

8AM Coffee and Fellowship

Please note: Days and times of various activities are subject to change!

Reminder! All activities in **BOLD** print are for those participating in the Nutrition Program. If you are interested in finding out more information please see:

Kim Graham-Activities Coordinator




Open Art Studio & Open Billiards

Monday-Friday

(8AM-4PM)

Lumpkin County Senior Center
 266 Mechanicsville Road
 Dahlonega, GA 30533
 706-864-2358
www.lumpkincounty.gov

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Like us on Facebook and help spread the word! Search "Lumpkin County Government"</p> 	<p>Leathercraft Workshop w/ Tom Slavicek</p> <p>July 13th, 2021 Class 1 9 AM – 12 PM Class 2 1 PM – 4 PM</p> <p>\$35 covers supplies Register by July 11th</p>	<p>Americans consume over 150 million hot dogs on the 4th!</p> <p>Independence Day is actually July 2nd.</p> <p>There were 2.5 million people living in the US on July 4th, 1776.</p> <p>Americans bought 273 million pounds of fireworks in 2019.</p>	1	2
			<p>8:00 Open Billiards</p> <p>9:30 SilverSneakers- Cardio</p> <p>9:30 Stretch & Flex</p> <p>10:00 Table Topics w/ Kim</p> <p>11:30 Lunch</p> <p>12:00 BINGO w/David</p>	<p>8:00 Open Billiards</p> <p>9:30 SilverSneakers- Classic</p> <p>9:45 Sittercise</p> <p>10:30 Tai Chi</p> <p>11:30 Lunch</p> <p>12:00 Ping Pong</p> <p>7:00 Gold Country Squares</p> 
Center Closed 5	6	7	8	9
	<p>8:00 Open Billiards</p> <p>9:30 SilverSneakers- Cardio</p> <p>9:45 Sittercise </p> <p>10:00 Wii Bowling</p> <p>11:30 Lunch</p> <p>12:00 Crossword Puzzle w/Kim</p> 	<p>8:00 Open Billiards</p> <p>9:30 SilverSneakers- Classic</p> <p>9:45 Stretch & Flex</p> <p>10:00 Happy Hikers Walk</p> <p>10:30 Tai Chi</p> <p>11:30 Lunch</p> <p>12:00 Card Game w/Kim</p> <p>1:00 Bridge </p>	<p>8:00 Open Billiards</p> <p>9:30 SilverSneakers- Cardio</p> <p>9:30 Balloon Volleyball</p> <p>11:30 Lunch</p> <p>12:00 Bingo</p> <p>6:00 Golden Stitches Quilting Guild</p>	<p>8:00 Open Billiards</p> <p>9:30 SilverSneakers- Classic</p> <p>9:30 Sittercise</p> <p>10:00 Dollar General Shopping</p> <p>11:30 Lunch</p> <p>12:00 Bingo</p> 

12	13	14	15	16
8:00 Open Billiards 9:30 SilverSneakers- Classic 9:15 Balloon Volleyball 9:45 Tomato House Trip 10:30 Tai Chi 11:30 Lunch 12:00 Word Pictures 	8:00 Open Billiards 9:30 SilverSneakers- Cardio 9:30 Sittercise  10:00 Wii Bowling 11:30 Lunch 12:00 Music Trivia 6:30 Gold Diggers Garden Club	8:00 Open Billiards 9:30 SilverSneakers- Classic 9:45 Stretch & Flex 10:00 Food Demo w/Kristen 10:30 Tai Chi 11:30 Lunch 12:00 Bingo 1:00 Bridge	8:00 Open Billiards 9:30 SilverSneakers- Cardio 9:45 Balloon Volleyball 10:30 Nutrition Presentation  11:30 Lunch 12:00 Bingo w/David 	8:00 Open Billiards 9:15 Sittercise 9:30 SilverSneakers- Classic 10:00 BP Check w/AmY 10:30 Tai Chi 11:30 Lunch 12:00 Crossword Puzzle w/Kim 7:00 Gold Country Squares 
19	20	21	22	23
8:00 Open Billiards 9:30 SilverSneakers- Classic 9:45 Balloon Volleyball 10:30 Tai Chi 11:30 Lunch 12:00 Family Feud	8:00 Open Billiards 8:00 Pancake Breakfast 9:30 SilverSneakers- Cardio 9:15 Sittercise 10:00 Karaoke w/Regina 11:30 Lunch 12:00 Bingo w/Sandra 	8:00 Open Billiards 9:30 SilverSneakers- Classic 9:30 Stretch & Flex 10:30 Tai Chi 11:30 Red Hats & Mens Lunch Delivered 12:00 Watch Family Program 1:00 Bridge	8:00 Open Billiards 9:30 SilverSneakers- Cardio 9:30 K9 Officer Demonstration 10:15 Balloon Volleyball 11:30 Lunch 12:00 Card Games w/Kim 12:00 Birthday Celebration 	8:00 Open Billiards 9:30 SilverSneakers- Classic  9:15 Sittercise 10:30 Tai Chi 11:30 Lunch 12:00 FRIYAY! Bingo w/Art 
26	27	28	29	30
8:00 Open Billiards 9:30 SilverSneakers- Classic 9:30 Balloon Volleyball 10:30 Tai Chi 11:30 Lunch 12:00 Bingo w/Sandra 	8:00 Open Billiards 9:30 SilverSneakers- Cardio  9:15 Sittercise 9:30 Dahlonega Gold Museum 11:30 Lunch 12:00 Wii Bowling 	8:00 Open Billiards 9:30 SilverSneakers- Classic 9:45 Stretch & Flex 10:30 Tai Chi 11:30 Lunch 12:00 Crossword Puzzle w/Kim	8:00 Open Billiards 9:30 SilverSneakers- Cardio 9:45 Balloon Volleyball 11:30 Lunch 12:00 Bingo	8:00 Open Billiards 9:15 Sittercise 9:30 SilverSneakers 9:45 Long MNT History Trip 10:30 Tai Chi 11:30 Lunch 12:00 Family Feud