

JANUARY





GAINESVILLE-HALL COUNTY SENIOR LIFE CENTER-NUTRITION PROGRAM


2023

Monday - Friday 8 am - 1 pm

434 Prior Street, SE Gainesville, Georgia 30501

Telephone: (770) 503-3331

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>SENIOR LIFE CTR. CLOSED</p> 	<p>3</p> <p>8:00 Fellowship & Coffee</p> <p>9:00 Tap Fit Gold</p> <p>10:00 Music Hour by HeartSong</p> <p>10:30 Grocery Store-Kroger</p> <p>12:00 Tuesday Bingo</p>	<p>4</p> <p>8:00 Fellowship & Coffee</p> <p>9:00-12:00 New Memberships</p> <p>10:00 Dollar Tree</p> <p>11:00 Word Find Puzzles</p> <p>12:00 January Birthday Celebration</p> 	<p>5</p> <p>8:00 Fellowship & Coffee</p> <p>9:00 Covid 19 Booster Shots and B.P. Checks by Hall County Health Dept.</p> <p>9:00 <i>Massages by Kristi</i></p> <p>10:00 Tai Chi w/ Chris</p> <p>12:00 Thursday Bingo</p>	<p>6</p> <p>8:00 Fellowship & Coffee</p> <p>9:30 Fit Friday Exercise</p> <p>10:00 BINGO hosted by AFFINIS HOSPICE</p> <p>12:00 Wheel-of-Fortune</p>
<p>9</p> <p>8:00 Fellowship & Coffee</p> <p>8:30 SLC Salon</p> <p>9:30 Spiritual Enrichment</p> <p>11:00 Virtual Seated Exercise</p> <p>12:00 Ice Cream Walk</p>	<p>10</p> <p>8:00 Fellowship & Coffee</p> <p>8:30 Lattes of Love</p> <p>9:00 Nutrition w/ Jessie</p> <p>10:00 Seated Zumba w/ Cat</p> <p>10:00 Doctor Appointments</p> <p>12:00 Tuesday Bingo</p>	<p>11</p> <p>8:00 Fellowship & Coffee</p> <p>9:00 <i>Gentle Yoga</i></p> <p>9:00-12:00 New Memberships</p> <p>12:00 CREATIVE DANCE</p>	<p>12</p> <p>8:00 Fellowship & Coffee</p> <p>9:00 Pictionary</p>  <p>10:00 Tai Chi w/ Chris</p> <p>GEORGIA MOUNTAIN FOODBANK DISTRIBUTION</p>	<p>13</p> <p>8:00 Fellowship & Coffee</p> <p>9:00 Fit Friday Exercise</p> <p>9:00 Rescheduled*</p> <p><i>Red Hat Christmas Tea</i></p> <p>10:00 Walmart</p> <p>12:00 Senior Ctr. Bingo</p>
<p>16</p> <p>SENIOR LIFE CENTER CLOSED</p> 	<p>17</p> <p>8:00 Fellowship & Coffee</p> <p>9:00 Garden Club</p> <p>10:00 Seated Zumba w/ Cat</p> <p>10:30 Grocery Store - J&J</p> <p>10:45 Bingo hosted by CARE PATROL</p> <p>12:00 Tuesday Bingo</p>	<p>18</p> <p>8:00 Fellowship & Coffee</p> <p>9:00 <i>Gentle Yoga</i></p> <p>9:00-12:00 New Memberships</p> <p>9:30 Jaemor Farms</p> <p>11:00 Group Crossword</p> <p>12:00 Tea Time</p>	<p>19</p> <p>8:00 Fellowship & Coffee</p> <p>9:00 Tap Fit Gold</p> <p>9:00 <i>Hand Massages by Kristi</i></p> <p>10:00 Doctor Appointments</p> <p>11:00 Presentation by <i>Habitat For Humanity</i></p> <p>12:00 Thursday Bingo</p>	<p>20</p> <p>8:00 Fellowship & Coffee</p> <p>9:00 Fit Friday Exercise</p> <p>9:30 Georgia Institute of Cosmetology</p> <p>10:00 Word Search Puzzles</p> <p>11:00 Cake Walk</p>
<p>23</p> <p>8:00 Fellowship & Coffee</p> <p>10:00 Blood Pressure Checks w/ Gentiva Hospice-Gainesville</p> <p>11:00 Virtual Seated Exercise</p>  <p>12:00 January Birthday Celebration</p>	<p>24</p> <p>8:00 Fellowship & Coffee</p> <p>8:30 Lattes of Love</p> <p>10:00 Standing Zumba w/ Cat</p> <p>11:00 Lunch at Panera Bread</p> <p>12:00 Tuesday Bingo</p>	<p>25</p> <p>8:00 Fellowship & Coffee</p> <p>9:00 <i>Gentle Yoga</i></p> <p>9:00-12:00 New Memberships</p> <p>10:00 Checkers & Cards</p> <p>11:00 Lunch</p> <p>12:00 CREATIVE DANCE</p>	<p>26</p> <p>8:00 Fellowship & Coffee</p> <p>8:30 SLC Salon</p> <p>10:00 Tai Chi w/ Chris</p>  <p>11:00</p> <p>12:00 Thursday Bingo</p>	<p>27</p> <p>8:00 Fellowship & Coffee</p> <p>9:00 Fit Friday Exercise</p> <p>10:00 Shopping for Beads</p> <p>11:00 Cheese Toss</p> <p>12:00 S.W.A.T. Ball</p>

<p>30</p> <p>8:00 Fellowship & Coffee</p> <p>9:30 Bingo at North Hall</p> <p>10:00 Wii Bowling</p> <p>11:00 Virtual Seated Exercise</p>	<p>31</p> <p>8:00 Fellowship & Coffee</p> <p>9:00 Shopping at Goodwill</p> <p>10:00 National Hot Chocolate Day</p>  <p>10:30 Beading Class</p> <p>12:00 Tuesday Bingo</p>	<p>Just a Reminder: Please remember to sign-up for Lunch on Mondays for the following week</p>	<p>DON'T FORGET TO BE AWESOME.</p>	<p><u>THOUGHT FOR THE MONTH</u></p> <p>WITHOUT WINTER... SPRING WOULD NOT BE SO WELCOME!!!</p>
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@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.