






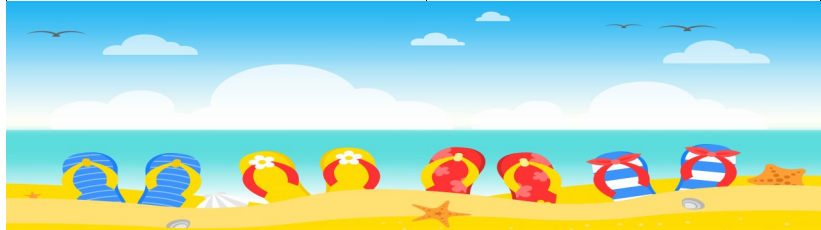


Habersham Co. Senior Center
 217 Scoggins Drive
 Demorest, GA 30535
 Phone: (706) 839-0260
<https://www.habershamga.com/seniorcenter.cfm>



Mon	Tue	Wed	Thu	Fri
<p>3 Coffee, Socializing, and Lunch Bubble Art Craft @ 10 Falls Prevention Class @12</p> 	<p>4 Coffee, Socializing, and Lunch Mobile Library @ 10 Bingo @12 Spaghetti Lunch @12</p>	<p>5 Coffee, Socializing, and Lunch Crocheting @ 10 Wing-it Brothers & Friends @ 12 1:00 / Reserved Bridge Club</p>	<p>6 Coffee, Socializing, and Lunch Redbirds Trip-Crossroads</p> 	<p>7 Coffee, Socializing, and Lunch Thrift Shopping @ 10 Hangman @ 12</p>
<p>10 Coffee, Socializing, and Lunch Red Bird's Meeting @ 10 The Oaks ALF Visit @12</p>	<p>11 Coffee, Socializing, and Lunch Trip to Anderson 6:30 PM RESERVED RENTAL</p>	<p>12 Coffee, Socializing, and Lunch Hearing Class @ 10 Wing-it Brothers & Friends @ 12 1:00 / Reserved Bridge Club</p>	<p>13 Coffee, Socializing, and Lunch Nature Suncatcher Craft @10 Family Feud @12</p>	<p>14 Coffee, Socializing, and Lunch Trip to Helen</p>
<p>17 Coffee, Socializing, and Lunch Jaemor @ 10 Fathers Day Root beer and Peanuts @ 12</p>	<p>18 Coffee, Socializing, and Lunch Grace Gate @10 Wii Bowling @ 12</p> 	<p>19 Coffee, Socializing, and Lunch Crocheting @ 10 Birthday Celebration @ 12 Wing-it Brothers & Friends @ 12 1:00 / Reserved Bridge Club</p>	<p>20 Coffee, Socializing, and Lunch Pancake Breakfast 8:30-10:00 \$4.00 Vet to Vet @ 10 Bingo @12</p> 	<p>21 Coffee, Socializing, and Lunch Thrift Shopping @ 10 Karaoke @12 DJ Dance Night @ 6:30 pm</p> 
<p>24 Coffee, Socializing, and Lunch Blood Pressure Checks @10 Tea Party @12</p> 	<p>25 Coffee, Socializing, and Lunch Chitwood's @ 10 Jeopardy @ 12</p>	<p>26 Coffee, Socializing, and Lunch Hearing Class @10 Wing-it Brothers & Friends @ 12 1:00 / Reserved Bridge Club</p>	<p>27 Coffee, Socializing, and Lunch Trip to Franklin</p> 	<p>28 Coffee, Socializing, and Lunch Thrift Shopping @ 10 Name that Tune @12</p>
<p>June is National Men's Health Month!</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**
- [1st Craft @ 10](#)
 - [1st Falls Prevention @ 12](#)
 - [4th Mobile Library @10](#)
 - [4th Bingo @ 12](#)
 - [5th Crocheting @10](#)
 - [10th Red Bird's Meeting @ 10](#)
 - [12th Hearing Class @ 10](#)
 - [13th Craft @ 12](#)
 - [15th Community Yard sale- Saturday](#)
 - [17th Fathers Day Peanuts and Root beer](#)
 - [18th Grace Gate @ 10](#)
 - [18th Birthday Celebration @12](#)
 - [19th Crocheting @ 10](#)
 - [20th Vet to Vet @10](#)
 - [20th Bingo @ 12](#)
 - [21st Karaoke @ 12](#)
 - [24th Blood Pressure Checks @ 10](#)
 - [24th Tea Party](#)
 - [25th Chitwood's @ 10](#)
 - [26th Hearing Class @ 10](#)
 - [Every Wednesday 12](#)
 - [Wing-it Brother's & Friends](#)
 - [Fund Raising](#)
 - [20th Pancake Breakfast 8:30-10 \\$4.00](#)
 - [4th Spaghetti Lunch 11:30-12 \\$8.00](#)
- Trips**
- 6th Red Bird's Trip**
 - 11th Anderson**
 - 14th Helen**
 - 17th Jaemor**
 - 27th Franklin**



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Monday	Tuesday	Wednesday	Thursday	Friday
3 9:30 Circuit w/Linda 10:45 Move, Muscle and Mind w/Linda 1:00 Balance Class 4PM - 6PM Dance Class	4 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	5 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	6 9:30 Yoga Stretch w/Linda 11:00 Chair Exercise 5:30 Strength Core & More	7 9:30 Circuit w/Sandy 10:45 Stretching w/Sandy
10 9:30 Circuit w/Linda 10:45 Move, Muscle and Mind w/Linda 1:00 Balance Class 4PM - 6PM Dance Class	11 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	12 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	13 9:30 Yoga Stretch w/Linda 11:00 Chair Exercise 5:30 Strength Core & More	14 9:30 Circuit w/Sandy 10:45 Stretching w/Sandy
17 9:30 Circuit w/Linda 10:45 Move, Muscle and Mind w/Linda 1:00 Balance Class 4PM - 6PM Dance Class	18 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	19 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	20 9:30 Yoga Stretch w/Linda 11:00 Chair Exercise 5:30 Strength Core & More	21 9:30 Circuit w/Sandy 10:45 Stretching w/Sandy <i>DJ Dance Night @ 6:30 pm</i>
24 9:30 Circuit w/Linda 10:45 Move, Muscle and Mind w/Linda 1:00 Balance Class 4PM - 6PM Dance Class	25 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	26 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	27 9:30 Yoga Stretch w/Linda 11:00 Chair Exercise 5:30 Strength Core & More	28 9:30 Circuit w/Sandy 10:45 Stretching w/Sandy

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Instructor Contact Information

Tai Chi
 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