

NOVEMBER 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

2

8:00 Coffee & Connect
9:00 CANASTA
9:00 Walking Club
9:30 Spiritual Enrichment
10:15 Virtual Drum Fit
10:45 Zumba @
Harrison Village
12:15 Monday Bingo

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8:00 Coffee & Connect
9:00 Canasta
9:00 10 Minute Tune-Up
9:30 Spiritual Awakening
10:00 Billiards
10:30 Gainesville Library: WW II History by Sons of American Revolution (Vet's Day)
11:00 Senior Planet: Intro to TikTok
12:15 Tuesday Trivia

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8:00 Coffee & Connect
9:00 10 Minute Tune-Up
9:00 Card Games
9:00 Chick-Fil-A Bingo
10:00 UNG Walking Club
11:00 LUNCH
12:00 CREATIVE DANCE

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8:00 Coffee & Connect
9:00 Blood Pressure Checks
9:00 CANASTA
10:00 Billiards
10:00 Craft w/ Inspire Hospice
10:30 Medicare by: Legacy Link
11:00 Dance With Me
12:00 FOOD TRUCK

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8:00 Coffee & Connect
9:00 Walking Club
9:30 Home & Garden Club: NEGHS Marketplace Holiday Shopping
9:45 Fit Friday w/Ryan
11:00 Affinis Hospice Bingo
11:30 Karaoke
12:15 *Bingo!*

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8:00 Coffee & Connect
9:00 CANASTA
9:00 Walking Club
9:30 Donuts & Discuss VA Benefits with Right at Home
10:00 Virtual Drum Fit
10:45 Zumba @ Harrison Village
12:15 Monday Bingo

10

9:00 CANASTA
9:00 10 Minute Tune-Up
9:30 NEGMHC Hospice: Veteran's Tribute
10:00 Nutrition w/ Gwen
10:00 Billiards
10:30 Spiritual Awakening
11:00 Senior Planet: Emoji's, GIF's, & More
11:00 Home Instead Craft
12:15 Tuesday Trivia

11



12

8:00 Coffee & Connect
9:00 CANASTA
9:00 10 Minute Tune-Up
9:30 Walmart
10:30 Yoga w/ Jaiyah
11:00 Honoring Our Veterans: Music by Jerry Gilmore
12:15 Thursday Bingo

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8:00 Coffee & Connect
9:00 Walking Club
9:45 Fit Friday w/Ryan
10:15 Christmas Market @ North Hall Community Center
10:30 Nails w/ August
11:30 Karaoke
12:00 PawPals

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8:00 Coffee & Connect
9:00 CANASTA
9:00 Walking Club
9:30 Spiritual Enrichment
10:00 Legacy Link
Public Hearing-Virtual
10:15 Virtual Drum Fit
10:45 Zumba @
Harrison Village
12:15 Monday Bingo

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8:00 Coffee & Connect
9:00 Canasta
9:00 10 Minute Tune Up
9:30 Spiritual Awakening
10:00 Billiards
10:00 Beading w/ Elizabeth
10:30 Healthy Fat Soluble Vitamins: @ Gainesville Library
11:00 Senior Planet: Fitness Apps
12:15 Tuesday Bingo

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8:00 Coffee & Connect
9:00 10 Minute Tune up
9:30 Movie and Popcorn
9:00 Card Games
10:00 UNG Walking Program
11:00 LUNCH
12:00 CREATIVE DANCE

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8:00 Coffee & Connect
9:00 STEAM: Paper Airplane Competition
9:30 Dance With Me
11:00 *Friends giving*
EVENT & LUNCH
MEMBERS \$5.00
NON-MEMBERS \$15
***Must Pre-Pay**
by November 13th!

20

8:00 Coffee & Connect
9:00 Walking Club
9:45 Fit Friday w/ Ryan
11:00 Humana/ Reliance Bingo
12:15 Wheel-of-Fortune

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23

8:00 Coffee & Connect
9:00 CANASTA
9:00 Walking Club
10:15 Virtual Drum Fit
10:45 Zumba @
Harrison Village
12:15 Monday Bingo

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8:00 Coffee & Connect
9:00 Outing to the
Festival of Trees



10:00 Puzzles
11:00 Trivia
12:15 Noodle Ball

25

8:00 Coffee & Connect
9:00 10 Minute Tune Up
9:00 Card Games

10:00 UNG Walking
Club

10:30 Healthy Minute &
Craft with
MedLink

12:15 November
Birthday Celebration

26

*happy
Thanksgiving*



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30

8:00 Coffee & Connect
9:00 CANASTA
9:00 Walking Club
9:30 North Hall Bingo
10:15 Virtual Drum Fit
10:30 Nails w/ August
10:45 Zumba @
Harrison Village
12:15 Monday Bingo

"COMING SOON"

SR. LIFE CENTER
PROM

DEC. 10 (THUR.)
12:00pm - 4:00pm
*FREE TO MEMBERS
GUEST: \$5.00



"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.