







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,
Ping Pong
Monday-Friday
(8AM-4PM)**

Lumpkin County Senior Center
266 Mechanicsville Road
Dahlonega, GA 30533
706-864-2358
www.lumpkincounty.gov

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Join the Monthly Dahlonega Gold Gourd Patch Meeting</p>  <p>Saturday, November 4th 1pm Let's have fun with GOURDS</p>	<p>Leather Class with Tom Slavicek Tuesday, November 7th, 2023 10:00-4:30 \$55.00</p> <p>Register by November 3rd at the Senior Center</p> <p><i>Create your very own leather shoulder bag or make one as a gift!</i></p> 	<p>1</p> <p>9:30 SilverSneakers-Classic 9:45 Balloon Volleyball 10:00 Blood Pressure Check 10:30 Tai Chi Beginner 11:00 Tai Chi Advanced 11:30 Lunch 12:00 Bingo w/David 12:30 Bridge</p>	<p>2</p> <p>9:30 SilverSneakers-Cardio 9:00 Zumba Exercise 9:30 Wii Bowling 11:30 Lunch 11:30 Chair Yoga 12:00 Bingo w/David</p> 	<p>3</p> <p>9:30 SilverSneakers-Classic 9:45 Sittercise 10:00 Wii Bowling 10:30 Tai Chi Beginner 11:00 Tai Chi Advanced 11:30 Lunch 12:00 Yahoo! Park Fun 6:30 Gold County Square Dance</p>
<p>6</p> <p>9:30 SilverSneakers-Classic 9:45 Balloon Volleyball 10:00 Wii Bowling 11:00 SilverSneakers-Cardio 11:30 Lunch 12:00 Bingo w/Matt</p> 	<p>7</p> <p>9:30 SilverSneakers-Cardio 9:30 Sittercise 9:45 Health Talk w/Tracie NEGMC 11:30 Chair Yoga 11:30 Lunch 12:00 Bingo w/Lisa 6:30 Square Dance Lessons</p>	<p>8</p> <p>9:30 SilverSneakers-Classic 9:30 Bingocize Exercise 9:45 Card Games 10:30 Tai Chi Beginner 11:00 Tai Chi Advanced 11:30 Lunch 12:00 Bingo w/David 12:30 Bridge</p> 	<p>9</p> <p>9:30 SilverSneakers-Cardio 9:30 Blood Pressure Checks 9:30 Haircare w/Vicki 9:45 Stretch & Flex 9:45 Wii w/Surprise Guest 11:30 Chair Yoga 11:30 Lunch 12:00 Bingo w/Art 6:00 Golden Stitches Quilting Guild</p>	<p>10</p> <p>9:30 SilverSneakers-Classic 9:30 Sittercise 9:45 Corn Hole Game 10:30 Tai Chi Beginner 11:00 Tai Chi Advanced 11:30 Lunch 12:00 Group Crossword</p> 



13	14	15	16	17
9:30 SilverSneakers-Classic 9:45 Balloon Volleyball 10:00 Card Games 11:00 SilverSneakers-Cardio 11:30 Lunch 12:00 Bingo w/Suzanne	9:30 SilverSneakers-Cardio 9:15 Hobby Lobby 9:45 Wii Bowling 11:30 Chair Yoga 11:30 Lunch 12:00 Bingo w/Sandra 6:30 Square Dance Lessons 7:00 Gold Diggers Garden Club	9:30 SilverSneakers-Classic 9:45 Drums Alive Exercise 10:30 Tai Chi Beginner 11:00 Tai Chi Advanced 11:30 Lunch 12:00 Sing & Piano w/Patrick 12:30 Bridge	9:30 SilverSneakers-Cardio 8:30 Pancake Breakfast 9:45 Dollar General 11:30 Chair Yoga 11:30 Lunch 12:00 Bingo w/Art	9:30 SilverSneakers-Classic 9:45 Bingocize Exercise 10:00 Billiard Room Pool 10:30 Tai Chi Beginner 11:00 Tai Chi Advanced 11:30 Lunch 12:00 Card Games 6:30 Gold City Square Dance
20	21	22	23	24
9:30 SilverSneakers-Classic 9:45 Balloon Volleyball 10:00 Wii Bowling 10:00 Corn Hole Game 10:30 SilverSneakers-Cardio 11:30 Lunch 12:00 Bingo w/Matt	9:30 SilverSneakers-Cardio 9:45 Bingocize Exercise 10:00 Therapy Dog visit 10:15 Christmas Craft 11:30 Chair Yoga 11:30 Lunch 12:00 Bingo w/David 6:30 Square Dance Lessons	9:30 SilverSneakers-Classic 9:45 Bingocize Exercise 10:00 Walk in the Park 10:30 Tai Chi Beginner 11:00 Tai Chi Advanced 11:30 Thanksgiving Lunch 12:00 Bingo 12:30 Bridge		
27	28	29	30	<p>Like us on Facebook and help spread the word! Search "Lumpkin County Government"</p>
9:30 SilverSneakers-Classic 9:45 Balloon Volleyball 10:00 Christmas Craft Continued 11:00 SilverSneakers-Cardio 11:30 Lunch 12:00 Bingo w/Matt	9:30 SilverSneakers-Cardio 9:15 Bingocize Exercise 9:30 Wii Bowling 9:30 Coloring Contest 11:30 Chair Yoga 11:30 Lunch 12:00 Bingo 6:30 Square Dance Lessons	9:30 SilverSneakers-Classic 9:45 Stretch & Flex 10:00 Farkle Game 10:30 Tai Chi Beginner 11:00 Tai Chi Advanced 11:30 Lunch 12:00 Bingo 12:30 Bridge	9:30 SilverSneakers-Cardio 9:30 Bingocize Exercise 10:00 YouTube Adventures 11:30 Chair Yoga 11:30 Lunch 12:00 Bingo w/Sandra	