

APRIL

GAINESVILLE-HALL COUNTY SENIOR LIFE CENTER-NUTRITION PROGRAM

2024

Monday - Friday 8 am - 1 pm

434 Prior Street, SE Gainesville, Georgia 30501

Telephone: (770) 503-3331

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>8:00 Fellowship & Coffee</p> <p>9:00 CANASTA</p> <p>9:30 Spiritual Enrichment</p> <p>10:30 Drum Fit</p> <p>12:00 </p>	<p>2</p> <p>8:00 Fellowship & Coffee</p> <p>8:30 Senior Life Center Salon</p> <p>9:00 Tap Fit Gold</p> <p>10:00 Garden Club</p> <p>11:00 Tuesday Bingo</p> <p>12:00 Gentle Stretching</p>	<p>3</p> <p>8:00 Fellowship & Coffee</p> <p>9:00 Mexican Train Dominos</p> <p>9:00 Chick-Fil- A Bingo</p> <p>10:00 Computer Class</p> <p>10:30 Drum Fit</p> <p>12:00 TRIVIA</p>	<p>4</p> <p>8:00 Fellowship & Coffee</p> <p>9:00 Blood Pressure Checks</p> <p>9:00 CANASTA</p> <p>9:00 Massages by Kristi</p> <p>10:00 Yarn Friends</p> <p>10:00 Tai Chi</p> <p>11:45 Healthy Minutes: Stress Awareness</p> <p>12:15 Thursday Bingo</p>	<p>5</p> <p>8:00 Fellowship & Coffee</p> <p>9:30 Fit Friday Exercise</p> <p>10:00 <i>Bingo with</i></p> <p></p> <p>12:00 Neighborhood Stroll</p>
<p>8</p> <p>8:00 Fellowship & Coffee</p> <p>9:00 CANASTA</p> <p>9:00 </p> <p>10:30 Drum Fit 1</p> <p>12:00 April Nutrition & Health Newsletter</p>	<p>9</p> <p>8:00 Fellowship & Coffee</p> <p>10:00 <i>Seated Zumba</i></p> <p>11:00 Prime Care Home Care</p> <p>12:00 Tuesday</p> <p></p> <p>12:15 Gentle Stretching</p>	<p>10</p> <p>8:00 Fellowship & Coffee</p> <p>9:00 Mexican Train Dominos</p> <p>9:30 Gentle Yoga</p> <p>10:00 Computer Class</p> <p>10:30 Drum Fit</p> <p>11:00 Lunch</p> <p>12:00 Creative Dance</p>	<p>11</p> <p>8:00 Fellowship & Coffee</p> <p>9:00 Weight 4it</p> <p>9:00 CANASTA</p> <p>9:00 Hand Massages</p> <p>10:00 Tai Chi</p> <p>10:00 Yarn Friends</p> <p>11:00 Birthday Celebration</p> <p>12:15 Food Bank Distribution</p>	<p>12</p> <p>8:00 Fellowship & Coffee</p> <p>9:30 Fit Friday Exercise</p> <p>10:00 Jaemor Farms</p> <p>10:30 Ping Pong</p> <p>12:00 Beading</p>
<p>15</p> <p>8:00 Fellowship & Coffee</p> <p>9:00 CANASTA</p> <p>9:30 Spiritual Enrichment</p> <p>10:30 Drum Fit</p> <p>12:00 RE-BUS Puzzles</p>	<p>16</p> <p>8:00 Fellowship & Coffee</p> <p>9:00 Coffee with a COP</p> <p>10:00 <i>Seated Zumba</i></p> <p>11:00 Presentation by Senior Medicare Patrol</p> <p>12:00 Tuesday Bingo</p>	<p>17</p> <p>8:00 Fellowship & Coffee</p> <p>9:00 Mexican Train Dominos</p> <p>9:00 Catfishing</p> <p>9:30 Gentle Yoga</p> <p>10:00 Computer Class</p> <p>10:30 Drum Fit</p> <p>12:00 Color Relaxation</p>	<p>18</p> <p>8:00 Fellowship & Coffee</p> <p>9:00 Senior Life Center Outing to Forsyth County Health Fair</p>	<p>19</p> <p>8:00 Fellowship & Coffee</p> <p>9:30 Fit Friday Exercise</p> <p></p> <p>10:00 Shopping at Good Will & Dollar Tree</p> <p>12:00 KARAOKE</p>
<p>22</p> <p>8:00 Fellowship & Coffee</p> <p>9:00 CANASTA</p> <p>9:30 North Hall Bingo</p> <p>10:30 Drum Fit</p> <p>11:00 Fancy Nails</p> <p>12:00 Wellness Bingo</p>	<p>23</p> <p>8:00 Fellowship & Coffee</p> <p>9:00 <i>Music Hour w/ Heart Song</i></p> <p>10:00</p> <p></p> <p>11:00 Tuesday Bingo</p> <p>12:00 Gentle Stretching</p>	<p>24</p> <p>8:00 Fellowship & Coffee</p> <p>9:00 Mexican Train Dominos</p> <p>9:30 Gentle Yoga</p> <p>9:30 Breakfast Outing to Puzzle Piece Pastries</p> <p>10:00 Computer Class</p> <p>10:30 Drum Fit</p> <p>11:00 Lunch</p> <p>12:00 Creative Dance</p>	<p>25</p> <p>8:00 Fellowship & Coffee</p> <p>8:30 Senior Life Ctr. Salon</p> <p>9:00 Weight 4it</p> <p>9:00 CANASTA</p> <p>10:00 Yarn Friends</p> <p>10:00 Tai Chi</p> <p>11:00 Caritas Hospice Presentation</p> <p>11:45 Healthy Minutes</p> <p>12:15 Thursday Bingo</p>	<p>26</p> <p>8:00 Fellowship & Coffee</p> <p>9:00 Catfishing</p> <p>9:30 Fit Friday Exercise</p> <p>10:00 Pop Corn and a Movie</p> <p></p> <p>12:00 Wheel-of-Fortune "Happy Arbor Day"</p>

<p>29</p> <p>8:00 Fellowship & Coffee 9:00 CANASTA</p> <p>10:00 <i>Beading</i></p> <p>10:30 Drum Fit</p> <p>12:00 April Birthday Celebration</p>	<p>30</p> <p>8:00 Fellowship & Coffee</p> <p>10:00 Tuesday Bingo</p> <p>10:30 Jazz with Pat and Jubilee</p>  <p>12:00 Gentle Stretching</p>		<p>Get Ready to Rock & Roll at the Senior Life Center "Sock Hop" Thur. May 23, 2024 11:00 - 1:00pm</p>	
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@ccoagainesvillehall

"Please Remember to call T & T Transportation to cancel your ride at 706-564-8652 or 706-664-8418 if you do not plan on attending the Senior Life Center.

T&T Transportation Main Office Number: 706-297-0183

Nutrition Program Information:

This is an Older Americans Act social and nutrition focused program designed for Hall County residents who are 60 and above. The membership is \$50 a year. Lunch and fun activities are provided. Transportation may be available for those who are no longer driving. Additional fees for some trips and special activities may apply. A registration process is required for participation and an appointment with a Senior Life Center employee to complete a brief nutrition screening. A member must participate in at least 1 lunch eaten in-center per week in order to participate in the program.

Our Mission is:

To provide older adults residing in Hall County with ever-expanding opportunities for personal enrichment through activities that promote health and well being, support an independent lifestyle, and encourage active involvement in the Center and the Community.