## Habersham Co. Senior Center **217 Scoggins Drive** Demorest, GA 30535 Phone: (706) 839-0260 https://www.habershamga.com/seniorcenter.cfm







					4th CLOSED
Mon	Tue	Wed	Thu	Fri	8th Redbirds Meeti 9th Bingo
1 Coffee, Socializing, and Lunch	2 Coffee, Socializing, and Lunch	3 Coffee, Socializing, and Lunch		5 Coffee, Socializing, and Lunch	10th Ice Cream Soc
Firework Craft @10	Mobile Library @10	Crocheting @ 10	FOR CLOSED	Morning Motion @10	<u>17th Crocheting</u> <u>18th Vet to Vet</u>
Short Stories @12	Cookout @12	Wing-it Brothers & Friends (a) 12	4TH OF JULY   & 茶☆の	Hangman @12	<u>18th Bingo</u> <u>19th Karaoke</u> 23rd Chitwoods
$m{8}$ Coffee, Socializing, and Lunch	9 Coffee, Socializing, and Lunch	10 Coffee, Socializing, and Lunch	11 Coffee, Socializing, and Lunch	12 Coffee, Socializing, and Lunch	23rd Christmas in J
Red birds Meeting@10 Minute to Win It @12	Spaghetti Lunch @11:30	Ice Cream Social @10	Trip to Dawsonville	Thrift Shopping @10 Moring Motion @10	24th Birthday Part 25th Fairies in a Ja
	Bingo @12	Wing-it Brothers & Friends (a) 12 1:00 / Reserved Bridge Club		Trivia @12	25th Tea Party 29th Blood Pressure ch
15 Coffee, Socializing, and Lunch Hollands@10	16 Coffee, Socializing, and Lunch	17 Coffee, Socializing, and Lunch	18 Coffee, Socializing, and Lunch <b>Pancake Breakfast</b>	<b>19</b> Coffee, Socializing, and Lunch <b>Thrift Shopping</b> @10	29th Eddie Neal Presen 30th Twisters Movi 31st Crocheting
Telephone @12	Wii Bowling @10	Crocheting @ 10	@8:30	Morning Motion @10	Fund Raising
		Wing-it Brothers & Friends @ 12	Vet to Vet @10 Bingo @12	Karaoke @12	18th Pancake Breakfas
	Family Feud @12	1:00 / Reserved Bridge Club		DJ Dance Night @ 6:30 pm	<u>\$4.00</u>
22 Coffee, Socializing, and Lunch Jaemor a10	23 Coffee, Socializing, and Lunch	24 Coffee, Socializing, and Lunch	25 Coffee, Socializing, and Lunch	<b>26</b> Coffee, Socializing, and Lunch	9th Spaghetti Lunch 11: \$8.00
	Chitwoods @10	Birthday Party @10	Fairies in a Jar @10		<u>00.00</u>
Pinny Pitchers @12	Christmas In July	Wing-it Brothers & Friends @ 12	Tea Party @12	Trip to Cherokee	Trips
	@12	1:00 / Reserved Bridge Club			11th Dawsonville 15th Hollands
29 Coffee, Socializing, and Lunch	30 Coffee, Socializing, and Lunch	31 Coffee, Socializing, and Lunch	· ·	Lunch Reservations must	22nd Jaemor 26th Cherokee
Blood Pressure Checks @10	Twisters Movie @10	Crocheting @ 10		be made a week in advance. Your order must be turned	
Eddie Neal - Elder Abuse		Wing-it Brothers & Friends (a) 12		in by end of day on Mon- days for the following week.	Exercise Calenda
and Fraud Edu. @12		1:00 / Reserved Bridge Club	CE SIM . SU		

**EVENTS 1st Craft** 2nd Mobile Library **2nd Cookout 3rd Crocheting** 4th CLOSED 8th Redbirds Meeting 9th Bingo **10th Ice Cream Social 17th Crocheting** 18th Vet to Vet 18th Bingo **19th Karaoke 23rd Chitwoods** 23rd Christmas in July **24th Birthday Party 25th Fairies in a Jar 25th Tea Party** th Blood Pressure checks h Eddie Neal Presentation **30th Twisters Movie 31st Crocheting Fund Raising** th Pancake Breakfast 8:30-10 **\$4.00** Spaghetti Lunch 11:30-12 **\$8.00 Trips** 11th Dawsonville **15th Hollands 22nd Jaemor 26th Cherokee** 

