





JANUARY GAINESVILLE-HALL COUNTY SENIOR LIFE CENTER-NUTRITION PROGRAM

2026

Monday -Friday 8 am - 1 pm 434 Prior Street, SE Gainesville, Georgia 30501 Telephone: (770) 503-3331

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A Matter of Balance Class at the Senior Life Center Every Mon: 10:00am-11:30am Jan. 26, 2026 - Mar. 16, 2026 Sponsored by: Legacy Link Please contact a Staff Member to sign-up.			 *Senior Life Center Closed*	SENIOR LIFE CENTER CLOSED
8:00 Fellowship & Coffee 9:00 Canasta 9:30 Spiritual Enrichment 10:30 Drum Fit 11:00 Monday Bingo 12:00 "2025" Year in Review	8:00 Fellowship & Coffee 9:00 Weight 4 it 9:00 Canasta 10:00 Nail Painting w/ August 10:00 Spiritual Awakening 10:30 Pinnacle Bank Presentation 11:45 <i>Senior Planet: Frauds & Scams</i>	8:00 Fellowship & Coffee 9:00 Card Games 9:00 Chick-fil-A Bingo 10:00 UNG Walking Program 10:30 Virtual Zumba 11:00 Lunch 12:00 CREATIVE DANCE	8:00 Fellowship & Coffee 9:00 Canasta 9:00 Blood Pressure Checks & Healthy Heart Program 9:00 Healthy Minute w/MedLink 9:00 Academy of Beauty 9:30 Beading w/Elizabeth 10:30 Drum Fit 12:00 Thursday Bingo	8:00 Fellowship & Coffee 9:00 Card Games 9:45 Fit Friday w/ Ryan 10:30 Bingo by Affinis Hospice 12:00 January Birthday Celebration
8:00 Fellowship & Coffee 9:00 Canasta 9:30 Spiritual Enrichment 10:30 Drum Fit 11:00 Humana Bingo 12:00 Monday Bingo	8:00 Fellowship & Coffee 9:00 Canasta 10:00 Silver Sneakers: ZUMBA 10:30 GA Heart Institute Cardiovascular Health 11:00 Spiritual Awakening 11:45 <i>Senior Planet: Fitness Apps</i>	8:00 Fellowship & Coffee 9:00 Card Games 9:30 Healthy Minute 10:00 Virtual Tai Chi 10:00 UNG Walking Program 10:30 Home & Garden Club 11:15 Lunch at Golden Corral 12:00 Color Relaxation	8:00 Fellowship & Coffee 9:00 Canasta 9:30 Craft with Heart of Hospice 10:30 Drum Fit 11:00 Lunch 11:45 Ga. Mountain Food Bank 12:00 PawPals with North Ga. Humane Society	8:00 Fellowship & Coffee 9:00 Card Games  9:45 Fit Friday w/ Ryan 10:30 Craft with Home Instead 10:30 Movie & Pop Corn 12:30 Sr. Life Ctr. Bingo
Senior Life Center Closed  Martin Luther King Jr. Day <small>This design is for commemorative use only. Not for use in any advertising.</small>	8:00 Fellowship & Coffee 9:00 Canasta 9:00 Lattes of Love 10:00 Silver Sneakers: ZUMBA 10:30 Nail Painting w/ August 10:45 Spiritual Awakening 11:45 <i>Senior Planet: Getting Started w/ You Tube</i>	8:00 Fellowship & Coffee 9:00 Card Games 9:00 Dollar Tree 9:30 Healthy Minute 10:00 Virtual Stretch 10:00 UNG Walking Program 11:00 Lunch 12:00 CREATIVE DANCE	8:00 Fellowship & Coffee 9:00 Canasta 10:00 Craft w/Stephanie 10:30 Drum Fit 12:00 Thursday Bingo 	8:00 Fellowship & Coffee 9:00 Card Games 9:45 Fit Friday w/ Ryan 10:30 Walmart Shopping 12:00 Martin Luther King Jr. Celebration Day

26	27	28	29	30
8:00 Fellowship & Coffee 9:00 Canasta 9:30 North Hall Bingo 10:00 Matter of Balance Class 10:30 Drum Fit 12:00 Monday Bingo	8:00 Fellowship & Coffee 9:00 Canasta 10:00 Silver Sneakers: ZUMBA 10:45 Spiritual Awakening <i>11:45 Senior Planet.</i> <i>Face Book Messenger</i>	8:00 Fellowship & Coffee 9:00 Card Games 9:30 Healthy Minute 10:00 Virtual Exercise 10:00 UNG Walking Program 12:00 January Birthday Celebration	8:00 Fellowship & Coffee 9:00 Canasta 9:30 Nutrition w/ Gwen 10:30 Drum Fit 11:00 Thursday Bingo 12:00 Bingo by Future Solutions	8:00 Fellowship & Coffee 9:00 QUINLAN VISUAL ARTS CENTER & LUNCH AT JOHNNYS PIZZA "ALL DAY ACTIVITY"

"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. Please see a Staff Member to order your lunch.

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.