

**Habersham Co. Senior Center**  
**217 Scoggins Drive**  
**Demorest, GA 30535**  
**Phone: (706) 839-0260**

<https://www.habershamga.com/seniorcenter.cfm>



Mon	Tue	Wed	Thu	Fri
<p>1 Coffee, Socializing, and Lunch</p> <p>Firework Craft @10</p> <p>Short Stories @12</p>	<p>2 Coffee, Socializing, and Lunch</p> <p>Mobile Library @10</p> <p> Cookout @12</p>	<p>3 Coffee, Socializing, and Lunch</p> <p>Crocheting @ 10</p> <p>Wing-it Brothers &amp; Friends @ 12</p>	<p></p>	<p>5 Coffee, Socializing, and Lunch</p> <p>Morning Motion @10</p> <p>Hangman @12</p>
<p>8 Coffee, Socializing, and Lunch</p> <p>Red birds Meeting@10</p> <p>Minute to Win It @12</p> <p></p>	<p>9 Coffee, Socializing, and Lunch</p> <p>Spaghetti Lunch @11:30</p> <p>Bingo @12</p> <p></p>	<p>10 Coffee, Socializing, and Lunch</p> <p>Ice Cream Social @10</p> <p>Wing-it Brothers &amp; Friends @ 12</p> <p>1:00 / Reserved Bridge Club</p>	<p>11 Coffee, Socializing, and Lunch</p> <p>Trip to Dawsonville</p>	<p>12 Coffee, Socializing, and Lunch</p> <p>Thrift Shopping @10</p> <p>Moring Motion @10</p> <p>Trivia @12</p>
<p>15 Coffee, Socializing, and Lunch</p> <p>Hollands@10</p> <p> Telephone @12</p>	<p>16 Coffee, Socializing, and Lunch</p> <p> Wii Bowling @10</p> <p>Family Feud @12</p>	<p>17 Coffee, Socializing, and Lunch</p> <p>Crocheting @ 10</p> <p>Wing-it Brothers &amp; Friends @ 12</p> <p>1:00 / Reserved Bridge Club</p>	<p>18 Coffee, Socializing, and Lunch</p> <p>Pancake Breakfast @8:30</p> <p> Vet to Vet @10</p> <p>Bingo @12</p>	<p>19 Coffee, Socializing, and Lunch</p> <p>Thrift Shopping @10</p> <p>Morning Motion @10</p> <p>Karaoke @12</p> <p>DJ Dance Night @ 6:30 pm</p>
<p>22 Coffee, Socializing, and Lunch</p> <p>Jaemor@10</p> <p>Pinny Pitchers @12</p>	<p>23 Coffee, Socializing, and Lunch</p> <p>Chitwoods @10</p> <p>Christmas In July @12</p> <p></p>	<p>24 Coffee, Socializing, and Lunch</p> <p>Birthday Party @10</p> <p>Wing-it Brothers &amp; Friends @ 12</p> <p>1:00 / Reserved Bridge Club</p>	<p>25 Coffee, Socializing, and Lunch</p> <p>Fairies in a Jar @10</p> <p> Tea Party @12</p>	<p>26 Coffee, Socializing, and Lunch</p> <p>Trip to Cherokee</p> <p></p>
<p>29 Coffee, Socializing, and Lunch</p> <p>Blood Pressure Checks @10</p> <p>Eddie Neal - Elder Abuse and Fraud Edu. @12</p>	<p>30 Coffee, Socializing, and Lunch</p> <p>Twisters Movie @10</p> <p></p>	<p>31 Coffee, Socializing, and Lunch</p> <p>Crocheting @ 10</p> <p>Wing-it Brothers &amp; Friends @ 12</p> <p>1:00 / Reserved Bridge Club</p>	<p></p>	<p>Lunch Reservations must be made a week in advance. Your order must be turned in by end of day on Mondays for the following week.</p>

EVENTS
<a href="#">1st Craft</a>
<a href="#">2nd Mobile Library</a>
<a href="#">2nd Cookout</a>
<a href="#">3rd Crocheting</a>
<a href="#">4th CLOSED</a>
<a href="#">8th Redbirds Meeting</a>
<a href="#">9th Bingo</a>
<a href="#">10th Ice Cream Social</a>
<a href="#">17th Crocheting</a>
<a href="#">18th Vet to Vet</a>
<a href="#">18th Bingo</a>
<a href="#">19th Karaoke</a>
<a href="#">23rd Chitwoods</a>
<a href="#">23rd Christmas in July</a>
<a href="#">24th Birthday Party</a>
<a href="#">25th Fairies in a Jar</a>
<a href="#">25th Tea Party</a>
<a href="#">29th Blood Pressure checks</a>
<a href="#">29th Eddie Neal Presentation</a>
<a href="#">30th Twisters Movie</a>
<a href="#">31st Crocheting</a>
<a href="#">Fund Raising</a>
<a href="#">18th Pancake Breakfast 8:30-10</a>
<a href="#">\$4.00</a>
<a href="#">9th Spaghetti Lunch 11:30-12</a>
<a href="#">\$8.00</a>

