

APRIL 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 |
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|  |  | <p>9:00 Card Games 9:00 Chick-fil-A Bingo 9:00 Ninth District Opportunity(SLC Members) 10:00 UNG Walking Program 10:30 HEALTHY MINUTE: W/ DR. DAN 11:00 LUNCH 12:00 CREATIVE DANCE</p> | <p>8:00 Coffee & Fellowship 9:00 B.P. Checks 9:30 Easter Egg Dying 10:00 SLC Council Meeting 10:00 Presentation:  11:30 Thursday Bingo 12:00 Lunch</p> | <p>8:00 Coffee & Fellowship 9:00 Home & Garden Club: Spring Garden Expo, Fee \$2.00 9:45 Fit Friday w/ Ryan 10:30 Affinis Hospice Bingo 11:00 Easter Egg Hunt 12:00 Lunch "Good Friday"</p> |
| <p>8:00 Coffee & Fellowship 9:00 CANASTA 9:30 Spiritual Enrichment 10:30 Virtual Drum Fit 11:00 Monday Bingo 12:00 Lunch</p> | <p>8:00 Coffee & Fellowship 9:00 CANASTA 9:30 Spiritual Awakening 10:00 Virtual Zumba 10:30  11:00 Senior Planet Smart Phone Photography 12:00 Lunch</p> | <p>8:00 Coffee & Fellowship 9:00 Card Games 9:30 Healthy Minute w/ NGMC Hospice 10:00 Nail Painting w/ August  10:00 UNG Walking Program 10:45 Safety in the Home w/Carol 12:00 Lunch</p> | <p>8:00 Coffee & Fellowship 9:00 CANASTA 9:30 Ombudsman Presentation 10:00 Craft w/Caritas Hospice 10:30 Drum Fit 11:45 Lunch 12:15 Georgia Mountain Food Bank Donation</p> | <p>8:00 Coffee & Fellowship 8:45 Good News At Noon Farmers Market 9:45 Fit Friday w/ Ryan 10:15 Shopping at Walmart 11:00 Word Search Puzzles 12:00 Lunch</p> |
| <p>8:00 Coffee & Fellowship 9:00 CANASTA 9:00 Mindfulness Monday w/ Center Point Counseling 10:00 Monday Bingo 10:30 Virtual Drum Fit 11:00 Humana  12:00 Lunch</p> | <p>8:00 Coffee & Fellowship 9:00 CANASTA 9:30 Spiritual Awakening 10:00 Virtual Zumba 11:00 Red Hat Outing (Golden Corral) 11:00 Senior Planet: Getting started w/ Zoom 12:00 Lunch</p> | <p>8:00 Coffee & Fellowship 9:00 Card Games 9:30 HEALTHY MINUTE: TORNADO WARNING 10:00 Happy Hour Bingo 10:00 UNG Walking Program 11:00 LUNCH 12:00 CREATIVE DANCE</p> | <p>8:00 Coffee & Fellowship 9:00 CANASTA 9:30 Nutrition w/ UGA Ext. Office 10:30 Drum Fit 11:30 Thursday Bingo 12:00 PawPals with Northeast Ga. Humane Society 12:15 Lunch</p> | <p>8:00 Coffee & Fellowship 9:00 Spring Craft with Home Instead 9:45 Fit Friday w/ Ryan 11:00 Black History Bingo w/ Beverly 12:00 Lunch</p> |
| <p>8:00 Coffee & Fellowship 9:00 CANASTA 9:30 Spiritual Enrichment 10:30 Virtual Drum Fit 11:00 Monday Bingo 12:00 Lunch</p> | <p>9:00 CANASTA  9:00 Lattes of Love 9:30 Peachtree Orthopedics - "Fall Prevention" 10:00 Virtual Zumba 10:30 Spiritual Awakening 11:00 Senior Planet Smart Phone Camera Beyond Photos 12:00 Lunch</p> | <p>8:00 Coffee & Fellowship 9:00 Card Games 9:00 Healthy Minute with MedLink 10:00 Nail Painting w/ August 11:00 April Birthday Celebration 12:00 Lunch</p> | <p>8:00 Coffee & Fellowship 9:00 CANASTA  9:00 Aging Well Expo @ Forsyth County Conf. Ctr. 10:30 Drum Fit 12:00 Lunch</p> | <p>8:00 Coffee & Fellowship 9:00 Catfishing at Buford Dam  9:45 Fit Friday with Ryan 10:15 Jaemor Farms 12:00 Lunch</p> |

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| 27 | 8:00 Coffee & Fellowship 9:00 CANASTA 9:30 North Hall Bingo 10:30 Virtual Drum Fit 11:30 Monday Bingo 12:00 Lunch | 28 | 8:00 Coffee & Fellowship 9:00 Academy of Beauty 9:00 CANASTA 9:30 Spiritual Awakening 10:00 Virtual Zumba 11:00 Senior Planet. <i>Hosting a Zoom Meeting</i> 12:00 Lunch | 29 | 8:00 Coffee & Fellowship 9:00 Dahlonaga Gold Museum Historic Site Cost: \$7.50 per person "All Day Activity" | 30 | 8:00 Coffee & Fellowship 9:00 CANASTA 9:00 Dollar Tree 10:30 Drum Fit 11:00 April Birthday Celebration 11:30 Thursday Bingo 12:00 Lunch |  |
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"CALENDAR ACTIVITIES ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE"



@ccoagainsvillehall

"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.