



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>Mother's Day</b></p>	<p><b>Empower Your Financial Wellness Journey</b>  <b>Wed., May 20</b>  <b>9:30am-1:00pm</b>  <b>Recreation Center at Yonah Preserve</b>  <b>675 Mt. Yonah Drive</b>  <b>Cleveland, Ga.</b></p>	 <p><i>Children and Mothers never truly part, bound together by the beating of one another's hearts!</i></p>	<p><b>OLDER AMERICANS MONTH</b></p>  <p>CHAMPION YOUR HEALTH: MAY 2026</p>	<p><b>8:00 Fellowship &amp; Coffee</b>  <b>9:45 Fit Friday w/ Ryan</b>  <b>10:30 Affinis Hospice Bingo</b>  <b>11:00 Golden Corral</b>  <b>11:30 Brain Games</b>  <b>12:00 Lunch</b></p>
<p><b>8:00 Fellowship &amp; Coffee</b>  <b>9:00 CANASTA</b>            9:30 Spiritual Enrichment            10:30 Virtual Drum Fit            11:00 Fall Prevention by: Because We Care  <b>11:30 Monday Bingo</b>  <b>***Dead Line To Sign-up For Biscuits With Mom</b></p>	<p><b>9:00 Academy of Beauty</b>  <b>9:00 CANASTA</b>            9:30 Spiritual Awakening            10:00 Virtual Zumba            10:30 Bingo with Emeritus Home Care  <b>11:00 Beading</b>  <i>11:00 Senior Planet. Finding Info. On Line</i></p>	<p><b>8:00 Fellowship &amp; Coffee</b>            9:00 Chick-Fil-A Bingo            10:00 UNG Walking Program @ Mid Land Park            10:30 Healthy Minute w/ MedLink  <b>11:00 Lunch</b>  <b>12:00 CREATIVE DANCE</b></p>	<p><b>9:00 Blood Pressure Checks w/ Hall County Health Dept.</b>  <b>9:00 Biscuits w/ Mom</b>            10:00 Art Showcase Boards            10:30 Drum Fit            10:30 Nail Painting w/ August  <b>11:00 Center Point Counseling:</b>            11:30 Dress Your Best Contest  <b>12:00 Lunch</b></p>	<p><b>8:00 Fellowship &amp; Coffee</b>  <b>9:45 Fit Friday w/ Ryan</b>            10:30 Home &amp; Garden Club:  <b>"Tour of the Piedmont Hotel"</b>    <b>11:30 Senior Center Bingo</b>  <b>12:00 Lunch</b></p>
<p><b>8:00 Fellowship &amp; Coffee</b>  <b>9:00 CANASTA</b>  <b>9:00 Mindfulness Monday</b>  <b>9:30 WALMART</b>  <b>10:30 Virtual Drum Fit</b>            11:00 Ga. Legal Services            11:30 Monday Bingo  <b>12:00 Lunch</b></p>	<p><b>8:00 Fellowship &amp; Coffee</b>  <b>9:00 CANASTA</b>            9:30 Author: William "Dub" Anderson: A Life of Meaning, Retired            10:00 Virtual Zumba            10:30 Spiritual Awakening  <i>11:00 Senior Planet. Intro. into Social Media</i></p>	<p><b>8:00 Fellowship &amp; Coffee</b>            9:00 Catfishing at Buford Dam            9:30 Healthy Minute w/ NGMC Hospice            10:00 SLC Walking Program            11:00 May Birthday Celebration  <b>11:45 Lunch</b>            12:15 Ga. Mountain Food Bank</p>	<p><b>9:00 CANASTA</b>  <b>10:00</b>    <b>10:00 Grief Support Group</b>  <b>10:30 Drum Fit</b>            11:00 Craft w/Caritas Hospice            11:30 Thursday Bingo            11:45 60's &amp; 70's Day (Dress Up)</p>	<p><b>8:00 Fellowship &amp; Coffee</b>  <b>9:45 Fit Friday w/ Ryan</b>  <b>10:15 Fresh Farms Market@ Good News at Noon</b>  <b>11:00 HUMANA BINGO</b>  <b>12:00 Lunch</b></p>
<p><b>8:00 Fellowship &amp; Coffee</b>  <b>9:00 CANASTA</b>            9:30 Spiritual Enrichment  <b>10:00 North Hall Bingo</b>  <b>10:30 Virtual Drum Fit</b>            11:30 Monday Bingo  <b>12:00 Lunch</b></p>	<p><b>9:00 CANASTA</b>            9:00 Lattes of Love            10:00 Virtual Zumba            10:00 Nutrition Education @ Gainesville Library  <b>10:30 Spiritual Awakening</b>  <i>11:00 Senior Planet. Instagram Basics</i>            11:30 Word Search Puzzles</p>	<p><b>8:00 Fellowship &amp; Coffee</b>            9:30 Healthy Minute            10:00 SLC Walking Program  <b>10:00 Happy Hour Bingo</b> at Spout Springs Library            10:30 Color Relaxation  <b>11:00 Lunch</b>  <b>12:00 CREATIVE DANCE</b></p>	<p><b>8:00 Fellowship &amp; Coffee</b>            9:00 Showcase Boards  <b>9:00 CANASTA</b>  <b>10:00 Older American Showcase: Wear your Red, White &amp; Blue!!!</b>            10:30 DJ Raul   <b>Movement &amp; Music</b>            11:00 Older Americans Art Show            11:30 Thursday Bingo</p>	<p><b>8:00 Fellowship &amp; Coffee</b>  <b>9:45 Fit Friday w/ Ryan</b>            10:30 Nail Painting w/ August            10:30 Craft w/ Home Instead  <b>11:30 Root Beer Floats</b>  <b>12:00 Lunch</b></p>

	<p>25</p> <p><b>8:00 Fellowship &amp; Coffee</b> <b>9:00 CANASTA</b></p> <p>10:00 Virtual Zumba 10:30 Spiritual Awakening</p> <p>11:00 Senior Planet: Virtual Museum Tours</p> <p>12:00 Lunch</p>	<p>26</p> <p><b>8:00 Fellowship &amp; Coffee</b></p> <p><b>9:00 Hardman Farm Historic Site in Nacoochee, Ga. \$5.00 Per person</b></p> <p><b>" ALL DAY ACTIVITY"</b></p>	<p>27</p> <p><b>9:00 CANASTA</b> <b>9:00 UGA Nutrition</b> <b>10:00 Craft w/Inspire Hospice</b> 10:30 Drum Fit 11:00</p>  <p><b>11:30 Thursday Bingo</b> <b>12:00-12:30 PawPals</b></p>	<p>28</p> <p><b>8:00 Fellowship &amp; Coffee</b></p> <p><b>9:45 Fit Friday w/ Ryan</b> 10:30 Georgia Legal Services Presentation: On Line Social Security Accounts 11:00 Lunch at "The Greek Tavern" 12:00 Lunch</p>	<p>29</p>
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**"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.*