  9:00 <b>Hand Reflexology with Heidi</b>  9:30 SilverSneakers  9:45 <b>Balloon Volleyball</b>  10:30 Open Art Studio 10:30 Gourd Puppet Making Class w/Judy Linn (2/2, 2/9 and 2/16) 11:30 <b>Lunch</b> 1:00 Intermediate Bridge</p> <p style="text-align: right;"><b>2</b></p>	<p>8:00 Fellowship &amp; Coffee 9:00 Open Billiards 9:30 <b>Sittercise</b>  9:30 SilverSneakers  10:30 <b>Crafts w/ Paula W.</b>  11:30 <b>Lunch</b> Noon <b>Enrichment Time</b> Noon <b>Walmart Shopping</b>  4:00 Yoga  </p> <p style="text-align: right;"><b>3</b></p>	<p>8:00 Fellowship &amp; Coffee 9:00 Open Billiards  9:00 AARP Tax-Aide  9:30 <b>Stretch &amp; Flex</b> 10:00 Tai Chi for Health II 10:30 Open Art Studio  11:30 <b>Lunch</b> Noon <b>Bingo w/Richard H.</b> 1:00 SEMBA 1:45 Line Dancing (2/4 - 2/25) 4:00 Tai Chi for Health I</p> <p style="text-align: right;"><b>4</b></p>	<p>8:00 Fellowship &amp; Coffee 9:00 Open Billiards  9:30 <b>Balloon Volleyball</b>  9:30 SilverSneakers(Cardio) 10:00 <b>Dollar Tree Shopping</b> 11:30 <b>Lunch</b> Noon <b>Enrichment Time</b> 4:00 Yoga  </p> <p style="text-align: right;"><b>5</b></p>	<p>8:00 Fellowship &amp; Coffee 9:00 Open Billiards  9:30 <b>Sittercise</b>  9:30 SilverSneakers  10:30 Open Art Studio  11:30 <b>Lunch</b> Noon <b>Bingo w/Theresa R.</b> 7:00 Gold Country Squares</p> <p style="text-align: center;"><i>National Wear <b>RED</b> Day!!</i> </p> <p style="text-align: right;"><b>6</b></p>
<p>8:00 Fellowship &amp; Coffee 9:00 Open Billiards 9:00 <b>Hand Reflexology with Heidi</b>  9:30 SilverSneakers  9:45 <b>Balloon Volleyball</b>  10:30 Open Art Studio 10:30 Gourd Puppet Making Class w/Judy Linn 11:30 <b>Lunch</b> 1:00 Intermediate Bridge</p> <p style="text-align: right;"><b>9</b></p>	<p>8:00 Fellowship &amp; Coffee 9:00 Open Billiards  9:30 <b>Sittercise</b> 9:30 SilverSneakers  10:15 <b>Crafts w/Dawn</b>  11:30 <b>Lunch</b> Noon <b>Enrichment Time</b> Noon <b>Walmart Shopping</b>  1:00 Word Chasers Book Club 4:00 Yoga 7:00 Gold Diggers Garden Club</p> <p style="text-align: right;"><b>10</b></p>	<p>8:00 Fellowship &amp; Coffee 9:00 Open Billiards 9:00 AARP Tax-Aide 9:30 <b>Sittercise</b> 9:30 <b>Stretch &amp; Flex</b> 10:30 Open Art Studio 11:00 <b>Blood Pressure Checks</b> 11:30 <b>Lunch</b> Noon <b>Bingo w/Richard H.</b> 1:00 Party Bridge  1:00 SEMBA 1:45 Line Dancing (2/4 - 2/25) </p> <p style="text-align: center;"><b>Tai Chi cancelled today.</b></p> <p style="text-align: right;"><b>11</b></p>	<p>8:00 Fellowship &amp; Coffee 9:00 Open Billiards  9:30 <b>Balloon Volleyball</b>  9:30 SilverSneakers(Cardio) 10:45 <b>Red Hats Luncheon</b> 11:30 <b>Lunch</b> Noon <b>Enrichment Time</b> 4:00 Yoga 6:00 Golden Stitches Quilters </p> <p style="text-align: right;"><b>12</b></p>	<p>8:00 Fellowship &amp; Coffee 9:00 Open Billiards  9:30 <b>Sittercise</b>  9:30 SilverSneakers 10:00 <b>Valentine Get Together w/Paula A.</b> 10:30 Open Art Studio 11:30 <b>Lunch</b> Noon <b>Bingo w/Chad &amp; Sandra</b></p> <p style="text-align: center;"><i><b>Wear Red Today!! For Valentines!!</b></i></p> <p style="text-align: center;"></p> <p style="text-align: right;"><b>13</b></p>

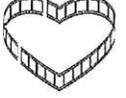
Friday February 6th National wear **RED** day!!

This event is held every year on the first Friday in February and is designed to bring attention and awareness to heart disease and its impact on women.



