





SEPTEMBER GAINESVILLE-HALL COUNTY SENIOR LIFE CENTER 2019

434 Prior Street, SE Gainesville, Georgia 30501 Telephone: (770) 503-3336

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 HAPPY LABOR DAY SENIOR LIFE CENTER CLOSED	3 8:00 Fellowship & Coffee 8:30 Water Fitness 10:00 Zumba w/ Vickie 10:45 Senior of the Month  11:00 Painting Mugs 12:00 Grocery Store 12:30 Tuesday Bingo	4 8:00 Fellowship & Coffee 9:00 Advisory Board Meeting 9:30 Grief Support Session 10:00 ERRANDS 10:00 Reflections Salon: Wash & Style, Mani., Pedi. & Facials 12:15 Circle of Friends 12:30 Wednesday BiNgO	5 8:30 Water Fitness 9:30 Chick-Fil-A  9:45 Sit and Be Fit 10:00 Beginners Bridge 12:00 Grocery Store 12:30 Dessert Bar 2:00- 4:00 Legacy Links Senior Farmers Market	6 8:00 Fellowship & Coffee 9:00 Divas 10:00 Staying Fit Friday 10:30 Lanier Produce 12:30 Birthday Celebration!!!! 
9 8:00 Fellowship & Coffee 8:20 Gentle Yoga 10:00 ERRANDS 10:00 Computer Class 11:00 RHS rescheduled lunch at Red Lobster 12:15 Grandparents Day Program	10 8:00 Fellowship & Coffee 8:30 Water Fitness 9:00 <i>Massages by Rickey</i> 10:00 Zumba w/ Vickie 10:30 BiNgO hosted by Pruitt Health Lanier 12:30 BiNgO hosted by <i>Manor Lake</i>	11 8:45 Fair Street School 9:00 Gainesville Bowling Ctr. 9:30 Grief Support Session 9:45 Tai Chi 10:00 ERRANDS 10:00 North Ga. Sr. Resources 11:00 Soup & Bible Study 12:15 CREATIVE DANCE	12 8:00 Fellowship & Coffee 8:30 Water Fitness 9:30 Cosmetology School 9:45 Sit and Be Fit 10:00 Beginners Bridge 10:30 Show & Tell 12:15 GMFB Distribution	13 8:00 Fellowship & Coffee 8:30 Falls Prevention Expo at the Civic Center 10:00 Staying Fit Friday 10:45 <i>Loretta's</i> 11:00 September Hodgepodge 12:30 Cake Walk
16 8:00 Fellowship & Coffee 8:20 Gentle Yoga 9:45 Happy Singers at Bell Minor & Limestone 10:00 ERRANDS 10:00 Windows 10 Computer Class 12:30 Birthday Celebration	17 8:00 Fellowship & Coffee 8:30 Water Fitness 9:00 Nutrition 10:00 Circle Of Friends 10:45 BiNgO & Lunch at <i>The Landings of G'ville</i> 12:00 Grocery Store 12:30 Tuesday Bingo	18 9:00 B.P. w/ Kindred Hospice 9:30 Grief Support Session 9:45 Tai Chi 10:00 ERRANDS 10:30 Music Hour by HeartSong  12:30 Wednesday BiNgO	19 8:00 Fellowship & Coffee 8:30 Water Fitness 9:00 Gardzn Club Special Guest: Master Gardner 9:45 Sit and Be Fit 10:00 Beginners Bridge 10:00 BiNgO by Pittman Ins. 10:30 MEN IN BLACK 12:00 Grocery Store	20 8:00 Fellowship & Coffee 10:00 Reflections Salon: Wash & Style, Mani., Pedi. & Facials 10:00 Staying Fit Friday 11:00 Pet Therapy w/ Pat & George 12:30 Kick Ball
23 8:00 Fellowship & Coffee 8:20 Gentle Yoga 9:00 It's Catfishing Time!! 10:00 Computer Class 10:00 Pass the Gossip 10:00 ERRANDS 11:00 Brain Games 12:30 Coke Floats 	24 8:00 Fellowship & Coffee 8:30 Water Fitness 9:30 Cosmetology School 10:00 Zumba w/ Vickie 10:30 <i>Goodwill</i> shopping & Lunch at Curt's 11:00 Tongue Twisters 12:30 Tuesday Bingo	25 8:00 Fellowship & Coffee 8:45 Healthy Aging Expo 9:00 Roots & Shoots Program 9:00 Pet Therapy 9:30 Grief Support Session 9:45 Tai Chi 10:00 ERRANDS 11:00 Wednesday BiNgO 11:00 Soup & Bible Study 12:15 CREATIVE DANCE	26 8:00 Fellowship & Coffee 8:30 Water Fitness 9:45 Sit and Be Fit 10:00 Humana Presentation 10:00 Beginners Bridge 10:30 Free Chapel Music  12:15 GMFB Distribution	27 8:00 Fellowship & Coffee 9:00 Bingo w/ Bell Minor 9:00 It's Catfishing Time!! 10:00 Staying Fit Friday 10:45 Lunch at Stevi B's 11:00 Color Relaxation 12:00 Beading Class

8:00 Fellowship & Coffee

8:20 **Gentle Yoga**

by: Brenau

9:45 **Bingo** at

North Hall Comm. Ctr.



10:00 ERRANDS

10:00 Computer Class

11:00 Word Find Puzzles

12:15 Neighborhood Stroll

**For more information
on upcoming trip**

**Call Nancy
(770) 503-3352**

This trip is presented by
Hall County Senior Life Center
& Southern Style Travels

**LEGACY LINKS
SENIOR FARMERS
MARKET
(FOR THE COMMUNITY)
AT THE SENIOR LIFE CTR.
DATE: SEPT. 5, 2019 (THUR)
TIME: 2:00 p.m. - 4:00p.m.**



**NOVEMBER 4-7 \$548 DOUBLE
AMISH LANCASTER
& WASHINGTON DC
Tour of Amish Country w/guide
"The Miracle of Christmas"
at Sight & Sound Theatre
Visit Smithsonian Museum, New
Museum of the Bible, Memorials
Photos by White House & Capitol
3 nights hotel 3 breakfast/2 dinners**

THOUGHT FOR
THE MONTH

**WE ALL HAVE
THE ABILITY
TO MAKE
SOMEONE'S
LIFE
BETTER**

The Senior Life Center

Offers a Computer Class for beginners and for anyone who would like to improve their computer skills.

The class content includes:

- ✓ **Accessing and using the Internet**
- ✓ **Learning how to create documents**
- ✓ **Learning how to use an email program**



One of the major benefits of taking the class is you will join 99% of people who use computers daily.

Computers can open up a whole 'new' world for you to enjoy. The door of the computer room is open to you!!!!

To sign up for the class call Gloria @ 770-503-3354

"Please Remember to call T & T Transportation at 706-297-0183 if you Do Not Plan On Attending"

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.