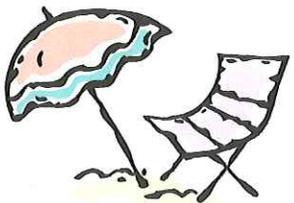




Monday	Tuesday	Wednesday	Thursday	Friday
<p>⚠ Please Note: ⚠</p> <p><i>Days and times of various activities are subject to change.</i></p> 	<p>REMINDER</p> <p>All items on the calendar in BOLD print are for participants in the Nutrition Program. If interested in finding out more information please contact Paula Walker, Activities Coordinator</p>	<p>"Like a welcome summer rain, Humor may suddenly cleanse and cool the earth, the air and you."</p> <p>* Langston Hughes *</p>		<p>Leather Workshop</p>  <p>Instructor Tom Slavicek Saturday, August 1st Time 10am - 4pm in the Art Studio Bring a lunch.</p>
<p>8:00 Fellowship & Coffee</p> <p>9:00 Open Billiards</p> <p>9:00 Hand Reflexology with Heidy</p> <p>9:30 SilverSneakers</p> <p>9:45 Balloon Volleyball</p> <p>10:30 Open Art Studio</p> <p>11:30 Lunch</p> <p>Noon Farm Bureau Women's Committee Sponsor National Watermelon Day</p> <p>1:00 Intermediate Bridge</p> <p style="text-align: right;">3</p>	<p>8:00 Fellowship & Coffee</p> <p>9:00 Open Billiards</p> <p>9:30 Sittercise</p> <p>9:30 SilverSneakers</p> <p>11:30 Lunch</p> <p>Noon Enrichment Time</p> <p>1:00 Walmart Shopping</p> <p>4:00 Yoga</p>  <p style="text-align: right;">4</p>	<p>8:00 Fellowship & Coffee</p> <p>9:00 Open Billiards</p> <p>9:45 Stretch & Flex</p> <p>10:15 Crafts with Paula W. Watermelon Fans</p> <p>10:30 Open Art Studio</p> <p>11:30 Lunch</p> <p>Noon Bingo w/Gale B. SEMBA</p> <p>1:00 SEMBA</p>  <p style="text-align: right;">5</p>	<p>8:00 Fellowship & Coffee</p> <p>9:00 Open Billiards</p> <p>9:30 Balloon Volleyball</p> <p>10:15 Dollar Tree Shopping</p> <p>9:30 Silver Sneakers (Cardio)</p> <p>11:30 Lunch</p> <p>4:00 Yoga</p> <p>^^^ Hike Remindner ^^^ Moccasin Creek Wildlife Trail and Hemlock Falls Trail at 10:30am</p>  <p style="text-align: right;">6</p>	<p>8:00 Fellowship & Coffee</p> <p>9:00 Open Billiards</p> <p>9:30 Sittercise</p> <p>9:30 SilverSneakers</p> <p>10:30 Open Art Studio</p> <p>11:30 Lunch</p> <p>Noon Bingo w/Theresa</p> <p>7:00 Gold Country Squares</p>  <p style="text-align: right;">7</p>
<p>8:00 Fellowship & Coffee</p> <p>9:00 Open Billiards</p> <p>9:00 Hand Reflexology with Heidy</p> <p>9:30 SilverSneakers</p> <p>9:45 Balloon Volleyball</p> <p>10:30 Site Council Meeting</p> <p>10:30 Open Art Studio</p> <p>11:30 Lunch</p> <p>1:00 Intermediate Bridge</p>  <p style="text-align: right;">10</p>	<p>8:00 Fellowship & Coffee</p> <p>9:00 Open Billiards</p> <p>9:30 Stretch & Flex</p> <p>9:30 SilverSneakers</p> <p>10:00 Leather Workshop w/Tom Slavicek 6 hrs - Bring a lunch</p> <p>11:30 Lunch</p> <p>Noon Enrichment Time</p> <p>1:00 Walmart Shopping</p> <p>1:00 Word Chasers Book Club</p> <p>4:00 Yoga</p> <p>7:00 Gold Diggers Garden Club</p>  <p style="text-align: right;">11</p>	<p>8:00 Fellowship & Coffee</p> <p>9:00 Open Billiards</p> <p>9:45 Sittercise</p> <p>10:30 Open Art Studio</p> <p>11:00 Blood Pressure</p> <p>11:30 Lunch</p> <p>Noon Bingo w/Gale B.</p> <p>1:00 Party Bridge</p> <p>1:00 SEMBA</p>  <p style="text-align: right;">12</p>	<p>8:00 Fellowship & Coffee</p> <p>9:00 Open Billiards</p> <p>9:30 Balloon Volleyball</p> <p>9:30 Silver Sneakers (Cardio)</p> <p>11:00 GA Cares Presentation</p> <p>11:30 Lunch</p> <p>Noon Farmer's Market</p>  <p>4:00 Yoga</p> <p>6:00 Golden Stitches Quilters</p> <p style="text-align: right;">13</p>	<p>8:00 Fellowship & Coffee</p> <p>9:00 Open Billiards</p> <p>9:30 Sittercise</p> <p>9:30 SilverSneakers</p> <p>10:30 Open Art Studio</p> <p>10:40 Red Hat Luncheon</p> <p>11:30 Lunch</p> <p>Noon Bingo w/Chad & Sandra</p>  <p>National Creamsicle Day!</p> <p style="text-align: right;">14</p>

