

TOMMY THOMPSON SENIOR CENTER

29 Hospital Road
Newnan, Georgia 30263
770.683.8600
Office Hours: Monday – Friday
(8am – 4pm)

ABOUT US

Operated by Coweta County Parks and Recreation, the newly renovated Tommy Thompson Senior Center in Newnan, GA offers a wide range of activities including exercise, health and wellness education, and social specials.

MEMBERSHIP

Membership fees are just \$25 per year for Coweta County residents age 55+. Stop by the reception desk for full details!

**No one is excluded for inability to pay. Complimentary memberships can be arranged for those that qualify.*

"Age is a matter of feeling, not of years."

- George William Curtis



OUR MISSION

Our mission is to provide assistance, support and resources for the mature adult which allows them to maintain healthy, wholesome and satisfying lifestyles in their own homes.

ACTIVITIES AND SERVICES

Activities: Arts and Crafts, fitness classes, educational programs, health and wellness presentations, health screenings, guest speakers, social specials and much more!

In addition, a nutritious lunch is provided Monday through Friday (\$2 suggested donation).

***Please see monthly calendar for more information on current class schedules.*

Trips: We do regular day trips as well as overnight and extended recreational trips.

Meals On Wheels (Home Delivered Meals): We deliver meals to home bound seniors in our community. If you or someone you know needs meals delivered please call the Tommy Thompson Senior Center or Three Rivers Area Agency on Aging at 678-552-2838 for more information.

Transportation: Transportation services to and from the Center can also be provided at no cost for qualified individuals that reside in Coweta County.



VOLUNTEERS NEEDED!

“What is the
essence of
life? To serve
others and to
do good.”

— Aristotle

Without the helping hands and caring hearts of our volunteers, we wouldn't be able to provide many of the programs that enrich the lives of older adults.

Getting Started

The first step towards volunteering is to complete an application and background check. Once received, your application will be reviewed, and we will contact you ASAP to schedule your interview and orientation.

Volunteers needed for the following positions:

- Meals on Wheels
- Front Desk and Reception
- Class Instructors and Activities Assistant
- Kitchen Assistants

For more information and to learn how you can get involved please call Amy Epperson, Director at 770-683-8600 or e-mail at aeperson@coweta.ga.us



ACTIVITIES AND SERVICES

DAILY ACTIVITIES

Play Games: Cards, billiards, dominoes, mahjong, or Wii Bowling. Make a work of art: quilting, crocheting, knitting, sewing, scrapbooking, and other crafts. Enjoy a Nutritious Meal. Walk on the walking track or nature trail. Take an Exercise Class or borrow a book from the lending library.

WEEKLY EVENTS

Chair Aerobics (Tuesday 10a.m.)

Light 30 minute chair exercises to work your upper and lower body! All moves can be done in a chair, but can also be modified to a standing position.

Crochet (Monday 10 a.m.)

A group of our seniors leads a crochet group every Monday at 10AM. They make hats and other items.

Jewelry Making (Wednesday & Friday 10 a.m.)

A group of our seniors get together Wednesday and Friday at 10AM to make necklaces, earrings, and bracelets.

Bingo (Friday 10 a.m.)

Test your luck, Come join us every Friday at 10AM for Bingo!

Tai Chi (Wednesday 10 a.m.)

Beginning in July join us for a weekly Tai Chi class. Great for balance and building strength.

Bible Study

We are currently working with our volunteers to set up a weekly Bible Study for those who are interested. More news to come!

MONTHLY EVENTS

Birthday Party

The last Friday of every month we throw a birthday party for everyone who had a birthday that month with decorations, games, and a birthday table!

Movie

Once a month enjoy popcorn and a movie with your friends at the Senior Center!

Day Trips

Who doesn't like shopping with friends and going to the bowling alley? Most trips leave the center at 10AM on the scheduled day.

Craft Project

Join us once a month in the craft room for an instructor led art project. No experience needed! We will show you step by step how to complete the project.

Blood Pressure Check

Once a month our local Fire Department will join us to check blood pressure. Free of charge!

SPECIAL EVENTS

Casino Trip

Wind Creek Wetumpka Alabama. Cost of trip is for transportation only. All other fees to be paid by you. *(Members Only) Pre-Registration Required Date: Monday October, 8 Time: 8:00 - 5:00 p.m. Cost: \$20*

Sock Shop and Buckner's Restaurant Trip

Want to go shopping but don't want to spend a lot of money? Then this is the trip for you we are going to the Sock Shop in Griffin, GA. We will spend an hour at the store and then head over to Buckner's for a family style lunch before returning to the center. Price includes transportation and lunch. *(Seniors Only) Pre-Registration Required Date: Thursday, October 4 Time: 9:30 - 2:00 p.m. Cost: FREE*

Halloween Costume Contest

Dress up on Halloween Day at the center for a chance to win a prize! Everyone will get one vote to say who they think dressed up the best this year. *Votes will be counted at 11AM so we can announce the winner after lunch. (Members Only) No Pre-Registration Required Date: Wednesday, October 31 Cost: FREE*

Painting Classes

Mrs. Freeman is going to start a weekly painting class on Wednesdays. No experience is needed as she will teach you each step. All you have to do is bring your own equipment. A list of needed supplies can be found at the front desk of the Senior Center. Some Paintings may take multiple sessions. When you're finished you get to keep your beautiful art work!! *Pre-Registration Required (Members Only) Days: Wednesday Time: 11:00 a.m. to 1:00 p.m. FREE*

NOVEMBER 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lunch 11:30AM Daily Client's \$2 Guests \$5				1 10AM Line Dancing 10AM Needle Point 10AM Food Safety with Donna Savage	2 10AM Jewelry Making 10AM Bingo Guest Jwyanda	3
4	5 10AM Crochet Club 10AM Nutrition with Kandice Bell	6 10AM Bible Study 10AM Chair Exercise	7 9:30AM Nursing Student Visit 10AM Jewelry Making	8 10AM Gospel Heirs (Musicians) 10AM Needle Point	9 10AM Jewelry Making 10AM Bible Study	10
11	12 10AM Crochet Club 10am Show and Tell	13 10AM Bible Study 10AM Chair Exercise	14 10AM Jewelry Making 1AM Painting Class	15 10AM Needle Point 10AM Movie Social	16 10AM Jewelry Making 10AM Bingo	17
18	19 10AM Crochet Club 10AM Go Gator	20 10AM Bible Study 10AM Chair Exercise	21 10AM Jewelry Making 11AM Painting Class 12PM Bingo	22 Thanksgiving CENTER CLOSED	23 CENTER CLOSED	24
25	26 10AM Crochet Club 10AM Movie Social	27 10AM Chair Exercise 12PM Wii Bowling	28 10AM Jewelry Making 11AM Painting Class 12PM Trivia	29 10AM Needle Point 10AM Bingo	30 Birthday Party 10AM Jewelry Making 10AM Ron & Jon	<i>Activities Subject to Change</i>

EVENTS

TRIPS

Pre-registration is required for all trips. If payment is required it must be made at time of registration.

ALWAYS AVAILABLE

We have several activities that are always available to our Seniors! A craft room, pool table, walking trail, card games, lending library and more!

CONTACT INFORMATION

Tommy Thompson Senior Center
29 Hospital Rd. Newnan GA
770-683-8600



COWETA COUNTY

