

Lumpkin County Senior Center



JUNE 2016 Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p>8:00am Coffee and Fellowship Everyday </p> <p>Open Art Studio Monday - Friday 8:00am - 4:00pm </p> <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 see Paula Walker, Activities Coordinator</p>	<p>Please Note:   Days and times of various activities are subject to change.</p>	<p>8:00 Open Billiards </p> <p>9:45 Stretch & Flex </p> <p>10:00 Walk in City Park</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 -</p> <p>Senior Dance Fitness </p> <p>1</p>	<p>8:00 Open Billiards</p> <p>9:30 Balloon Volleyball</p> <p>9:30 SilverSneakers(Cardio)</p> <p>10:30 Dollar Tree Shopping </p> <p>11:30 Lunch</p> <p>4:00 Yoga</p> <p>7:00 Mainstream Square Dance Lessons</p> <p>MAKE PREVENTION A PRIORITY Health conditions can be prevented or detected early with regular checkups.</p> <p> </p> <p>2</p>	<p>8:00 Celebrate Donut Day</p> <p>8:00 Open Billiards</p> <p>9:30 SilverSneakers</p> <p>10:00 Walk in Hancock Park</p> <p>11:30 Lunch</p> <p>Noon Bingo w/Chad and Sandra</p> <p>7:00 Gold Country Squares</p> <p>3</p>
<p>8:00 Open Billiards</p> <p>9:00 Hand Reflexology with Heidy </p> <p>9:30 SilverSneakers </p> <p>9:45 Balloon Volleyball</p> <p>10:15 Arts and Crafts w/Paula W.</p> <p>11:30 Lunch</p> <p>1:00 Intermediate Bridge</p> <p></p> <p>6</p>	<p>8:00 Open Billiards </p> <p>9:30 SilverSneakers </p> <p>10:00 Walmart Shopping in Dawsonville </p> <p>11:30 Lunch</p> <p>Noon Enrichment Program</p> <p>1:00 Soda Can Mosaic Art w/ AJ Wolff (3 hr class)</p> <p>4:00 Yoga</p> <p>I ♥ YOGA</p> <p>7</p>	<p>8:00 Open Billiards</p> <p>9:30 Stretch & Flex</p> <p>10:00 Tai Chi for Health</p> <p>(Begin 6 week session 6/8 - 7/13)</p> <p>10:30 GA Cares </p> <p>11:30 Lunch</p> <p>Noon Bingo w/Gale </p> <p>1:00 SEMBA - Dance Fitness</p> <p>^^^HIKE REMINDER^^^ Yahoola Creek Reservoir Trail at 1:00pm</p> <p>8</p>	<p>8:00 Open Billiards </p> <p>9:30 Balloon Volleyball</p> <p>9:30 SilverSneakers(Cardio)</p> <p>9:45 Thrift Store </p> <p>11:30 Lunch</p> <p>4:00 Yoga </p> <p>6:00 Golden Stitches Quilters</p> <p> Sew Happy ...about all things crafty!</p> <p>9</p>	<p>8:00 Open Billiards</p> <p>9:30 Sittercise </p> <p>9:30 SilverSneakers </p> <p>10:15 Bubbles in the Park</p> <p>11:30 Lunch</p> <p>Noon Bingo w/Chad & Sandra</p> <p></p> <p>10</p>



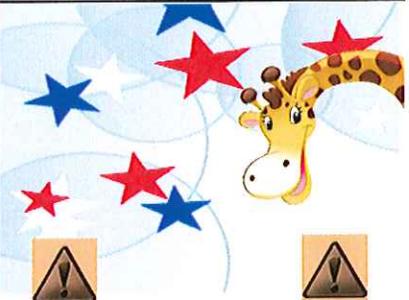
Tuesday, June 14th
My name is "Old Glory"
Long may I wave
o'er the land of the free
and the home of the brave.

Happy Flag Day!!

Lumpkin County Senior Center



JUNE 2016 Activities

Monday	Tuesday	Wednesday	Thursday	Friday
8:00 Open Billiards  9:00 Hand Reflexology with Heidi 9:30 SilverSneakers  9:45 Balloon Volleyball 10:30 Blood Pressure Checks 11:30 Lunch Noon Menu Review for July 1:00 Intermediate Bridge 	8:00 Open Billiards 9:30 Sittercise 9:30 SilverSneakers  10:30 Sand Therapy  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  **Spirit Night @ Zaxby's** 5-8 pm	8:00 Open Billiards 8:30 Pancake Breakfast  9:00 Hair Day 9:00 Pet Therapy w/Winny 9:45 Balloon Volleyball 10:00 Tai Chi for Health (6/15 - 7/13) 11:30 Lunch Noon Bingo w/Gale 1:00 Party Bridge 1:00 SEMBA - Dance Fitness 	8:00 Open Billiards 9:30 Balloon Volleyball 9:30 SilverSneakers(Cardio)  10:30 Entertainment with Fred Bruder 11:30 Lunch Noon Bowling 4:00 Yoga  	8:00 Open Billiards  9:30 Sittercise  9:30 SilverSneakers 10:30 Nutrition Presentation 11:30 Lunch Noon Bingo w/Sheriff Stacy Jarrard 1:00 July Menu DEADLINE Return menus to Paula 7:00 Gold Country Squares  Sunday June 19th
13	14	15	16	17
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 	8:00 Open Billiards  9:30 Stretch & Flex 9:30 SilverSneakers  10:00 Art and Crafts w/Paula W. 11:30 Lunch Noon Enrichment Program 1:00 Walmart Shopping  4:00 Yoga 	8:00 Open Billiards 9:45 Stretch & Flex 10:00 Tai Chi for Health (6/15 - 7/13) 11:30 Lunch Noon Bingo w/Gale 1:00 SEMBA - Dance Fitness 	8:00 Open Billiards  9:30 SilverSneakers(Cardio)  9:30 Balloon Volleyball 10:45 Red Hat Luncheon 11:30 Lunch 4:00 Yoga 	8:00 Open Billiards 9:45 Red Oak Lavendar Farm Visit 9:30 SilverSneakers  11:30 Lunch Noon Bingo w/Chad & Sandra 
20	21	22	23	24
8:00 Open Billiards  9:30 SilverSneakers  9:45 Balloon Volleyball 10:30 Movie Time 10:45 Black Hat Luncheon 11:30 Lunch Noon Movie continues 1:00 Intermediate Bridge	8:00 Open Billiards 9:30 Stretch & Flex 10:00 Walk in Yahoola Park 9:30 SilverSneakers 11:30 Lunch Noon Enrichment Program 1:00 Walmart Shopping  4:00 Yoga	8:00 Open Billiards  9:45 Balloon Volleyball 9:55 Gold City Bingo 10:00 Tai Chi for Health (6/15 - 7/13) 11:30 Lunch  Noon Bingo w/Gale 1:00 SEMBA - Dance Fitness	8:00 Open Billiards  9:30 SilverSneakers(Cardio)  9:30 Balloon Volleyball 11:00 Entertainment w/Rick Harris 11:30 Lunch Noon 4th of July Celebration 4:00 Yoga 	  
27	28	29	30	

Lumpkin County Senior Center
 266 Mechanicsville Road Dahlonega, Ga
 30533
 706-864-2358



Lumpkin County Government
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www.lumpkincounty.gov

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 activities are subject to
 change.