

Lumpkin County Senior Center

MAY 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>11:30 Lunch</p> <p>1:00 Intermediate Bridge</p>  <p style="text-align: right;">2</p>	<p>8:00 Open Billiards </p> <p>9:30 SilverSneakers </p> <p>10:00 Window Shopping on the Square</p> <p>11:30 Lunch</p> <p>Noon Enrichment Program</p> <p>1:00 Walmart Shopping </p> <p>4:00 Yoga </p> <div style="background-color: yellow; padding: 5px; text-align: center;">  <p><i>"Joy is what happens to us when we allow ourselves to recognize how good things really are."</i></p> <p><i>Marianne Williamson</i></p> </div> <p style="text-align: right;">3</p>	<p>8:00 Open Billiards </p> <p>9:45 Sittercise</p> <p>10:00 Walk in City Park</p> <p>10:00 No Tai Chi today (5/11 - 6/1) </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;">4</p>	<p>8:00 Open Billiards </p> <p>9:30 SilverSneakers(Cardio)</p> <p>9:30 Balloon Volleyball</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</p>  <p style="text-align: right;">5</p>	<p>8:00 Open Billiards </p> <p>9:30 Stretch & Flex</p> <p>9:30 SilverSneakers </p> <p>10:00 Mother's Day Celebration with Special Guest Pastor Dan Hall</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>Happy Mother's Day</p>  </div> <p style="text-align: right;">6</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>10:30 Crafts w/Dawn</p> <p>11:30 Lunch</p> <p>1:00 Intermediate Bridge</p>  <p style="text-align: right;">9</p>	<p>8:00 Open Billiards </p> <p>9:30 Stretch & Flex </p> <p>9:30 SilverSneakers </p> <p>10:00 Leather Craft Workshop in Art Studio (6 hr class)</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;">10</p>	<p>8:00 Open Billiards </p> <p>10:00 Walk in City Park</p> <p>10:00 Tai Chi for Health (5/11 - 6/1) </p> <p>11:30 Lunch</p> <p>Noon Bingo w/Gale </p> <p>1:00 SEMBA - Dance Fitness</p> <p style="text-align: right;">11</p>	<p>8:00 Open Billiards </p> <p>9:30 SilverSneakers(Cardio)</p> <p>9:30 Balloon Volleyball</p> <p>10:30 Entertainment with Fred Bruder </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>^^HIKE REMINDER^^</p> <p>10:00am Woody Gap to Preachers Rock</p> <p style="text-align: right;">12</p>	<p>8:00 Open Billiards </p> <p>9:30 SilverSneakers </p> <p>9:30 Stretch & Flex</p> <p>10:30 Red and Black Hats Luncheon</p> <p>11:30 Lunch</p>  <p style="text-align: right;">13</p>

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



REMINDER

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



8:00am Coffee and Fellowship Everyday

Open Art Studio
 Monday - Friday
 8:00am - 4:00pm



Please Note:

Days and times of various activities are subject to change.



Monday	Tuesday	Wednesday	Thursday	Friday
<p>8:00 Open Billiards </p> <p>9:00 Hand Reflexology with Heidi </p> <p>9:45 Balloon Volleyball </p> <p>9:30 SilverSneakers </p> <p>10:30 Sonja Martin w/disABILITY Resource Center</p> <p>11:30 Lunch</p> <p>Noon Menu Review for June</p> <p>1:00 Intermediate Bridge </p> <p>16</p>	<p>8:00 Open Billiards </p> <p>9:30 Sittercise </p> <p>9:30 SilverSneakers </p> <p>10:00 Dollar General Shopping</p> <p>11:30 Lunch</p> <p>Noon Enrichment Program</p> <p>1:00 Walmart Shopping </p> <p>4:00 Yoga </p> <p>17</p>	<p>8:00 Open Billiards </p> <p>8:30 Pancake Breakfast </p> <p>9:00 Hair Day </p> <p>9:30 Pet Therapy </p> <p>9:45 Stretch & Flex </p> <p>10:00 Tai Chi for Health (5/11 -6/1) </p> <p>11:30 Lunch</p> <p>Noon Bingo w/Gale</p> <p>1:00 SEMBA -Dance Fitness</p> <p>1:00 Party Bridge </p> <p>18</p>	<p>8:00 Open Billiards </p> <p>9:30 Balloon Volleyball </p> <p>9:30 SilverSneakers(Cardio) </p> <p>10:00 Thrift Store Shopping</p> <p>11:30 Lunch</p> <p>Noon Birthday Celebration </p> <p>4:00 Yoga</p> <p>7:00 Mainstream Square Dance Lessons </p> <p>19</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/Theresa R. </p> <p>1:00 Return Menus to Paula</p> <p>7:00 Gold Country Squares</p> <p>20</p>
<p>8:00 Open Billiards </p> <p>9:30 SilverSneakers </p> <p>9:45 Balloon Volleyball </p> <p>10:30 Movie Day</p> <p>11:30 Lunch</p> <p>Noon Movie Day Continued</p> <p>1:00 Intermediate Bridge</p> <p></p> <p>23</p>	<p>8:00 Open Billiards </p> <p>9:30 Balloon Volleyball </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>24</p>	<p>8:00 Open Billiards </p> <p>9:30 Balloon Volleyball </p> <p>9:55 Gold City Bingo</p> <p>10:00 Tai Chi for Health (5/11 -6/1)</p> <p>11:30 Lunch</p> <p>Noon Bingo w/Gale</p> <p>1:00 SEMBA - Dance Fitness</p> <p></p> <p>25</p>	<p>8:00 Open Billiards </p> <p>9:30 Balloon Volleyball </p> <p>9:30 Silver Sneakers(Cardio) </p> <p>10:30 Outing w/lunch at Veterans Memorial Park in Dawson County</p> <p>11:30 Lunch</p> <p>4:00 Yoga</p> <p>7:00 Mainstream Square Dance Lessons </p> <p>26</p>	<p>8:00 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></p> <p>27</p>
<p>Center CLOSED for Memorial Day </p> <p>30</p>	<p>9:00 Open Billiards </p> <p>9:30 Balloon Volleyball</p> <p>10:30 Nutrition Presentation</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></p> <p>31</p>	<p>We shall never know all the good that a simple smile can do.</p> <p>Mother Teresa </p>		

