

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.

WEEKLY EVENTS

Crochet (Monday 10 a.m.) Crochet group meets to make hats, blankets and other items. Knitters and quilters also welcome!

Quilting Project (Tuesday 10 a.m.) Safe Harbor International Ministries, currently operate *The Love Project* that provides handmade quilts to military families, soldiers, victims of crimes, abuse and hospital patients. Join the Quilting Project to help make a quilt.

Bible Study (Tuesdays 10 a.m.) Join our dedicated local volunteers on Tuesdays for weekly Bible Study.

Book Club: Audio Book: (Tuesdays 10 a.m.) An audiobook is a recording of a book being read out loud. After listening to the book as a group we will discuss it together. Our first selection will be: *The Stars are Fine* by Anita Shreve.

Chair Aerobics (Tuesday 11 a.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, and come join us for Bingo!

Blood Pressure Check (Wednesday 10 a.m.) Weekly checks are done on Wednesdays by Coweta County Fire Dept. 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! *Member Exclusive.*

Movie: Enjoy popcorn and a movie with your friends at the Senior Center. *Thursday, July 25. 9:30 a.m. FREE. Members Exclusive. Movie TBA*

Ice Cream Truck: The Georgia Ice Cream Truck will be stopping by the center (outside in the parking lot). Ice cream will be available for purchase on your own. *Wednesday, July 10. 10 a.m. Members and Non-Members.*

SPECIAL EVENTS

Medicare Fraud Bingo with Nathan Learn all about medicare fraud with the fun game of Bingo. *Monday, July 1. 10 a.m. Pre-Registration Required. Members and Non-Members. FREE*

Arts and Crafts: Cork Magnets *Friday, July 5. 12 p.m. Pre-Registration Required. Members and Non-Members. FREE*

NEW Music Bingo Sing along to the music and play Bingo. *Tuesday, July 2. 10 a.m. Members and Non-Members. FREE*

Singing with Tabitha Join guest performer Tabitha Brown as she sings all types of music from gospel to blues. *Monday, July 8. 10 a.m. Members and Non-Members. FREE*

Shhhh! Quiet Learn about the Library Aime' S. Oswald Librarian will tell us what is new at the library! *Wednesday, July 10. 10:30 a.m. Members and Non-Members. FREE*

Is it Normal Aging or Not? This workshop helps learners understand and recognize the differences between normal aging other more serious issues such as dementia. *Friday, July 12. 10 a.m. Members and Non-Members. FREE*

Learn about Sign Language: Tim Holt will teach us simple signs to be able to communicate with the deaf or hard of hearing. *Monday, July 15. 10 a.m. Members and Non-Members. FREE*

Laughter is the Best Medicine: Join Taylor from Homestead Hospice as he speaks about the importance of laughter. *Wednesday, July 17. 10 a.m. Members and Non-Members. FREE*

Diabetes Informational Class: Join Carrie Hines and learn how to prevent diabetes and how to manage diabetes. *Friday, July 19. 10 a.m. Members and Non-Members. FREE*

Income-based Medicare Benefits Join Yanessa Mitchell with Advocate Health as she shares additional income-based medicare benefits. *Monday, July 22. 10 a.m. Members and Non-Members. FREE*

Medicare Open Enrollment Q&A with Robert Bonner Write your questions down and join expert Robert Bonner as he discusses Medicare Open Enrollment. *Wednesday, July 24. 10 a.m. Members and Non-Members. FREE*

Hearing Doctors Let face it, living with hearing problem can be miserable. Dr. Tinkey will tell us what is new in hearing exams *Wednesday, July 31. 10 a.m. Members and Non-Members. FREE*


Painting Classes: Join Chelita Freeman for a weekly painting class. No experience is needed as she will teach you each step. **Pre-Registration Required (Members Only)** *Wednesdays 11 a.m. to 1 p.m. FREE (unless otherwise stated)*

DAY TRIPS

Lunch at Golden Corral: *Wednesday, July 3. Bus will depart @ 11 a.m. Pre-registration is Required. \$5 (Lunch to be purchase on your own). Member Exclusive*

Shopping trip to Ollies: *Monday, July 29. Bus will Depart at 10 a.m. FREE. members only Pre-registration is required. Member Exclusive.*

JULY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:30AM Walking Group 10AM Medicare Fraud Bingo with Nathan 10AM Crochet Club 12PM Games/Cards	2 10AM Bible Study 10AM Quilting 10AM Music Bingo 11AM Chair Exercise 12PM Pictionary	3 10AM Blood Pressure Checks 10AM 4 th of July Trivia 10:30AM Lunch trip to Golden Corral 11AM Painting	4  CENTER CLOSED	5 10AM Jewelry Making 10:30AM Bingo 12PM Craft: Cork Magnets	6
7	8 9:30AM Walking Group 10AM Singer Tabitha Brown 10AM Crochet Club 11AM Chair Volleyball 12PM Games/Cards	9 10AM Bible Studies 10AM Quilting 10AM Book Club: Audio Books 11AM Chair Exercise 12PM Games/Cards	10 10AM Blood Pressure Checks 11AM Painting 10AM Ice Cream Truck \$\$ 10:30AM Learn About the Library	11 10AM Needle Point 10AM Gospel Heirs 12PM Saran Wrap Ball Game	12 10AM Jewelry Making 10AM Is it Normal Aging or Not 10:30AM Medicare Bingo with Advocate Health	13
14	15 9:30AM Walking Group 10AM Crochet Club 10AM Learn Sign Languages 12PM Games/Cards	16 10AM Bible Study 10AM Quilting 10AM Book Club: Audio Books 11AM Chair Exercise 12PM Ladder Ball Games/Cards	17 10AM Laughter is the Best Medicine 10AM Blood Pressure Check 11AM Painting 12PM Cards /Games	18 10AM Needle Point 10:30AM Chair Volleyball 12PM Taboo / Smile Toss	19 10AM Jewelry Making 10AM Diabetes Information with Carrie Hines 10:30AM Bingo	20
21	22 9:30AM Walking Group 10AM Crochet Club 10AM Advocate Health 12PM Sketches With Sue	23 10AM Bible Study 10AM Quilting 10AM Book Club: Audio Books 11am Chair Exercise 12PM Corn Hole	24 10AM Jewelry Making 10AM Blood Pressure 10AM Robert Bonner Medicare Class 10am Pet Therapy 11AM Painting	25 10AM Needle Point 10AM Movie Social 12PM Movie Social (Con't) 12PM Games/Cards	26 10AM Jewelry Making 10AM Music With Ron & Jon 12PM Birthday Party/"Who Am I?" Game	27
28	29 9:30AM Walking Group 10AM Crochet Club 10AM Trip Ollies 12PM Price is Right	30 10AM Bible Study 10AM Quilting 10AM Book Club: Audio Books 11AM Chair Exercise 12PM Games/Cards	31 10AM Jewelry Making 10AM Hearing Doctors 10AM Blood Pressure Checks 11AM Painting Class 12PM Games/Cards		Breakfast: 9AM Daily Lunch: 11:30AM Daily Members \$2 Guests \$5	<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

