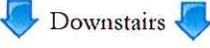


# Lumpkin County Senior Center



# OCTOBER 2016 Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p>8:00 Open Billiards</p> <p>9:30 SilverSneakers </p> <p>9:45 <b>Balloon Volleyball</b> </p> <p>10:00 Health Department Flu Vaccine Clinic </p> <p>11:30 Lunch</p> <p>1:00 Intermediate Bridge</p>  <p style="text-align: right;"><b>3</b></p>	<p>8:00 Open Billiards </p> <p>9:30 SilverSneakers</p> <p>9:30 <b>Stretch &amp; Flex</b></p> <p>10:30 Busy Bodies Quiet Mind w/Jacque Marling, M.Ed.</p> <p>11:30 Lunch</p> <p>Noon Enrichment Program</p> <p>1:00 <b>Walmart Shopping</b> </p> <p>4:00 Yoga</p>  <p style="text-align: right;"><b>4</b></p>	<p>8:00 Open Billiards</p> <p>9:00 Tai Chi - Intermediate Class (10/5 - 10/26)</p> <p>9:30 <b>Sittercise</b></p> <p>10:00 Tai Chi - Advanced Class (10/5 - 10/26)</p> <p>10:30 Health Presentation w/Angel UNG Student</p> <p>11:30 Lunch</p> <p>Noon <b>Bingo w/Gale B.</b> </p> <p>1:00 Party Bridge</p> <p>1:00 SEMBA ~ Dance Fitness</p>  <p style="text-align: right;"><b>5</b></p>	<p>8:00 Open Billiards </p> <p>9:30 <b>Balloon Volleyball</b></p> <p>9:30 SilverSneakers(Cardio) </p> <p>10:15 <b>Dollar Tree Shopping</b></p> <p>11:30 Lunch</p> <p>4:00 Yoga</p>  <p style="text-align: right;"><b>6</b></p>	<p>8:00 Open Billiards </p> <p>9:30 SilverSneakers</p> <p>9:45 <b>Walk in Yahoola Creek Park</b></p> <p>11:30 Lunch</p> <p>Noon <b>Bingo w/Theresa R.</b></p> <p>7:00 Gold Country Squares</p> <p style="text-align: center;"><b>World Smile Day!!</b></p> <p style="text-align: center;"><b>"Do an act of kindness. Help one person smile."</b></p>  <p style="text-align: right;"><b>7</b></p>
<p>8:00 Open Billiards</p> <p>9:00 <b>Hand Reflexology with Heidi</b> </p> <p>9:30 <b>Balloon Volleyball</b> </p> <p>9:30 SilverSneakers</p> <p>10:30 <b>Fall Crafts w/Holly A.</b></p> <p>11:30 Lunch</p> <p>1:00 Intermediate Bridge</p>  <p style="text-align: right;"><b>10</b></p>	<p>8:00 Open Billiards</p> <p>9:30 <b>Stretch &amp; Flex</b> </p> <p>9:30 SilverSneakers</p> <p>10:00 <b>Dollar General Shopping</b></p> <p>11:30 Lunch</p> <p>Noon Enrichment Program</p> <p>1:00 <b>Walmart Shopping</b> </p> <p>1:00 Word Chasers</p> <p>Book Club</p> <p>4:00 Yoga</p> <p>5:30 Gold Diggers</p> <p>Garden Club</p>  <p style="text-align: right;"><b>11</b></p>	<p>8:00 Open Billiards</p> <p>9:00 Tai Chi - Intermediate Class (10/5 - 10/26)</p> <p>9:30 <b>Sittercise</b></p> <p>10:00 Tai Chi - Advanced Class (10/5 - 10/26)</p> <p>10:00 <b>Nibble &amp; Natter</b> "History of Hershey's Miniatures"</p> <p>11:30 Lunch</p> <p>Noon <b>Bingo w/Gale B.</b></p> <p>1:00 SEMBA ~ Dance Fitness</p>  <p style="text-align: right;"><b>12</b></p>	<p>8:00 Open Billiards </p> <p>9:30 SilverSneakers(Cardio) </p> <p>9:45 <b>Steak'n Shake Bingo</b></p> <p>11:30 Lunch</p> <p>4:00 Yoga</p> <p>6:00 Golden Stitches Quilters</p>  <p style="text-align: right;"><b>13</b></p>	<p>8:00 Open Billiards </p> <p>9:30 <b>Balloon Volleyball</b> </p> <p>9:30 SilverSneakers</p> <p>10:30 <b>Nutrition Presentation</b></p> <p>11:30 Lunch</p> <p>Noon <b>Bingo w/Theresa R.</b></p>  <p style="text-align: center;"><b>Gold Rush Days (Sat. and Sun.)</b></p> <p style="text-align: right;"><b>14</b></p>