# Lumpkin County Senior Center

# February 2015 Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p>8:00 Fellowship &amp; Coffee</p> <p>9:00 Open Billiards </p> <p>9:00 <b>Hand Reflexology with Heidi</b> </p> <p>9:45 <b>Balloon Volleyball</b></p> <p>9:30 SilverSneakers </p> <p>10:30 Open Art Studio</p> <p>10:30 Gourd Puppet Making Class w/Judy Linn</p> <p>11:30 <b>Lunch</b></p> <p>Noon <b>Sonja Martin with Disability Resource Center and Music</b> </p> <p>1:00 Intermediate Bridge</p> <p></p> <p>16</p>	<p>8:00 Fellowship &amp; Coffee</p> <p>9:00 Open Billiards</p> <p>9:30 <b>Sittercise</b></p> <p>9:30 SilverSneakers </p> <p>10:20 <b>Thrift Store Shopping</b></p> <p>11:30 <b>Lunch</b></p> <p>Noon <b>Enrichment Time</b></p> <p>Noon <b>Walmart Shopping</b> </p> <p>4:00 <b>Yoga</b> </p> <p></p> <p>17</p>	<p>8:00 Fellowship &amp; Coffee</p> <p>8:30 <b>Pancake Breakfast</b> </p> <p>9:00 Open Billiards</p> <p>9:00 AARP Tax-Aide</p> <p>9:00 <b>Hair Day w/Vikki</b></p> <p>9:30 <b>Stretch &amp; Flex</b></p> <p>9:30 <b>Pet Therapy w/Winny</b></p> <p>10:00 Tai Chi for Health II</p> <p>11:30 <b>Lunch</b></p> <p>10:30 Open Art Studio</p> <p>Noon <b>Bingo w/ Gale</b> </p> <p>1:00 SEMBA</p> <p>1:45 <b>Line Dancing (2/4 - 2/25)</b> </p> <p>4:00 Tai Chi for Health I</p> <p><b>Last day of 6 week session for Tai Chi</b></p> <p>18</p>	<p>8:00 Fellowship &amp; Coffee</p> <p>9:00 Open Billiards</p> <p>9:15 <b>Balloon Volleyball</b> </p> <p>9:45 <b>Chick Fil A Bingo</b></p> <p>9:30 Silver Sneakers(Cardio)</p> <p>11:30 <b>Lunch</b> </p> <p>Noon <b>Enrichment Time</b></p> <p>4:00 <b>Yoga</b> </p> <p><b>"February is merely as long as is needed to pass the time until March."</b> ~ Dr. J.R. Stockton</p> <p>19</p>	<p>8:00 Fellowship &amp; Coffee </p> <p>9:00 Open Billiards</p> <p>9:30 <b>Sittercise</b></p> <p>9:30 SilverSneakers </p> <p>10:00 <b>Entertainment w/ Jon Dulude</b> </p> <p>10:30 Open Art Studio</p> <p>11:30 <b>Lunch</b></p> <p>Noon <b>Bingo w/Theresa</b></p> <p>7:00 <b>Gold Country Squares</b></p> <p></p> <p>20</p>
<p>8:00 Fellowship &amp; Coffee</p> <p>9:00 Open Billiards</p> <p>9:00 <b>Hand Reflexology with Heidi</b> </p> <p>9:30 SilverSneakers </p> <p>9:45 <b>Balloon Volleyball</b> </p> <p>10:30 Open Art Studio</p> <p>11:30 <b>Lunch</b></p> <p>Noon <b>Birthday Celebration</b></p> <p>1:00 Intermediate Bridge</p> <p> </p> <p>23</p>	<p>8:00 Fellowship &amp; Coffee</p> <p>9:00 Open Billiards </p> <p>9:30 <b>Sittercise</b></p> <p>9:30 SilverSneakers </p> <p>10:45 <b>Black Hats Luncheon</b></p> <p>Noon <b>Enrichment Time</b></p> <p>Noon <b>Walmart Shopping</b> </p> <p>11:30 <b>Lunch</b></p> <p>4:00 <b>Yoga</b> </p> <p>24</p>	<p>8:00 Fellowship &amp; Coffee</p> <p>9:00 Open Billiards</p> <p>9:00 AARP Tax-Aide</p> <p>9:30 <b>Stretch &amp; Flex</b> </p> <p>9:45 <b>Gold City Bingo and Visit Patients</b></p> <p>10:30 Open Art Studio</p> <p>11:30 <b>Lunch</b></p> <p>Noon <b>Bingo w/Gale</b> </p> <p>1:00 Party Bridge</p> <p>1:00 SEMBA</p> <p>1:45 <b>Line Dancing (2/4 - 2/25)</b></p> <p>25</p>	<p>8:00 Fellowship &amp; Coffee</p> <p>9:00 Open Billiards </p> <p>9:30 <b>Balloon Volleyball</b> </p> <p>9:30 Silver Sneakers(Cardio)</p> <p>10:15 <b>Lunch, Movie, Bingo at DFH</b> </p> <p>11:30 <b>Lunch</b></p> <p>Noon <b>Enrichment Time</b></p> <p>4:00 <b>Yoga</b> </p> <p></p> <p>26</p>	<p>8:00 Fellowship &amp; Coffee</p> <p>9:00 Open Billiards</p> <p>9:30 <b>Sittercise</b></p> <p>9:30 SilverSneakers </p> <p>10:30 Open Art Studio</p> <p>10:30 <b>Tugaloo Nutrition Presentation Heart Healthy Diet</b></p> <p>11:30 <b>Lunch</b></p> <p>Noon <b>Bingo w/Chad &amp; Sandra</b></p> <p></p> <p>27</p>



**Please Note:**  
Days and times  
of various activities  
are subject to change.

