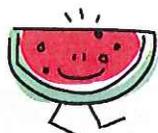


Monday	Tuesday	Wednesday	Thursday	Friday
<p>REMINDER</p> <p>All items on the calendar in BOLD print are for participants in the Nutrition Program. If interested in finding out more information, please contact</p> <p>Paula Walker, Activities Coordinator</p> 	   <p>8:00am Coffee and Fellowship EVERYDAY</p> <p>OPEN ART STUDIO Monday - Friday 8:00am to 4:00pm</p> 			<p>8:00 Open Billiards</p> <p>9:30 SilverSneakers </p> <p>9:30 Balloon Volleyball</p> <p>11:30 Lunch</p> <p>Noon Bingo w/Chad & Sandra</p> <p>7:00 Gold Country Squares</p> <div style="text-align: center;">  <p>LET'S HAVE SOME FUN A N D DANCE</p>     </div>
<p>CENTER CLOSED in Honor of</p>  <p>Independence Day</p>	<p>8:00 Open Billiards</p> <p>9:30 Stretch & Flex</p> <p>9:30 SilverSneakers </p> <p>11:30 Lunch</p> <p>Noon Enrichment Program</p> <p>1:00 Walmart Shopping</p> <p>4:00 Yoga </p> 	<p>8:00 Open Billiards</p> <p>9:45 Balloon Volleyball</p> <p>10:00 Tai Chi for Health (7/6 - 7/27)</p> <div style="text-align: center;"> <p>Tai Chi</p>  <p>Balance, Tranquility, Strength</p> </div> <p>11:30 Lunch</p> <p>Noon Bingo w/Gale</p> <p>1:00 SEMBA ~ Dance Fitness</p> 	<p>8:00 Open Billiards </p> <p>9:30 SilverSneakers(Cardio)</p> <p>9:30 Balloon Volleyball</p> <p>10:15 Dollar Tree Shopping</p> <p>11:30 Lunch</p> <p>4:00 Yoga</p> 	<p>8:00 Open Billiards</p> <p>9:30 Stretch & Flex</p> <p>9:30 SilverSneakers </p> <p>11:30 Lunch</p> <p>Noon Bingo w/Guest Callers</p> <div style="text-align: center;">   </div>

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



"That beautiful season the Summer!
Filled was the air with a dreamy and magical light;
And the landscape
Lay as if new created in all the freshness of childhood."
~ Henry Wadsworth Longfellow



