

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

Crochet (Monday 10 a.m.)

Crochet group meets to make hats, blankets and other items. Knitters and quilters also welcome!

Tia Chi with Amy (Tuesdays 9:30 a.m.) for arthritis and fall Prevention

This program is proven effective by medical studies and supported by Arthritis foundation world wide. It can be practiced sitting as well as standing. (FREE. Pre-Registration Required)

Bible Study (Tuesdays 10 a.m.)

Join our dedicated local volunteers on Tuesdays for weekly Bible Study.

Chair Aerobics (Tuesday 11a.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.

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

Members of this group make everything from necklaces to earrings and bracelets.

Bingo (Friday 10 a.m.)

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

Blood Pressure Check (Wednesday 10 a.m.)

Weekly checks are done on Wednesdays by West GA Tech nursing students. Free of charge!

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

Enjoy popcorn and a movie with your friends at the Senior Center! *Thursday May 30th. 10 a.m. No Pre-Registration Required. FREE*

Day Trip:

Coweta County Spring Luncheon at the Coweta County fairgrounds

Spring is Nature 's way of saying "Let's Party"! *Wednesday, May 8. 10am-1pm. Pre-Registration Required (FREE for any Coweta County Resident 55+)*

Day Trip:

Three Rivers Picnic: Unless you are at a picnic, life is no picnic (No Ants allowed)! Transportation and lunch included. *Wednesday, May 15. Roopville Baptist Church. Bus will depart at 9:30 am. FREE. Pre-Registration Required (Members Only).*

Crafts:

Mother's Day Craft: (Members Only) *Thursday, May 2. Time: 10 a.m. FREE*

SPECIAL EVENTS

Cinco de Mayo Celebration

Join us for chips, salsa, and refreshng Margaritas (*non-alcoholic*). Sponsored by Faith Medical Services Aging Resources Consultant, Adrienne Jones. *No Pre-Registration Required. Friday, May 3. 12 p.m. FREE (Members Only)*

Coffee with the Cop

Join us for coffee with a cop with Interim Sherriff Lin Wood. *No Pre-Registration Required. Monday, May 6. 9 a.m. FREE (Members and Non-Members)*

Kentucky Derby Hats

Show off your special hat to all your friends and tell us about it! *No Pre-Registration Required. Monday, May 6. 12 p.m. FREE (Members and Non-Members)*

Arts and Craft Fair

Join us for our first ever Arts and Crafts Fair! We will have vendors of all kinds selling thier hand-made creations. *No Pre-Registration Required. Friday, May 10. 10 a.m. to 4 p.m. FREE*

"Did You Know?"

Joins Carries Hines with Kindred Hospice as she shares everything you need to know about Hospice care. *No Pre-Registration Required. Monday, May 13. 10:30 a.m. FREE (Members and Non-Members)*

Veterans Program

Calling all veterans, this one's for you! Join us as we recognize our American heros. Presented by Brightmoor Hospice. *No Pre-Registration Required. Monday, May 20. 10 a.m. FREE. (Members and Non-Members)*

Legal Services: Elder Law

Elder Law Attorney Olivia Smith will be on hand to help with your specific legal questions. *No Pre-Registration Required. Tuesday, May 21. 11 a.m. FREE. (Members and Non-Members)*

Free Skin Cancer Screening

Skin Cancer Specialists will be hond hand to perform free skin cancer screenings. *Thursday, May 23. 10 a.m.-2 p.m. Pre-Registration Required. FREE. (Members and Non-Members)*

Fire Safety Presentation

Members of the Coweta County Fire Department will be here to share ways to stay safe. *No Pre-Registration Required. Tuesday, May 21. 11 a.m. FREE. (Members and Non-Members)*

National Senior Health and Fitness Day

Join us for the fun and games as we celebrate National Senior Health and Fitness Day! *No Pre-Registration Required. Wednesday, May 23. 10 a.m. FREE. (Members and Non-Members)*

Painting Classes

Join Chelita Freeman for a weekly painting class. No experience is needed as she will teach you each step. A list of needed supplies can be found at the front desk. *Pre-Registration Required (Members Only) Wednesdays 11:00 a.m. to 1:00 p.m. FREE (unless otherwise stated)*

May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Breakfast: 9AM Daily Lunch: 11:30AM Daily Members \$2 Guests \$5		1 10AM Jewelry Making 10AM Blood Pressure Checks 10AM Chair Volleyball 11AM Painting Class 12PM Card Games May Day	2 10AM Needle Point 10AM Mother's Day Craft 12PM May Activities Discussion	3 10AM Jewelry Making 10AM Bingo 12PM Cinco de Mayo Party, Sponsored by Faith Medical Services	4
5	6 9:00AM Coffee with a Cop: Sherriff Lin Wood 9:30AM Walking Group 10AM Crochet Club 11AM Twenty Questions Kentucky Derby Hat Day	7 9:30AM Tai Chi with Amy 10AM Bible Study 11AM Chair Exercise 12PM Ladder Golf	8 10AM Coweta County Spring Luncheon ***All Day Event ***	9 10AM Needle Point 10AM Singing: Gospel Heirs 12PM Cup Toss	10 10AM Jewelry Making 10AM Bingo 10AM Arts and Craft Fair 11AM Mother's Day Celebration	11
12	13 9:30AM Walking Group 10AM Crochet Club 10:30 Kindred Hospice presents: "Did You Know" 12PM Card Games <i>Mother's Day</i>	14 9:30AM Tai Chi with Amy 10AM Bible Study 11AM Chair Exercise 12PM Card Games	15 9AM Three Rivers Picnic ***All Day Event ***	16 10AM Needle Point 10:30AM Travel Group Meeting 12:00 Chair Line Dance 12PM Card Games	17 10AM Jewelry Making 10AM Bingo: Women of Wisdom 12PM Reminisce (Bring your pictures and stories)	18
19	20 9:30AM Walking Group 10AM Crochet Club 10AM Veterans Program presented by Brightmoor Hospice 12PM Card Games	21 9:30AM Tai Chi with Amy 10AM Bible Study 11AM Chair Exercise 11:30AM Legal Services Elder Law 12PM Card Games	22 10AM Jewelry Making 10AM Blood Pressure Checks 11AM Painting Class 12PM Name that Tune	23 10AM Needle Point 10AM -2PM Skin Cancer Specialists Screening 12PM Card Games	24 10AM Jewelry Making 10AM Coweta Fire Department 12PM Card Games	25
26	27 Memorial Day CENTER CLOSED	28 9:30AM Tai Chi with Amy 10AM Bible study 11AM Chair Exercise 11AM Card Games 12PM Walk Lunch Off (Weather Permitting)	29 9:30AM Senior Health and Fitness Day 10AM Jewelry Making 10AM Blood Pressure Checks 11AM Painting Class 12PM Porch talk	30 10AM Needle Point 10AM Movie Social 10:30AM Card Games 12PM Chair Volleyball	31 10AM Jewelry Making 10AM Music with Ron & Jon 12PM Birthday Party/"Who am I?" Game	Activities Subject to Change

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

