

NOVEMBER

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>COMING DECEMBER 5 !!!!</p> 		<p><b>ENERGY ASSISTANCE PROGRAM</b> November 14(Thur.) 9:00-11:00</p> <p>Items to bring: *Social Security Number *Photo ID *Income Verification *Recent Heating Bill and Electric Bill</p> <p><b>"For SLC Members Only"</b></p>	 <p><b>SUNDAY, NOV. 3RD</b></p>	<p><b>8:00 Fellowship &amp; Coffee</b> 9:00 Mindfulness w/ Raul 9:45 Fit Friday Exercise</p> <p>10:00 Word Search Puzzles 10:30 Bingo with Affinis Hospice 12:00 Special Birthday Celebration</p>
<p><b>8:00 Fellowship &amp; Coffee</b> 8:30 SLC Salon 9:00 CANASTA 9:00 Mindfulness w/ Raul 9:30 Spiritual Enrichment</p> <p>10:30 DRUM FIT 12:00 Care Plus Presentation "S.S.I &amp; Family Paid Caregiving"</p>	<p><b>8:00 Fellowship &amp; Coffee</b> 9:00 Tap Fit Gold 9:00 Mexican Train Dominoes</p> <p>10:00 Minuto In Spanish <b>SPANISH</b> 10:15 Garden Club 10:45 Medlink 12:00 TUESDAY BINGO</p>	<p><b>8:00 Fellowship &amp; Coffee</b> 9:00 Mindfulness w/ Raul 9:00 Chick-fil-A Bingo 9:00 Mexican Train Dominoes 10:00 Computer Class 10:00 Wii Bowling 10:45 Healthy Minute 11:00 Lunch 12:00 Creative Dance</p>	<p><b>8:00 Fellowship &amp; Coffee</b> 9:00 Blood Pressure Checks 9:00 CANASTA 9:00 Massages by Kristi 10:00 Turkey Canvas Painting <b>10:30 DRUM FIT</b> 11:00 Thursday Bingo 12:00 Diabetes Presentation by: North Ga.Health Systems</p>	<p><b>8:00 Fellowship &amp; Coffee</b> 9:00 Mindfulness w/ Raul 9:45 Fit Friday Exercise</p> <p>10:00 Color Relaxation 10:30 Jaemor Farms <b>12:00 Senior Center Bingo</b></p>
 <p>SENIOR LIFE CTR. CLOSED</p>	<p>9:00 Hand Massages 9:00 Mexican Train Dominoes 9:00 Music Hour 9:30 Man-iacs Club 10:00 Nail Painting 10:00 Seated Zumba 10:45 Garden Club 11:00 Minuto In Spanish 12:00 TUESDAY BINGO</p>	<p><b>8:00 Fellowship &amp; Coffee</b> 9:00 Mindfulness w/ Raul 9:00 Mexican Train Dominoes 10:00 Computer Class <b>10:30 DRUM FIT</b> 11:00 Healthy Minute <b>12:00 FOOD TRUCK</b></p>	<p>8:30 SLC Salon 9:00-11:00 LIHEAP Sign-Up 9:30 Beading 10:00 DRUM FIT 10:30 MEDICARE 2025 <b>12:00 Storytelling</b> Negro Spirituals: Hidden Meanings By Josie Bailey</p> 	<p><b>8:00 Fellowship &amp; Coffee</b> 9:00 Mindfulness w/ Raul 9:45 Fit Friday Exercise <b>10:30 Bargain Hunt/ Dollar Tree</b></p> <p>12:00 <b>B I N G O</b> with Hamilton Place</p>
<p><b>8:00 Fellowship &amp; Coffee</b> 9:00 CANASTA 9:00 Mindfulness w/ Raul <b>9:30 Spiritual Enrichment</b> <b>10:30 DRUM FIT</b></p> <p>12:00 Bingo with <b>HUMANA</b></p>	<p>9:00 Mexican Train Dominoes 9:00 Lattes of Love 9:30 Nutrition 10:00 Public Hearing 10:00 Seated Zumba 11:00 Red Hat Outing 11:00 Minuto In Spanish 12:00 TUESDAY BINGO</p>	<p><b>8:00 Fellowship &amp; Coffee</b> 9:00 Mindfulness w/ Raul 9:00 Mexican Train Dominoes 9:30 Bingo at North Hall Comm. Ctr. 10:00 Computer Class 10:45 Healthy Minute 11:00 Lunch 12:00 Creative Dance</p>	<p><b>8:00 Fellowship &amp; Coffee</b> 9:00 Gratitude Reflection 10:00 Thanksgiving Games</p> 	<p><b>8:00 Fellowship &amp; Coffee</b> 9:00 Mindfulness w/ Raul 9:45 Fit Friday Exercise</p> <p>10:30 Walmart </p> <p>12:00 Turkey Bowling</p>

25  
**8:00 Fellowship & Coffee**  
9:00 CANASTA  
9:00 Mindfulness  
with Raul  
**10:30 DRUM FIT**  
**12:00 November Birthday  
Celebration**

26  
**8:00 Fellowship & Coffee**  
**9:00**  
**GEORGIA**  
**Festival of**  
**TREES**  
Holiday Magic with a Heart  
to End Human Trafficking  
"ALL DAY ACTIVITY"

27  
**8:00 Fellowship & Coffee**  
9:00 Mindfulness w/ Raul  
9:00 Mexican Train  
Dominoes  
10:00 Tai Chi  
10:00 Computer Class  
11:00 Golden Corral  
11:00 Healthy Minute  
12:00 Wii Bowling



@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.*