

AUGUST 2026

Gainesville-Hall County Senior Life Center - Nutrition Program

Monday-Friday 8am-1pm 434 Prior Street, SE Gainesville, GA 30501



(770)503-3331

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3 8:00 Coffee & Connect 9:00 Canasta & Walking Club 9:30 Spiritual Enrichment 10:30 Virtual Drum Fit 10:45 Zumba @ Harrison Village 12:15 Monday Bingo	4 8:00 Coffee & Connect 9:00 Canasta, Academy of Beauty, Stretch w/Debra 9:30 Spiritual Awakening 10:00 Billiards, & Gainesville Gardens 11:00 Senior Planet: Using Voice Assistants 12:15 Tues Trivia 	5 8:00 Coffee & Connect 9:00 Chick-Fil-A Bingo, Card Games, & Stretch w/Debra 10:00 UNG Walking Club  11:00 Lunch 12:00 Creative Dance	6 8:00 Coffee & Connect 9:00 Canasta & Stretch w/Debra 10:00 Billiards & Grief Support Group w/Connie 10:30 Virtual Drum Fit & Dollar Tree Shopping 11:00 Name that Tune 12:15 Thursday Bingo	7 8:00 Coffee & Connect 9:00 Walking Club 9:45 Fit Friday w/Ryan 11:00 Bingo w/Oaks of Braselton 11:30 Karaoke 
10 8:00 Coffee & Connect 9:00 Canasta & Walking Club 10:30 Virtual Drum Fit 10:45 Zumba @ Harrison Village  11:00 Humana Bingo 12:15 Monday Bingo	11 8:00 Coffee & Connect  9:00 Canasta & Stretch w/Debra 9:30 Nutrition w/Gwen 10:00 Billiards & Spiritual Awakening 10:30 North Ga Hospice 11:00 Red Hat Outing & Senior Planet: Mindfulness Apps 12:15 Tues Trivia	12 8:00 Coffee & Connect 9:00 Card Games & Stretch w/Debra 9:30 Healthy Minute w/NEGM Hospice 10:00 UNG Walking Club 11:00 Better Life Senior Solutions Presentation 12:15 SWAT Ball	13 8:00 Coffee & Connect 9:00 Canasta & Stretch w/Debra 10:00 Billiards & Craft w/Caritas Hospice 10:30 Virtual Drum FIT & Nails w/ August  11:00 Name that Tune 12:00 GA MTN Food Bank	14 8:00 Coffee & Connect 9:00 Walking Club 9:45 Fit Friday w/Ryan 10:30 Affinis Hospice Bingo 11:30 Karaoke
17 8:00 Coffee & Connect 9:00 Canasta, Walking Club, Breakfast @ Rabbit Town 9:30 Spiritual Enrichment 10:30 Virtual Drum Fit 10:45 Zumba @ Harrison Village 12:15 Monday Bingo	18 8:00 Coffee & Connect 9:00 Canasta, Lattes of Love, Stretch w/Debra 9:30 Spiritual Awakening 10:00 Craft w/ Home Instead 10:00 Billiards 11:00 Senior Planet: SmartPhone Camera Beyond Photos  12:15 Tues. Trivia	19 8:00 Coffee & Connect 9:00 Card Games & Stretch w/Debra 9:30 Healthy Minute w/MedLink 10:00 UNG Walking Club 11:00 Lunch  12:00 Creative Dance	20 8:00 Coffee & Connect 9:00 Canasta & Stretch w/Debra 10:00 Billiards & Craft w/Inspire Hospice 10:30 Virtual Drum Fit 11:00 Wholecare Presentation & Bingo	21 8:00 Coffee & Connect 9:00 Walking Club 9:45 Fit Friday w/Ryan 10:30 Cruising the World Presentation by Andy Swimmer  11:30 Karaoke

AUGUST 2026

Gainesville-Hall County Senior Life Center -Nutrition Program

Monday-Friday 8am-1pm 434 Prior Street, SE Gainesville, GA 30501



(770)503-3331

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

24 8:00 Coffee & Connect 9:00 Canasta & Walking Club 9:30 North Hall Bingo 10:30 Virtual Drum Fit 10:45 Zumba @ Harrison Village 12:15 Monday 	25 8:00 Coffee & Connect 9:00 Canasta & Stretch w/Debra 9:30 Spiritual Awakening 10:00 Billiards & Healthy Cooking w/Ginny @ Gainesville Library 11:00 Senior Planet: Podcasts @ a Glance 12:15 Tuesday Trivia	26 8:00 Coffee & Connect 9:00 Card Games, Stretch w/Debra & Catfishing @ Buford Dam 9:30 Medicare Patrol 10:00 UNG Walking Club 11:00 Shopping at WALMART	27 8:00 Coffee & Connect 9:00 Canasta & Stretch w/Debra 10:00 Billiards & Craft w/Barbara 10:30 Virtual Drum Fit 10:30 Nails w/August 11:00 Name that Tune 12:00 PawPals 	28 8:00 Coffee & Connect 9:00 Day Outing- Atlanta Safari Park (\$10.00 fee pp due by August 26) 
31 8:00 Coffee & Connect 9:00 Canasta & Walking Club 10:30 Virtual Drum Fit 10:45 Zumba @ Harrison Village 12:15 Monday 	 ***Funding for new Transportation is currently ON HOLD. Request will be placed on a waiting list in the order received.			

"Calendar Activities Are Subject To Change Without Prior Notice" Your paragraph text

"Please remember to call Empire Transportation @ **404-663-2721** to cancel your ride if you do not plan on attending the Senior Life Center"

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 fee is \$50.00 annually. Lunch and fun activities are provided. Transportation may be available for those who no longer drive. 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 staff member to complete a brief nutrition screening. A member must participate in at least 1 lunch eaten in the center once weekly in order to participate in the program. Please see a staff member to order lunch.

Our Mission:

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 community.