



**FEBRUARY GAINESVILLE-HALL COUNTY SENIOR LIFE CENTER-NUTRITION PROGRAM**  
**Monday-Friday 8 am - 1 pm 434 Prior Street, SE Gainesville, Georgia 30501 Telephone: (770) 503-3331**

**2026**



| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|--|--|--|--|--|
| 2<br><b>8:00 Coffee &amp; Fellowship</b><br><b>9:00 CANASTA</b><br><b>10:00 Nail Painting w/ August</b><br><b>10:00 Matter of Balance</b><br><b>9:30 Spiritual Enrichment</b><br><b>10:30 Drum Fit</b><br><b>12:00 Monday Bingo</b><br><b>*Ground Hog Day*</b> | 3<br><b>8:00 Coffee &amp; Fellowship</b><br><b>9:00 Weight 4 it</b><br><b>9:00 CANASTA</b><br><b>9:45 Spiritual Awakening</b><br><b>10:15 Dollar Tree</b><br><b>11:45 Senior Planet: AI Image Generators</b>   | 4<br><b>8:00 Coffee &amp; Fellowship</b><br><b>9:00 Card Games</b><br>9:00<br>Bingo!<br><b>10:00 UNG Walking Program</b><br><b>10:30 Healthy Minute</b><br><b>11:00 MED LINK</b><br><b>12:00 CREATIVE DANCE</b>  | 5<br><b>8:00 Coffee &amp; Fellowship</b><br><b>9:00 CANASTA</b><br><b>9:00 Blood Pressure Checks w/ Hall County Health Dept.</b><br><b>9:00 Healthy Heart Program</b><br><b>10:30 Drum Fit</b><br><b>12:00 Thursday Bingo</b>                | 6<br><b>9:00 Craft with Home Instead</b><br><b>9:45 Fit Friday w/ Ryan</b><br><b>10:30 Affinis Hospice Bingo</b><br><b>12:00 Foot Ball Day!!!</b><br><br><b>"Wear Your Favorite Jersey"</b>                              |
| 9<br><b>8:00 Coffee &amp; Fellowship</b><br><b>9:00 CANASTA</b><br><br><b>10:00 Matter of Balance</b><br><b>10:30 Drum Fit</b><br><b>12:00 MONDAY</b><br>  | 10<br><b>8:00 Coffee &amp; Fellowship</b><br><b>9:00 CANASTA</b><br><b>9:30 Spiritual Awakening</b><br><b>10:00 Silver Sneakers: ZUMBA</b><br><b>11:00 Red Hat Outing</b><br><b>11:45 Senior Planet: AI All Around</b>   | 11<br><b>8:00 Coffee &amp; Fellowship</b><br><b>9:00 Card Games</b><br><b>9:30 Healthy Minute w/ Senior Medicare Patrol</b><br><b>10:00 UNG Walking Program</b><br><b>10:30 Virtual Stretch</b><br><b>11:00 Cooking Demo @ Gainesville Library</b><br><b>12:00 Feb. Birthday Celebration</b> | 12<br><b>8:00 Coffee &amp; Fellowship</b><br><b>8:30 SLC SALON</b><br><b>9:00 CANASTA</b><br><b>9:30 Nutrition w/ Gwen</b><br><b>10:00 Color Relaxation</b><br><b>10:30 Drum Fit</b><br><b>12:00 Georgia Mountain Food Bank Distribution</b> | 13<br><b>8:00 Coffee &amp; Fellowship</b><br><br><b>9:45 Fit Friday w/ Ryan</b><br><b>10:30 Valentine Bag/ Box Craft</b><br><br><b>12:00 Valentine Exchange &amp; Dress up Contest</b>                                   |
