



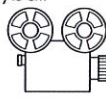






8AM Coffee and Fellowship

Please note: Days and times of various activities are subject to change!

Reminder! All activities in **BOLD** print are for those participating in the Nutrition Program. If you are interested in finding out more information please see: **Hayley Johnston, Activities Coordinator**

Open Art Studio
Monday-Friday
(8AM-4PM)

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	CLOSED for New Year's Day	8:00 Open Billiards 9:30 Silver Sneakers- Classic 9:45 Stretch & Flex 10:00 Health Talk w/ Hayley 11:30 Lunch 12:00 BINGO w/ Square Dancers 1:00 Party Bridge 1 	8:00 Open Billiards 9:30 Silver Sneakers- Cardio 9:45 Balloon Volleyball 9:30 Movie Day  11:30 Lunch 12:00 Group Crossword Puzzle w/ Tom 4:00 Yoga	8:00 Open Billiards 8:00 Hand Reflexology 9:30 Silver Sneakers- Classic 9:45 Sittercise 11:30 Lunch  12:00 BINGO w/ Sandra 7:00 Gold Country Squares
7	8	9	10	11
8:00 Open Billiards 9:30 Silver Sneakers- Classic 9:45 Balloon Volleyball 10:30 Tai Chi for Health 11:30 Lunch 12:00 Birthday Celebration 1:00 Intermediate Bridge 	8:00 Open Billiards 9:30 Silver Sneakers- Cardio 9:45 Sittercise 10:00 Field Day Game  11:30 Lunch 12:00 Enrichment Program 12:00 Walmart Shopping 4:00 Yoga 7:00 Gold Diggers Garden Club	8:00 Open Billiards 9:30 Silver Sneakers- Classic 9:45 Stretch & Flex 10:00 Art Class w/ Hayley 11:30 Lunch 12:00 BINGO w/ Cowgirl Rhonda 1:00 Party Bridge 2 	8:00 Open Billiards 9:30 Silver Sneakers- Cardio 9:45 Balloon Volleyball 9:30 Dollar Tree Shopping  11:30 Lunch 12:00 Group Crossword Puzzle w/ Tom 4:00 Yoga 6:00 Golden Stitches Quilting Guild	8:00 Open Billiards 9:30 Silver Sneakers- Classic 9:45 Sittercise 10:30 Red Hats Group A 11:30 Lunch 12:00 BINGO w/ Cowgirl Rhonda 

14		15		16		17		18	
8:00	Open Billiards	8:00	Open Billiards	8:00	Open Billiards	8:00	Open Billiards	8:00	Open Billiards
9:00	Hair Day w/ Vikki	9:30	Silver Sneakers- Cardio	9:30	Silver Sneakers- Classic	9:30	Silver Sneakers- Cardio	9:30	Silver Sneakers- Classic
9:30	Silver Sneakers- Classic	9:45	Sittercise	9:45	Stretch & Flex 	9:45	Balloon Volleyball	9:45	Sittercise
9:45	Balloon Volleyball	10:00	Cooking Demo	10:00	Word Pictures 	10:00	Thrift Store Shopping	10:30	Red Hats Group B
10:00	Pet Therapy w/ Sue Ellen	11:30	Lunch	10:30	Blood Pressure Checks	11:30	Lunch	11:30	Lunch
10:30	Tai Chi for Health 	12:00	Enrichment Program	11:30	Lunch	12:00	Group Crossword Puzzle	12:00	BINGO w/ Theresa
11:30	Lunch	1:00	Walmart Shopping	12:00	BINGO w/ Square Dancers	11:30	Lunch	7:00	Gold Country Squares
12:00	Site Council	4:00	Yoga	1:00	Party Bridge 1	12:00	Group Crossword Puzzle		
1:00	Intermediate Bridge					4:00	Yoga 		
21		22		23		24		25	
<div style="background-color: #003366; color: white; padding: 20px; text-align: center;"> <h2>CLOSED for Martin Luther King Jr. Day</h2> </div>		8:00	Open Billiards	8:00	Open Billiards	8:00	Open Billiards	8:00	Open Billiards
		9:15	Sittercise- Cardio	9:30	Silver Sneakers- Classic	9:30	Silver Sneakers- Cardio	9:30	Silver Sneakers- Classic
		9:30	Silver Sneakers- Cardio	9:45	Stretch & Flex	9:45	Balloon Volleyball	9:45	Sittercise
		10:00	Nutrition Presentation 	10:00	Adult Coloring Contest	10:00	Ross Shopping 	10:30	Men's Lunch Out
		11:30	Lunch	12:00	BINGO w/ Cowgirl Rhonda	11:30	Lunch	11:30	Lunch 
		12:00	Enrichment Program	1:00	Party Bridge 2 	12:00	Group Crossword Puzzle w/ Tom	12:00	BINGO w/ Sandra
1:00	Walmart Shopping								
4:00	Yoga					4:00	Yoga		
28		29		30		31		<div style="border: 2px solid #003366; padding: 10px; text-align: center;"> <p>Like us on Facebook and help spread the word! Search "Lumpkin County Government"</p>  </div>	
8:00	Open Billiards	8:00	Open Billiards	8:00	Open Billiards	8:00	Open Billiards		
9:30	Silver Sneakers- Classic	9:30	Silver Sneakers- Cardio	9:30	Silver Sneakers- Classic	9:30	Silver Sneakers- Cardio		
9:45	Balloon Volleyball	9:45	Sittercise	9:45	Stretch & Flex 	9:45	Balloon Volleyball		
10:30	Tai Chi for Health 	10:00	BINGO w/ N GA Assisted Living 	10:00	Crafts w/ Holly	9:30	Trip to Bowen Art Museum 		
11:30	Lunch	11:30	Lunch	11:30	Lunch	11:30	Lunch		
12:00	Categories Game	12:00	Enrichment Program	12:00	BINGO w/ Square Dancers	12:00	Group Crossword Puzzle		
1:00	Intermediate Bridge	12:00	Walmart Shopping	1:00	Party Bridge 1	12:00	Group Crossword Puzzle		
		4:00	Yoga			4:00	Yoga		