

# October 2019 Stephens County Senior Center 706-886-4740

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		<b>1</b> 10 Blood pressure checks: SC Hospital 10:30 <b>BINGO and Celebrate October Birthdays</b> , Lunch \$3	<b>2</b> 9:45 Seniorcise 1:30 Dulcimer Club	<b>3</b> <b>10 Movie Day</b> 5 Gentle Yoga w/Jonda <b>7 pm Joe Gransden, Ritz Theatre, \$5</b>	<b>4</b> 9 Shopping at WalMart and DollarTree 9:30 Rummy Group 9:45 Seniorcise	<b>5</b>
<b>6</b>	<b>7</b> 9 Men's Coffee Club 9:45 Seniorcise 12 Bridge Group	<b>8</b> 10:30 <b>Stephens Co. Hospital/ Medicare Information</b> , Lunch \$3	<b>9</b> 9:45 Seniorcise 9:30 Faith Walkers Bible Study <b>10 Diabetic Clinic--Steve Spruill w/ Maddox Drugs</b> 11:45 THS Class of '56 1:30 Dulcimer Club	<b>10</b> 5 Gentle Yoga w/Jonda	<b>11</b> 9:30 Rummy Group 9:45 Seniorcise <b>7 pm Barn Dance w/Currahee Squares (bring canned goods for Neighbors4Neighbors)</b>	<b>12</b>
<b>13</b>	<b>14</b> 9 Men's Coffee Club 9:45 Seniorcise 12 Bridge Group 12 Currahee Quilters	<b>15</b> <b>9:30 Flu Shots w/Stephens Co. Health Dept.</b> 10:30 <b>BINGO</b> , Lunch \$3	<b>16</b> 9:45 Seniorcise 1:30 Dulcimer Club	<b>17 Trip: GA Mountain Fall Festival/Earls of Leicester/Wyatt Espalin</b> <b>10:30 am-6pm, \$15</b> 5 Gentle Yoga w/Jonda	<b>18</b> 9 Shopping: Ollie's and Quality Foods 9:30 Rummy Group 9:45 Seniorcise	<b>19</b>
<b>20</b>	<b>21</b> 9 Men's Coffee Club 9:45 Seniorcise 12 Bridge Group	<b>22</b> 10:30 <b>David Chase/Leader Dogs for the Blind</b> Lunch \$3	<b>23</b> 9:30 Faith Walkers 9:45 Seniorcise 10 Quilt and Chat 1:30 Dulcimer Club	<b>24 Trip:Fox Theatre "Wicked"8:30-6:30,\$70</b> 5 Gentle Yoga w/Jonda <b>7 Ritz Theatre, \$5 "Headless Hessian"</b>	<b>25</b> 9:30 Rummy Group 9:45 Seniorcise	<b>26</b>
<b>27</b>	<b>28</b> 9 Men's Coffee Club 9:45 Seniorcise 12 Bridge Group	<b>29</b> 10:30 <b>Sheriff Randy Shirley</b> Lunch \$3	<b>30</b> 9:45 Seniorcise 1:30 Dulcimer Club	<b>31</b> <b>1-3 pm Halloween Carnival, \$2</b> 5 Gentle Yoga w/Jonda		
		<b>*Please call Mon. through Fri. 8 am-4pm for any questions or to arrange transportation*</b>	<b>*All programs, trips, and activities are subject to change.*</b>	<b>*Sign-ups for trips are on a first-come, first-served basis.*</b>	<b>Seniorcise: \$2 per class or \$5 per week Yoga: \$3 per class Transportation: \$2 per round trip</b>	