

Lumpkin County Senior Center



MARCH 2015 Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p>8:00 Fellowship & Coffee</p> <p>9:00 Open Billiards </p> <p>9:00 Hand Reflexology with Heidi</p> <p>9:30 SilverSneakers </p> <p>9:45 Balloon Volleyball</p> <p>10:30 Open Art Studio</p> <p>11:30 Lunch</p> <p>1:00 Intermediate Bridge</p> <p>"You have brains in your head. You have feet in your shoes. You can steer yourself, any direction you choose." <i>Oh, the Places You'll Go!</i> Dr. Seuss B-Day 2</p>	<p>8:00 Fellowship & Coffee</p> <p>9:00 Open Billiards </p> <p>9:30 Stretch & Flex </p> <p>9:30 SilverSneakers </p> <p>11:30 Lunch</p> <p>12:15 Celebrate Peanut Butter and Jelly Day! w/Farm Bureau Women's Committee Group</p> <p>1:00 Walmart Shopping</p> <p>4:00 Yoga </p> <p>3</p>	<p>8:00 Fellowship & Coffee</p> <p>9:00 Open Billiards </p> <p>9:00 AARP Tax-Aide</p> <p>9:30 Sittercise</p> <p>10:00 Tai Chi for Health II</p> <p>10:15 GA Cares w/Barbara</p> <p>10:30 Open Art Studio</p> <p>11:30 Lunch</p> <p>Noon Bingo w/Gale</p> <p>1:00 SEMBA</p> <p>1:45 Line Dancing (3/4 - 3/25)</p> <p>4:00 Tai Chi for Health I</p> <p>4</p>	<p>8:00 Fellowship & Coffee</p> <p>9:00 Open Billiards </p> <p>9:30 Balloon Volleyball</p> <p>9:30 SilverSneakers(Cardio)</p> <p>10:00 Nutrition Presentation Vitamin D / Bone Health w/Sheenagh K.</p> <p>11:30 Lunch</p> <p>Noon Enrichment Time</p> <p>4:00 Yoga </p> <p>5</p>	<p>8:00 Fellowship & Coffee </p> <p>9:00 Open Billiards </p> <p>9:30 Sittercise</p> <p>9:30 SilverSneakers </p> <p>10:00 Entertainment w/ Jon Dulude</p> <p>10:30 Open Art Studio</p> <p>11:30 Lunch</p> <p>Noon Bingo w/Theresa R.</p> <p>BINGO</p> <p>7:00 Gold Country Squares *IMPORTANT* SPRING FORWARD FOR DAYLIGHT SAVINGS TIME BEGINS AT 2am SUNDAY MORNING 6</p>
<p>8:00 Fellowship & Coffee</p> <p>9:00 Open Billiards </p> <p>9:00 Hand Reflexology with Heidi</p> <p>9:30 SilverSneakers </p> <p>9:45 Balloon Volleyball</p> <p>10:00 Dollar Tree Shopping</p> <p>10:30 Open Art Studio</p> <p>11:30 Lunch</p> <p>Noon Site Council Meeting </p> <p>1:00 Intermediate Bridge </p> <p>9</p>	<p>8:00 Fellowship & Coffee</p> <p>9:00 Open Billiards </p> <p>9:30 Stretch & Flex </p> <p>9:30 SilverSneakers </p> <p>11:30 Lunch</p> <p>Noon Enrichment Time</p> <p>1:00 Walmart Shopping</p> <p>1:00 Word Chasers</p> <p>Book Club </p> <p>4:00 Yoga </p> <p>7:00 Gold Diggers Garden Club </p> <p>***ZAXBY'S Spirit Night*** 5 - 8 pm ZAXBY'S 10</p>	<p>8:00 Fellowship & Coffee</p> <p>9:00 Open Billiards </p> <p>9:00 AARP Tax-Aide</p> <p>9:30 Sittercise</p> <p>10:00 Tai Chi for Health II</p> <p>10:30 Open Art Studio </p> <p>11:00 Blood Pressure Checks</p> <p>11:30 Lunch</p> <p>Noon Bingo w/Gale</p> <p>1:00 SEMBA</p> <p>1:00 Party Bridge </p> <p>1:45 Line Dancing (3/4 - 3/25)</p> <p>4:00 Tai Chi for Health I</p> <p>11</p>	<p>8:00 Fellowship & Coffee</p> <p>9:00 Open Billiards </p> <p>9:30 Balloon Volleyball</p> <p>9:30 SilverSneakers(Cardio)</p> <p>10:30 Black Hat Luncheon</p> <p>11:30 Lunch</p> <p>Noon Enrichment Time</p> <p>4:00 Yoga</p> <p>6:00 Golden Stitches Quilters</p> <p><i>When life hands you scraps</i> Make Quilts! </p> <p>12</p>	<p>8:00 Fellowship & Coffee</p> <p>9:00 Open Billiards </p> <p>9:30 Sittercise</p> <p>9:30 SilverSneakers </p> <p>10:15 Crafts w/Dawn Clover Mandalas</p> <p>10:30 Open Art Studio</p> <p>11:30 Lunch</p> <p>Noon Bingo w/Chad and Sandra</p> <p></p> <p>13</p>

