

SEPTEMBER 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

**NATIONAL
SENIOR
CENTER
MONTH
SEPTEMBER**

1
8:00 Coffee & Connect

9:00 Canasta
9:00 Academy of Beauty
9:00 10 Minute Tune-Up

9:30 Spiritual Awakening

10:00 Billiards

11:00 Senior Planet: AI All Around

12:15 Tuesday Trivia

2
8:00 Coffee & Connect

9:00 Chick-Fil-A Bingo
9:00 Card Games
9:00 10 Minute Tune-Up
9:30 VA Benefits
10:00 UNG Walking Club

11:00 Lunch

12:00 Creative Dance

3
8:00 Coffee & Connect

9:00 Canasta
9:00 10 Minute Tune-Up
9:00 Blood Pressure Checks
10:00 Billiards
10:00 Grief Support Group w/Connie
10:30 Yoga w/ Jaiyah
11:00 Center Point
11:30 Lunch
12:00 Bingo
12:30 Center will be closed.
Please arrange a ride by 12:30.

4
8:00 Coffee & Connect

9:00 Walking Club

9:45 Fit Friday w/Ryan

11:00 Affinis Hospice Bingo

11:30 Karaoke

12:15 Balloon Games



7
8
8:00 Coffee & Connect
9:00 Canasta
9:00 10 Minute Tune Up

9:30 Spiritual Awakening

10:00 Billiards
10:00 Craft w/ Home Instead

11:00 Senior Planet: AI Voice & Video Command

12:15 Tuesday Trivia

9
8:00 Coffee & Connect

9:00 Card Games

9:00 10 Minute Tune-Up

9:30 Healthy Minute w/ NEGM Hospice

10:00 UNG Walking Club

12:15 S.W.A.T. Ball

10
8:00 Coffee & Connect

9:00 Canasta
9:00 10 Minute Tune-Up
9:30 Nutrition Education w/ Gwen(must sign up)

10:00 Billiards
10:00 Yoga w/ Jaiyah
10:30 STEAM - Egg Drop

10:30 Nails w/ August
11:00 Name that Tune
12:00 Ga. MTN. Food Bank

11
8:00 Coffee & Connect
9:00 Walking Club

9:45 Fit Friday w/Ryan

11:00 Bingo w/ The Oaks of Braselton

11:30 Football Friday Kickoff:
Game Day Dress

14
8:00 Coffee & Connect

9:00 Canasta
9:00 Walking Club

9:15 Spiritual Enrichment

10:15 Virtual Drum Fit

10:45 Zumba @ Harrison Village

12:15 Monday Bingo

15
8:00 Coffee & Connect
9:00 Canasta
9:00 10 Minute Tune Up

9:30 Spiritual Awakening
10:00 Billiards

10:00 Design Your Senior Spirit Wear * (Bring Clothing items to decorate) *

10:30 Healthy Dietary Guidelines : at Gainesville Library

11:00 Senior Planet: AI & Disinformation

12:15 Tuesday Bingo

16
8:00 Coffee & Connect

9:00 Card Games
9:00 10 Minute Tune-Up

10:00 UNG Walking Club

11:00 Lunch

12:00 Creative Dance



17
8:00 Coffee & Connect

9:00 Canasta
9:00 10 Minute Tune-Up

10:00 Billiards
10:00 Craft w/ Inspire Hospice
10:30 Yoga w/ Jaiyah
11:00 Senior Center Month Celebration
12:15 White Elephant Bingo (Bring a New/ Nearly new Prize)

18
8:00 Coffee & Connect

9:00 Walking Club

9:45 Fit Friday w/Ryan

11:00 HUMANA BINGO

12:15 KARAOKE

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FRIDAY

21
8:00 Coffee & Connect
9:00 Canasta
9:00 Walking Club
9:15 Spiritual Enrichment
10:15 Virtual Drum Fit
10:00 Billiards
10:30 Nails w/ August
10:45 Zumba @ Harrison Village
12:15 Monday Bingo

22
8:00 Coffee & Connect
9:00 Canasta
9:00 Lattes of Love
9:00 10 Minute Tune-Up
9:30 Spiritual Awakening
10:00 Peachtree
Orthopedics Fall
Prevention
10:30 Heirloom Family
Recipes: Gainesville
Library
11:00 Senior Planet: AI
Image Generators
12:15 Tuesday Trivia

23
8:00 Coffee & Connect
9:00 Card Games
9:00 10 Minute Tune-Up
10:00 UNG Walking
Club
10:30 Healthy Minute
w/ MedLink
12:15 September
Birthday
Celebration 

24
8:00 Coffee & Connect
9:00 Canasta
9:00 10 Minute Tune-Up
10:00 Billiards
10:00 Fall Prevention:
Escape Room Team
Competition
11:00 Name That Tune
11:30 STEAM- Egg Drop
12:00 PawPals w/ NEGAHS

25
8:00 Coffee & Connect
9:00 Fall Garden Expo:
Cost: \$2.00
9:00 Walking Club
9:45 Fit Friday w/Ryan
10:30 Fall Prevention-
PT NGHS Presentation
11:30 Karaoke

28
8:00 Coffee & Connect
9:00 Canasta 
9:00 Walking Club
9:30 North Hall Bingo
10:00 Virtual Drum Fit
10:45 Zumba @
Harrison Village
12:15 Monday Bingo

29
8:00 Coffee & Connect
9:00 Canasta
9:00 10 Minute Tune-Up
9:30 Spiritual Awakening
10:00 Billiards
10:00 Family Feud
10:45 League of
Gentlemen Outing
11:00 Ga. Legal Services
12:15 Tuesday Trivia

30
8:00 Coffee & Connect
9:00 All Day Outing to
Warbington Farms
(\$5.00 pp and purchase
required)


**LATEST
NEWS**

Funding For New
Transportation Is
Currently On Hold.
Requests Will Be Placed
On A Waiting List In The
Order Received.


COMING IN OCTOBER!!!
SENIOR LIFE CTR.


"Calendar Activities Are Subject To Change Without Prior Notice"

"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.