

MARCH

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
<p>2</p> <p>8:00 Fellowship & Coffee 9:00 CANASTA 9:30 Spiritual Enrichment 10:00 Matter of Balance 10:00 Nail Painting with August 10:30 Virtual Drum Fit 12:00 Monday Bingo</p>	<p>3</p> <p>8:00 Fellowship & Coffee 9:00 CANASTA 9:00 Virtual Zumba 9:45 Spiritual Awakening 10:00 Color Relaxation 10:15 My Sisters Place 11:45 Senior Planet: AI Image Generators (Phone)</p>	<p>4</p> <p>8:00 Fellowship & Coffee 9:00  BINGO 10:00 UNG Walking Program 11:00 Lunch 12:00 CREATIVE DANCE</p>	<p>5</p> <p>8:00 Fellowship & Coffee 9:00 B.P. Checks 9:00 CANASTA 10:00 Craft with Caritas Hospice 10:30 Drum Fit 11:00 Thursday Bingo 12:00 Center Point: Managing Stress & Anxiety</p>	<p>6</p> <p>8:00 Fellowship & Coffee 9:45 Fit Friday w/ Ryan 10:30 Affinis Hospice Bingo 12:00 Word Search Puzzles</p>
<p>9</p> <p>8:00 Fellowship & Coffee 9:00 CANASTA 9:30 Spiritual Enrichment 10:00 Matter of Balance 10:30 Virtual Tai-Chi 12:00 Monday Bingo</p>	<p>10</p> <p>8:00 Fellowship & Coffee 9:00 CANASTA 9:30 Spiritual Awakening 10:00 Virtual Zumba 11:45 Senior Planet: Messaging  Apps.</p>	<p>11</p> <p>8:00 Fellowship & Coffee 9:00 Card Games 9:30 Healthy Minute w/ North Ga. Medical Center Hospice 10:00 UNG Walking Program 10:45 Lunch at Baddies Burger House 12:00 Birthday Celebration</p>	<p>12</p> <p>8:00 Fellowship & Coffee 9:00 CANASTA 10:00 Easter Wreath Craft  10:30 Drum Fit 12:00 GEORGIA MOUNTAIN FOOD BANK DISTRIBUTION</p>	<p>13</p> <p>8:00 Fellowship & Coffee 9:00 Craft with Home Instead 9:45 Fit Friday w/ Ryan 10:30 Wheel-of-Fortune 12:00 Senior Ctr. Bingo</p>
<p>16</p> <p>8:00 Fellowship & Coffee 9:00 Baby Land General & Old Sautee Store "Limit 20" 10:00 Matter of Balance 10:30 Color Relaxation 12:00 Word Search</p>	<p>17</p> <p>8:00 Fellowship & Coffee 9:00 Lattes of Love 9:00 CANASTA 9:30 Spiritual Awakening 10:00 Virtual Zumba 12:00 Dress up Contest/ Leprechaun Hunt Happy St. Patty's Day!</p>	<p>18</p> <p>8:00 Fellowship & Coffee 9:00 Card Games 9:00 Healthy Minute with Med Link 10:00 UNG Walking Program  11:00 Lunch 12:00 CREATIVE DANCE</p>	<p>19</p> <p>8:00 Fellowship & Coffee 9:00 CANASTA 9:30 Garden Club Bird Houses 10:00 Nails w/ August 10:30 Drum Fit 12:00 PawPals w/ Northeast Ga. Humane Society 12:30 THURSDAY BINGO</p>	<p>20</p> <p>8:00 Fellowship & Coffee 9:45 Fit Friday w/ Ryan 10:15 Dollar Tree 12:00 Hot Fudge Sundaes </p>
<p>23</p> <p>8:00 Fellowship & Coffee 9:00 CANASTA 9:30 North Hall Bingo 10:00 Matter of Balance 10:30 Virtual Stretch 12:00 Monday Bingo</p>	<p>24</p> <p>8:00 Fellowship & Coffee 9:30 Spiritual Awakening 10:00 Virtual Zumba  11:45 Senior Planet: Emojis, GIFS, & More</p>	<p>25</p> <p>8:00 Fellowship & Coffee 9:00 Card Games 9:30 Healthy Minute: Hall County Health Dept. 10:00 UNG Walking Program 11:00 Group Crossword Puzzle 12:00 Charades</p>	<p>26</p> <p>Senior Life Center 2nd Annual Fashion Fundraiser Tickets: \$5.00 Time: 11:00-1:00</p>	<p>27</p> <p>8:00 Fellowship & Coffee 9:45 Fit Friday w/ Ryan 10:30  12:00 Bingo by Future Solutions</p>

<p>30</p> <p>8:00 Fellowship & Coffee</p> <p>9:00 CANASTA 10:00 Monday Bingo</p> <p>10:00 Matter of Balance 10:30 Virtual Drum Fit</p> <p>12:00 HUMANA Bingo</p>	<p>31</p> <p>8:00 Fellowship & Coffee 9:00 CANASTA 9:30 Spiritual Awakening</p> <p>10:00 Virtual Zumba</p> <p>10:00 129 Salvage 11:45 Senior Planet. <i>Mobile Health Apps</i></p>	<p>BE SO HAPPY THAT WHEN OTHERS SEE YOU THEY BECOME HAPPY TOO</p>		<p>DAYLIGHT SAVING TIME</p>  <p>BEGINS</p> <p>(SUNDAY) March 8, 2026</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

404-663-2721



@ccoagainesvillehall

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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

Mondays 10:30am -3:30pm

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
434 Prior Street S.E..
Gainesville, Ga. 30501

Wednesdays: 10:00 am - 2:00 pm
Dates Open: 2/4/26 - 4/15/26

BY APPOINTMENT ONLY

Call for an Appointment 973-348-5327

