

**FEBRUARY GAINESVILLE-HALL COUNTY SENIOR LIFE CENTER-NUTRITION PROGRAM**

**2024**

Monday -Friday 8 am - 1 pm

434 Prior Street, SE Gainesville, Georgia 30501 Telephone: (770) 503-3331

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>Sign-up w/ Marcela for the February: 10 Minute Walking challenge!!!</b></p>	<p><b>AARP TAX-AIDE</b>  <b>"By Appointment Only"</b>                      Gainesville-Hall County Senior Life Center                      Wed. Only: 973-348-5327                      or                      Hall County Library-Murrayville                      Mon. and Tue. Only                      770-532-3311 ext. 171</p>	<p><b>SIGN-UP FOR FREE COMPUTER CLASSES AT THE SENIOR LIFE CENTER FOR MORE INFO. CALL: 770-503-3336</b></p> 	<p>8:30 SLC SALON                      9:00 Blood Pressure Checks                      Hall County Health Dept.                      9:00 Massages by Kristi                      10:00 SLC Council Meeting  <b>10:00 Tai Chi</b>                      10:30 One,Two Needle Crafters                      11:45 Heart Healthy Minutes  <b>12:00 THURSDAY BINGO</b></p>	<p>8:00 Fellowship &amp; Coffee                      9:30 Fit Friday Exercise                      10:00 Bingo with Affinis Hospice                      12:00 Pop Corn &amp; Coke</p> 
<p>8:00 Fellowship &amp; Coffee                      9:00 Canasta                      9:30 Spiritual Enrichment                      10:30 Drum Fit 1                      11:00 Craft w/ Patty                      12:00 February Birthday Celebration</p>	<p>8:00 Fellowship &amp; Coffee                      9:00 Tap Fit Gold                      10:00 Walmart                      11:00 Tuesday Bingo                      12:00 Gentle Stretching</p>	<p>8:00 Fellowship &amp; Coffee                      9:00 Chick-fil-A Bingo                      9:00 Mexican Train Dominos                      10:00 Color Relaxation                      10:00 Computer Class                      10:30 Drum Fit 2                      12:00 Hodge Podge</p>	<p>8:00 Fellowship &amp; Coffee                      9:00 Weight 4it  <b>10:00 Tai Chi</b>                      10:30 One,Two Needle Crafters                      11:00 Thursday Bingo                      11:45 Heart Healthy Minutes  <b>12:00 FOOD BANK DISTRIBUTION</b></p>	<p>8:00 Fellowship &amp; Coffee                      9:30 Fit Friday Exercise                      10:00 129 Salvage                      12:00 Billiards</p>
<p>8:00 Fellowship &amp; Coffee                      9:00 Canasta                      9:30 Valentines Color Relaxation                      10:30 Drum Fit 1                      11:00 Valentines Treats                      12:00 Black History Month Word Search</p>	<p>8:00 Fellowship &amp; Coffee                      8:30 Senior Life Center Salon                      10:00 Seated Zumba                      10:45 Valentine Craft with North Hall Community Ctr.                      11:00 Tuesday Bingo                      12:00 Gentle Stretching</p>	<p>8:00 Fellowship &amp; Coffee                      9:00 Mexican Train Dominos                      9:00 Gentle Yoga                      10:00 Computer Class                      10:00 Valentines Day Bingo                      10:30 Drum Fit 2                      12:00 Creative Dance</p> 	<p>8:00 Fellowship &amp; Coffee                      9:00 Weight 4it                      9:00 Hand Massages  <b>10:00 Breakfast at Chick-Fil-A</b>                      10:30 One,Two Needle Crafters  <b>11:00 Project Bloom</b>                      11:45 Heart Healthy Minutes  <b>12:00 Thursday Bingo</b></p>	<p>8:00 Fellowship &amp; Coffee                      9:30 Fit Friday Exercise</p>  <p>10:30 Food Demonstration with Marcela "Healthy Heart Snacks"</p>
<p>8:00 Fellowship &amp; Coffee                      9:00                       9:30 Spiritual Enrichment                      10:30 Drum Fit 1                      11:00 Presidents Day Trivia  <b>12:00 Bingo Sponsored by Cigna Healthcare</b></p>	<p>8:00 Fellowship &amp; Coffee  <b>9:00 Coffee &amp; a Cop</b>                      10:00 Seated Zumba  <b>11:00 Craft w/ Patty</b>                      11:45 Tuesday Bingo                      12:00 Gentle Stretching</p>	<p>8:00 Fellowship &amp; Coffee  <b>9:00 Mexican Train Dominos</b>                      9:00 Gentle Yoga                      10:00 Computer Class                      10:30 Drum Fit 2                      12:00 Health Education "Nutrition"                      by: Hall County Health Dept.</p>	<p>8:00 Fellowship &amp; Coffee  <b>10:00 Tai Chi</b>                      10:00 Color Relaxation                      10:30 One,Two Needle Crafters                      11:00 Craft Class with Caritas Hospice                      11:45 Heart Healthy Minutes  <b>12:00 Thursday Bingo</b></p>	<p>8:00 Fellowship &amp; Coffee                      9:30 Fit Friday Exercise                      10:00 Jaemor Farms                      11:00 Brain Games                      12:00 February Birthday Celebration</p>

<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	
8:00 Fellowship & Coffee 9:00 Canasta 9:30 Outing to Mall of Georgia & Lunch at Raising Canes 12:00 Word Search Puzzles	8:00 Fellowship & Coffee 9:00 <b>WHEEL OF FORTUNE</b> 10:00 Seated Zumba 11:00 Tuesday Bingo 12:00 <b>Gentle Stretching</b>	8:00 Fellowship & Coffee 9:00 Mexican Train Dominos 9:00 Gentle Yoga 9:30 Garden Club 10:00 Computer Class 10:30 Drum Fit 2 12:00 <b>Creative Dance</b>	8:00 Fellowship & Coffee 9:00 HeartSong Music Therapy 10:30 One,Two Needle Crafters 11:00 Beautiful Singing by Mrs. Alpha Wills 11:45 Heart Healthy Minutes 12:00 <b>THURSDAY BINGO</b>	



@ccoagainesvillehall

**"Please Remember to call T & T Transportation to cancel your ride at 706-564-8652 or 706-664-8418 if you not plan on attending the Senior Life Center"**

**T&T Transportation Main Office Number:706-297-0183**

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.*