Lumpkin County Senior Center

266 Mechanicsville Road

Dahlonega, Ga 30533

706-864-2358

www.lumpkincounty.gov



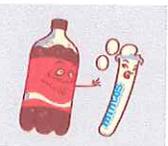
Free AARP Tax-Aide March 4th - April 15th
Every Wednesday 9:00 - 1:00

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

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>8:00 Fellowship & Coffee</p> <p>9:00 Open Billiards</p> <p>9:00 Hand Reflexology with Heidy</p> <p>9:30 SilverSneakers</p> <p>9:45 Balloon Volleyball</p> <p>10:30 Open Art Studio</p> <p>11:30 Lunch</p> <p>1:00 Intermediate Bridge</p>  <p style="text-align: right;">16</p>	<p>8:00 Fellowship & Coffee</p> <p>9:00 Open Billiards</p> <p>9:30 Stretch & Flex</p> <p>9:30 SilverSneakers</p> <p>11:30 Lunch</p> <p>Noon Cookies & Punch</p> <p>12:30 Enrichment Time</p> <p>1:00 Walmart Shopping</p> <p>4:00 Yoga</p> <p>WEAR GREEN TODAY!</p> <p>Happy St. Patrick's Day</p>  <p style="text-align: right;">17</p>	<p>8:00 Fellowship & Coffee</p> <p>8:30 Pancake Breakfast</p> <p>9:00 Open Billiards</p> <p>9:00 AARP Tax-Aide</p> <p>9:00 Hair Day</p> <p>9:30 Sittercise</p> <p>9:30 Pet Therapy</p> <p>10:00 Tai Chi for Health II</p> <p>10:30 Open Art Studio</p> <p>11:30 Lunch</p> <p>Noon Bingo w/Gale</p> <p>1:00 SEMBA</p> <p>1:45 Line Dancing (3/4 - 3/25)</p> <p>4:00 Tai Chi for Health I</p>  <p style="text-align: right;">18</p>	<p>8:00 Fellowship & Coffee</p> <p>9:00 Open Billiards</p> <p>9:15 Balloon Volleyball</p> <p>9:30 Chick Fil A Bingo</p> <p>9:30 SilverSneakers(Cardio)</p> <p>11:30 Lunch</p> <p>Noon Enrichment Time</p> <p>4:00 Yoga</p>   <p style="text-align: right;">19</p>	<p>8:00 Fellowship & Coffee</p> <p>9:00 Open Billiards</p> <p>9:30 Sittercise</p> <p>9:30 SilverSneakers</p> <p>10:30 Open Art Studio</p> <p>11:30 Lunch</p> <p>Noon Bingo w/ Chad & Sandra</p> <p>7:00 Gold Country Squares</p>  <p>HIKE REMINDER</p> <p>SATURDAY the 21st @ 11:30</p> <p>Lake Winfield Scott</p> <p style="text-align: right;">20</p>