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

**Coffee Time**  
  
**8:00am**  
**Coffee and Fellowship**  
**Everyday**

**OPEN ART STUDIO**  
Monday - Friday  
8am to 4pm  


Lumpkin County Senior Center  
266 Mechanicsville Road  
Dahlonega, GA 30533  
Phone: 706-864-2358

Monday	Tuesday	Wednesday	Thursday	Friday
8:00 Open Billiards 9:00 Hand Reflexology with Heidy 9:30 Balloon Volleyball 9:30 SilverSneakers 10:30 Men's Lunch Out 11:30 Lunch Noon Menu review for November 1:00 Intermediate Bridge 	8:00 Open Billiards 9:30 SilverSneakers 9:30 Bingo at North GA Assisted Living 11:30 Lunch Noon Enrichment Program 1:00 Walmart Shopping 	8:00 Open Billiards 8:30 Pancake Breakfast 9:00 Hair Day 9:00 Tai Chi - Intermediate Class (10/5 - 10/26) 9:00 Pet Therapy w/Winny 9:30 Sittercise 10:00 Tai Chi - Advanced Class (10/5 - 10/26) 11:30 Lunch Noon Bingo w/Gale 1:00 Party Bridge 1:00 SEMBA ~ Dance Fitness	8:00 Open Billiards 9:15 Balloon Volleyball 9:30 SilverSneakers(Cardio) 9:50 Dairy Farm and Creamery Visit/Lunch at Park 11:30 Lunch 4:00 Yoga 	8:00 Open Billiards 9:30 Sittercise 9:30 SilverSneakers 11:30 Lunch Noon Bingo w/Theresa R. 1:00 November Menu DEADLINE Return menus to Paula 7:00 Gold Country Squares 
8:00 Open Billiards 9:00 Hand Reflexology with Heidy 9:30 Balloon Volleyball 9:30 SilverSneakers 10:30 Pet Therapy w/Sue Ellen 10:30 GA Cares OPEN ENROLLMENT Information for Medicare 11:30 Lunch Noon Birthday Celebration 1:00 Intermediate Bridge	8:00 Open Billiards 9:30 Stretch & Flex 9:30 SilverSneakers 10:00 Walk in Park 11:30 Lunch Noon Enrichment Program 1:00 Walmart Shopping 4:00 Yoga 	8:00 Open Billiards 9:00 Tai Chi - Intermediate Class 9:30 Balloon Volleyball 10:00 Tai Chi - Advanced Class 10:30 Science for Seniors "Re-Creating THING for Halloween" 11:30 Lunch Noon Bingo w/Gale 1:00 SEMBA ~ Dance Fitness	8:00 Open Billiards 9:30 SilverSneakers (Cardio) 9:40 Mercier Apple Orchards 11:30 Lunch 4:00 Yoga 	8:00 Open Billiards 9:30 Balloon Volleyball 9:30 SilverSneakers 10:45 Red Hat Luncheon 11:30 Lunch Noon Bingo w/Chad & Sandra  <p><b>FUN Dress in Orange Day!</b></p>
8:00 Open Billiards 9:30 SilverSneakers 9:45 Balloon Volleyball 10:15 DFH Bingo/Movie and Lunch FUN Costume Contest!! 11:30 Lunch 1:00 Intermediate Bridge  <p>Happy Halloween</p>	<div style="border: 2px solid red; padding: 10px;"> <p>"Stressed spelled backwards is desserts.                          Coincidence? I think not!"                          ~Anonymous</p>  </div>	 <p>Like us on Facebook and help us spread the word!  <a href="http://www.lumpkincounty.gov">www.lumpkincounty.gov</a></p>	<p><b>REMINDER</b>                      All items on the calendar in <b>BOLD print</b> are for participants in the Nutrition Program.</p> <p>For more information in finding out about this program, please contact Paula Walker, Activities Coordinator</p> 	