Lumpkin County Senior Center

NOVEMBER 2014 Activities

Monday	Tuesday	Wednesday	Thursday	Friday
8:00 Fellowship & Coffee 9:00 Open Billiards **8:45 Hand Reflexology with Heidy** 9:30 SilverSneakers **9:45 Balloon Volleyball** 10:30 Open Art Studio **11:30 Lunch** 1:00 Intermediate Bridge **3**	8:00 Fellowship & Coffee 9:00 Open Billiards **9:30 Stretch & Flex** 9:30 SilverSneakers **10:00 Dollar Tree Shopping** **11:30 Lunch** **Noon Walmart Shopping** 4:00 Yoga Election Day **4**	8:00 Fellowship & Coffee 9:00 Open Billiards **9:30 Sittercise** 10:00 GA Cares Open Enrollment for Medicare 10:30 Open Art Studio **11:30 Lunch** **Noon Bingo w/Gale** 1:00 SEMBA 1:00 Party Bridge 1:45 Line Dancing (11/5 - 11/29) **5**	8:00 Fellowship & Coffee 9:00 Open Billiards **9:00 Energy Assistance** **9:30 Stretch & Flex** 9:30 SilverSneakers(Cardio) **11:30 Lunch** 4:00 Yoga 7:00 Mainstream Square Dance Lessons Full Moon – The Colonial American moon names are beaver moon, frosty moon, and snow moon. **6**	8:00 Fellowship & Coffee 9:00 Open Billiards **9:30 Sittercise** 9:30 SilverSneakers **10:15 Nutrition Presentation** 10:30 Open Art Studio **11:30 Lunch** **Noon Bingo w/Theresa** 7:00 Gold Country Squares **7**
8:00 Fellowship & Coffee 9:00 Open Billiards **8:45 Hand Reflexology with Heidy** **9:45 Balloon Volleyball** 9:30 SilverSneakers 10:30 Open Art Studio **11:30 Lunch** **Noon Walmart Shopping** 1:00 Intermediate Bridge Living Well Workshop Begins - Week 1 4:00 - 6:30pm **10**	Thank you! To Those That Served!! Happy Veterans day! Center Closed 7:00 Gold Diggers Garden Club **11**	8:00 Fellowship & Coffee 9:00 Open Billiards **9:30 Sittercise** 10:30 Open Art Studio **11:00 Blood Pressure Checks** **11:30 Lunch** **Noon Bingo w/Gale** 1:00 SEMBA **1:00 HIKE REMINDER Smithgall Woods** 1:45 Line Dancing (11/5 - 11/29) **12**	8:00 Fellowship & Coffee 9:00 Open Billiards **9:30 Stretch & Flex** 9:30 SilverSneakers(Cardio) **9:45 CHP White Christmas Sign-up** **10:00 Pet Therapy w/Zoey** **11:30 Lunch** 1:00 Word Chasers Book Club 4:00 Yoga 6:00 Golden Stitchers Quilters 7:00 Mainstream Square Dance Lessons **13**	8:00 Fellowship & Coffee 9:00 Open Billiards **9:30 Sittercise** 9:30 SilverSneakers 10:30 Open Art Studio **10:45 Red Hat Luncheon** **11:30 Lunch** **Noon Bingo w/Paula ResCare/HomeCare** **World Diabetes Day** **The total estimated cost of diagnosed diabetes in 2012 is $245 billion.** **14**

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

REMEMBER to check/change batteries in smoke detectors, carbon monoxide detectors, and other electronic devices.

Lumpkin County Senior Center
266 Mechanicsville Road
Dahlonega, GA 30533
Phone: 706-864-2358

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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** 10:00 Basket Weaving Class (6 hrs) w/ Paul Roberts 10:30 Open Art Studio **11:30 Lunch** **Noon Birthday Celebration** 1:00 Intermediate Bridge 4:00 Living Well Workshop Week 2 (4:00 - 6:30pm) **17**	8:00 Fellowship & Coffee 9:00 Open Billiards **9:30 Sittercise** 9:30 SilverSneakers **10:15 Black Hat Luncheon** **11:30 Lunch** **Noon Walmart Shopping** 4:00 Yoga **18**	8:00 Fellowship & Coffee 9:00 Open Billiards **9:00 Hair Day** **9:30 Stretch & Flex** **9:00 Pet Therapy w/Winny** 10:30 Open Art Studio **10:30 Entertainment w/Rick** **11:00 Thanksgiving Lunch at Community Center** **Noon Bingo w/Gale** 1:00 SEMBA 1:00 Party Bridge 1:45 Line Dancing (11/19 - 11/29) **19**	8:00 Fellowship & Coffee 9:00 Open Billiards **9:15 Balloon Volleyball** **9:30 Chick Fil A Bingo** 9:30 SilverSneakers(Cardio) **11:30 Lunch** 4:00 Yoga 7:00 Mainstream Square Dance Lessons **20**	8:00 Fellowship & Coffee 9:00 Open Billiards **9:30 Sittercise** 9:30 SilverSneakers **10:30 Tugaloo Presentation** **American Diabetes Month** 10:30 Open Art Studio **11:30 Lunch** **Noon Bingo w/Theresa** 7:00 Gold Country Squares **21**
8:00 Fellowship & Coffee 9:00 Open Billiards **9:00 Hand Reflexology with Heidy** 9:30 SilverSneakers **9:45 Balloon Volleyball** **10:00 Movie Day** 10:30 Open Art Studio **11:30 Lunch** 1:00 Intermediate Bridge 4:00 Living Well Workshop Week 3 (4:00 - 6:30pm) **24**	8:00 Fellowship & Coffee 9:00 Open Billiards **9:30 Stretch & Flex** 9:30 SilverSneakers **9:45 Thrift Store Shopping** **11:30 Lunch** **Noon Walmart Shopping** 4:00 Yoga **25**	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 1:45 Line Dancing (11/19 - 11/29) **26**	CENTER CLOSED **27**	CENTER CLOSED **28**

This was the year....1950

POPULAR QUOTE:
"Fasten your seatbelts.
It's going to be a bumpy night."

-Bette Davis in *All About Eve*

COST OF FOOD:
* Granulated Sugar - $0.85 for 10 lbs.
* Milk - $0.84 per gallon
* Bacon - $0.50 per pound
* Fresh Bread - $0.17 per loaf

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