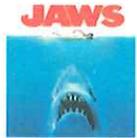


# Lumpkin County Senior Center



# JUNE 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 Heidy</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>1:00 Intermediate Bridge</p>  <p style="text-align: right;"><b>1</b></p>	<p>8:00 Fellowship &amp; Coffee</p> <p>9:00 Open Billiards</p> <p>9:30 <b>Stretch &amp; Flex</b> </p> <p>9:30 SilverSneakers</p> <p>10:00 <b>Site Council Meeting</b></p> <p>11:30 <b>Lunch</b></p> <p>Noon <b>Enrichment Time</b></p> <p>1:00 <b>Walmart Shopping</b></p> <p>4:00 Yoga </p>  <p style="text-align: right;"><b>2</b></p>	<p>8:00 Fellowship &amp; Coffee</p> <p>9:00 Open Billiards </p> <p>9:45 <b>Sittercise</b></p> <p>10:00 Tai Chi for Health</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 Line Dancing (6/3 - 6/24)</p> <p>4:00 Tai Chi for Health</p> <p style="text-align: center;"><i>National Egg Day</i></p>  <p style="text-align: right;"><b>3</b></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 SilverSneakers(Cardio)</p> <p>10:30 <b>Dollar Tree Shopping</b></p> <p>11:30 <b>Lunch</b></p> <p>4:00 Yoga</p>  <p style="text-align: center;"><b>MAKE PREVENTION A PRIORITY</b></p> <p style="text-align: center;"><i>Health conditions can be prevented or detected early with regular checkups.</i></p> <p style="text-align: right;"><b>4</b></p>	<p>8:00 Fellowship &amp; Coffee</p> <p>8:00 Celebrate Donut Day </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>11:30 <b>Lunch</b></p> <p>Noon <b>Bingo w/Chad and Sandra</b></p> <p>7:00 Gold Country Squares</p> <p style="text-align: center;"><b>^^^HIKE REMINDER^^^</b></p> <p style="text-align: center;"><b>Smithgall Wood State Park</b></p> <p style="text-align: center;"><b>Sunday, June 7th @ 2pm</b></p> <p style="text-align: right;"><b>5</b></p>
<p>8:00 Fellowship &amp; Coffee</p> <p>9:00 Open Billiards</p> <p>9:00 <b>Hand Reflexology with Heidy</b></p> <p>9:30 SilverSneakers </p> <p>9:45 <b>Balloon Volleyball</b></p> <p>10:15 <b>Science For Seniors</b></p> <p style="text-align: center;">Sharks the Truth Behind</p>  <p>10:30 Open Art Studio</p> <p>11:30 <b>Lunch</b></p> <p>1:00 Intermediate Bridge</p> <p style="text-align: right;"><b>8</b></p>	<p>8:00 Fellowship &amp; Coffee</p> <p>9:00 Open Billiards </p> <p>9:30 <b>Stretch &amp; Flex</b> </p> <p>9:30 SilverSneakers</p> <p>9:45 <b>Gainesville Botanical Garden Outing</b></p> <p>Noon <b>Enrichment Time</b></p> <p>1:00 <b>Walmart Shopping</b></p> <p>1:00 Word Chasers</p> <p>Book Club </p> <p>Meeting @ Dairy Queen</p> <p>4:00 Yoga </p> <p style="text-align: center;">I♥Books</p>  <p>7:00 Gold Diggers Garden Club</p> <p style="text-align: right;"><b>9</b></p>	<p>8:00 Fellowship &amp; Coffee</p> <p>9:00 Open Billiards</p> <p>9:30 <b>Sittercise</b></p> <p>10:00 Tai Chi for Health</p> <p>10:00 Soda Can Mosaic Art w/AJ Wolff (2hr class)</p> <p>10:30 Open Art Studio</p> <p>10:15 <b>GA Cares w/ Barbara</b></p> <p>10:30 Open Art Studio</p> <p>11:00 <b>Blood Pressure</b> </p> <p>11:30 <b>Lunch</b></p> <p>Noon <b>Bingo w/Gale</b> </p> <p>1:45 Line Dancing (6/3 - 6/24)</p> <p>4:00 Tai Chi for Health</p> <p style="text-align: right;"><b>10</b></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 SilverSneakers(Cardio) </p> <p>9:45 <b>Thrift Store</b></p> <p>11:30 <b>Lunch</b></p> <p>4:00 Yoga </p> <p>6:00 Golden Stitches Quilters</p>  <p style="text-align: right;"><b>11</b></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>10:15 <b>Bubbles in the Park</b></p> <p>11:30 <b>Lunch</b></p> <p>Noon <b>Bingo w/Victoria Z.</b></p>  <p style="text-align: right;"><b>12</b></p>



**Saturday, June 14th**

My name is "Old Glory"  
Long may I wave  
o'er the land of the free  
and the home of the brave.