<p>8:00 Fellowship & Coffee</p> <p>9:00 Open Billiards</p> <p>9:00 Hand Reflexology with Heidy</p> <p>9:30 SilverSneakers</p> <p>9:45 Balloon Volleyball</p> <p>10:30 Open Art Studio</p> <p>11:30 Lunch</p> <p>Noon Birthday Celebration</p> <p>1:00 Intermediate Bridge</p>  <p style="text-align: right;">23</p>	<p>8:00 Fellowship & Coffee</p> <p>9:00 Open Billiards</p> <p>9:30 Sittercise</p> <p>9:30 SilverSneakers</p> <p>10:30 Red Hat Luncheon</p> <p>11:30 Lunch</p> <p>Noon Enrichment Time</p> <p>1:00 Walmart Shopping</p> <p>4:00 Yoga</p>   <p style="text-align: right;">24</p>	<p>8:00 Fellowship & Coffee</p> <p>9:00 Open Billiards</p> <p>9:15 Stretch & Flex</p> <p>9:00 AARP Tax-Aide</p> <p>9:45 Gold City Bingo</p> <p>10:00 Tai Chi for Health II</p> <p>10:30 Open Art Studio</p> <p>11:30 Lunch</p> <p>Noon Bingo w/Gale</p> <p>1:00 Party Bridge</p> <p>1:00 SEMBA</p> <p>1:45 Line Dancing (3/4 - 3/25)</p> <p>4:00 Tai Chi for Health I</p>  <p style="text-align: right;">25</p>	<p>8:00 Fellowship & Coffee</p> <p>9:00 Open Billiards</p> <p>9:30 Balloon Volleyball</p> <p>9:30 Silver Sneakers(Cardio)</p> <p>10:00 Science for Seniors</p> <p>Geysers Demonstration</p> <p>11:30 Lunch</p> <p>Noon Enrichment Time</p> <p>4:00 Yoga</p>   <p style="text-align: right;">26</p>	<p>8:00 Fellowship & Coffee</p> <p>9:00 Open Billiards</p> <p>9:30 Sittercise</p> <p>9:30 SilverSneakers</p> <p>10:30 Tugaloo Presentation</p> <p>Kidney Health</p> <p>10:30 Open Art Studio</p> <p>11:30 Lunch</p> <p>Noon Bingo w/Theresa R.</p>  <p style="text-align: right;">27</p>
<p>8:00 Fellowship & Coffee</p> <p>9:00 Open Billiards</p> <p>9:00 Hand Reflexology with Heidy</p> <p>9:30 SilverSneakers</p> <p>9:45 Balloon Volleyball</p> <p>10:15 Movie, Bingo, Lunch at DFH</p> <p>10:30 Open Art Studio</p> <p>11:30 Lunch</p> <p>1:00 Intermediate Bridge</p>  <p style="text-align: right;">30</p>	<p>8:00 Fellowship & Coffee</p> <p>9:00 Open Billiards</p> <p>9:30 Stretch & Flex</p> <p>9:30 SilverSneakers</p> <p>10:00 Walk in the Park</p> <p>11:30 Lunch</p> <p>Noon Enrichment Time</p> <p>1:00 Walmart Shopping</p> <p>4:00 Yoga</p>  <p style="text-align: right;">31</p>		 <p>May the road rise to meet you May the wind be always at your back May the sun shine warm upon your face May the rain fall softly on your fields And, until we meet again May God hold you in the palm of His hand.</p>	 <p>Please Note: Days and times of various activities are subject to change.</p>  