

AUGUST GAINESVILLE-HALL COUNTY SENIOR LIFE CENTER-NUTRITION PROGRAM 2022
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 8:30 Senior Life Center Salon 9:30 Spiritual Enrichment</p> <p>10:00 ERRANDS</p> <p>10:30 Park Avenue Store 12:00 Senior Center Bingo</p>	<p>2</p> <p>8:00 Fellowship & Coffee</p> <p>9:00 Tap Fit Gold</p> <p>10:00 Music Hour by <i>HeartSong</i> 10:30 Grocery Store</p> <p>12:00 BINGO hosted by RIGHT AT HOME</p>	<p>3</p> <p>8:00 Fellowship & Coffee 9:00 L.I.F.T. Exercise</p>  <p>10:00 Wheel-Of- Fortune 10:00 ERRANDS</p> <p>10:00 Shopping at Bargain Hunt 12:00 Senior Center Bingo</p>	<p>4</p> <p>8:00 Fellowship & Coffee 9:00 Northeast Georgia Health Systems Diabetes Presentation</p> <p>10:00 Tai Chi w/ Chris 10:30 Grocery Store</p> <p>11:00 Appointments w/Well Care 12:00 BiNgO by WellCare</p>	<p>5</p> <p>8:00 Fellowship & Coffee</p> <p>9:00 <i>Gentle Yoga</i></p> <p>10:00 Lanier Produce 10:00 Word Search Puzzles</p> <p>12:00 Senior Center Bingo</p>
<p>8</p> <p>8:00 Fellowship & Coffee 9:45 Riding the Gainesville Trolley</p>  <p>11:00 Birthday Celebration 12:00 Senior Center Bingo</p>	<p>9</p> <p>8:00 Lattes Of Love</p> <p>9:00 Best Friends Day</p> <p>10:00 Seated Zumba w/ Cat 11:00 Cheese Toss</p> <p>12:00 Tuesday Bingo</p>	<p>10</p> <p>8:00 Fellowship & Coffee 9:00 L.I.F.T. Exercise</p> <p>9:45 Shopping at Pop Shelf</p> <p>10:00 Music Hour by <i>HeartSong</i> 11:00 Lunch</p> <p>12:00 CREATIVE DANCE</p>	<p>11</p> <p>8:00 Fellowship & Coffee 9:00 Massages by <i>Mind, Heart & Body</i></p> <p>9:00 Nutrition 10:00 Tai Chi w/ Chris</p> <p>GEORGIA MOUNTAIN FOODBANK DISTRIBUTION</p> <p>12:00 Thursday Bingo</p>	<p>12</p> <p>8:00 Fellowship & Coffee 9:00 <i>Gentle Yoga</i></p> <p>9:30 Manicures & Pedicures at Ga. Institute of Cosmetology 10:30 BINGO hosted by HAMILTON PLACE</p> <p>12:00 Senior Center Bingo</p>
<p>15</p> <p>8:00 Fellowship & Coffee 9:00 Granny B's Thrift Store and Lunch at Chuck Wagon Diner</p> <p>10:00 ERRANDS</p> <p>10:00 Blood Pressure Checks with Kindred Hospice- Gainesville 12:00 Senior Center Bingo</p>	<p>16</p> <p>8:00 Fellowship & Coffee 9:00 Craft by Gracious Interiors</p> <p>10:00 Seated Zumba w/ Cat</p> <p>10:30 Grocery Store 10:45 BINGO hosted by CARE PATROL</p> <p>12:00 Tuesday Bingo</p>	<p>17</p> <p>8:00 Fellowship & Coffee 8:30 Senior Life Center Salon</p> <p>9:00 L.I.F.T. Exercise</p> <p>9:00 Breakfast Club</p> <p>10:00 ERRANDS</p> <p>12:00 Senior Center Bingo</p>	<p>18</p> <p>8:00 Fellowship & Coffee 9:00 Tap Fit Gold</p> <p>10:00 Farmers' Market</p>  <p>by: Legacy Link</p> <p>11:00 Appointments w/Well Care 12:00 BiNgO by WellCare</p>	<p>19</p> <p>8:00 Fellowship & Coffee</p> <p>9:00 IT'S CATFISHING TIME!!</p> <p>10:00 Big Lots</p> <p>11:00 Trivia</p> <p>12:00 Senior Center Bingo</p>
<p>22</p> <p>8:00 Fellowship & Coffee 9:00 Price Is Right</p> <p>10:00 ERRANDS</p> <p>10:00 Bingo at North Hall</p>  <p>10:30 What's In Grandmas Bag? 12:00 Senior Center Bingo</p>	<p>23</p> <p>8:00 Lattes Of Love</p> <p>9:00 Gardz'n Club</p> <p>9:00 Disability Resource Presentation</p> <p>10:00 Standing Zumba w/ Cat</p> <p>12:00 Tuesday Bingo</p>	<p>24</p> <p>8:00 Fellowship & Coffee 9:00 L.I.F.T. Exercise</p> <p>10:00 ERRANDS</p> <p>10:30 Healthy Cooking w/ Lindsay</p> <p>11:00 Lunch</p> <p>12:00 CREATIVE DANCE</p>	<p>25</p> <p>8:00 Fellowship & Coffee 9:00 Meet Me In The Card Room</p> <p>10:00 Tai Chi w/ Chris</p> <p>10:45 MEN IN BLACK 12:00 National Banana Split Day</p> <p>12:15 Thursday Bingo</p>	<p>26</p> <p>8:00 Fellowship & Coffee</p> <p>8:45 All Day Outing to:</p> <p>B.J. Reece Apple Orchard in Ellijay, Ga. and Lunch at: Kani-House Japanese Restaurant</p>

29	30	31	WORLD'S LONGEST YARD SALE AUGUST 5, 2022  Seats are still available!!! Call 770-503-3336	THOUGHT FOR THE MONTH <i>The best feeling of happiness is when you're happy because you've made someone else happy</i>
8:00 Fellowship & Coffee 9:00 IT'S CAT FISHING TIME!!! 9:30 Bunco w/ Katie 10:00 ERRANDS 11:00 Wii Bowling 12:00 Senior Center Bingo	8:00 Fellowship & Coffee 9:00 Word Search Puzzles 10:00 Shopping at Goodwill 10:00 Aldi Grocery Store 11:00 Hodge Podge 12:00 Tuesday Bingo	8:00 Fellowship & Coffee 9:00 L.I.F.T. Exercise 9:30 Walmart 10:00 ERRANDS 10:00 My Sisters Place 11:00 Birthday Celebration 12:00 Senior Center Bingo		



@ccoagainesvillehall

"Please Remember to call T & T Transportation to cancel your ride at 706-297-0183 if you do not plan on attending."

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.