# Lumpkin County Senior Center



# JUNE 2015 Activities

Monday	Tuesday	Wednesday	Thursday	Friday	
8:00 Fellowship & 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 11:30 <b>Lunch</b> Noon Menu Review for July 1:00 Intermediate Bridge    15	8:00 Fellowship & Coffee 9:00 Open Billiards 9:30 <b>Sittercise</b> 9:30 SilverSneakers 10:15 <b>Crafts w/Dawn Making Red, White &amp; Blue Hats</b> 11:30 <b>Lunch</b> Noon <b>Enrichment Time</b> 1:00 <b>Walmart Shopping</b> 4:00 <b>Yoga</b>     <b>**Spirit Night @ Zaxby's**</b> 5-8 pm 16	8:00 Fellowship & Coffee 8:30 <b>Pancake Breakfast</b> 9:00 Open Billiards 9:00 <b>Hair Day</b> 9:00 <b>Pet Therapy w/Winny</b> 9:45 <b>Balloon Volleyball</b> 10:00 <b>Leather Workshop w/Tom Slavicek</b> 6 hrs - Bring a lunch 10:30 Open Art Studio 11:30 <b>Lunch</b> Noon <b>Bingo w/Gale</b> 1:00 <b>Party Bridge</b> 1:00 <b>SEMBA</b> 1:45 <b>Line Dancing</b> (6/3 - 6/24)   17	8:00 Fellowship & Coffee 9:00 Open Billiards 9:15 <b>Stretch &amp; Flex</b> 9:30 SilverSneakers(Cardio) 9:45 <b>Chick Fil A Bingo</b> 11:15 <b>Nutrition Presentation "All about Fiber"</b> 11:30 <b>Lunch</b> 4:00 <b>Yoga</b>     18	8:00 Fellowship & Coffee 9:00 Open Billiards 9:30 <b>Sittercise</b> 9:30 SilverSneakers 10:30 Open Art Studio 10:15 <b>Dollar General Shopping</b> 11:30 <b>Lunch</b> Noon <b>Bingo w/Chad &amp; Sandra</b> 1:00 <b>July Menu DEADLINE</b> Return menus to Paula 7:00 <b>Gold Country Squares</b> Sunday, June 21st    19	
8:00 Fellowship & 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 11:30 <b>Lunch</b> Noon <b>BirthDay Celebration</b> 1:00 Intermediate Bridge    22	8:00 Fellowship & Coffee 9:00 Open Billiards 9:30 <b>Stretch &amp; Flex</b> 9:30 SilverSneakers 10:45 <b>Black Hat Luncheon</b> 11:30 <b>Lunch</b> Noon <b>Enrichment Time</b> 1:00 <b>Walmart Shopping</b> 4:00 <b>Yoga</b>     23	8:00 Fellowship & Coffee 9:00 Open Billiards 9:30 <b>Balloon Volleyball</b> 9:45 <b>Gold City Bingo</b> 10:30 Open Art Studio 11:30 <b>Lunch</b> Noon <b>Bingo w/Gale</b> 1:00 <b>SEMBA</b> 1:45 <b>Line Dancing</b> (6/3 - 6/24)   24	8:00 Fellowship & Coffee 9:00 Open Billiards 9:30 SilverSneakers(Cardio) 9:45 <b>Memorial Park Houseboat Cruise on Lake Lanier</b> 11:30 <b>Lunch</b> 4:00 <b>Yoga</b>    <b>HIKE REMINDER</b> <b>***To Be Announced***</b> 25	8:00 Fellowship & Coffee 9:00 Open Billiards 9:30 <b>Sittercise</b> 9:30 SilverSneakers 10:30 Open Art Studio 10:30 <b>Tugaloo Presentation Hernia Awareness Month w/ Cindy</b> 11:30 <b>Lunch</b> Noon <b>Bingo w/Paula B. from ResCare</b>   26	
8:00 Fellowship & Coffee 9:00 Open Billiards 9:30 SilverSneakers 9:45 <b>Balloon Volleyball</b> 10:15 <b>Movie, Bingo, Lunch at DFH</b> 10:30 Open Art Studio 11:30 <b>Lunch</b> 1:00 Intermediate Bridge   29	8:00 Fellowship & Coffee 9:00 Open Billiards 9:30 <b>Stretch &amp; Flex</b> 9:30 SilverSneakers 10:45 <b>Red Hat Luncheon</b> 11:30 <b>Lunch</b> Noon <b>Enrichment Time</b> 1:00 <b>Walmart Shopping</b> 4:00 <b>Yoga</b>   30	<p>Lumpkin County Senior Center                      266 Mechanicsville Road Dahlonega, Ga                      30533                      706-864-2358  <a href="http://www.lumpkincounty.gov">www.lumpkincounty.gov</a></p> <p>Lumpkin County Government                      Like us on Facebook and help us spread the word!</p>			  Please Note:  <b>Days and times of various activities are subject to change.</b>