


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>8:00 Fellowship & Coffee</p> <p>9:00 Fit Friday Exercise</p> <p>10:00 Bingo by Affinis Hospice</p> <p>10:45 Dining with Friends "Members Choice"</p> <p>12:00 BRAIN Games</p>
<p>WE WILL BE CLOSED ON LABOR DAY</p>	<p>8:00 Fellowship & Coffee</p> <p>9:00 Tap Fit Gold</p> <p>10:00 Puzzles, Cards and Checkers</p> <p>11:00 Wheel-of-Fortune</p> <p>12:00 Tuesday Bingo</p>	<p>8:00 Fellowship & Coffee</p> <p>9:00 Craft w/ Patty</p> <p>10:00 MEXICAN TRAIN DOMINOS</p> <p>10:00 Computer Class</p> <p>10:30 Drum Fit 2</p> <p>12:00 BINGO BY LIFE BENEFITS SERVICES</p>	<p>8:00 Fellowship & Coffee</p> <p>9:00 Blood Pressure Checks</p> <p>9:00 Massages by Kristi</p> <p>10:00 THURSDAY BINGO</p> <p>10:30 Crochet Class</p> <p>11:00 Virtual Exercise</p> <p>12:00 Fyzical Therapy & Balance Center</p>	<p>8:00 Fellowship & Coffee</p> <p>9:00 Fit Friday Exercise</p> <p>10:00 Fall Napkin Holder Craft</p> <p>12:00 September Birthday Celebration</p>
<p>8:00 Fellowship & Coffee</p> <p>8:30 Senior Life Ctr. Salon</p> <p>9:30 Spiritual Enrichment</p> <p>10:00 Canasta</p> <p>10:30 Drum Fit 1</p> <p>10:45 Nail Painting</p> <p>11:00 Walking at Butler Park</p>	<p>8:00 Fellowship & Coffee</p> <p>9:00 Fall Wooden Craft (Limit 10)</p> <p>10:00 Seated Zumba</p> <p>11:00 Tuesday Bingo</p> <p>12:00 Pet Therapy </p>	<p>8:00 Fellowship & Coffee</p> <p>9:00 Gentle Yoga</p> <p>10:00 Mexican Train Dominos</p> <p>10:00 Computer Class</p> <p>10:30 Drum Fit 2</p> <p>11:00 Project Bloom</p> <p>11:00 Lunch</p> <p>12:00 Creative Dance</p>	<p>8:00 Fellowship & Coffee</p> <p>9:00 Lets Go Catfishing !!!</p> <p>9:00 WEIGHT4it w/ Cat</p> <p>10:30 Crochet Class</p> <p>Georgia Mountain Food Bank Distribution</p>	<p>8:00 Fellowship & Coffee</p> <p>9:00 Fit Friday Exercise</p> <p>10:00 WALMART</p> <p>11:00 </p> <p>12:00 Cake Walk</p>
<p>8:00 Fellowship & Coffee</p> <p>9:00 Craft w/ Patty</p> <p>9:30 Spiritual Enrichment</p> <p>10:00 Blood Pressure Checks w/Gentiva Hospice-Gainesville</p> <p>10:00 Canasta</p> <p>10:30 Drum Fit 1</p> <p>10:45 Nail Painting</p> <p>12:00 Sept. Birthday Celeb.</p>	<p>8:00 Fellowship & Coffee</p> <p>9:00 Coffee with A Cop</p> <p>10:00 Seated Zumba</p> <p>10:45 Well Care</p> <p>12:00 Tuesday Bingo</p>	<p>8:00 Fellowship & Coffee</p> <p>9:00 Gentle Yoga</p> <p>10:00 Computer Class</p> <p>10:00 Social Security Presentation</p> <p>10:00 Mexican Train Dominos</p> <p>10:30 Drum Fit 2</p> <p>11:00 Lunch</p> <p>12:00 Creative Dance</p>	<p>8:00 Fellowship & Coffee</p> <p>9:00 Weight4it with Cat</p> <p>9:00-11:00 Hand Massage by Kristi </p> <p>10:00 Tai Chi w/ Chris</p> <p>10:30 Crochet Class</p> <p>12:00 THURSDAY BINGO</p>	<p>8:00 Fellowship & Coffee</p> <p>9:00 Fit Friday Exercise</p> <p>9:30 Word Search & Crossword Puzzles</p> <p>9:45 Jaemor Farms</p> <p>12:00 Hot Apple Cider</p>

25	26	27	28	29
8:00 Fellowship & Coffee 9:30 Bingo at North Hall Community Center  10:00 Canasta 10:30 Drum Fit 1 10:45 Nail Painting 12:00 Beading	8:00 Fellowship & Coffee 9:00 Music Hour w/ HeartSong 10:00 Seated Zumba 10:45 Group Crossword Puzzle 12:00 Tuesday Bingo	8:00 Fellowship & Coffee 8:30 Senior Life Ctr. Salon 9:00 Gentle Yoga 10:00 Computer Class 10:00 Mexican Train Dominos 10:30 Drum Fit 2 12:00 NGHS Hospice	8:00 Fellowship & Coffee 9:00 Nutrition 9:00 Weight4it with Cat 10:00 Tai Chi w/ Chris 10:30 Crochet Class 11:00 Craft Class by: Caritas Hospice "Limit 10" 12:00 THURSDAY BINGO	8:00 Fellowship & Coffee 9:00 <i>All Day Outing at: Falls Prevention EXPO at North Hall Community Center</i> <i>*Lunch will be provided*</i>



@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.