

September 2019 Stephens County Senior Center 706-886-4740

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	2 CLOSED IN OBSERVANCE OF LABOR DAY	3 10 Blood pressure checks: SC Hospital 10:30 BINGO and Celebrate September Birthdays , Lunch \$3	4 9:45 Seniorcise 1:30 Dulcimer Club	5 10 Movie Day 5 Gentle Yoga w/Jonda	6 9 Shopping at WalMart and DollarTree 9:30 Rummy Group 9:45 Seniorcise Lifeline Screening	7
8	9 9 Men's Coffee Club 9:45 Seniorcise 12 Bridge Group 12 Currahee Quilters	10 10:30 Rev. Charles Reese(singer) , Lunch \$3	11 9:45 Seniorcise 11:45 THS Class of '56 1:30 Dulcimer Club	12 Trip: Hamrick's& Golden Corral, 9am-3 pm, \$3 5 Gentle Yoga w/Jonda	13 9:30 Rummy Group 9:45 Seniorcise Trip: Fall Prevention Expo, 7am-3pm, \$3 7 Barn Dance (free)	14
15	16 9 Men's Coffee Club 9:45 Seniorcise 12 Bridge Group	17 10:30 BINGO , Lunch \$3	18 9:45 Seniorcise 1:30 Dulcimer Club	19 Field Trip: Toccoa Falls Campus + lunch, 10am-12:30pm 5 Gentle Yoga w/Jonda	20 9 Shopping: Ollie's and Quality Foods 9:30 Rummy Group 9:45 Seniorcise	21
22	23 9 Men's Coffee Club 9:45 Seniorcise 12 Bridge Group	24 10 Blood pressure checks: Tugaloo HH 10:30 Cynthia Brown w/NGTC Foundation Lunch \$3	25 9:45 Seniorcise 10 Quilt and Chat 1:30 Dulcimer Club	26 5 Gentle Yoga w/Jonda 7 pm, Lightwire "Dinolight", Ritz Theatre, \$5	27 9:30 Rummy Group 9:45 Seniorcise 10-11 Vet to Vet Cafe	28
29	30 9 Men's Coffee Club 9:45 Seniorcise 12 Bridge Group					
		Please call Mon. through Fri. 8 am-4pm for any questions or to arrange transportation	*All programs, trips, and activities are subject to change.*	*Sign-ups for trips are on a first-come, first-served basis.*	Seniorcise: \$2 per class or \$5 per week Yoga: \$3 per class Transportation: \$2 per round trip	