

MARCH 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>THOUGHT FOR THE MONTH LOVE WHO YOU CAN HELP WHERE YOU CAN GIVE WHAT YOU CAN</p>		<p>8:00 Fellowship & Coffee</p> <p>9:00 The Senior Life Center Is Going to Dawsonville Outlets For A Day Of Shopping, Lunch and Fun!!!</p>	<p>8:00 Fellowship & Coffee</p> <p>9:00 B.P. Checks by Hall County Health Depart.</p> <p>9:00 <i>Massages by Kristi</i></p> <p>10:00 Tai Chi</p> <p>10:00 Medical Appointments</p> <p>12:00 Thursday Bingo</p>	<p>8:00 Fellowship & Coffee</p> <p>9:00 Fit Friday Exercise</p>  <p>10:00 BINGO hosted by AFFINIS HOSPICE</p> <p>12:00 Getting To Know "U"</p>
<p>8:00 Fellowship & Coffee</p> <p>8:30 Senior Life Center Salon</p> <p>9:00 Food Demonstration w/ Lisa</p> <p>10:00 Spiritual Enrichment</p> <p>10:30 Drum Fit</p>	<p>8:00 Fellowship & Coffee</p> <p>9:00 Tap Fit Gold</p> <p>10:00 129 Salvage</p> <p>10:30 Billiards</p> <p>12:00 Tuesday Bingo</p>	<p>8:00 Fellowship & Coffee</p> <p>9:00-12:00 New Member Orientation</p> <p>9:00 <i>Gentle Yoga</i></p> <p>10:00 Easter Spring Craft Limit 10</p> <p>10:30 Computer Class</p> <p>12:00 March Birthday Celebration</p>	<p>8:00 Fellowship & Coffee</p> <p>9:00 Virtual Brain Games</p> <p>10:00 Tai Chi</p> <p>11:00 Color Relaxation</p>  <p>GEORGIA MOUNTAIN FOODBANK DISTRIBUTION</p>	<p>8:00 Fellowship & Coffee</p> <p>9:00 Fit Friday Exercise</p> <p>10:30 Bingo & Lunch at <i>The Landings</i></p> <p>10:30 Cheese Toss</p> <p>12:00 Beading Class</p>
<p>8:00 Fellowship & Coffee</p> <p>9:00 Wii Bowling</p> <p>10:00 Medical Appointments</p> <p>10:30 Drum Fit</p> <p><i>12:00 Hot Fudge Sundaes on a Monday!!!</i></p> 	<p>8:00 Fellowship & Coffee</p> <p>9:00 Nutrition w/ Jessie</p> <p>10:00 Seated Zumba</p> <p>11:00 Word Search Puzzles</p> <p>12:00 Tuesday Bingo</p>	<p>9:00-12:00 New Member Orientation</p> <p>9:00 <i>Gentle Yoga</i></p> <p>9:30 Craft at North Hall w/ Michele</p> <p>10:30 Computer Class</p> <p>11:00 Lunch</p> <p>11:00 Project Bloom</p> <p>12:00 CREATIVE DANCE</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 Karaoke</p> <p>12:00 Thursday Bingo</p>	<p>9:00 Fit Friday Exercise</p> <p>9:45 Shopping at Switch it Up</p> <p>10:00 Wii Bowling</p>  <p>12:30 Virtual Games</p>
<p>8:00 Fellowship & Coffee</p> <p>9:00 Sugar Scrub Craft with Patty ~ Limit 8</p> <p>10:00 Blood Pressure checks w/ Gentiva Hospice - Gainesville</p> <p>10:30 Drum Fit</p> <p>11:00 Pictionary</p> <p>12:00 Wellness Bingo</p>	<p>8:00 Fellowship & Coffee</p> <p>9:00 Lattes of Love Café</p>  <p>10:00 Seated Zumba</p> <p>10:45 Bingo hosted by WellCare (Appointments available for phones)</p> <p>12:00 Tuesday Bingo</p>	<p>8:00 Fellowship & Coffee</p> <p>9:00-12:00 New Member Orientation</p> <p>9:00 <i>Gentle Yoga</i></p> <p>10:00 Outing to Restore</p> <p>10:30 Virtual Brain Games</p> <p>12:00 Medicare Fraud Presentation</p>	<p>8:00 Fellowship & Coffee</p> <p>8:30 Senior Life Center Salon</p> <p>10:00 Tai Chi</p>  <p>11:00 Songs by Lisa Driskill</p> <p>12:00 Thursday Bingo</p>	<p>8:00 Fellowship & Coffee</p> <p>9:00 Fit Friday Exercise</p> <p>9:30 Walmart and Lunch at Golden Buddha</p> <p>10:00 Cards & Checkers</p> <p>12:00 Kick Ball</p>

27	28	29	30	31
8:00 Fellowship & Coffee 9:30 North Hall Bingo 10:00 Cheese Toss Game 10:30 Drum Fit 12:00 Beading Class	8:00 Fellowship & Coffee 9:00 Garden Club 10:00 Seated Zumba 11:00 Trivia 12:00 Tuesday Bingo	8:00 Fellowship & Coffee 9:00-12:00 New Member Orientation 9:00 Color Relaxation 9:00 Breakfast Club 10:30 Computer Class 11:00 Lunch 12:00 CREATIVE DANCE	8:00 Fellowship & Coffee 9:00 Popcorn & Movie 10:00 Manicure a Friend 10:45 MEN IN BLACK 11:00 Virtual Exercise 12:00 Thursday Bingo	8:00 Fellowship & Coffee 9:00 Fit Friday Exercise 10:00 Paint and Sip Class Class Limit: 8  12:00 March Birthday Celebration



@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.