

JULY

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
	1 8:00 Fellowship & Coffee 9:00 Mexican Train Dominoes 9:00 Massages by Kristi 9:00 Silver Sneakers: Weight 4 it 10:00 Spiritual Awakening 10:00 NAILS BY AUGUST 11:45 Senior Planet: Watching Videos on You Tube	2 8:00 Fellowship & Coffee 9:00 Mexican Train Dominoes 9:00 Chick-fil-A Bingo 10:00 Healthy Minute 10:30 Virtual Zumba 11:00 Lunch 12:00 CREATIVE DANCE	"PATRIOTIC DAY" 3 8:30 SLC Salon 9:00 SLC Council Meeting 9:00 Blood Pressure Checks 9:30 Dress up & Parade Contest for 4th of July 10:00 Craft with Jennifer 10:30 Drum Fit 11:00 Pinnacle Bank Present. 12:00 THURSDAY BINGO	4 
7 8:00 Fellowship & Coffee 9:00 CANASTA 9:00 Dollar Tree 10:30 Drum Fit 11:00 ★HAPPY★ BIRTHDAY! 12:00 MONDAY BINGO	8 8:00 Fellowship & Coffee 9:00 Mexican Train Dominoes 9:30 Spiritual Awakening 10:00 Silver Sneakers: Zumba 11:45 Senior Planet: YouTube	9 8:00 Fellowship & Coffee 9:00 Mexican Train Dominoes 10:00 Virtual Exercise 10:00 Walmart 10:30 Healthy Minute w/ MEDLINK 12:00 COLOR RELAXATION	10 8:00 Fellowship & Coffee 9:00 CANASTA 9:30 Craft with  10:00 Group Crossword 10:30 Drum Fit 12:00 FOOD BANK	11 8:00 Fellowship & Coffee 9:45 Fit Friday w/ Ryan 10:30 Bingo by Affinis Hospice 11:00 Lunch at DYNA MITE BUFFET
14 8:00 Fellowship & Coffee 9:00 CANASTA 11:00 Monday Bingo 10:30 Drum Fit  11:00 12:00 Mindfulness w/ Windy	15 9:00 Hand Massages w/ Kristi 9:00 Lattes of Love 9:00 Mexican Train Dominoes 9:30 Spiritual Awakening 10:00 Silver Sneakers: Zumba 10:30 NAILS BY AUGUST 11:45 Senior Planet: Listening to Podcasts	16 8:00 Fellowship & Coffee 9:00 Mexican Train Dominoes 9:30 Healthy Minute 10:30 Happy Hour Bingo 10:30 Virtual  11:00 TRIVIA 12:00 HUMANA BINGO	17 8:00 Fellowship & Coffee 9:00 CANASTA 10:00 Craft with Jennifer 10:30 Drum Fit 12:00 THURSDAY BINGO	18 8:00 Fellowship & Coffee 9:00  at Buford Dam 9:45 Fit Friday w/ Ryan 12:00 Bingo with Hamilton Place
21 8:00 Fellowship & Coffee 9:00 CANASTA 10:30 Drum Fit 11:00 Bingo & Lunch at Hello Hilo 12:00 MONDAY BINGO	22 8:00 Fellowship & Coffee 9:00 Mexican Train Dominoes 9:30 Spiritual Awakening 10:00 Silver Sneakers: Zumba 10:30 My Sisters Place 11:45 Senior Planet: Instagram Basics	23 8:00 Fellowship & Coffee 9:00 Mexican Train Dominoes 10:00 Garden Club to Lowes 10:00 Virtual Exercise 10:30 Healthy Minute 12:00 Bingo by Future Solutions	24 8:00 Fellowship & Coffee 9:00 George E. Coleman Planetarium in Dahlonega, Ga.  FEE: \$2.00 "ALL DAY OUTING"	25 8:00 Fellowship & Coffee 9:45 Fit Friday w/ Ryan 10:30 Farmers Market at Good News Clinic 12:00 Ice Cream at La Michoacana

<p>28</p> <p>8:00 Fellowship & Coffee 9:00 CANASTA</p> <p>9:30 North Hall Bingo <small>10:30 using spices in cooking for health- Gainesville Library</small></p> <p>10:30 Drum Fit</p> <p>11:00 Monday Bingo 12:00 Mindfulness w/ Windy</p>	<p>29</p> <p>10:00 SENIOR LIFE CTR. BIG KAHUNA AMBASSADOR PAGEANT 11:00 - 1:00</p> 	<p>30</p> <p>9:00 Mexican Train Dominoes 9:30 GEORGIA MOUNTAIN FOOD BANK Healthy Eating Presentation</p> <p>10:30 Virtual Gentle Stretch 11:00 Lunch at Taco Mac 12:00 July Birthday Celebration</p>	<p>31</p> <p>8:00 Fellowship & Coffee</p> <p>9:00 CANASTA 9:30 Pastor O'Neal 10:00 Beading 10:30 Drum Fit 11:00 Home Health/ Custodial Care-NGMC 12:00 THURSDAY BINGO</p>	
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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. Lunch orders are taken on Thursday.

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.