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**Tuesday** Wednesday Thursday **Friday** Monday a s 9:30 Circuit w/Myra 9:30 Circuit w/Linda 8:45-9:45 Thai Chi 9:30 Circuit w/Sandy CLOSED 10:45 Move, Muscle and 9:45 Cardio fit /Dance w/Myra 10:45 Move, Muscle and FOR 11:00 Chair Exercise w/Mason Mind w/Myra Mind w/Linda 10:45 Stretching w/Sandy 2:30 Line Dance w/ Beth 4TH OF JULY 1:00 Classic w/Sandy 1:00 Balance Class 5:30 Power Yoga 4PM - 6PM Dance Class (Beginners, can sit or stand) 6PM - 8PM Dance Class 8 10 9 12 11 9:30 Circuit w/Linda 8:45-9:45 Thai Chi 9:30 Circuit w/Mvra 9:30 Yoga Stretch w/Linda 9:30 Circuit w/Sandy 9:45 Cardio fit /Dance w/Myra 11:00 Chair Exercise 10:45 Move, Muscle and 10:45 Move, Muscle and 11:00 Chair Exercise w/Mason Mind w/Myra Mind w/Linda 10:45 Stretching w/Sandy 2:30 Line Dance w/ Beth 5:30 Strength Core & More 1:00 Balance Class 1:00 Classic w/Sandy 5:30 Power Yoga (Beginners, can sit or stand) 4PM - 6PM Dance Class 6PM - 8PM Dance Class 16 17 18 19 15 9:45 Cardio fit /Dance w/Myra 9:30 Circuit w/Linda 9:30 Circuit w/Myra 9:30 Yoga Stretch w/Linda 9:30 Circuit w/Sandy 11:00 Chair Exercise 10:45 Move, Muscle and 10:45 Move, Muscle and 11:00 Chair Exercise 2:30 Line Dance w/ Beth 5:30 Strength Core & More Mind w/Linda Mind w/Myra 10:45 Stretching w/Sandy 5:30 Power Yoga 1:00 Balance Class 1:00 Classic w/Sandy (Beginners, can sit or stand) 4PM - 6PM Dance Class DJ Dance Night @ 6:30 pm 6PM - 8PM Dance Class 24 26 22 23 25 9:30 Circuit w/Linda 9:30 Circuit w/Myra 9:30 Yoga Stretch w/Linda 8:45-9:45 Thai Chi 9:30 Circuit w/Sandy 10:45 Move, Muscle and 10:45 Move, Muscle and 11:00 Chair Exercise 9:45 Cardio fit /Dance w/Myra 11:00 Chair Exercise w/Mason Mind w/Myra Mind w/Linda 10:45 Stretching w/Sandy 2:30 Line Dance w/ Beth 1:00 Classic w/Sandy 5:30 Strength Core & More 1:00 Balance Class 5:30 Power Yoga (Beginners, can sit or stand) 4PM - 6PM Dance Class 6PM - 8PM Dance Class 30 Lunch Reservations must be 29 31 9:30 Circuit w/Linda 8:45-9:45 Thai Chi 9:30 Circuit w/Mvra made a week in advance. 9:45 Cardio fit /Dance w/Myra 10:45 Move, Muscle and 10:45 Move, Muscle and Your order must be turned 11:00 Chair Exercise w/Mason Mind w/Linda Mind w/Myra in by end of day on Mon-2:30 Line Dance w/ Beth days for the following week. 1:00 Balance Class 1:00 Classic w/Sandy 5:30 Power Yoga 4PM - 6PM Dance Class (Beginners, can sit or stand) 6PM - 8PM Dance Class

Instructor Contact Information

> <u>Tai Chi</u> Brenda Sue Whitmire 770-316-2025

> > **Silver Sneakers**

Linda Adams 706-754-7387 Myra Chandler 706-778-6320 Sandy Bunce 706-968-9058

Two left Feet Beth Adams 706-778-9300

DJ Dance Night—3rd Friday Carolyn Bowen 706-754-9329

Ball Room Dancing Ramona Stowe 706-436-6748

WELLNESS CORDINATOR & Chair Exercise Instructor Mason Hall 706-839-0262