

JUNE

## 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
<b>2</b> 8:00 Fellowship & Coffee <b>9:00 CANASTA</b> <b>9:30 Spiritual Enrichment</b> 10:30 Drum Fit 11:00 Monday  12:00 Mindfulness w/Windy	<b>3</b> <b>8:30 SLC SALON</b> <b>9:00 Silver Sneakers:</b> <b>Weight 4 it</b> <b>9:00 Massages by Kristi</b> <b>9:00 Mexican Train Dominoes</b> <b>10:00 Spiritual Awakening</b> <b>10:30 Nail Painting</b> <b>11:45 Senior Planet:</b> <i>Online RX Drug Resources</i>	<b>4</b> 8:00 Fellowship & Coffee 9:00  Bingo <b>9:00 Mexican Train Dominoes</b> <b>10:00 Virtual Zumba</b> <b>10:30 Healthy Minute</b> <b>11:00 Lunch</b> <b>12:00 CREATIVE DANCE</b>	<b>5</b> 8:00 Fellowship & Coffee <b>9:00 CANASTA</b> <b>9:00 Blood Pressure Checks</b> w/ Hall County Health Dept. <b>10:00 Paint Class</b> <b>10:30 Drum Fit</b> <b>11:00 Red Hat Outing</b> <b>12:00 THURSDAY BINGO</b>	<b>6</b> 8:00 Fellowship & Coffee <b>9:45 Fit Friday w/ Ryan</b> <b>10:00 Word Search Puzzles</b> <b>10:30 Bingo with Affins Hospice</b> <b>12:00 June Birthday Celebration</b>
<b>9</b> 8:00 Fellowship & Coffee <b>9:00 CANASTA</b>  10:30 Drum Fit 11:00 Lunch at DYNA MITE 12:00 Monday Bingo	<b>10</b> 8:00 Fellowship & Coffee <b>9:00 Mexican Train Dominoes</b> <b>9:30 Spiritual Awakening</b> <b>10:00 Silver Sneakers:</b> <b>ZUMBA</b> <b>11:45 Senior Planet:</b> <i>Ai All Around</i>	<b>11</b> 8:00 Fellowship & Coffee <b>9:00 Mexican Train Dominoes</b> <b>9:00 Garden Club to Lavender Farm</b> <b>10:00 Virtual Exercise</b> <b>10:30 Healthy Minute</b> <b>12:00 HUMANA BINGO</b>	<b>12</b> 8:00 Fellowship & Coffee <b>9:00 CANASTA</b> <b>9:30 UGA Ext. Office</b> "The Importance of Staying Hydrated"  <b>10:30 Drum Fit</b> <b>11:00 Hall County Animal Services</b> <b>12:00 FOOD BANK</b>	<b>13</b> 8:00 Fellowship & Coffee <b>9:00 All Day Outing- Gainesville Gardens</b>  ATLANTA BOTANICAL GARDEN <i>Gainesville</i> <b>&amp; Picnic at the Park \$5.00</b>
<b>16</b> 8:00 Fellowship & Coffee <b>9:00 CANASTA</b> <b>9:30 Spiritual Enrichment</b> 10:30 Drum Fit 10:30 Gainesville Library: Get Creative In Your Kitchen <b>11:00 Monday Bingo</b> <b>12:00 Georgia Legal Services</b> <b>12:15 Mindfulness w/ Windy</b>	<b>17</b> <b>9:00 Academy of Beauty</b> <b>9:00 Mexican Train Dominoes</b> <b>9:00 Hand Massages by Kristi</b> <b>9:00 Lattes of Love</b> <b>9:30 Spiritual Awakening</b> <b>10:00 Silver Sneakers: ZUMBA</b> <b>10:30 Nail Painting</b> <b>11:45 Senior Planet:</b> <i>Sharing Photos w/ an I phone</i>	<b>18</b> 8:00 Fellowship & Coffee <b>9:00 Mexican Train Dominoes</b> <b>9:30 MEDLINK</b> <b>10:00 Happy Hour Bingo at Spout Spring Library</b> <b>10:30 Virtual Gentle Yoga</b> <b>11:00 Lunch</b> <b>12:00 CREATIVE DANCE</b>	<b>19</b> 8:00 Fellowship & Coffee <b>9:00 CANASTA</b> <b>9:30 Master Gardener Speaker</b> <b>10:00 Craft with Jennifer</b> <b>10:30 Drum Fit</b> <b>11:00 Side Car Smoothies</b> <b>12:00 THURSDAY BINGO</b>	<b>20</b> 8:00 Fellowship & Coffee <b>9:00 Catfishing at Buford Dam</b> <b>9:45 Fit Friday w/ Ryan</b> <b>10:30 Farmers Market at Good News Clinic</b> <b>12:00 Bingo with Hamilton Place</b>
<b>23</b> 8:00 Fellowship & Coffee <b>10:00 GEORGIA SENIOR FARMERS MARKET</b>  10:30 Drum Fit 12:00 Monday Bingo	<b>24</b> 8:00 Fellowship & Coffee <b>9:00 Mexican Train Dominoes</b> <b>9:30 Spiritual Awakening</b> <b>10:00 Silver Sneakers: ZUMBA</b> <b>11:45 Senior Planet:</b> <i>Online Shopping</i>	<b>25</b> 8:00 Fellowship & Coffee <b>9:00 Mexican Train Dominoes</b> <b>9:30 Healthy Minute</b> <b>10:00 Walmart SHOPPING</b> <b>10:00 Virtual Gentle Stretch</b> <b>12:00 Bingo Sponsored by: Future Solutions</b>	<b>26</b> 8:00 Fellowship & Coffee <b>9:00 CANASTA</b> <b>10:00 Craft with Jennifer</b> <b>10:30 Drum Fit</b> <b>11:00 Habitat for Humanity "Aging In Place"</b> <b>12:00 THURSDAY BINGO</b>	<b>27</b> 8:00 Fellowship & Coffee <b>9:00 Dahlonaga Butterfly Farm</b> <b>Fee: \$7.00</b>  <b>"ALL DAY OUTING"</b>

<p>30</p> <p>8:00 Fellowship &amp; Coffee</p> <p>9:30 North Hall Bingo</p> <p>10:30 Drum Fit</p> <p>11:00 June Birthday Celebration</p> <p>12:00 Monday Bingo</p>				
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**"CALENDAR ACTIVITIES ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE"**

**"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"**



@ccoagainesvillehall

**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.*