

DECEMBER

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>2</p> <p>8:00 Fellowship & Coffee 9:00 Mindfulness</p> <p>9:00 CANASTA 9:30 Spiritual Enrichment</p> <p>10:30 DRUM FIT 11:00 Golden Corral 12:00 First Day for Angel Tree Sponsors</p>	<p>3</p> <p>8:00 Fellowship & Coffee 9:00 Mexican Train Dominoes</p> <p>9:00 Weight 4 it 9:45 Shopping at Ross and Marshalls</p> <p>10:00 Nail Painting 10:30 MINUTO In Spanish 12:00 TUESDAY BINGO</p>	<p>4</p> <p>9:00 Mindfulness 9:00 Chick-fil-A Bingo 9:00 Mexican Train Dominoes</p> <p>10:00 Computer Class 10:00 Wheel-of-Fortune 10:45 Healthy Minute 11:00 Lunch 12:00 Creative Dance</p>	<p>5</p>  <p>At The Senior Life Center 1:00 pm - 4:00 pm</p>	<p>6</p> <p>8:00 Fellowship & Coffee 9:00 Wii Bowling 9:00 Mindfulness 9:45 Fit Friday Exercise</p> <p>10:30 Bingo with Affinis Hospice 12:00 Reindeer Games *last day to turn in \$10.00 for Johnny's Pizza</p>
<p>9</p> <p>9:00 Mindfulness 9:00 CANASTA 9:30 DRUM FIT 10:30 Celebration of Trees</p>  <p>& Lunch at Johnny's Pizza COST: \$10.00 12:00 Color Relaxation</p>	<p>10</p> <p>9:00 Mexican Train Dominoes 9:00 Music Hour by Heart Song 10:00 Seated Zumba 10:45 Garden Club: Norton Home Tour</p> <p>11:00 MINUTO In Spanish 12:00 Tuesday Bingo</p>	<p>11</p> <p>9:00 Mindfulness 9:00 Mexican Train Dominoes 10:00 Computer Class 10:00 Tai Chi</p>  <p>11:00 Healthy Minute with Medlink 12:00 PET THERAPY</p>	<p>12</p> <p>8:30 SLC SALON 9:00 CANASTA 9:00 Blood Pressure Checks w/ Hall County Health Dept. 9:30 Christmas Wooden Art Craft 10:30 DRUM FIT 11:00 TRIVIA 12:00 FOOD TRUCK</p>	<p>13</p> <p>8:00 Fellowship & Coffee 9:00 Mindfulness 9:45 Fit Friday Exercise 10:15 Lunch at The Carriage House in Jefferson, Ga.</p>
<p>16</p> <p>8:00 Fellowship & Coffee 9:00 CANASTA 9:00 Mindfulness 9:30 Spiritual Enrichment 10:30 DRUM FIT 11:00 Last day for Angel Tree Donations 12:00 Bingo w/ HUMANA</p>	<p>17</p> <p>9:00 Mexican Train Dominoes 9:00 Christmas Hot Cocoa Bar 9:30 Ugly Christmas Sweater Contest 10:00 MINUTO In Spanish <i>10:00 Nail Painting</i> 10:30 Virtual Exercise 12:00 White Elephant Gift Exchange</p>	<p>18</p> <p>9:00 Mindfulness 9:00 Mexican Train Dominoes 9:30 NORTH HALL BINGO 10:00 Computer Class 10:30 Christmas Word Search 11:00 Lunch 12:00 Creative Dance</p>	<p>19</p> <p>8:00 Fellowship & Coffee 9:00 CANASTA <i>9:00 Hand Massages by Kristi</i> 9:00 NUTRITION PRESENTATION 10:30 DRUM FIT 11:00 Heart of Hospice 12:00 THURSDAY BINGO</p>	<p>20</p> <p>8:00 Fellowship & Coffee 9:00 Beading 9:45 Fit Friday Exercise 10:30 CHRISTMAS PAJAMA PARTY</p>  <p>12:00 by Hamilton Place</p>
 <p>SENIOR LIFE CENTER CLOSED DEC. 23- JAN. 1, 2025</p>		<p>Hamricks Christmas Shopping Trip by: Montgomery Memorial Baptist Church December 10 (Tue.) COST: \$10.00 fee DEPART: 7:45am RETURN: 4:00pm **Must reserve your spot by: Dec.1. SLC Members Only</p>		<p><i>It's the little things that matter most!</i> <i>Enjoy the Holidays.</i></p> 



@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.