Lumpkin County Senior Center

August 2016

Monday	Tuesday	Wednesday	Thursday	Friday
8:00 Open Billiards **9:00 Hand Reflexology with Heidy** 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 Shoppping** **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 Heidy** 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		

Please Note:

Days and times of various activities are subject to change.

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

Like us on Facebook and help us spread the word!