



Monday Tuesday Wednesday Thursday Friday

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



REMINDER
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

8:00am EVERYDAY!!
 **Coffee and Fellowship**


OPEN ART STUDIO
Monday - Friday
8:00am to 4:00pm

A SWEET SLICE OF SUMMER - WATERMELON

A sweet slice of summer on a hot afternoon while eating this treat, you don't need a spoon. As you take a big bite, the juices will run. Be careful of seeds, spit those out for fun! A slice of watermelon just can't be beat. It is the taste of summer, juicy and sweet!

Emily Dickinson Poetry Club

8:00 Open Billiards
9:00 **Hand Reflexology with Heidi**
9:30 SilverSneakers
9:45 **Balloon Volleyball**
11:30 **Lunch**
1:00 Intermediate Bridge

^^^ Hike Reminder ^^^
Dukes Creek Falls Trail at 10:00am



1

8:00 Open Billiards
9:30 **Sittercise**
9:30 SilverSneakers
11:30 **Lunch**
Noon Enrichment Program
1:00 **Walmart Shopping**
4:00 Yoga




2

8:00 Open Billiards
9:45 **Stretch & Flex**
10:15 **Crafts with Paula W.**
11:30 **Lunch**
Noon **Farm Bureau Women's Committee Sponsor**
National Watermelon Day
Noon **Bingo w/Gale B.**
1:00 SEMBA~ Dance Fitness



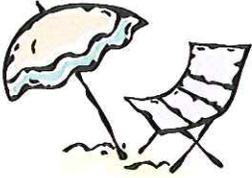

3

8:00 Open Billiards
9:30 **Balloon Volleyball**
10:15 **Dollar Tree Shopping**
9:30 Silver Sneakers (Cardio)
11:30 **Lunch**
4:00 Yoga




4

8:00 Open Billiards
9:30 **Sittercise**
9:30 SilverSneakers
11:30 **Lunch**
Noon **Bingo w/Theresa**
7:00 Gold Country Squares



5

8:00 Open Billiards
9:00 **Hand Reflexology with Heidi**
9:30 SilverSneakers
9:45 **Balloon Volleyball**
10:30 **Site Council Meeting**
11:00 **Blood Pressure Checks**
11:30 **Lunch**
Noon Technology w/Nick Roth
1:00 Intermediate Bridge



8

8:00 Open Billiards
9:30 **Stretch & Flex**
9:30 SilverSneakers
11:30 **Lunch**
Noon Enrichment Program
1:00 **Walmart Shopping**
1:00 Word Chasers Book Club
4:00 Yoga
5:30 Gold Diggers Garden Club





9

8:00 Open Billiards
9:00 Tai Chi - Beginners Class (6 weeks 8/10 - 9/14)
9:45 **Sittercise**
10:00 Tai Chi -Advanced Class (6 weeks 8/10 - 9/14)
11:30 **Lunch**
Noon **Bingo w/Gale B.**
1:00 Party Bridge
1:00 SEMBA~Dance Fitness



10

8:00 Open Billiards
9:30 **Balloon Volleyball**
9:30 Silver Sneakers (Cardio)
11:30 **Lunch**
4:00 Yoga
6:00 Golden Stitches Quilters




*Friends are like Fabric
You can never have enough*

11

8:00 Open Billiards
9:30 **Sittercise**
9:30 SilverSneakers
10:00 **Kool-Aid Days** making play dough
11:30 **Lunch**
Noon **Bingo w/John**



12

Lumpkin County Senior Center

August 2016

Monday	Tuesday	Wednesday	Thursday	Friday
8:00 Open Billiards 9:00 Hand Reflexology with Heidi  9:30 SilverSneakers  9:45 Balloon Volleyball 10:45 Men's Lunch Out 11:30 Lunch Noon Menu Review for September 1:00 Intermediate Bridge  15	8:00 Open Billiards 9:30 SilverSneakers  9:30 Stretch & Flex  10:00 Leather Workshop w/Tom Slavicek 6 hrs - Bring a lunch 11:30 Lunch Noon Enrichment Program 1:00 Walmart Shopping  4:00 Yoga  16	8:00 Open Billiards  8:30 Pancake Breakfast  9:00 Tai Chi - Beginners Class (6 weeks 8/10 - 9/14) 9:30 Hair Day 9:45 Sittercise 10:00 Tai Chi -Advanced Class (6 weeks 8/10 - 9/14) 10:00 Pet Therapy w/ Winny 11:30 Lunch Noon Bingo w/Gale B. 1:00 SEMBA~ Dance Fitness 17	8:00 Open Billiards 9:30 Balloon Volleyball  9:30 SilverSneakers (Cardio) 9:45 Thrift Store Shopping 11:30 Lunch 4:00 Yoga  18	8:00 Open Billiards 9:30 Sittercise  9:30 SilverSneakers  10:00 Arts and Crafts w/Paula W. 11:30 Lunch Noon Bingo w/Theresa 1:00 September Menu DEADLINE Return menus to Paula 7:00 Gold Country Squares  19
8:00 Open Billiards 9:00 Hand Reflexology with Heidi  9:30 SilverSneakers  9:45 Balloon Volleyball 11:30 Lunch Noon Birthday Celebration 1:00 Intermediate Bridge  22	8:00 Open Billiards 9:30 Stretch & Flex  9:30 SilverSneakers  9:30 Bingo at North GA Assisted Living 11:30 Lunch Noon Enrichment Program 1:00 Walmart Shopping  4:00 Yoga  23	8:00 Open Billiards 9:00 Tai Chi - Beginners Class (6 weeks 8/10 - 9/14) 9:30 Stretch & Flex 9:45 Gold City Bingo 10:00 Tai Chi -Advanced Class (6 weeks 8/10 - 9/14) 11:30 Lunch Noon Bingo w/Gale B. 1:00 Party Bridge 1:00 SEMBA ~ Dance Fitness 24	8:00 Open Billiards 9:30 Balloon Volleyball  9:30 SilverSneakers (Cardio) 10:30 Red Hat Luncheon 11:30 Lunch 4:00 Yoga  25	8:00 Open Billiards 9:30 Sittercise  9:30 SilverSneakers  10:00 Nibble & Natter "History of Dum Dums Lollipops" 11:30 Lunch Noon Bingo w/Theresa  26
8:00 Open Billiards 9:30 SilverSneakers  9:45 Balloon Volleyball 10:15 Movie, Bingo, Lunch at DFH 11:30 Lunch 1:00 Intermediate Bridge  29	8:00 Open Billiards 9:30 Sittercise  9:30 SilverSneakers  10:00 Nutrition Presentation 11:30 Lunch Noon Enrichment Program 1:00 Walmart Shopping  4:00 Yoga  30	8:00 Open Billiards 9:00 Tai Chi - Beginners Class (6 weeks 8/10 - 9/14) 10:00 Tai Chi -Advanced Class (6 weeks 8/10 - 9/14) 11:00 GA Cares Presentation 11:30 Lunch Noon Farmer's Market 1:00 SEMBA ~ Dance Fitness  31	<div style="display: flex; justify-content: space-between;"> <div style="text-align: center;">  Please Note:  Days and times of various activities are subject to change. </div> <div style="text-align: right;"> Lumpkin County Senior Center 266 Mechanicsville Road Dahlonega, GA 30533 Phone: 706-864-2358 www.lumpkincounty.gov </div> </div> <div style="text-align: center; margin-top: 20px;">  Like us on Facebook and help us spread the word! </div>	