



**8AM Coffee and Fellowship**

**Reminder!** All activities in **BOLD** print are for those participating in the Nutrition Program. If you are interested in finding out more information please see:

**Kim Graham, Activities Coordinator**

**Open Art Studio,  
Open Billiards &  
Ping Pong  
\*Monday-Friday\*  
(8AM-4PM)**

Lumpkin County Senior Center  
266 Mechanicsville Road  
Dahlonega, GA 30533  
706-864-2358  
[www.lumpkincounty.gov](http://www.lumpkincounty.gov)

**Please note:** Days and times of various activities are subject to change!

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b>	<b>2</b>	<b>3</b>
<p>Like us on Facebook and help spread the word! Search "Lumpkin County Government"</p> 	<p>Join the Monthly Dahlonega Gold Gourd Patch Meeting</p>  <p>Saturday, March 25<sup>th</sup> 1pm Let's have fun with GOURDS</p>	<p>8:00 Open Billiards 9:30 SilverSneakers Classic <b>9:30 Stretch &amp; Flex</b> 10:00 <b>Miscellaneous Games</b> 10:30 Tai Chi Beginner 11:00 Tai Chi Advanced 11:30 Lunch 12:00 Bingo w/David 1:00 Bridge</p>	<p>8:00 Open Billiards 9:30 SilverSneakers Cardio <b>9:30 Balloon Volleyball</b> 10:00 World of Coke w/Linda 11:30 Lunch 12:00 Bingo w/Art</p> 	<p>8:00 Open Billiards 9:30 SilverSneakers Classic <b>9:30 Sittercise</b> 10:30 Tai Chi Beginner 11:00 Tai Chi Advanced 11:30 Lunch 12:00 Farkle 6:30 Gold Country Squares</p>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<p>8:00 Open Billiards 9:30 SilverSneakers Classic <b>9:30 Balloon Volleyball</b> 10:00 Card Games 10:30 Tai Chi Beginner 11:00 Tai Chi Advanced 11:30 Lunch 12:00 Bingo w/ Sandra</p>	<p>8:00 Open Billiards 9:30 SilverSneakers Cardio <b>9:30 Sittercise</b> 10:00 Mad Libs w/Alenna 11:30 Lunch 12:00 Bingo w/Lisa</p> 	<p>8:00 Open Billiards 9:30 SilverSneakers Classic <b>9:30 Drums Alive Exercise</b> <b>9:45 Blood Pressure Check</b> 10:00 <b>St. Patricks w/Anita</b> 10:30 Tai Chi Beginner 11:00 Tai Chi Advanced 11:30 Lunch 11:50 <b>Birthday Celebration</b> 12:00 Bingo w/David 1:00 Bridge</p>	<p>8:00 Open Billiards <b>8:30 Pancake Breakfast</b> 9:30 SilverSneakers Cardio 9:30 Haircare w/Vicki 10:30 Belly Dancer <b>Demonstration</b> 11:30 Lunch 12:00 Bingo w/Art 6:00 Golden Stitches Quilting Guild</p>	<p>8:00 Open Billiards 9:30 SilverSneakers Classic <b>9:45 Balloon Volleyball</b> 10:00 <b>Miscellaneous Games</b> 10:30 Tai Chi Beginner 11:00 Tai Chi Advanced 11:30 Lunch 12:00 <b>Family Feud</b></p> 



