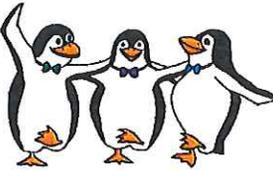


Lumpkin County Senior Center



January 2016 Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Reminder: All items on the calendar in BOLD print are for participants in the Nutrition Program.</p>	<p>Over the Hill Hiking Club Will resume late winter or early spring.</p>	<p>OPEN ART STUDIO Monday - Friday 8am to 4pm</p>		<p>Center Closed New Year Greetings 2016</p>
<p>8:00am Coffee and Fellowship Everyday</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>11:30 Lunch</p> <p>1:00 Intermediate Bridge</p>  <p style="text-align: right;">4</p>	<p>9:00 Open Billiards</p> <p>9:30 Sittercise</p> <p>9:30 SilverSneakers</p> <p>10:15 CRH Presentation "COPD" w/Michelle</p> <p>11:30 Lunch</p> <p>Noon Enrichment Time</p> <p>1:00 Walmart Shopping</p>  <p style="text-align: right;">5</p>	<p>9:00 Open Billiards</p> <p>9:45 Stretch & Flex</p> <p>10:00 Indoor Walking</p> <p>11:30 Lunch</p> <p>Noon Bingo w/Gale B.</p> <p>2:00 Line Dancing (1/6 -1/27)</p> <p style="text-align: center;">RETURNS!!</p> <p style="text-align: right;">6</p>	<p>9:00 Open Billiards</p> <p>9:30 Balloon Volleyball</p> <p>9:30 SilverSneakers(Cardio)</p> <p>10:00 Dollar Tree Shopping</p> <p>11:30 Lunch</p>  <p style="text-align: right;">7</p>	<p>9:00 Open Billiards</p> <p>9:30 Sittercise</p> <p>9:30 SilverSneakers</p> <p>11:30 Lunch</p> <p>Noon Bingo w/Chad and Sandra</p>  <p style="text-align: right;">8</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>10:30 Site Council Meeting</p> <p>11:30 Lunch</p> <p>Noon Menu Review for February</p> <p>1:00 Intermediate Bridge</p>   <p style="text-align: right;">11</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>1:00 Word Chasers</p> <p>Book Club</p> <p>7:00 Gold Diggers Garden Club</p>  <p style="text-align: right;">12</p>	<p>9:00 Open Billiards</p> <p>9:00 Hair Day</p> <p>9:45 Stretch & Flex</p> <p>10:30 Crafts w/Dawn Watercolor Trees</p> <p>11:30 Lunch</p> <p>Noon Bingo w/Gale B.</p> <p>2:00 Line Dancing (1/6 -1/27)</p>  <p style="text-align: right;">13</p>	<p>9:00 Open Billiards</p> <p>9:30 Balloon Volleyball</p> <p>9:30 SilverSneakers(Cardio)</p> <p>10:30 Nutrition Presentation</p> <p>11:30 Lunch</p> <p>6:00 Golden Stitches Quilters</p> <p style="text-align: center;">Any day spent sewing, is a good day!</p> <p style="text-align: center;">Please Note: Days and times of various activities are subject to change.</p> <p style="text-align: right;">14</p>	<p>9:00 Open Billiards</p> <p>9:30 Sittercise</p> <p>9:30 SilverSneakers</p> <p>10:30 M&M's Conversation Group w/Paula W.</p> <p>11:30 Lunch</p> <p>Noon Bingo w/Paula Byers ResCare/HomeCare</p> <p>1:00 February Menu DEADLINE</p> <p>7:00 Gold Country Squares</p>  <p style="text-align: right;">15</p>

Lumpkin County Senior Center



January 2016 Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Center Closed In Observance of Martin Luther King Jr. Day</p> <p>Life's most persistent and urgent question is: <i>What are you doing for others?</i></p> <p>~ Martin Luther King Jr.</p> <p>18</p>	<p>9:00 Open Billiards</p> <p>9:30 Balloon Volleyball</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>A snowflake is winter's <i>butterfly</i></p> <p>19</p>	<p>8:30 Pancake Breakfast</p> <p>9:00 Open Billiards</p> <p>9:30 Pet Therapy</p> <p>9:45 Stretch & Flex</p> <p>10:30 Art Class - Macrame Bracelets and Keychains</p> <p>Sign up early, space is limited.</p> <p>11:30 Lunch</p> <p>Noon Bingo w/Gale</p> <p>2:00 Line Dancing (1/20-1/27)</p> <p>20</p>	<p>9:00 Open Billiards</p> <p>9:30 Balloon Volleyball</p> <p>9:30 Silver Sneakers(Cardio)</p> <p>9:45 Chick Fil A Bingo</p> <p>11:30 Lunch</p> <p>4:00 Yoga</p> <p>21</p>	<p>9:00 Open Billiards</p> <p>9:30 Sittercise</p> <p>9:30 SilverSneakers</p> <p>10:30 Black Hat Luncheon</p> <p>11:30 Lunch</p> <p>Noon Bingo w/Theresa R.</p> <p>BINGO</p> <p>22</p>
<p>9:00 Open Billiards</p> <p>9:30 Balloon Volleyball</p> <p>9:30 SilverSneakers</p> <p>10:15 Movie, Bingo, Lunch at DFH</p> <p>11:30 Lunch</p> <p>1:00 Intermediate Bridge</p> <p>25</p>	<p>9:00 Open Billiards</p> <p>9:30 Sittercise</p> <p>9:30 SilverSneakers</p> <p>10:30 Public Library</p> <p>11:30 Lunch</p> <p>Noon HAPPY BIRTHDAY CELEBRATION</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>9:45 Gold City Bingo</p> <p>11:30 Lunch</p> <p>Noon Bingo W/Gale</p> <p>2:00 Line Dancing (1/20-1/27)</p> <p>HAPPINESS is LINE DANCING</p> <p>27</p>	<p>9:00 Open Billiards</p> <p>9:30 Sittercise</p> <p>9:30 Silver Sneakers(Cardio)</p> <p>10:30 Red Hat Luncheon</p> <p>11:30 Lunch</p> <p>4:00 Yoga</p> <p>28</p>	<p>9:00 Open Billiards</p> <p>9:30 Sittercise</p> <p>9:30 SilverSneakers</p> <p>10:30 Tugaloo Presentation National Cancer Prevention Month</p> <p>11:30 Lunch</p> <p>Noon Bingo w/Theresa R.</p> <p>29</p>

www.lumpkincounty.gov



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Lumpkin County Senior Center
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Please Note:
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