

OCTOBER

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>Nov. 21 (Thur.) at 11:00 \$5.00 Reservation fee due by Nov. 7 (For SLC Members Only)</p>	<p>1</p> <p>8:30 SLC Salon 9:00 Tap Fit Gold 9:00 Mexican Train Dominoes 9:30 Fall Craft at North Hall 10:00 Minuto en Spanish 11:00 Wii Bowling 12:00 Tuesday Bingo</p>	<p>2</p> <p>8:00 Fellowship & Coffee 9:00 Chick-fil-A Bingo 9:00 Mindfulness w/ Raul 9:00 Mexican Train Dominoes 10:00 Computer Class 10:00 Value Village 12:00 Word Games</p>	<p>3</p>  <p>9:00 & B.P. Checks/ Health Dept. 9:00 Massages by Kristi 9:00 CANASTA 10:00 SLC Council Meeting 10:00 Paint Class 10:30 DRUM FIT 12:00 Thursday Bingo</p>	<p>4</p> <p>8:00 Fellowship & Coffee 9:00 Mindfulness w/ Raul 9:45 Fit Friday Exercise 10:30 Bingo with Affinis Hospice 12:00 Wheel-of-Fortune</p>
<p>7</p> <p>8:00 Fellowship & Coffee 9:00 Mindfulness w/ Raul 9:00 CANASTA 9:30 Spiritual Enrichment 10:30 DRUM FIT 11:00 Lunch at Golden Corral 12:00 October Birthday Celebration</p>	<p>8</p>  <p>8:00 Fellowship & Coffee 9:00 Mexican Train Dominoes 9:30 Man-iacs Club 10:00 Seated Zumba 10:45 Garden Club 11:00 Minuto en Spanish 12:00 Tuesday Bingo</p>	<p>9</p> <p>8:00 Fellowship & Coffee 9:00 Mindfulness w/ Raul 9:00 Mexican Train Dominoes 10:00 Computer Class 10:00 Walking at Midland 11:00 Lunch 12:00 Creative Dance</p>	<p>10</p>  <p>8:00 Fellowship & Coffee 9:30 12:00 Food Bank</p>	<p>11</p> <p>8:00 Fellowship & Coffee 9:00 Mindfulness with Raul 9:45 Fit Friday Exercise 11:00 Senior Life Center closed for Volunteer Luncheon</p>
<p>14</p> <p>9:00 Senior Life Center Outing to BRADLEY'S PUMPKIN PATCH Dawsonville, Ga. (ALL DAY ACTIVITY)</p> 	<p>15</p> <p>8:00 Fellowship & Coffee 9:00 Pruitt Health Coffee & Donut Social 9:00 Mexican Train Dominoes 10:00 Seated Zumba 11:00 Minuto en Spanish 12:00 Tuesday Bingo</p>	<p>16</p> <p>8:00 Fellowship & Coffee 8:30 SLC Salon 9:00 Mindfulness w/ Raul 9:00 Mexican Train Dominoes 10:00 Nail Painting 10:00 Computer Class 10:00 Tai Chi 10:45 Songs by Lisa 12:00 Balloon Volley Ball</p>	<p>17</p> <p>8:00 Fellowship & Coffee 9:00 CANASTA 9:00 Hand Massages by Kristi 9:30 Student Volunteers 10:00 Wooden Art 10:30 DRUM FIT 12:00 Thursday Bingo</p>	<p>18</p> <p>8:00 Fellowship & Coffee 9:00 Mindfulness with Raul 9:45 Fit Friday Exercise 10:00 Fall Color Relaxation 12:00 Bingo with Hamilton Place</p>
<p>21</p> <p>8:00 Fellowship & Coffee 9:00 CANASTA 9:00 Mindfulness with Raul 9:30 Spiritual Enrichment 10:30 DRUM FIT 12:00 Bingo with HUMANA</p>	<p>22</p> <p>9:00 Jewelry & More Sale 9:00 Mexican Train Dominoes 9:00 Music Hour 9:30 Man-iacs Club 10:00 Seated Zumba 11:00 Minuto en Spanish 12:00 Tuesday Bingo</p>	<p>23</p> <p>8:00 Fellowship & Coffee 9:00 Mindfulness w/ Raul 9:00 Mexican Train Dominoes 9:45 129 Salvage Store 10:00 Computer Class 10:00 Gentle Stretching 11:00 Lunch 12:00 Creative Dance</p>	<p>24</p> <p>9:00 Jewelry & More Sale 9:00 CANASTA 9:30 Garden Club 9:30 Student Volunteers 10:00 Yarn Craft 10:30 DRUM FIT 11:00 Heart of Hospice 12:00 Thursday Bingo</p>	<p>25</p>  <p>8:00 Fellowship & Coffee 9:45 Fit Friday Exercise 10:15 Dollar Tree 12:00 October Birthday Celebration</p>

28	29	30	31	
8:00 Fellowship & Coffee 9:00 CANASTA 9:00 Mindfulness w/ Raul 9:30 Bingo at North Hall 10:00 Gainesville Library "Spices for Health" 11:00 Brain Games 12:00 Creamsicle Floats	8:00 Fellowship & Coffee 9:00 Mexican Train Dominoes 9:30 Walmart Shopping 10:00 Gentle Stretching 10:00 Red Hat Outing 11:00 Minuto en Spanish 12:00 Tuesday Bingo	8:00 Fellowship & Coffee 9:00 Mindfulness w/ Raul 9:00 Mexican Train Dominoes 10:00 Nail Painting 10:00 Computer Class 10:00 Tai Chi 11:00 Puzzle Pieces Pastries 12:00 Wellness Bingo	8:00 Fellowship & Coffee 9:30 Hall County Ext. Agency 10:30 DRUM FIT 11:00 Fall Party 	Donated items are being accepted for our Jewelry & More Sale that will be on Oct. 22&24. Proceeds will go toward our FRIENDSGIVING ON Nov. 21 



@ccoagainesvillehall

**"Please Remember to call Empire Transportation at the following number to cancel your ride
if you do not plan on attending the Senior Life Center"
404-663-2721**

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.