



JULY GAINESVILLE-HALL COUNTY SENIOR LIFE CENTER-NUTRITION PROGRAM 2024

Monday -Friday 8 am - 1 pm 434 Prior Street, SE Gainesville, Georgia 30501 Telephone: (770) 503-3331

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>8:00 Fellowship & Coffee 9:00 CANASTA 9:30 Spiritual Enrichment 10:30 Drum Fit 11:00 Word Search Puzzles 12:00 July Birthday Celebration</p>	<p>2</p> <p>8:00 Fellowship & Coffee 9:00 Tap Fit Gold 9:45 Shopping at ROSS & Marshalls 10:00 Mexican Train Dominos 12:00 Tuesday Bingo</p>	<p>3</p> <p>8:00 Fellowship & Coffee 9:00 Chick-fil-A Bingo 10:00 Mexican Train Dominos 10:00 Computer Class 10:00 Gentle Yoga 11:00 4th of July CELEBRATION</p>	<p>4</p> <p> SR. LIFE CTR. CLOSED</p>	<p>5</p> <p>8:00 Fellowship & Coffee 9:30 Fit Friday Exercise 10:00 Bingo with Affinis Hospice 10:15 Good News Clinic Farmers Market 12:00 Hodge Podge</p>
<p>8</p> <p>8:00 Fellowship & Coffee 9:00 CANASTA 10:00 Ask Angela 10:30 Tai Chi  12:00 Refreshments by Kay</p>	<p>9</p> <p>8:00 Fellowship & Coffee 8:30 Senior Life Ctr. Salon 10:00 Mexican Train Dominos 10:00 Seated Zumba 10:30 Garden Club 12:00 Tuesday Bingo</p>	<p>10</p> <p>8:00 Fellowship & Coffee 10:00 Computer Class 10:00 Gentle Yoga 10:00 Mexican Train Dominos 11:00 Lunch 12:00 CREATIVE DANCE</p>	<p>11</p> <p>8:00 Fellowship & Coffee 9:00 CANASTA 9:00 Weight 4it 9:00 Massages by Kristi 10:00 Sr. Council Meeting 10:00 Beading 10:00 Brain Games w/ Lola 11:30 Healthy Minute 12:00 FOOD BANK</p>	<p>12</p> <p>8:00 Fellowship & Coffee 9:00 Cat fishing 9:30 Fit Friday Exercise 10:00 Farmers Market & Walmart 12:00 Color Relaxation</p>
<p>15</p> <p>8:00 Fellowship & Coffee 9:00 CANASTA 9:30 Spiritual Enrichment 10:00 Color Relaxation 10:30 Tai Chi 12:00 Brain Games</p>	<p>16</p> <p>8:00 Fellowship & Coffee 9:00 Latte Bar 10:00 Seated Zumba 10:00 Mexican Train Dominos 10:30 Garden Club 11:00 Word Search Puzzles 12:00 Tuesday Bingo</p>	<p>17</p> <p>8:00 Fellowship & Coffee 10:00 Nail Painting 10:00 Gentle Yoga 10:00 Computer Class 10:00 Mexican Train Dominos 10:00 Happy Hour Bingo @ Sprouts Springs Library 12:00 Wheel-of-Fortune</p>	<p>18</p> <p>8:00 Fellowship & Coffee 9:00 CANASTA 9:00 Weight 4it 9:00 Hand Massages 10:00 Brain Games w/ Lola 10:00 Wooden Art Class 10:30 Drum Fit 11:00 Songs by Lisa Driskell 12:00 Thursday Bingo</p>	<p>19</p> <p>8:00 Fellowship & Coffee 9:30 Fit Friday Exercise 10:15 Senior Outing to </p>
<p>22</p> <p>8:00 Fellowship & Coffee 9:00 Catfishing 9:00 CANASTA 9:30 North Hall Bingo 10:30 Tai Chi 11:00  12:00 Kick Ball</p>	<p>23</p> <p>8:00 Fellowship & Coffee 10:00 Seated Zumba 10:00 Mexican Train Dominos 11:00 Luau / Raul's Gradation Party  12:00 Tuesday Bingo</p>	<p>24</p> <p>8:00 Fellowship & Coffee 8:30 Senior Life Ctr. Salon 10:00 Computer Class 10:00 Gentle Yoga 10:00 Mexican Train Dominos 11:00 Lunch 12:00 Creative Dance</p>	<p>25</p> <p>8:00 Fellowship & Coffee 9:00 CANASTA 10:00 Brain Games w/ Lola 10:00 Yarn Friends 10:30 Drum Fit 11:00 Caritas Hospice 12:00 Thursday Bingo</p>	<p>26</p> <p>8:00 Fellowship & Coffee 9:30 Fit Friday Exercise 10:15 Good News Clinic Farmers Market 12:00 </p>

29	30	31	Senior Life Center Red Hat Society  BACK TO SCHOOL SUPPLY DRIVE Starts July 1, 2024	SENIOR FARMER'S MARKET NUTRITION PROGRAM JULY 9, 2024 1:00 - 3:00 please register before market 770-503-3330 
8:00 Fellowship & Coffee 9:00 CANASTA 9:00 Dollar General 10:15 Plant Based Eating 10:30 Tai Chi 12:00 Bingo Sponsored by CIGNA Healthcare	8:00 Fellowship & Coffee 9:00 Music Hour by HeartSong 10:00 Mexican Train Dominos 10:30 Drum Fit 12:00 Tuesday Bingo	8:00 Fellowship & Coffee 10:00 Computer Class 10:00 Gentle Yoga 10:00 Mexican Train Dominos 12:00 July Birthday Celebration		



@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.

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.