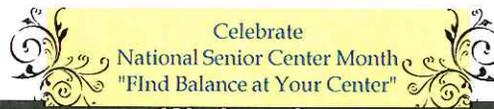


Lumpkin County Senior Center



SEPTEMBER 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>If interested in finding out more information, please contact Paula Walker, Activities Coordinator</p>	<p>Please Note: Days and times of various activities are subject to change.</p>	<p>8:00am EVERYDAY!! Coffee and Fellowship</p> <p>OPEN ART STUDIO Monday - Friday 8:00am to 4:00pm</p>	<p>8:00 Open Billiards</p> <p>9:30 Balloon Volleyball</p> <p>9:30 SilverSneakers(Cardio)</p> <p>10:30 Arts and Crafts with Paula W.</p> <p>11:30 Lunch</p> <p>Noon Farmer's Market</p> <p>4:00 Yoga</p> <p>7:00 Mainstream Square Dance Lessons</p>	<p>8:00 Open Billiards</p> <p>9:30 Sittercise</p> <p>9:30 SilverSneakers</p> <p>10:00 Walk in Park</p> <p>11:30 Lunch</p> <p>Noon Bingo w/Chad and Sandra</p> <p>7:00 Gold Country Squares</p>
<p><i>Have a safe Labor Day</i></p> <p>Center Closed</p>	<p>8:00 Open Billiards</p> <p>9:30 Balloon Volleyball</p> <p>9:30 SilverSneakers</p> <p>10:00 Dollar Tree Shopping</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 Stretch & Flex</p> <p>9:00 Tai Chi - Beginners Class (6 weeks 9/7 - 9/14)</p> <p>10:00 Tai Chi - Advanced Class (6 weeks 9/7 - 9/14)</p> <p>10:00 Walk in City Park</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>8:00 Open Billiards</p> <p>9:30 Balloon Volleyball</p> <p>9:30 SilverSneakers(Cardio)</p> <p>9:45 Steak 'n Shake Bingo</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>8:00 Open Billiards</p> <p>9:30 Sittercise</p> <p>9:30 SilverSneakers</p> <p>10:30 Nutrition Presentation</p> <p>11:30 Lunch</p> <p>Noon Bingo w/Theresa</p>

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

Active aging promotes the vision of all individuals - regardless of age, socioeconomic status or health - fully engaging in life within seven dimensions of wellness: emotional, environmental, intellectual/cognitive, physical, professional/vocational, social and spiritual.

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

www.lumpkincounty.gov

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>Noon Walk</p> <p>1:00 Intermediate Bridge</p> <p>^^^ HIKE REMINDER^^^</p> <p>Wilshire Trails in Gainesville at 9:00am</p> <p>12</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 Book Club</p> <p>4:00 Yoga </p> <p>5:30 Gold Diggers Garden Club</p> <p>13</p>	<p>8:00 Open Billiards</p> <p>9:00 Tai Chi - Beginners Class (End of 6 weeks - last day)</p> <p>10:00 Tai Chi - Advanced Class (End of 6 weeks - last day)</p> <p>9:30 Sittercise</p> <p>11:30 Lunch </p> <p>Noon Bingo w/Gale</p> <p>1:00 SEMBA~ Dance Fitness </p> <p>14</p>	<p>8:00 Open Billiards</p> <p>9:30 Balloon Volleyball </p> <p>10:45 Red Hats Luncheon</p> <p>9:30 SilverSneakers(Cardio)</p> <p>11:30 Lunch </p> <p>4:00 Yoga</p> <p>7:00 Mainstream Square Dance Lessons </p> <p>15</p>	<p>8:00 Open Billiards</p> <p>9:30 Sittercise </p> <p>9:30 SilverSneakers</p> <p>10:00 Making Lei Necklaces</p> <p>10:30 End of Summer BIG Bash Party </p> <p>11:30 Lunch</p> <p>Noon Bingo w/Theresa</p> <p>7:00 Gold Country Squares </p> <p>16</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>Noon Menu Review for October</p> <p>1:00 Intermediate Bridge</p> <p>1:00 Technology w/Nick Roth</p> <p>International Talk Like a Pirate Day </p> <p>19</p>	<p>8:00 Open Billiards</p> <p>9:15 Stretch & Flex</p> <p>9:30 Bingo at North GA Assisted Living</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>Happy September </p> <p>20</p>	<p>8:00 Open Billiards</p> <p>8:30 Pancake Breakfast </p> <p>9:00 Hair Day</p> <p>9:00 Tai Chi - Intermediate Class (First 6 weeks begins) 9/21 - 10/26</p> <p>9:30 Pet Therapy w/Winny</p> <p>9:45 Sittercise</p> <p>10:00 Tai Chi - Advanced Class (First 6 weeks begins) 9/21 - 10/26</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>21</p>	<p>8:00 Open Billiards</p> <p>9:30 Balloon Volleyball </p> <p>9:30 SilverSneakers (Cardio)</p> <p>10:00 Walk in Park </p> <p>11:30 Lunch</p> <p>4:00 Yoga</p> <p>7:00 Mainstream Square Dance Lessons </p> <p>Autumn Begins </p> <p>22</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</p> <p>1:00 October Menu DEADLINE Return menus to Paula</p> <p>^^^ Hike Remindner ^^ ^^^</p> <p>Aultrey Mills Trails in Johns Creek Saturday September 24th at 10:00am</p> <p>Hiking </p> <p>23</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 Oral Hygiene Presentation with Mountain View Dentistry </p> <p>11:30 Lunch</p> <p>1:00 Intermediate Bridge</p> <p>26</p>	<p>8:00 Open Billiards</p> <p>9:15 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>***ZAXBY'S Spirit Night***</p> <p>ZAXBY'S </p> <p>5 - 8 pm</p> <p>27</p>	<p>8:00 Open Billiards</p> <p>9:00 Tai Chi - Intermediate Class 9/21 - 10/26</p> <p>9:30 Stretch & Flex</p> <p>9:45 Gold City Bingo</p> <p>10:00 Tai Chi - Advanced Class 9/21 - 10/26</p> <p>11:30 Lunch</p> <p>Noon Bingo w/Gale </p> <p>1:00 SEMBA Dance Fitness</p> <p>28</p>	<p>8:00 Open Billiards</p> <p>9:30 SilverSneakers </p> <p>9:30 Balloon Volleyball</p> <p>11:30 Lunch</p> <p>4:00 Yoga</p> <p>7:00 Mainstream Square Dance Lessons </p> <p>29</p>	<p>8:00 Open Billiards</p> <p>9:30 SilverSneakers</p> <p>9:30 Sittercise</p> <p>10:30 Walk in Park</p> <p>11:30 Lunch</p> <p>Noon Bingo w/Bill from Southern Companions</p> <p>BINGO </p> <p>30</p>