

JANUARY

GAINESVILLE-HALL COUNTY SENIOR LIFE CENTER-NUTRITION PROGRAM

2025

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>COMING SOON !!!!</p> <p>Aqua Terra Farm and Hydroponic Produce</p> <p>Be On The Look-Out For More Upcoming Info.</p>		 <p>SR. LIFE CTR. CLOSED</p>	<p>8:00 Fellowship & Coffee 9:00 B.P Checks by: Hall County Health Dept. 9:00 Massages by Kristi 9:30 Spiritual Awakening 10:00 Beading Class 10:00 SLC Council Meeting 11:00 Virtual Exercise 12:00 THURSDAY BINGO</p>	<p>8:00 Fellowship & Coffee</p> <p>9:45 Fit Friday Exercise</p> <p>10:30 Bingo with Affinis Hospice</p> <p>12:00 </p>
<p>8:00 Fellowship & Coffee 9:00 CANASTA</p> <p>9:30 Spiritual Enrichment 10:30 DRUM FIT</p> <p>12:00 </p>	<p>8:30 SLC SALON 9:00 Mexican Train Dominoes 9:00 Weight 4it 10:00 Walmart 11:00 Nail Painting 11:45 Senior Planet: "Facebook" 12:00 TUESDAY BINGO</p>	<p>8:00 Fellowship & Coffee 9:00 Mexican Train Dominoes 10:00 Breakfast @ Chick-fil-A 10:00 Computer Class 10:00 Virtual Gentle YOGA 10:30 Healthy Minute 11:00 LUNCH 12:00 Creative Dance</p>	<p>8:00 Fellowship & Coffee 9:00 CANASTA 9:30 Spiritual Awakening 10:00 Yarn Class 10:30 DRUM FIT 12:00 Food Bank</p>	<p>8:00 Fellowship & Coffee</p> <p>9:45 Fit Friday Exercise</p> <p>10:15 129 Salvage 11:00 Word Search Puzzles 11:45 Senior Planet: "Internet" 12:00 Senior Center Bingo</p>
<p>8:00 Fellowship & Coffee 9:00 CANASTA 9:30 Spiritual Enrichment 10:00 Head Start Partnership 10:30 DRUM FIT 12:00 Presentation by: Prime Care Home Care</p>	<p>8:00 Fellowship & Coffee 9:00 Mexican Train Dominoes 9:30 Nutrition w/ UGA Ext. Hall County 10:00 Seated Zumba 11:45 Senior Planet: Google Maps 12:00 TUESDAY BINGO</p>	<p>9:00 GEORGIA MUSEUM OF ART Athens, Georgia</p>  <p>Admission: Free "All Day Outing"</p>	<p>8:00 Fellowship & Coffee 9:00 CANASTA 9:00 Hand Massages by Krstl 9:30 Spiritual Awakening 10:00 Paint Class 10:30 DRUM FIT 12:00 THURSDAY BINGO</p>	<p>8:00 Fellowship & Coffee</p> <p>9:45 Fit Friday Exercise</p> <p>10:30 Brain Games 12:00 </p>
 <p>SR. LIFE CTR. CLOSED</p>	<p>8:00 Fellowship & Coffee 9:00 Lattes of Love</p> <p>9:00 Mexican Train Dominoes 10:00 Seated Zumba 11:45 Senior Planet: "Zoom" 12:00 TUESDAY BINGO</p>	<p>8:00 Fellowship & Coffee</p> <p>9:00 Mexican Train Dominos 10:00 Computer Class 10:00 Virtual Gentle Stretch 10:30 Healthy Minute 11:00 LUNCH 12:00 Creative Dance</p>	<p>8:00 Fellowship & Coffee 8:30 SLC SALON 9:00 CANASTA 9:30 Spiritual Awakening 10:00 Wooden Craft 10:30 DRUM FIT 11:00 Nail Painting 12:00 Thursday Bingo</p>	<p>8:00 Fellowship & Coffee</p> <p>9:45 Fit Friday Exercise</p> <p>10:30 Aldi Shopping 12:00 Wii Bowling</p>

27	28	29	30	31
8:00 Fellowship & Coffee 9:00 CANASTA 9:30 Bingo at North Hall Community Ctr. 9:30 Spiritual Awakening 10:00 Cheese Toss 10:30 DRUM FIT 12:00 Bingo by HUMANA	8:00 Fellowship & Coffee 9:00 Mexican Train Dominoes 10:00 Seated Zumba 10:45 Garden Club 11:45 Senior Planet: Smartphones 12:00 TUESDAY BINGO	8:00 Fellowship & Coffee 9:00 Mexican Train Dominoes 9:00-1:00 Health Screenings by: Piedmont Students 10:00 Computer Class 10:30 Kick Ball 12:00 	8:00 Fellowship & Coffee 9:00 CANASTA 9:30 Spiritual Awakening 10:30 DRUM FIT 11:00 Heart of Hospice 12:00 THURSDAY BINGO	8:00 Fellowship & Coffee 9:00 Legacy Link Jan. Nutrition Education 9:45 Fit Friday Exercise 11:00 Lunch at  12:00 Pictionary



@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.