












<div>  <b>FEBRUARY</b> <b>GAINESVILLE-HALL COUNTY SENIOR LIFE CENTER-NUTRITION PROGRAM</b> <b>2026</b>  </div>				
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> <b>8:00 Coffee &amp; Fellowship</b> <b>9:00 CANASTA</b> <b>10:00 Nail Painting w/ August</b> <b>10:00 Matter of Balance</b> <b>9:30 Spiritual Enrichment</b> <b>10:30 Drum Fit</b> <b>12:00 Monday Bingo</b> <b>*Ground Hog Day*</b>	<b>3</b> <b>8:00 Coffee &amp; Fellowship</b> <b>9:00 Weight 4 It</b> <b>9:00 CANASTA</b> <b>9:45 Spiritual Awakening</b> <b>10:15 Dollar Tree</b> <i>11:45 Senior Planet: AI Image Generators</i>	<b>4</b> <b>8:00 Coffee &amp; Fellowship</b> <b>9:00 Card Games</b> 9:00  Bingo! 10:00 UNG Walking Program 10:30 Healthy Minute 11:00 MED LINK 12:00 CREATIVE DANCE	<b>5</b> <b>8:00 Coffee &amp; Fellowship</b> 9:00 CANASTA <b>9:00 Blood Pressure Checks w/ Hall County Health Dept.</b> <b>9:00 Healthy Heart Program</b> <b>10:30 Drum Fit</b> 12:00 Thursday Bingo	<b>6</b> <b>9:00 Craft with Home Instead</b> <b>9:45 Fit Friday w/ Ryan</b> <b>10:30 Affinis Hospice Bingo</b> <b>12:00 Foot Ball Day!!!</b>  "Wear Your Favorite Jersey"
<b>9</b> <b>8:00 Coffee &amp; Fellowship</b> 9:00 CANASTA <b>10:00 Matter of Balance</b> <b>10:30 Drum Fit</b> <b>12:00 MONDAY</b> 	<b>10</b> <b>8:00 Coffee &amp; Fellowship</b> 9:00 CANASTA 9:30 Spiritual Awakening 10:00 Silver Sneakers: ZUMBA 11:00 Red Hat Outing <i>11:45 Senior Planet: AI All Around</i> 	<b>11</b> <b>8:00 Coffee &amp; Fellowship</b> <b>9:00 Card Games</b> 9:30 Healthy Minute w/ Senior Medicare Patrol 10:00 UNG Walking Program 10:30 Virtual Stretch 11:00 Cooking Demo @ Gainesville Library 12:00 Feb. Birthday Celebration	<b>12</b> <b>8:00 Coffee &amp; Fellowship</b> <b>8:30 SLC SALON</b> <b>9:00 CANASTA</b> <b>9:30 Nutrition w/ Gwen</b> <b>10:00 Color Relaxation</b> <b>10:30 Drum Fit</b> <b>12:00 Georgia Mountain Food Bank Distribution</b>	<b>13</b> <b>8:00 Coffee &amp; Fellowship</b> <b>9:45 Fit Friday w/ Ryan</b> <b>10:30 Valentine Bag/ Box Craft</b> 12:00 Valentine Exchange & Dress up Contest 
<b>16</b> <b>8:00 Coffee &amp; Fellowship</b> 9:00 CANASTA  <b>9:30 Spiritual Enrichment</b> <b>10:00 Matter of Balance</b> <b>10:30 Drum Fit</b> 11:00 HUMANA Bingo 12:00 Monday Bingo <b>*Presidents Day*</b>	<b>17</b> <b>8:00 Coffee &amp; Fellowship</b> 9:00 CANASTA 9:00 Lattes of Love 9:30 Spiritual Awakening 10:00 Silver Sneakers: ZUMBA <i>11:45 Senior Planet: Using the Contacts App on your Phone</i>	<b>18</b> <b>8:00 Coffee &amp; Fellowship</b> <b>9:00 Card Games</b> <b>9:30 Healthy Minute</b> <b>10:00 Garden Club (Plant Shopping)</b>  10:00 UNG Walking Program 11:00 Lunch 12:00 CREATIVE DANCE	<b>19</b> <b>8:00 Coffee &amp; Fellowship</b> 9:00 CANASTA 10:00 Nail Painting with August <b>10:30 Drum Fit</b> 12:00 PawPals w/ Northeast Ga. Humane Society 12:30 Thursday Bingo	<b>20</b> <b>8:00 Coffee &amp; Fellowship</b> <b>9:45 Fit Friday w/ Ryan</b>  <b>10:30 Movie &amp; Pop Corn "Hidden Figures"</b> 12:00 Word Search Puzzles
<b>23</b> <b>8:00 Coffee &amp; Fellowship</b> 9:00 CANASTA 9:30 North Hall Bingo <b>10:00 Matter of Balance</b> <b>10:30 Drum Fit</b>  12:00 Monday Bingo	<b>24</b> <b>8:00 Coffee &amp; Fellowship</b> 9:00 CANASTA 9:30 Spiritual Awakening 10:00 Silver Sneakers: ZUMBA 10:30 Love In the Air: How to Love Cooking Again (Library) <i>11:45 Senior Planet: AI &amp; Disinformation</i>	<b>25</b> <b>8:00 Coffee &amp; Fellowship</b> 9:00 Visiting Harper-Smith House <b>9:30 Word Search Puzzles</b> <b>10:00 UNG Walking Program</b> <b>10:30 Virtual Tai Chi</b> <b>12:00 Black History Month Celebration</b>	<b>26</b> <b>8:00 Coffee &amp; Fellowship</b> 9:00 Academy of Beauty 9:00 CANASTA 9:30 GEORGIA LEGAL SERVICES <b>10:15 Craft w/Stephanie</b> <b>10:30 Drum Fit</b> 12:00 Thursday Bingo	<b>27</b> <b>8:00 Coffee &amp; Fellowship</b> <b>9:45 Fit Friday w/ Ryan</b> 10:30 Serving Seniors: Types of Care Available 11:00 Lunch at Culver's 12:00 February Birthday Celebration



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      Mondays 10:30am - 3:30pm  
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**

**Wednesdays ONLY 10:00 am – 2:00 pm**

**Senior Life Center**

**Dates open 2/4/2026 - 4/15/2026      434**

**Prior Street SE**

**Call for an appointment: 973-348-5327 Gainesville,  
GA 30501**

**By Appointment only**

