

Monday

Tuesday

Wednesday

Thursday

Friday



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

Spring is nature's way of saying, "Let's party!"

~ Robin Williams



REMINDER

All items on the calendar in **BOLD** print are for participants in the Nutrition Program. If interested in finding out more information please see

Paula Walker,
Activities Coordinator



8:00am Coffee and Fellowship Everyday

Open Art Studio
Monday - Friday
8:00am - 4:00pm



9:00 Open Billiards 
9:30 Stretch & Flex
9:30 SilverSneakers 
11:30 Lunch
Noon Bingo w/Chad and Sandra
7:00 Gold Country Squares



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9:00 Open Billiards 
9:00 **Hand Reflexology with Heidi** 
9:30 SilverSneakers 
9:45 **Balloon Volleyball**
10:30 Walking
11:30 Lunch
Noon **Reminiscent Corner**
1:00 Intermediate Bridge



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9:00 Open Billiards 
9:30 **Stretch & Flex** 
9:30 SilverSneakers 
10:30 **Nutrition Presentation**
11:30 Lunch
Noon **Enrichment Program**
1:00 **Walmart Shopping**
4:00 Yoga 



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9:00 Open Billiards 
9:00 AARP Tax-Aide
10:00 **Walking**
11:30 Lunch
Noon **Bingo w/Gale**
1:00 SEMBA
1:00 Party Bridge

Happy 86 years!!
THE TWINKIE!!



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9:00 Open Billiards 
9:30 **Balloon Volleyball**
9:30 SilverSneakers(Cardio) 
10:00 **Dollar Tree Shopping**
11:30 Lunch
4:00 Yoga
7:00 Mainstream Square Dance Lessons



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9:00 Open Billiards 
9:30 SilverSneakers 
10:30 **Sittercise**
11:30 Lunch
Noon **Bingo w/Theresa**



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Lumpkin County Senior Center



April 2016 Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9:00 Open Billiards</p> <p>9:00 Hand Reflexology with Heidi</p> <p>9:00 Acrylic Painting Workshop (3 hrs.) w/Wanda Smith One Day ONLY!!</p> <p>9:30 SilverSneakers</p> <p>9:45 Balloon Volleyball</p> <p>10:30 Crafts with Dawn</p> <p>11:30 Lunch</p> <p>Menu Review for May</p> <p>1:00 Intermediate Bridge</p>   <p>11</p>	<p>9:00 Open Billiards</p> <p>9:15 Stretch & Flex</p> <p>9:30 SilverSneakers</p> <p>10:00 Walk in Hancock Park</p> <p>11:30 Lunch</p> <p>Noon Enrichment Program</p> <p>1:00 Walmart Shopping</p> <p>1:00 Word Chasers</p> <p>Book Club</p> <p>4:00 Yoga</p> <p>5:30 Gold Diggers Garden Club</p>  <p>12</p>	<p>9:00 Open Billiards</p> <p>9:00 AARP Tax-Aide Last Day</p> <p>9:45 Sittercise</p> <p>10:30 Georgia Cares</p> <p>11:30 Lunch</p> <p>Noon Bingo w/Gale</p> <p>1:00 SEMBA</p>   <p>13</p>	<p>9:00 Open Billiards</p> <p>9:30 Balloon Volleyball</p> <p>9:30 SilverSneakers(Cardio)</p> <p>10:00 Walk in Yahoola Park</p> <p>11:30 Lunch</p> <p>4:00 Yoga</p> <p>6:00 Golden Stitches Quilters</p> <p>7:00 Mainstream Square Dance Lessons</p>   <p>14</p>	<p>9:00 Open Billiards</p> <p>9:30 SilverSneakers</p> <p>9:45 Walk in City Park</p> <p>11:30 Lunch</p> <p>Noon Bingo w/Theresa</p> <p>1:00 Return Menus to Paula</p> <p>7:00 Gold Country Squares</p>  <p>15</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 Site Council Meeting</p> <p>11:30 Lunch</p> <p>Noon</p>  <p>1:00 Intermediate Bridge</p> <p>18</p>	<p>9:00 Open Billiards</p> <p>9:30 Horse Therapy</p> <p>9:30 SilverSneakers</p> <p>11:30 Lunch</p> <p>Noon Enrichment Program</p> <p>1:00 Walmart Shopping</p> <p>4:00 Yoga</p>  <p>19</p>	<p>8:30 Pancake Breakfast</p> <p>9:00 Open Billiards</p> <p>9:00 Hair Day</p> <p>9:30 Pet Therapy</p> <p>9:45 Stretch and Flex</p> <p>10:00 Tai Chi for Health</p> <p>6 Week Session Starts (4/20 - 5/25)</p> <p>11:30 Lunch</p> <p>Noon Bingo w/Gale</p> <p>1:00 Party Bridge</p> <p>1:00 SEMBA</p>  <p>20</p>	<p>9:00 Open Billiards</p> <p>9:30 Balloon Volleyball</p> <p>9:30 Silver Sneakers(Cardio)</p> <p>10:30 Lovely Ladies Luncheon</p> <p>11:30 Lunch</p> <p>4:00 Yoga</p> <p>7:00 Mainstream Square Dance Lessons</p>  <p>21</p>	<p>9:00 Open Billiards</p> <p>9:30 Sittercise</p> <p>9:30 SilverSneakers</p> <p>10:30 Tugaloo Presentation Parkinson's Awareness</p> <p>11:30 Lunch</p> <p>Noon Bingo w/Theresa</p>  <p>22</p>
<p>9:00 Open Billiards</p> <p>9:30 SilverSneakers</p> <p>9:45 Balloon Volleyball</p> <p>10:15 Movie, Bingo, Lunch at DPH</p> <p>11:30 Lunch</p> <p>1:00 Intermediate Bridge</p>  <p>25</p>	<p>9:00 Open Billiards</p> <p>9:30 Balloon Volleyball</p> <p>9:30 SilverSneakers</p> <p>10:00 Thrift Store Shopping</p> <p>11:30 Lunch</p> <p>Noon Enrichment Program</p> <p>1:00 Walmart Shopping</p> <p>4:00 Yoga</p>  <p>26</p>	<p>9:00 Open Billiards</p> <p>9:30 Stretch & Flex</p> <p>9:55 Gold City Bingo</p> <p>10:00 Tai Chi for Health (4/20 - 5/25)</p> <p>11:30 Lunch</p> <p>Noon Bingo w/Gale</p> <p>1:00 SEMBA</p>  <p>27</p>	<p>9:00 Open Billiards</p> <p>9:30 Silver Sneakers(Cardio)</p> <p>9:30 Balloon Volleyball</p> <p>10:30 Entertainment Fred Bruder "The Singing Ranger"</p> <p>11:30 Lunch</p> <p>4:00 Yoga</p> <p>7:00 Mainstream Square Dance Lessons</p>  <p>28</p>	<p>9:00 Open Billiards</p> <p>9:30 Sittercise</p> <p>9:30 SilverSneakers</p> <p>10:45 Mens Luncheon</p> <p>11:30 Lunch</p> <p>Noon Bingo w/Chad and Sandra</p>  <p>29</p>

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Volunteer Appreciation Month



Have a Good Day!

