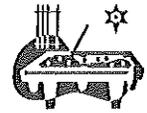
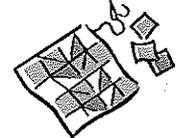




Monday	Tuesday	Wednesday	Thursday	Friday
<p>DID YOU KNOW? OCTOBER IS... * National Depression Education and Awareness Month * Billiard Awareness Month * Celebration of Apples Month * Positive Attitude Month * National Book Month</p>    <p>"Autumn is a second spring when every leaf is a flower." ~ Albert Camus</p> 		<p>8:00 Fellowship & Coffee 9:00 Open Billiards 9:30 Sittercise 10:00 Tai Chi for Arthritis and Wellness (10/1 - 10/15) 10:30 Open Art Studio 11:30 Lunch Noon Bingo w/Gale 1:45 Line Dancing (10/1 - 10/29)</p>  	<p>8:00 Fellowship & Coffee 9:00 Open Billiards 9:30 Stretch & Flex 9:30 SilverSneakers(Cardio) 10:00 Dollar Tree Shopping 11:30 Lunch 4:00 Yoga 7:00 Mainstream Square Dance Lessons</p> 	<p>8:00 Fellowship & Coffee 9:00 Open Billiards 9:30 Sittercise 9:30 SilverSneakers 9:45 Walk in Park 10:30 Open Art Studio 11:30 Lunch Noon Bingo w/Chad and Sandra 7:00 Gold Country Squares</p>   <p>World Smile Day!</p>
<p>8:00 Fellowship & Coffee 9:00 Open Billiards 9:00 Hand Reflexology with Heidi 9:45 Sittercise 9:30 SilverSneakers 10:30 Open Art Studio 11:30 Lunch Noon Walmart Shopping 1:00 Intermediate Bridge</p>   	<p>8:00 Fellowship & Coffee 9:00 Open Billiards 9:30 Stretch & Flex 9:30 SilverSneakers 9:45 Senior Day at Lakeshore w/lunch Ci Ci's Pizza 11:30 Lunch 4:00 Yoga</p>  	<p>No Transportation Today</p> <p>8:00 Fellowship & Coffee 9:00 Open Billiards 10:00 Tai Chi for Arthritis and Wellness (10/1 - 10/15) 10:30 Open Art Studio 11:30 Lunch 1:00 Party Bridge 1:45 Line Dancing (10/1 - 10/29)</p> <p>This was the year...1949</p> <p>Popular Quotes "Meep Meep" - Road Runner</p>	<p>8:00 Fellowship & Coffee 9:00 Open Billiards 9:30 Balloon Volleyball 9:30 SilverSneakers(Cardio) 11:30 Lunch 4:00 Yoga 6:00 Golden Stitches Quilters 7:00 Mainstream Square Dance Lessons</p>  	<p>8:00 Fellowship & Coffee 9:00 Open Billiards 9:30 Sittercise 9:30 SilverSneakers 10:30 Walk in Park 10:30 Open Art Studio 11:30 Lunch Noon Bingo w/Theresa</p>   <p>*REMINDER* Over the Hill Hiking Club Dockery Lake Rec. Area at 11:00am</p>

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



Question: How do you catch a squirrel?

Answer: Climb into a tree and act like a nut.

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



Monday	Tuesday	Wednesday	Thursday	Friday
8:00 Fellowship & Coffee 9:00 Open Billiards 9:00 Hand Reflexology with Heidi 9:45 Sittercise 9:30 SilverSneakers 10:30 Open Art Studio 11:30 Lunch Noon Birthday Celebration 1:00 Intermediate Bridge 13	8:00 Fellowship & Coffee 9:00 Open Billiards 9:15 Stretch & Flex 9:45 Walk in the Park 9:30 SilverSneakers 10:45 Black Hat Luncheon 11:30 Lunch Noon Walmart Shopping 1:00 Word Chasers Book Club 4:00 Yoga 14	8:00 Fellowship & Coffee 8:00 Pancake Breakfast 9:00 Open Billiards 9:00 Hair Day 9:30 Sittercise 9:00 Pet Therapy w/Winny 10:00 Tai Chi for Arthritis and Wellness (last day of this session) 10:30 Open Art Studio 11:00 Blood Pressure Checks 11:30 Lunch Noon Bingo w/Gale 1:45 Line Dancing (10/15 - 10/29) 15	8:00 Fellowship & Coffee 9:15 Open Billiards 9:15 Balloon Volleyball 9:30 Chick Fil A Bingo 9:30 SilverSneakers(Cardio) 10:00 Pet Therapy w/Zoey 11:30 Lunch 4:00 Yoga 7:00 Mainstream Square Dance Lessons 16	8:00 Fellowship & Coffee 9:00 Open Billiards 9:30 Sittercise 9:30 SilverSneakers 10:15 Crafts w/Paula W. 10:30 Open Art Studio 11:30 Lunch Noon Bingo w/Theresa 7:00 Gold Country Squares 17
8:00 Fellowship & Coffee 9:00 Open Billiards 9:00 Hand Reflexology with Heidi 9:45 Sittercise 9:30 SilverSneakers 10:30 Open Art Studio 11:30 Lunch Noon Walmart Shopping 1:00 Intermediate Bridge 20	8:00 Fellowship & Coffee 9:00 Open Billiards 9:15 Stretch & Flex 9:30 SilverSneakers 9:45 Apple Orchard Outing 11:30 Lunch 4:00 Yoga 21	8:00 Fellowship & Coffee 9:00 Open Billiards 9:30 Sittercise 10:30 Open Art Studio 10:30 Nutrition Presentation 11:30 Lunch Noon Bingo w/Gale 1:00 Party Bridge 1:45 Line Dancing (10/15 -10/29) 22	8:00 Fellowship & Coffee 9:00 Open Billiards 9:20 Balloon Volleyball 9:30 SilverSneakers (Cardio) 10:30 Red Hat Luncheon 11:30 Lunch 4:00 Yoga 7:00 Mainstream Square Dance Lessons 23	8:00 Fellowship & Coffee 9:00 Open Billiards 9:30 Sittercise 9:30 SilverSneakers 10:15 Crafts w/Dawn 10:30 Open Art Studio 11:30 Lunch Noon Bingo w/John *HIKE REMINDER* Woody Gap to Preachers Rock Sat. Oct 25th at 9am 24
8:00 Fellowship & Coffee 9:00 Open Billiards 9:45 Sittercise 9:30 SilverSneakers 10:15 Movie, Bingo , Lunch at DFH 10:30 Open Art Studio 11:30 Lunch 1:00 Intermediate Bridge Spirit Week - Wear a FUN Hat! 27	8:00 Fellowship & Coffee 9:00 Open Billiards 9:00 Hand Reflexology with Heidi 9:15 Stretch & Flex 9:30 SilverSneakers 11:30 Lunch Noon Walmart Shopping 4:00 Yoga FUN Sock Day!! 28	8:00 Fellowship & Coffee 9:00 Open Billiards 9:20 Balloon Volleyball 9:45 Gold City Bingo 10:30 Open Art Studio 11:30 Lunch Noon Bingo w/Gale 1:45 Line Dancing (10/15 -10/29) FUN Dress in Orange Day!! 29	8:00 Fellowship & Coffee 9:00 Open Billiards 9:30 Sittercise 9:30 SilverSneakers (Cardio) 11:30 Lunch 4:00 Yoga 7:00 Mainstream Square Dance Lessons FUN Hair Day!! 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/Chad and Sandra HAPPY HALLOWEEN FUN Costume Day! 31