

Lumpkin County Senior Center



MARCH 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>8:00am Coffee and Fellowship Everyday </p> <p>Open Art Studio Monday - Friday 8:00am - 4:00pm  </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 Program</p> <p>1:00 Walmart Shopping </p> <p>4:00 Yoga  </p> | <p>9:00 Open Billiards </p> <p>9:00 AARP Tax-Aide</p> <p>9:45 Sittercise</p> <p>11:30 Lunch</p> <p>Noon Bingo w/Gale</p> <p>1:00 SEMBA </p> <p>2:00 Line Dancing (3/2 - 3/30)</p> <p>"You have brains in your head. You have feet in your shoes. You can steer yourself, any direction you choose." Oh, the Places You'll Go! Dr. Seuss B-Day</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>4:00 Yoga </p> <p>7:00 Mainstream Square Dance Lessons Starting (3/3 - 6/16)</p> <p></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>BINGO</p> <p>7:00 Gold Country Squares </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 Nutrition Presentation</p> <p>11:30 Lunch</p> <p>1:00 Intermediate Bridge  </p> | <p>9:00 Open Billiards </p> <p>9:30 Sittercise</p> <p>9:30 SilverSneakers </p> <p>11:30 Lunch</p> <p>10:00 Thrift Store Shopping</p> <p>Noon Enrichment Program</p> <p>1:00 Walmart Shopping </p> <p>1:00 Word Chasers </p> <p>4:00 Yoga</p> <p>5:30 Gold Diggers Garden Club </p> | <p>9:00 Open Billiards</p> <p>9:00 AARP Tax-Aide</p> <p>9:30 Stretch & Flex</p> <p>11:30 Lunch</p> <p>Noon Bingo w/Gale </p> <p>12:15 Celebrate Peanut Butter and Jelly Day! w/Farm Bureau Women's Committee Group</p> <p>1:00 SEMBA</p> <p>1:00 Party Bridge</p> <p>2:00 Line Dancing (3/2 - 3/30)</p> | <p>9:00 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>6:00 Golden Stitches Quilters</p> <p>7:00 Mainstream Square Dance Lessons</p> <p><i>When life hands you scraps</i>  Make Quilts!</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/Theresa R. </p> <p>*IMPORTANT* SPRING FORWARD FOR DAYLIGHT SAVINGS TIME BEGINS AT 2am SUNDAY MORNING</p> |

