

JULY

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
	 <i>If hero is someone who has given his or her life to something bigger than oneself</i>	8:00 Coffee & Fellowship 9:00 Chick-fil-A Bingo 9:00 Card Games 9:30 HEALTHY MINUTE 10:00 SLC Walking Club 10:30 Group Crossword Puzzle 11:00 Lunch 12:00 Creative Dance	9:00 CANASTA 9:00 Blood Pressure Checks w/ Hall County Health Dept. 10:00 Advisory Board Counsel Meeting 10:00 Billiards 10:30 Drum Fit 11:00 American Celebration: *Wear Your Red, White & Blue	 SENIOR LIFE CTR. CLOSED
8:00 Coffee & Fellowship 9:00 CANASTA 9:30 Spiritual Enrichment 10:30 Virtual Drum Fit 10:45  at Harrison Village 11:30 Monday Bingo	9:00 CANASTA 9:30 Spiritual Awakening 10:00 Billiards 10:00 Financial Education w/ Fifth Third Bank 10:30 Virtual Zumba 11:00 Golden Corral 11:00 Senior Planet. Using Contacts App on Android	8:00 Coffee & Fellowship 9:00 Card Games 9:30 Healthy Minute w/ NEGM Hospice 10:00 SLC Walking Club 10:30  11:30 June Birthday Celebration	9:00 CANASTA 10:00 1st. New Council Meeting 10:00 Craft w/Caritas Hospice 10:00 Billiards 10:30 Drum Fit 11:00 Beading w/ Elizabeth 11:30 Lunch 12:00 Ga. Mtn. Food Bank	8:00 Coffee & Fellowship 9:00 Hair Cuts at Great Clips 9:00 Color Relaxation 9:45 Fit Friday w/ Ryan 10:15 Farm Fresh Market@ Good News at Noon 11:00 Wheel of Fortune 12:00 Lunch
8:00 Coffee & Fellowship 9:00 CANASTA 10:30 Virtual Drum Fit 10:45 Zumba at Harrison Village 11:30 Monday Bingo	9:00 Rubens Merchandise 9:00 CANASTA 9:30 Spiritual Awakening 10:00 Virtual Zumba 10:00 Billiards 11:00 Gentleman's Club 11:00 Senior Planet. Protecting your Personal Information on Line	8:00 Coffee & Fellowship 9:00 Card Games 9:00 Healthy Minute by MedLink 10:00 SLC Walking Club 10:00 Happy Hour Bingo@ Spout Springs Library 11:00 Lunch 12:00 Creative Dance	9:00 Home & Garden Club: Roberts Blueberry Farm & Mountain Fresh Creamery (Purchase Required) 10:00 Billiards 10:00 Craft w/Inspire Hospice 10:30 Drum Fit 10:30 Nail Painting w/ August 11:30 Thursday Bingo	8:00 Coffee & Fellowship 9:45 Fit Friday w/ Ryan 10:15 Jaemor Farms  11:30 Wellness Bingo
8:00 Coffee & Fellowship 9:00 CANASTA 9:30 Spiritual Enrichment 10:30 Virtual Drum Fit 10:45 Zumba at Harrison Village 11:30 Monday 	9:00 CANASTA 9:00 Lattes of Love 9:30 Spiritual Awakening 10:00 Billiards 10:00 Virtual Zumba 10:30 Nutrition Education at Library:GLP-1 Medications 11:00 Senior Planet. Using the Contacts App on I phone	8:00 Coffee & Fellowship 9:00 Catfishing at Buford Dam  9:00 Card Games 10:00 SLC Walking Club 10:30 Nutrition & Health Newsletter 11:00 Open Art Time	8:00 Coffee & Fellowship 9:00 CANASTA 10:00 Gold Country Players 10:00 Billiards 10:30 Drum Fit 11:30 Thursday Bingo 12:00 PawPals w/ NEGA Humane Society	8:00 Coffee & Fellowship 9:45 Fit Friday w/ Ryan  10:30 Affinis Hospice Bingo 11:00 June Birthday Celebration

27 8:00 Coffee & Fellowship 9:00 CANASTA 9:30 North Hall Bingo 10:30 Virtual Drum Fit 10:45 Zumba at Harrison Village 11:30 Monday Bingo	28 8:00 Coffee & Fellowship 9:00 CANASTA 9:30 Spiritual Awakening 10:00 UGA EXT. Presentation: Radon Gases 10:30 Virtual Zumba <i>11:00 Senior Planet.</i> <i>Protecting your Medical</i> <i>Information on Line</i>	29 8:00 Coffee & Fellowship 9:00 Card Games 9:30 Healthy Minute w/ North Georgia Audiology & Hearing Aid Center 10:00 SLC Walking Club 10:30 Walmart Shopping 11:00 Brain Games	30 11:00 SENIOR LIFE CENTER "BIG KAHUNA" AMBASSADOR PAGENT 	31 8:00 Coffee & Fellowship 9:45 Fit Friday w/ Ryan 10:30 Nail Painting w/ August 11:00 Open Art Time
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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.