Lumpkin County Senior Center

August 2015

Monday	Tuesday	Wednesday	Thursday	Friday
8:00 Fellowship & Coffee 9:00 Open Billiards 9:00 Hand Reflexology with Heidi  9:30 SilverSneakers  9:45 Balloon Volleyball 10:30 Open Art Studio 11:30 Lunch 1:00 Intermediate Bridge  17	8:00 Fellowship & Coffee 9:00 Open Billiards  9:30 SilverSneakers 9:30 Stretch & Flex  10:30 CRH Presentation UTI Awareness w/Traci 11:30 Lunch Noon Enrichment Time 1:00 Walmart Shopping  1:00 Soda Can Mosaic Art w/AJ Wolff (3hr class) 4:00 Yoga  18	8:00 Fellowship & Coffee 8:30 Pancake Breakfast 9:00 Open Billiards  9:30 Hair Day 9:45 Sittercise 10:00 Pet Therapy w/ Winny 10:30 Open Art Studio 11:30 Lunch Noon Bingo w/Gale B. 1:00 SEMBA  19	8:00 Fellowship & Coffee 9:00 Open Billiards  9:30 Stretch & Flex 9:45 Chick Fil A Bingo 9:30 SilverSneakers (Cardio) 11:30 Lunch 4:00 Yoga  Lemonade's Birthday 1630 Paris, France was where lemonade was first made. Summer Cool-off Day 20	8:00 Fellowship & Coffee 9:00 Open Billiards 9:30 Sittercise  9:30 SilverSneakers  10:30 Tugaloo Presentation Cataract Awareness 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 Heidi  9:30 SilverSneakers  9:45 Balloon Volleyball 10:30 Open Art Studio 11:30 Lunch 1:00 Intermediate Bridge  24	8:00 Fellowship & Coffee 9:00 Open Billiards 9:30 Sittercise  9:30 SilverSneakers  10:15 Crafts w/Dawn 11:30 Lunch Noon Birthday Celebration 1:00 Walmart Shopping  4:00 Yoga  25	8:00 Fellowship & Coffee 9:00 Open Billiards  9:30 Stretch & Flex 9:45 Gold City Bingo 10:00 Tai Chi for Health Start 6 week session (8/26 - 9/30) 10:30 Open Art Studio 11:30 Lunch Noon Bingo w/Gale B. 1:00 Party Bridge 1:00 SEMBA 4:00 Tai Chi for Health Start 6 week session (8/26 - 9/30) 26	8:00 Fellowship & Coffee 9:00 Open Billiards 9:30 Balloon Volleyball 9:30 SilverSneakers (Cardio) 10:15 Nutrition Presentation 11:30 Lunch Noon World of Coke Presentation  4:00 Yoga 27	8:00 Fellowship & Coffee 9:00 Open Billiards  9:30 Sittercise  9:30 SilverSneakers  10:30 Open Art Studio 10:45 Black Hat Luncheon 11:30 Lunch Noon Bingo w/Theresa  28
8:00 Fellowship & Coffee 9:00 Open Billiards 9:30 SilverSneakers  9:45 Balloon Volleyball 10:15 Movie, Bingo, Lunch at DFH 10:30 Open Art Studio 11:30 Lunch 1:00 Intermediate Bridge 31	<p> Please Note: </p> <p>Days and times of various activities are subject to change.</p> <p><i>" It is not the magnitude of our actions but the amount of love that is put into them that matters."</i></p> <p><i>~ Mother Teresa</i></p>			

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



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