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



Free AARP Tax-Aide
March 2nd - April 13th
Every Wednesday 9:00 - 1:00

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

Lumpkin County Senior Center



March 2016 Activities

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>9:00 Open Billiards</p> <p>9:00 Hand Reflexology with Heidy </p> <p>9:30 SilverSneakers </p> <p>9:45 Balloon Volleyball</p> <p>10:30 Crafts w/Dawn</p> <p>Butterfly Sun Catchers</p> <p>11:30 Lunch</p> <p>Noon Menu Review for April</p> <p>1:00 Intermediate Bridge</p> <p>14</p> | <p>9:00 Open Billiards </p> <p>9:30 Sittercise</p> <p>9:30 SilverSneakers </p> <p>10:30 Israel Presentation w/Jerry and Esther Piel</p> <p>11:30 Lunch</p> <p>Noon Enrichment Program</p> <p>1:00 Walmart Shopping </p> <p>4:00 Yoga</p> <p>15</p> | <p>8:30 Pancake Breakfast </p> <p>9:00 Open Billiards</p> <p>9:00 AARP Tax-Aide</p> <p>9:00 Hair Day </p> <p>9:30 Pet Therapy</p> <p>9:45 Stretch & Flex </p> <p>11:30 Lunch</p> <p>Noon Bingo w/Gale</p> <p>1:00 SEMBA</p> <p>2:00 Line Dancing (3/16 - 3/30)</p> <p>16</p> | <p>9:00 Open Billiards</p> <p>9:15 Balloon Volleyball</p> <p>9:30 Chick Fil A Bingo</p> <p>9:30 SilverSneakers(Cardio) </p> <p>11:30 Lunch </p> <p>Noon Cookies & Punch</p> <p>4:00 Yoga</p> <p>7:00 Mainstream Square Dance Lessons</p> <p>WEAR GREEN TODAY!</p> <p>Happy St. Patrick's Day</p> <p>17</p> | <p>8:45 Gainesville Ballet "Beauty and the Beast" / Lunch</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 & Sandra</p> <p>1:00 Return Menus to Paula</p> <p>7:00 Gold Country Squares</p> <p>March 20th</p> <p>18</p> |
| <p>9:00 Open Billiards </p> <p>9:00 Hand Reflexology with Heidy </p> <p>9:30 SilverSneakers </p> <p>9:45 Balloon Volleyball</p> <p>11:30 Lunch</p> <p>Noon Birthday Celebration</p> <p>1:00 Intermediate Bridge</p> <p>21</p> | <p>9:00 Open Billiards</p> <p>9:30 Sittercise</p> <p>9:30 SilverSneakers </p> <p>10:00 Easter Hats w/Paula A.</p> <p>11:30 Lunch</p> <p>Noon Enrichment Program</p> <p>1:00 Walmart Shopping </p> <p>4:00 Yoga</p> <p>22</p> | <p>9:00 Open Billiards </p> <p>9:00 AARP Tax-Aide</p> <p>9:45 Stretch & Flex</p> <p>10:30 Art Class - Macrame Bracelets and Keychains</p> <p>11:30 Lunch</p> <p>Noon Bingo w/Gale</p> <p>1:00 Party Bridge</p> <p>1:00 SEMBA</p> <p>2:00 Line Dancing (3/16 - 3/30)</p> <p>23</p> | <p>9:00 Open Billiards</p> <p>9:30 Balloon Volleyball </p> <p>9:30 Silver Sneakers(Cardio)</p> <p>10:30 Entertainment Fred Bruder "The Singing Ranger"</p> <p>11:30 Lunch</p> <p>4:00 Yoga</p> <p>7:00 Mainstream Square Dance Lessons</p> <p>24</p> | <p>9:00 Open Billiards </p> <p>9:30 Sittercise</p> <p>9:30 SilverSneakers </p> <p>10:30 Tugaloo Presentation</p> <p>Kidney Health</p> <p>10:30 Black Hat Luncheon</p> <p>11:30 Lunch</p> <p>Noon Bingo w/Theresa R.</p> <p>Sunday the 27th</p> <p>25</p> |
| <p>9:00 Open Billiards</p> <p>9:30 SilverSneakers </p> <p>9:45 Balloon Volleyball</p> <p>10:30 Science for Seniors "How Rain Clouds Form"</p> <p>11:30 Lunch</p> <p>1:00 Intermediate Bridge </p> <p>Please Note: Days and times of various activities are subject to change.</p> <p>28</p> | <p>9:00 Open Billiards </p> <p>9:30 Stretch & Flex </p> <p>9:30 SilverSneakers </p> <p>10:30 Red Hat Luncheon</p> <p>11:30 Lunch</p> <p>Noon Enrichment Program</p> <p>1:00 Walmart Shopping </p> <p>4:00 Yoga</p> <p>29</p> | <p>9:00 Open Billiards</p> <p>9:15 Balloon Volleyball</p> <p>9:00 AARP Tax-Aide</p> <p>9:45 Gold City Bingo</p> <p>11:30 Lunch</p> <p>Noon Bingo w/Gale</p> <p>1:00 Party Bridge</p> <p>1:00 SEMBA</p> <p>2:00 Line Dancing (3/16 - 3/30)</p> <p>30</p> | <p>9:00 Open Billiards</p> <p>9:30 Balloon Volleyball </p> <p>9:30 Silver Sneakers(Cardio)</p> <p>10:00 Movie Day</p> <p>11:30 Lunch</p> <p>Noon Movie Continued</p> <p>4:00 Yoga</p> <p>7:00 Mainstream Square Dance Lessons</p> <p>31</p> | <p>May the road rise to meet you May the wind be always at your back May the sun shine warm upon your face May the rain fall softly on your fields And, until we meet again May God hold you in the palm of His hand.</p> |