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

Lumpkin County Senior Center



JULY 2016 Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p>8:00 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 Blood Pressure </p> <p>11:30 Lunch</p> <p>1:00 Intermediate Bridge</p> <p></p> <p style="text-align: right;">11</p>	<p>8:00 Open Billiards</p> <p>9:30 Stretch & Flex</p> <p>9:30 SilverSneakers </p> <p>11:30 Lunch</p> <p>Noon Enrichment Program</p> <p>1:00 Walmart Shopping </p> <p>1:00 Word Chasers </p> <p>Book Club</p> <p>4:00 Yoga </p> <p>5:30 Gold Diggers Garden Club </p> <p style="text-align: right;">12</p>	<p>8:00 Open Billiards</p> <p>9:30 Balloon Volleyball</p> <p>10:00 Tai Chi for Health (7/13 - 7/27)</p> <p>11:30 Lunch</p> <p>Noon Bingo w/Gale B.</p> <p>1:00 Party Bridge</p> <p>1:00 SEMBA ~ Dance Fitness</p> <p></p> <p style="text-align: right;">13</p>	<p>8:00 Open Billiards</p> <p>9:30 Balloon Volleyball</p> <p>9:30 SilverSneakers(Cardio) </p> <p>11:30 Lunch </p> <p>Noon World of Coke Presentation</p> <p></p> <p>4:00 Yoga</p> <p>6:00 Golden Stitches Quilters</p> <p style="text-align: right;">14</p>	<p>8:00 Open Billiards</p> <p>9:30 Stretch & Flex</p> <p>9:30 SilverSneakers </p> <p>11:30 Lunch</p> <p>Noon Bingo w/Theresa R.</p> <p>7:00 Gold Country Squares</p> <p>^^^HIKE REMINDER^^^ Saturday, July 16th Brasstown Bald @ 10:00am</p> <p></p> <p style="text-align: right;">15</p>
<p>8:00 Open Billiards</p> <p>9:00 Hand Reflexology with Heidi</p> <p>9:00 Acylic Painting Workshop (3 hrs.) w/Wanda Smith </p> <p>One Day ONLY!!</p> <p>9:30 SilverSneakers </p> <p>9:45 Balloon Volleyball</p> <p>11:30 Lunch</p> <p>Noon Menu Review for August</p> <p>Noon Technology w/Nick Roth</p> <p>1:00 Intermediate Bridge</p> <p style="text-align: right;">18</p>	<p>8:00 Open Billiards</p> <p>9:15 Stretch & Flex</p> <p>9:30 SilverSneakers </p> <p>10:00 Black Mountain Forest Blueberry Farm Visit</p> <p>11:30 Lunch</p> <p>Noon Enrichment Program</p> <p>1:00 Walmart Shopping</p> <p>4:00 Yoga </p> <p></p> <p style="text-align: right;">19</p>	<p>8:00 Pancake Breakfast</p> <p>8:00 Open Billiards</p> <p>9:00 Hair Day</p> <p>9:00 Pet Therapy w/Winny</p> <p>9:30 Sittercise</p> <p>10:00 Tai Chi for Health</p> <p>10:30 Humana Presentation Fall Prevention </p> <p>11:30 Lunch</p> <p>Noon Bingo w/Gale</p> <p>1:00 SEMBA ~ Dance Fitness</p> <p style="text-align: right;">20</p>	<p>8:00 Open Billiards</p> <p>9:30 Balloon Volleyball </p> <p>9:30 SilverSneakers (Cardio)</p> <p>10:45 Red Hat Luncheon</p> <p>11:30 Lunch</p> <p>4:00 Yoga</p> <p></p> <p></p> <p style="text-align: right;">21</p>	<p>8:00 Open Billiards</p> <p>9:30 SilverSneakers </p> <p>10:00 Walk in Yahoola Park</p> <p>11:30 Lunch</p> <p>Noon Bingo w/Guest Callers</p> <p>1:00 August Menu DEADLINE Return menus to Paula</p> <p></p> <p style="text-align: right;">22</p>
<p>8:00 Open Billiards</p> <p>9:00 Hand Reflexology with Heidi</p> <p>9:30 SilverSneakers </p> <p>9:45 Balloon Volleyball</p> <p>10:45 Men's Lunch Out</p> <p>11:30 Lunch</p> <p>1:00 Intermediate Bridge</p> <p></p> <p style="text-align: right;">25</p>	<p>8:00 Open Billiards</p> <p>9:30 Stretch & Flex</p> <p>9:30 SilverSneakers </p> <p>9:30 Bingo at North GA Assisted Living</p> <p>11:30 Lunch</p> <p>Noon Enrichment Program</p> <p>1:00 Walmart Shopping </p> <p>4:00 Yoga </p> <p style="text-align: right;">26</p>	<p>8:00 Open Billiards</p> <p>9:30 Sittercise</p> <p>9:45 Gold City Bingo</p> <p>10:00 Tai Chi for Health</p> <p>(Last day for 6 week session)</p> <p>11:30 Lunch</p> <p>Noon Bingo w/Gale</p> <p>1:00 Party Bridge</p> <p>1:00 SEMBA ~ Dance Fitness</p> <p style="text-align: right;">27</p>	<p>8:00 Open Billiards</p> <p>9:30 Balloon Volleyball</p> <p>9:30 SilverSneakers(Cardio) </p> <p>11:30 Lunch </p> <p>4:00 Yoga</p> <p></p> <p style="text-align: right;">28</p>	<p>8:00 Open Billiards</p> <p>9:30 Sittercise</p> <p>9:30 SilverSneakers </p> <p>10:00 We all Scream for Ice Cream! Let's make ice cream!</p> <p>11:30 Lunch</p> <p>Noon Bingo w/Theresa R.</p> <p></p> <p style="text-align: right;">29</p>