Trips
<a href="#">11th Dawsonville</a>
<a href="#">15th Hollands</a>
<a href="#">22nd Jaemor</a>
<a href="#">26th Cherokee</a>



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Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 9:30 Circuit w/Linda 10:45 Move, Muscle and Mind w/Linda 1:00 Balance Class 4PM - 6PM Dance Class	<b>2</b> 8:45-9:45 Thai Chi 9:45 Cardio fit /Dance w/Myra 11:00 Chair Exercise w/Mason 2:30 Line Dance w/ Beth 5:30 Power Yoga	<b>3</b> 9:30 Circuit w/Myra 10:45 Move, Muscle and Mind w/Myra 1:00 Classic w/Sandy (Beginners, can sit or stand) 6PM - 8PM Dance Class		<b>5</b> 9:30 Circuit w/Sandy 10:45 Stretching w/Sandy
<b>8</b> 9:30 Circuit w/Linda 10:45 Move, Muscle and Mind w/Linda 1:00 Balance Class 4PM - 6PM Dance Class	<b>9</b> 8:45-9:45 Thai Chi 9:45 Cardio fit /Dance w/Myra 11:00 Chair Exercise w/Mason 2:30 Line Dance w/ Beth 5:30 Power Yoga	<b>10</b> 9:30 Circuit w/Myra 10:45 Move, Muscle and Mind w/Myra 1:00 Classic w/Sandy (Beginners, can sit or stand) 6PM - 8PM Dance Class	<b>11</b> 9:30 Yoga Stretch w/Linda 11:00 Chair Exercise 5:30 Strength Core & More	<b>12</b> 9:30 Circuit w/Sandy 10:45 Stretching w/Sandy
<b>15</b> 9:30 Circuit w/Linda 10:45 Move, Muscle and Mind w/Linda 1:00 Balance Class 4PM - 6PM Dance Class	<b>16</b> 9:45 Cardio fit /Dance w/Myra 11:00 Chair Exercise 2:30 Line Dance w/ Beth 5:30 Power Yoga	<b>17</b> 9:30 Circuit w/Myra 10:45 Move, Muscle and Mind w/Myra 1:00 Classic w/Sandy (Beginners, can sit or stand) 6PM - 8PM Dance Class	<b>18</b> 9:30 Yoga Stretch w/Linda 11:00 Chair Exercise 5:30 Strength Core & More	<b>19</b> 9:30 Circuit w/Sandy 10:45 Stretching w/Sandy <i>DJ Dance Night @ 6:30 pm</i>
<b>22</b> 9:30 Circuit w/Linda 10:45 Move, Muscle and Mind w/Linda 1:00 Balance Class 4PM - 6PM Dance Class	<b>23</b> 8:45-9:45 Thai Chi 9:45 Cardio fit /Dance w/Myra 11:00 Chair Exercise w/Mason 2:30 Line Dance w/ Beth 5:30 Power Yoga	<b>24</b> 9:30 Circuit w/Myra 10:45 Move, Muscle and Mind w/Myra 1:00 Classic w/Sandy (Beginners, can sit or stand) 6PM - 8PM Dance Class	<b>25</b> 9:30 Yoga Stretch w/Linda 11:00 Chair Exercise 5:30 Strength Core & More	<b>26</b> 9:30 Circuit w/Sandy 10:45 Stretching w/Sandy
<b>29</b> 9:30 Circuit w/Linda 10:45 Move, Muscle and Mind w/Linda 1:00 Balance Class 4PM - 6PM Dance Class	<b>30</b> 8:45-9:45 Thai Chi 9:45 Cardio fit /Dance w/Myra 11:00 Chair Exercise w/Mason 2:30 Line Dance w/ Beth 5:30 Power Yoga	<b>31</b> 9:30 Circuit w/Myra 10:45 Move, Muscle and Mind w/Myra 1:00 Classic w/Sandy (Beginners, can sit or stand) 6PM - 8PM Dance Class		<b><i>Lunch Reservations must be made a week in advance. Your order must be turned in by end of day on Mondays for the following week.</i></b>

## Instructor Contact Information

**Tai Chi**  
**Brenda Sue Whitmire**  
**770-316-2025**

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### Silver Sneakers

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

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### Two left Feet

**Beth Adams 706-778-9300**

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

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### Ball Room Dancing

**Ramona Stowe 706-436-6748**

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