

MAY GAINESVILLE-HALL COUNTY SENIOR LIFE CENTER-NUTRITION PROGRAM 2025 Monday -Friday 8 am - 1 pm 434 Prior Street, SE Gainesville, Georgia 30501 Telephone: (770) 503-3331				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	 FLIP THE SCRIPT ON AGING: MAY 2025		1 8:00 Fellowship & Coffee 9:00 CANASTA 9:00 Nutrition Presentation 9:00 Blood Pressure Checks 9:30 Kentucky Derby Day Parade 9:45 Breakfast at Chick-fil-A 10:00 Paint Class 10:30 Drum Fit 12:00 THURSDAY BINGO	2 8:00 Fellowship & Coffee 9:45 Fit Friday w/ Ryan 10:00 Number Search 10:30 Bingo with Affinis Hospice 12:00 Cake Walk
5 8:00 Fellowship & Coffee 8:30 SLC SALON 9:00 CANASTA 9:30 Spiritual Enrichment 10:30 Drum Fit 11:00  12:00 Monday Bingo	6 8:00 Fellowship & Coffee 9:00 Massages by Kristi 9:00 Silver Sneakers: Weight 4 it 9:00 Mexican Train Dominoes 10:00 Spiritual Awakening 11:00 Nail Painting 11:45 Senior Planet: Affordable Home Internet	7 8:00 Fellowship & Coffee 9:00 Mexican Train Dominoes 9:00 Chick-Fil-A Bingo 9:30 MEDLINK: Craft 10:00 Virtual Zumba 10:30 Healthy Minute 11:00 Lunch 12:00 CREATIVE DANCE	8 8:00 Fellowship & Coffee 9:00 Special Mothers Day Breakfast sponsored by: Bethel AME Church 10:00 Animal Safari Day Dress Up Contest 12:00 FOOD BANK	9 8:00 Fellowship & Coffee 9:45 Fit Friday w/ Ryan  10:30 Farmers Market at Good News Clinic 11:00 Mothers Day Word Find 12:00 Senior Ctr. Bingo
12 8:00 Fellowship & Coffee 9:00 CANASTA 9:00 Shopping at Stonebridge Village Lunch at DYNA MITE 10:30 Drum Fit 11:00 Monday Bingo 12:00 Mindfulness w/ Windy	13 8:00 Fellowship & Coffee 9:00 Mexican Train Dominoes 9:30 Spiritual Awakening 10:00 Silver Sneakers: ZUMBA 11:45 Senior Planet: Password, Passkeys, & More	14 8:00 Fellowship & Coffee 9:00 Mexican Train Dominoes 9:30 Healthy Minute 10:00 Virtual Exercise 10:00  11:00 Brain Games 11:00 Blue Sky Concert 12:00 HUMANA BINGO	15 8:00 Fellowship & Coffee 9:00 Puzzles 10:30 Drum Fit 11:00 - 1:00 "DECADES PARTY" <i>Celebrating Older Americans Month</i> 	16 8:00 Fellowship & Coffee 9:45 Fit Friday w/ Ryan 10:30 Wheel-of-Fortune 11:00 Farmers Market at Good News Clinic 12:00 Bingo with Hamilton Place
19 8:00 Fellowship & Coffee 9:00 CANASTA 9:30 Spiritual Enrichment 9:30 North Hall Bingo 10:30 Drum Fit 12:00 Monday Bingo	20 8:00 Fellowship & Coffee 9:00 Hand Massages by Kristi 9:00 Mexican Train Dominoes 9:00 Lattes of Love 9:30 Spiritual Awakening 10:00 Silver Sneakers: Zumba 11:45 Senior Planet: Saving Money w/ Tech	21 8:00 Fellowship & Coffee 9:00 Mexican Train Dominoes 9:30 Healthy Minute 10:00 Happy Hour Bingo 10:00 Virtual Gentle YOGA 11:00 Lunch 12:00 CREATIVE DANCE	22 8:30 SLC SALON 9:00 CANASTA 9:30 Patriotic Day Contest 10:00 Memorial Day Craft 10:00 Bible Study & Lunch at Harper-Smith House 10:30 Drum Fit 11:00 Nail Painting 12:00 THURSDAY BINGO	23 8:00 Fellowship & Coffee 9:00 Cat fishing at Buford Dam 9:45 Fit Friday w/ Ryan 10:30 Movie Time  12:00 Color Relaxation

<div>26</div> 	<div>27</div> 8:00 Fellowship & Coffee 9:00 Mexican Train Dominoes 9:30 Spiritual Awakening 10:00 Silver Sneakers: ZUMBA 11:45 Senior Planet: Emoji's, GIF's, & More	<div>28</div> 8:00 Fellowship & Coffee 9:00 All Day Outing- Gainesville Gardens  ATLANTA BOTANICAL GARDEN <i>Gainesville</i> & Picnic at the Park \$5.00	<div>29</div> 8:00 Fellowship & Coffee 9:00 CANASTA 9:30 Craft by : Heart of Hospice 10:00 Dress as "Your Bestie" 10:30 Drum Fit 11:00 Ga. Legal Services 12:00 THURSDAY BINGO	<div>30</div> 8:00 Fellowship & Coffee 9:45 Fit Friday w/ Ryan 10:30 Bingo with  12:00 Farmers Market at Good News Clinic
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"CALENDAR ACTIVITIES ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE"



@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.