13	14	15	16	17
8:00 Open Billiards 9:30 SilverSneakers Classic 9:45 <b>Bingocize Exercise</b> 10:00 <b>Card Games</b> 10:30 Tai Chi Beginner 11:00 Tai Chi Advanced 11:30 <b>Lunch</b> 12:00 <b>Bingo</b>	8:00 Open Billiards 9:30 SilverSneakers Cardio 9:15 <b>Racing Hall of Fame Trip</b> 11:30 <b>Lunch</b> 12:00 <b>Bingo w/Sheriff Jarrard</b> 7:00 Gold Diggers Garden Club 	8:00 Open Billiards 9:30 SilverSneakers Classic 9:30 <b>Stretch &amp; Flex</b> 10:00 <b>Blood Pressure &amp; Heart Health w/Melanie</b> 10:30 Tai Chi Beginner 11:00 Tai Chi Advanced 12:00 <b>Sing &amp; Piano w/Patrick</b> 1:00 Bridge	8:00 Open Billiards 9:00 <b>Sittercise</b> 9:30 <b>Walter PT Exercise Class</b> 9:30 SilverSneakers Cardio 10:30 <b>Blood Pressure Check</b> 11:30 <b>Lunch</b> 11:45 <b>Nutrition Presentation</b> 12:00 <b>Bingo w/Lisa</b>	8:00 Open Billiards 9:00 SilverSneakers Classic 9:30 <b>Bingocize Exercise</b> 10:00 <b>St. Patricks Fun</b> 10:30 Tai Chi Beginner 11:00 Tai Chi Advanced 11:30 <b>Lunch</b> 12:00 <b>Tongue Twisters</b> 6:30 Gold Country Squares
20	21	22	23	24
8:00 Open Billiards 9:30 SilverSneakers Classic 9:45 <b>Bingocize Exercise</b> 10:00 <b>Blood Pressure Check</b> 10:30 Tai Chi Beginner 11:00 Tai Chi Advanced 11:30 <b>Lunch</b> 12:00 <b>Bingo</b> 	8:00 Open Billiards 9:30 SilverSneakers Cardio 9:30 <b>Stretch &amp; Flex</b> 10:00 <b>Will Bowling</b> 11:30 <b>Lunch</b> 12:00 <b>Bingo w/Sandra</b>	8:00 Open Billiards 9:30 SilverSneakers Classic 9:15 <b>Stretch &amp; Flex</b> 9:30 <b>Dollar General</b> 10:30 Tai Chi Beginner 11:00 Tai Chi Advanced 11:30 <b>Lunch</b> 12:00 <b>Bingo</b> 1:00 Bridge	8:00 Open Billiards 9:30 SilverSneakers Cardio 9:30 <b>Bingocize Exercise</b> 10:15 <b>Saran Wrap Game</b> 11:30 <b>Lunch</b> 12:00 <b>Bingo w/Suzanne</b> 6:30 Gold Country Squares Class 	8:00 Open Billiards 9:30 SilverSneakers- Classic 9:45 <b>Drums Alive Exercise</b> 10:00 <b>Miscellaneous Games</b> 10:30 Tai Chi Beginner 11:00 Tai Chi Advanced 11:30 <b>Lunch</b> 12:00 <b>Games w/ Kim</b>
27	28	29	30	31
8:00 Open Billiards 9:30 SilverSneakers Classic 9:30 <b>Bingocize Exercise</b> 10:30 Tai Chi Beginner 11:00 Tai Chi Advanced 11:30 <b>Lunch</b> 12:00 <b>Bingo</b> 	8:00 Open Billiards 9:30 SilverSneakers Cardio 9:30 <b>Bingo at DFH</b> 11:30 <b>Lunch</b> 12:30 <b>Return from DFH</b> 	8:00 Open Billiards 9:30 SilverSneakers Classic 9:45 <b>Stretch &amp; Flex</b> 10:00 <b>Easter Cupcakes Fun</b> 10:30 Tai Chi Beginner 11:00 Tai Chi Advanced 11:30 <b>Lunch</b> 12:00 <b>Bingo w/Sheriff Jarrard</b> 1:00 Bridge	8:00 Open Billiards 9:30 SilverSneakers Cardio 9:45 <b>Bingocize Exercise</b> 10:00 <b>NEGMC Presentation</b> 11:30 <b>Lunch</b> 12:00 <b>Bingo</b>	8:00 Open Billiards 9:30 SilverSneakers Classic 9:45 <b>Sittercise</b> 10:30 Tai Chi Beginner 11:00 Tai Chi Advanced 11:30 <b>Lunch</b> 12:00 <b>Yahtzee</b>