Lumpkin County Senior Center

JULY 2015 Activities

Monday	Tuesday	Wednesday	Thursday	Friday
REMINDER All items on the calendar in **BOLD print** are for participants in the Nutrition Program. If interested in finding out more information please see Paula Walker, Activities Coordinator		8:00 Fellowship & Coffee 9:00 Open Billiards **9:30 Sittercise** **10:00 GA Cares w/Barbara** 10:30 Open Art Studio **10:30 4th of July Photo Booth w/Hannah** **10:30 Red, White & Blue Craft w/Paula** **11:30 Lunch** **Noon Bingo w/Gale** 1:00 Party Bridge 1:00 SEMBA **1**	8:00 Fellowship & Coffee 9:00 Open Billiards **9:30 Balloon Volleyball** 9:30 SilverSneakers(Cardio) **10:15 Dollar Tree Shopping** **11:30 Lunch** 4:00 Yoga **Halfway Point of 2015** **2**	**CENTER CLOSED in Honor of** **Independence Day** 7:00 Gold Country Squares **3**
8:00 Fellowship & Coffee 9:00 Open Billiards **9:00 Hand Reflexology with Heidy** 9:30 SilverSneakers **9:45 Balloon Volleyball** **10:30 Movie Day** 10:30 Open Art Studio **11:30 Lunch** **Noon Movie Day w/Popcorn Continued** 1:00 Intermediate Bridge **6**	8:00 Fellowship & Coffee 9:00 Open Billiards **9:30 Stretch & Flex** 9:30 SilverSneakers **11:30 Lunch** **Noon Enrichment Time** **1:00 Walmart Shopping** 4:00 Yoga **7**	8:00 Fellowship & Coffee 9:00 Open Billiards **9:45 Balloon Volleyball** **10:15 Nutrition Presentation Don't Eat Processed Foods w/ Hannah** 10:30 Open Art Studio **11:00 Blood Pressure** **11:30 Lunch** **Noon Bingo w/Gale** 1:00 SEMBA **8**	8:00 Fellowship & Coffee 9:00 Open Billiards 9:30 SilverSneakers(Cardio) **9:30 Balloon Volleyball** **11:30 Lunch** **Noon World of Coke Presentation** 4:00 Yoga 6:00 Golden Stitchers Quilters **9**	8:00 Fellowship & Coffee 9:00 Open Billiards **9:30 Balloon Volleyball** 9:30 SilverSneakers 10:30 Open Art Studio **11:30 Lunch** **Noon Bingo w/Chad & Sandra** **10**

Please Note:

Days and times of various activities are subject to change.

"That beautiful season the Summer!
Filled was the air with a dreamy and magical light;
And the landscape
Lay as if new created in all the freshness of childhood."
~ Henry Wadsworth Longfellow

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

Lumpkin County Senior Center

Have some Ice Cream

JULY 2015 Activities

Monday	Tuesday	Wednesday	Thursday	Friday
8:00 Fellowship & Coffee 9:00 Open Billiards **9:00 Hand Reflexology with Heidy** 9:30 SilverSneakers **9:45 Balloon Volleyball** 10:30 Open Art Studio **10:45 Science for Seniors w/Ripken** **11:30 Lunch** 1:00 Intermediate Bridge **13**	8:00 Fellowship & Coffee 9:00 Open Billiards **9:30 Stretch & Flex** 9:30 SilverSneakers **10:30 GA Legal Services w/ Brad Sperr** **11:30 Lunch** **Noon Enrichment Time** **1:00 Walmart Shopping** 1:00 Word Chasers Book Club 4:00 Yoga 7:00 Gold Diggers Garden Club **14**	8:00 Fellowship & Coffee **8:00 Pancake Breakfast** 9:00 Open Billiards **9:00 Hair Day** **9:00 Pet Therapy w/Winny** **9:30 Sittercise** **10:15 CRH presentation UTI Awareness w/Traci** 10:30 Open Art Studio **11:30 Lunch** **Noon Bingo w/Gale B.** 1:00 Party Bridge 1:00 SEMBA **15**	8:00 Fellowship & Coffee 9:00 Open Billiards **9:15 Balloon Volleyball** **9:45 Chick Fil A Bingo** 9:30 SilverSneakers(Cardio) **11:30 Lunch** 4:00 Yoga **16**	8:00 Fellowship & Coffee 9:00 Open Billiards **9:30 Sittercise** 9:30 SilverSneakers 10:30 Open Art Studio **10:45 Black Hat Luncheon** **11:30 Lunch** **Noon Bingo w/Tyler** 7:00 Gold Country Squares **17**
8:00 Fellowship & Coffee 9:00 Open Billiards **9:45 Balloon Volleyball** 9:30 SilverSneakers **10:15 Movie, Bingo, Lunch at DFH** 10:30 Open Art Studio **11:30 Lunch** **Noon Menu Review for August** 1:00 Intermediate Bridge **20**	8:00 Fellowship & Coffee 9:00 Open Billiards **9:15 Stretch & Flex** 9:30 SilverSneakers **10:30 Red Hat Luncheon** **11:30 Lunch** **Noon Enrichment Time** **1:00 Walmart Shopping** 4:00 Yoga **21**	8:00 Fellowship & Coffee 9:00 Open Billiards **9:15 Balloon Volleyball** **9:45 Gold City Bingo** 10:30 Open Art Studio **11:30 Lunch** **Noon Bingo w/Gale** 1:00 SEMBA Hammock Day **22**	8:00 Fellowship & Coffee 9:00 Open Billiards **9:30 Balloon Volleyball** 9:30 SilverSneakers (Cardio) **9:45 Memorial Park Houseboat Cruise on Lake Lanier** **11:30 Lunch** 4:00 Yoga **23**	8:00 Fellowship & Coffee 9:00 Open Billiards **9:30 Sittercise** 9:30 SilverSneakers 10:30 Open Art Studio **10:30 Tugaloo Presentation Hernia Awareness Month w/ Cindy** **11:30 Lunch** **Noon Bingo w/Theresa R.** **1:00 August Menu DEADLINE Return menus to Paula** **24**
8:00 Fellowship & Coffee 9:00 Open Billiards **9:00 Hand Reflexology with Heidy** 9:30 SilverSneakers **9:45 Balloon Volleyball** 10:30 Open Art Studio **11:30 Lunch** **Noon Birthday Celebration** 1:00 Intermediate Bridge **27**	8:00 Fellowship & Coffee 9:00 Open Billiards **9:30 Stretch & Flex** 9:30 SilverSneakers **11:30 Lunch** **Noon Enrichment Time** **1:00 Walmart Shopping** 4:00 Yoga ^^^HIKE REMINDER^^^ Yahoola Creek Park @ 10:00am Hike/Picnic **28**	8:00 Fellowship & Coffee 9:00 Open Billiards **9:45 Sittercise** **10:00 Crafts w/Dawn Making Clay Birds** 10:30 Open Art Studio **11:30 Lunch** **Noon Bingo w/Gale** 1:00 Party Bridge 1:00 SEMBA **29**	8:00 Fellowship & Coffee 9:00 Open Billiards **9:30 Balloon Volleyball** 9:30 SilverSneakers(Cardio) **11:30 Lunch** 4:00 Yoga **30**	8:00 Fellowship & Coffee 9:00 Open Billiards **9:30 Sittercise** 9:30 SilverSneakers 10:30 Open Art Studio **11:30 Lunch** **Noon Bingo w/Theresa R.** **31**