



APRIL

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>1</p> <p>8:00 Fellowship & Coffee 9:00 Silver Sneakers: Weight 4 it 9:00 Mexican Train Dominoes 9:30 Spiritual Awakening 10:00 Puzzle Piece Pastries 10:00 Cooling Assistance 11:45 Senior Planet: <i>Getting started w/ Zoom</i></p>	<p>2</p> <p>8:00 Fellowship & Coffee 9:00 Chick-fil-A Bingo 9:00 Mexican Train Dominoes 9:30 Healthy Minute: Stress Awareness Month 10:00 Virtual Chair Exercise 11:00 Lunch 12:00 Creative Dance</p>	<p>3</p> <p>8:00 Fellowship & Coffee 8:30 SLC Salon 9:00 CANASTA 9:00 Blood Pressure checks w/ Hall County Health Dept. 10:00 EASTER WOODEN CRAFT 11:00 DRUM FIT 12:00 THURSDAY BINGO</p>	<p>4</p> <p>9:00 Spring Garden Expo Fee: \$2.00  9:45 Fit Friday w/ Ryan 10:30 Bingo with Affinis Hospice 12:00 April Birthday Celebration</p>
<p>7</p> <p>8:00 Fellowship & Coffee 9:00 CANASTA 9:30 Spiritual Enrichment 10:30 DRUM FIT 10:30 Aldi 12:00 MONDAY BINGO</p>	<p>8</p> <p>8:00 Fellowship & Coffee 9:00 Mexican Train Dominoes 9:30 Spiritual Awakening 10:00 Nail Painting 10:00 Silver Sneakers: ZUMBA 11:45 Senior Planet: <i>Hosting a Zoom Meeting</i></p>	<p>9</p> <p>8:00 Fellowship & Coffee 9:00 Mexican Train Dominoes 9:30  10:00 Virtual Zumba 10:45 Lunch at Taco Mac/ Nothing Bundt Cakes 12:00 Humana Bingo</p>	<p>10</p> <p>8:00 Fellowship & Coffee 9:00 CANASTA 10:00 BEADING w/ ELIZABETH 10:30 Color Relaxation 11:00 DRUM FIT 12:00 FOOD BANK DISTRIBUTION</p>	<p>11</p> <p>8:00 Fellowship & Coffee 9:00 GONE FISH'N At Buford Dam 9:45 Fit Friday w/ Ryan 11:00 Ice Cream Floats 12:00 Senior Center Bingo</p>
<p>14</p> <p>8:00 Fellowship & Coffee 8:30 SLC Salon 9:00 CANASTA 9:00 Bingo at Hello Hilo 9:30 Spiritual Enrichment 10:30 Drum Fit 12:00 MONDAY BINGO</p>	<p>15</p> <p>8:00 Fellowship & Coffee 9:00 Mexican Train Dominoes 9:00 Lattes of Love 9:30 Spiritual Awakening 10:00 Silver Sneakers: ZUMBA 11:45 Senior Planet: <i>Video Chat w/ Zoom</i></p>	<p>16</p> <p>8:00 Fellowship & Coffee 9:00 Mexican Train Dominoes 9:30 Healthy Minute 10:00 Virtual Gentle Yoga 10:00 Happy Hour Bingo at Spouts Springs Library 11:00 Lunch 12:00 Creative Dance</p>	<p>17</p> <p>8:00 Fellowship & Coffee 9:00 CANASTA 10:00 PAINT CLASS  11:00 DRUM FIT 12:00 Thursday Bingo</p>	<p>18</p> <p>8:00 Fellowship & Coffee 9:45 Fit Friday w/ Ryan 11:00 Senior Life Center  12:00 Bingo with Hamilton Place</p>
<p>21</p> <p>8:00 Fellowship & Coffee 9:00 Senior Life Center All Day Outing to ROSS & </p>	<p>22</p> <p>8:00 Fellowship & Coffee 9:00 Mexican Train Dominoes 9:30 Spiritual Awakening 10:00 Silver Sneakers: ZUMBA 10:00 Nail Painting 11:45 Senior Planet: <i>Finding Info. On Line</i></p>	<p>23</p> <p>8:00 Fellowship & Coffee 9:00 Mexican Train Dominoes 9:30 MEDLINK 10:00 Virtual Gentle Stretch 10:30 Healthy Minute 10:45 Dollar Tree 12:00 Word Search Puzzles</p>	<p>24</p> <p>8:00 Fellowship & Coffee 9:00 CANASTA 10:00 YARN CRAFT 11:00 DRUM FIT 11:00 Red Hat Outing 12:00 THURSDAY BINGO</p>	<p>25</p> <p>8:00 Fellowship & Coffee 9:45 Fit Friday w/ Ryan 10:30 Visit from Highlands Senior Living 12:00 Pet Therapy w/ Hall County Animal Services</p>

28	29	30	 <p>"DECADES PARTY" Thur. May 15 at the Sr. Life Center</p>	
<p>8:00 Fellowship & Coffee 9:00 CANASTA 9:30 Bingo at North Hall Community Ctr.</p> <p>10:30 DRUM FIT 11:00 Cheese Toss</p> <p>12:00 MONDAY BINGO</p>	<p>9:00 Shopping at My Sister's Place 9:00 Mexican Train Dominoes 9:30 Spiritual Awakening 10:00 Virtual Exercise 11:45 Senior Planet: <i>Intro. To Managing Your Privacy</i></p>	<p>8:00 Fellowship & Coffee 9:00 Mexican Train Dominoes 9:30 Healthy Minute</p> <p>10:00 Walmart 11:00 Virtual Chair Exercise 12:00 OMBUDSMAN PRESENTATION</p>		



@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.