| 16<br><b>8:00 Coffee &amp; Fellowship</b><br><b>9:00 CANASTA</b><br><br><b>9:30 Spiritual Enrichment</b><br><b>10:00 Matter of Balance</b><br><b>10:30 Drum Fit</b><br><b>11:00 HUMANA Bingo</b><br><b>12:00 Monday Bingo</b><br><b>*Presidents Day*</b>       | 17<br><b>8:00 Coffee &amp; Fellowship</b><br><b>9:00 CANASTA</b><br><b>9:00 Lattes of Love</b><br><b>9:30 Spiritual Awakening</b><br><b>10:00 Silver Sneakers: ZUMBA</b><br><b>11:45 Senior Planet: Using the Contacts App on your Phone</b>                           | 18<br><b>8:00 Coffee &amp; Fellowship</b><br><b>9:00 Card Games</b><br><b>9:30 Healthy Minute</b><br><b>10:00 Garden Club (Plant Shopping)</b><br><b>10:00 UNG Walking Program</b><br><b>11:00 Lunch</b><br><b>12:00 CREATIVE DANCE</b>  | 19<br><b>8:00 Coffee &amp; Fellowship</b><br><b>9:00 CANASTA</b><br><b>10:00 Nail Painting with August</b><br><b>10:30 Drum Fit</b><br><b>12:00 PawPals w/ Northeast Ga. Humane Society</b><br><b>12:30 Thursday Bingo</b>                   | 20<br><b>8:00 Coffee &amp; Fellowship</b><br><br><b>9:45 Fit Friday w/ Ryan</b><br><br><b>10:30 Movie &amp; Pop Corn "Hidden Figures"</b><br><b>12:00 Word Search Puzzles</b>  |
| 23<br><b>8:00 Coffee &amp; Fellowship</b><br><b>9:00 CANASTA</b><br><br><b>9:30 North Hall Bingo</b><br><b>10:00 Matter of Balance</b><br><b>10:30 Drum Fit</b><br><br><b>12:00 Monday Bingo</b>   | 24<br><b>8:00 Coffee &amp; Fellowship</b><br><b>9:00 CANASTA</b><br><b>9:30 Spiritual Awakening</b><br><b>10:00 Silver Sneakers: ZUMBA</b><br><b>10:30 Love In the Air: How to Love Cooking Again (Library)</b><br><b>11:45 Senior Planet: AI &amp; Disinformation</b> | 25<br><b>8:00 Coffee &amp; Fellowship</b><br><b>9:00 Visiting Harper-Smith House</b><br><b>9:30 Word Search Puzzles</b><br><b>10:00 UNG Walking Program</b><br><b>10:30 Virtual Tai Chi</b><br><b>12:00 Black History Month Celebration</b>  | 26<br><b>8:00 Coffee &amp; Fellowship</b><br><b>9:00 Academy of Beauty</b><br><b>9:00 CANASTA</b><br><b>9:30 GEORGIA LEGAL SERVICES</b><br><b>10:15 Craft w/Stephanie</b><br><b>10:30 Drum Fit</b><br><b>12:00 Thursday Bingo</b>            | 27<br><b>8:00 Coffee &amp; Fellowship</b><br><br><b>9:45 Fit Friday w/ Ryan</b><br><b>10:30 Serving Seniors: Types of Care Available</b><br><b>11:00 Lunch at Culver's</b><br><b>12:00 February Birthday Celebration</b> |



A MATTER OF BALANCE CLASS  
AT THE  
SENIOR LIFE CENTER  
JAN. 26- MAR. 16, 2026  
EVERY MON. 10:00AM-11:30AM  
SPONSORED BY:  
LEGACY LINK  
FOR MORE INFO.  
CALL: 770-503-3336



**"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.*

**AARP Foundation Tax-Aide Locator**

Hall County Library-Murrayville  
4796 Thompson Bridge Road  
Gainesville, GA 30506  
Dates open 2/1/2026 - 4/15/2026

**By Appointment only**

Call for an appointment 770-532-3311 ext 171

Gainesville-Hall County  
Senior Life Center  
Prior Street SE  
GA 30501

Wednesdays ONLY 10:00 am – 2:00 pm  
Dates open 2/4/2026 - 4/15/2026 434  
Call for an appointment: 973-348-5327 Gainesville,

**By Appointment only**

