


SEPTEMBER 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>THOUGHT FOR THE MONTH</p> <p>As long as we have memories, yesterday remains.</p> <p>As long as we have hope, tomorrow awaits.</p> <p>As long as we have love, Today is Beautiful!!</p>		<p>COMING IN OCTOBER CHATTANOOGA FALL LEAF CRUISE</p> <p>3 hour cruise on the Southern Belle Riverboat down the Tennessee River. Lunch and entertainment include. Deluxe motorcoach \$99 Limited seating Call Nancy (770) 503-3352</p>	<p>1:00 "Put Your Dancing" "Shoes On" CHERRY CHERRY BAND IS IN THE HOUSE!!!</p> 	<p>8:00 Fellowship & Coffee 9:00 Gentle Yoga 10:00 Bingo hosted by AFFINIS HOSPICE 10:00 Antiquing at "Out of the Cedar Chest" 10:30 Wii Bowling 12:00 Senior Ctr. Bingo</p>
	<p>8:00 Fellowship & Coffee</p> <p>9:00 Tap Fit Gold</p> <p>10:00 Music Hour by <i>HeartSong</i></p> <p>10:30 Grocery Store</p> <p>12:00 BINGO hosted by RIGHT AT HOME</p>	<p>8:00 Fellowship & Coffee</p> <p>9:00 L.I.F.T. Exercise</p> <p>10:00 ERRANDS</p> <p>10:00 Advisory Board Meeting</p> <p>12:00 Senior Ctr. Bingo</p>	<p>8:00 Fellowship & Coffee</p> <p>8:30 Lattes of Love</p> <p>9:00 B.P. Checks by Health Dept.</p> <p>10:00 Tai Chi w/ Chris</p> <p>10:30 Grocery Store</p> <p>11:00 Appointments w/WellCare</p> <p>11:00 Bingo by Well Care</p>	<p>8:00 Fellowship & Coffee</p> <p>9:00 Gentle Yoga</p> <p>10:00 Word Search</p> <p>10:30 BINGO hosted by HAMILTON PLACE</p> <p>12:00 Senior Ctr. Bingo</p>
<p>8:00 Fellowship & Coffee</p> <p>8:30 Senior Life Center Salon</p> <p>9:00 IT'S CATFISHING TIME</p> <p>10:00 ERRANDS</p> <p>11:00 BirthDay Celebration</p> <p>12:00 Remembering Grandparents</p>	<p>8:00 Fellowship & Coffee</p> <p>9:00 Nutrition Program</p> <p>10:00 Seated Zumba w/ Cat</p> <p>11:00 Trivia</p> <p>12:00 Tuesday Bingo</p>	<p>8:00 Fellowship & Coffee</p> <p>8:30 HAMRICK'S ANDERSON, SC</p> <p>9:00 L.I.F.T. Exercise</p> <p>9:30 Music Hour by <i>HeartSong</i></p> <p>10:00 ERRANDS</p> <p>12:00 CREATIVE DANCE</p>	<p>8:00 Fellowship & Coffee</p> <p>9:00 Grief Counseling</p> <p>9:00 Tap Fit Gold</p> <p>9:00-11:00 FLU SHOT CLINIC Sponsored by Walgreens</p> <p>9:00 Massages by <i>Mind, Heart & Body</i></p> <p>12:00 Thursday Bingo</p>	<p>8:00 Fellowship & Coffee</p> <p>9:00 Medicare 101</p> <p>10:00 Jaemor Farms</p> <p>11:00 Hand Massages <i>Mind, Heart & Body</i></p>  <p>12:00 Senior Ctr. Bingo</p>
<p>8:00 Fellowship & Coffee</p> <p>8:30 Water Fitness</p> <p>10:00 ERRANDS</p> <p>10:00 Walmart Shopping</p> <p>10:00 Blood Pressure checks w/ Kindred Hospice- Gainesville</p> <p>11:00 Word Search Puzzles</p> <p>12:00 Senior Ctr. Bingo</p>	<p>8:00 Fellowship & Coffee</p> <p>9:00 Gardøn Club</p>  <p>10:00 Seated Zumba w/ Cat</p> <p>10:30 Grocery Store</p> <p>10:45 BINGO hosted by CARE PATROL</p> <p>12:00 Tuesday Bingo</p>	<p>8:00 Fellowship & Coffee</p> <p>9:00 L.I.F.T. Exercise</p> <p>9:00 Breakfast Club</p> <p>10:00 ERRANDS</p> <p>11:00 BirthDay Celebration</p> <p>12:00 Senior Ctr. Bingo</p>	<p>8:00 Fellowship & Coffee</p> <p>9:00 Breakfast & Talent Show w/ East Hall High School</p> <p>10:00 Tai Chi w/ Chris</p> <p>10:45 Fun & Games w/Humana</p> <p>GEORGIA MOUNTAIN FOOD BANK DISTRIBUTION</p> <p>12:00 Thursday Bingo</p>	<p>8:00 Fellowship & Coffee</p> <p>8:30 Water Fitness</p> <p>9:00 MASTER GARDENER'S FALL GARDEN EXPO \$2</p> <p>10:00 Sept. Hodgepodge</p> <p>11:45 Root Beer Floats</p> <p>12:15 Senior Ctr. Bingo</p>

26	27	28	29	30
8:00 Fellowship & Coffee 8:30 Water Fitness 9:45 Bingo at North Hall 10:00 ERRANDS 10:00 Price Is Right 12:00 Senior Ctr. Bingo	8:00 Fellowship & Coffee 8:30 Lattes of Love 9:00 Arts & Crafts w/ Shelia and <i>Gracious Interiors</i> 10:00 Standing Zumba w/ Cat 12:00 Tuesday Bingo	8:00 Fellowship & Coffee 9:00 L.I.F.T. Exercise 9:30 Jaemor Farms 10:00 ERRANDS 11:00 Senior Center Surprise 12:00 CREATIVE DANCE	8:00 Fellowship & Coffee 8:30 Senior Life Ctr. Salon **IN HOUSE YARD SALE** 9:00 Fall Craft with Michelle 10:00 Tai Chi w/ Chris 11:00 Appointments w/Well Care 12:00 Ice Cream Social by Essence Medicare 12:00 Bingo by WellCare	8:00 Fellowship & Coffee 8:30 Water Fitness 9:30 IT'S CATFISHING TIME 10:00 Walking In Mid-Town  12:00 Senior Ctr. 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.