

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!

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

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 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! *Friday, August 30. 12 p.m. No Pre-Registration Required. FREE. Member Exclusive.*

Movie: Enjoy popcorn and a movie with your friends at the Senior Center. *Thursday, August 22. 9:30 a.m. No Pre-Registration Required. FREE. Members Exclusive.*

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. *Friday, August 9. 10 a.m. No Pre-Registration Required. Members and Non-Members.*

Book of Ruth is an Important Historical Book in the old Testament of the bible. *Series begins Wednesday, August 14. 10 a.m. No Pre-Registration Required. FREE. Members and Non-Members.*

SPECIAL EVENTS

West Georgia Silver Dance Group: Put on your Boogies Shoes! *Thursday, August 8. 10:30 a.m. No pre-registration required. FREE. Members and non-members.*

Craft Day with Brightmoor Hospice: Limited space must sign up early. *Monday, August 26. 10 a.m. Pre-registration required. FREE. Member Exclusive.*

Pet Therapy with Maggie: Maggie, trained pet therapy dog, helps with adults and children during times of crisis. *Wednesday, August 21. 10 a.m. No pre-registration required. 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. *Pre-Registration Required. Wednesdays 11:00 a.m. to 1:00 p.m. FREE (unless otherwise stated) Member Exclusive.*

SPEAKERS AND GUESTS

Medicare Open Enrollment: Join Tammy Sworney as she shares what open enrollment is all about, what you need to know during open enrollment, and how and when to adjust your coverage. *Monday, August 5. 10 a.m. No pre-registration required. FREE. Members and non-members.*

Road to Self Discovery: Lynn Touloupis, author of *Drawing On Yourself* will be here to teach about your infinite possibility by using art to examine, enrich, and expand your environment. *Wednesday, August 7. 10 a.m. No pre-registration required. FREE. Members and non-members.*

Fall Risk Prevention Education: Michelle Walker with Health Allied will present how to prevent falls and give safety tips. *Monday, August 12. 10 a.m. No pre-registration required. FREE. Members and non-members.*

Life Insurance Assurance: Join Life Insurance Group expert Katherine Adams and learn everything you need to know about life insurance for seniors. *Thursday, August 15. 10 a.m. No pre-registration required. FREE. Members and non-members.*

Medicare Plan Options: Patton Senior Insurance Solutions Medicare Plan Consultant Susan Patton will be here to answer all your Medicare plan questions. *Thursday, August 22. 10 a.m. No pre-registration required. FREE. Members and non-members.*

DAY TRIPS

Goodwill Shopping Trip: *Thursday, August 1. Bus will depart at 9:30 a.m. Pre-registration required. FREE. Member Exclusive.*

Mystery Lunch: Lets go to lunch (to be purchased on your own). We will vote where to go! *Monday, August 19. Bus will depart at 10 a.m. Pre-registration required. \$5. Member Exclusive.*

2019 Care and Health Fair: Presented by Three River Area on Agency on Aging. Will include vendors, light breakfast, lunch, door prizes, and guest speakers on a variety of topics. *Thursday, August 29. 10 a.m.-2 p.m. Pre-registration required. FREE. Members Exclusive*

*** Thank you! We have Collected over 200 empty medical bottles. We have received over 12 back pack for the school kids. Ladies working on the Love Project made 16 blankets for military families, soldiers, victims of crime, abuse and hospital patients.***

August 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Breakfast: 9:15AM Daily Lunch: 11:30AM Daily Members \$2 Guests \$5			1 10AM Needle Point 10AM Trip Goodwill Thift Store 10AM Movie 12PM Games /Cards	2 10am Jewelry Making 10:30AM Bingo with Watercrest 12PM Games /Cards	3
4	5 9:30AM Walking Club 10AM Medicare Enrollment: Understand Options 10AM Crochet/Quilting Club 12PM Games/Cards	6 9:30AM Chair Exercise 10AM Audio Book Club 10AM Bible Study 12PM Chat N Nails 12PM Games/Cards	7 10AM Self Discovery Class 10AM Blood Pressure Checks 12PM Games/Cards	8 10:30 West Ga. Silver Liner Dance Group 10AM Needle Point 12PM Cup Toss 12PM Games/Cards	9 10AM Jewelry Making 10AM Ice Cream Truck 10:30 Music BINGO 12PM Games/Cards	10
11	12 9:30AM Walking Group 10AM Fall Risk Health Allied 10AM Crochet /Quilting Club 12PM Games/Cards	13 10AM Bible Study 10AM Audio Book Club 11AM Chair Exercise 12PM Games/Cards 12PM Pictionary	14 10AM Blood Pressure CheckS 10AM The Book of Ruth with Henri Jean 11AM Painting 12PM Ring Toss	15 10AM Needle Point 10AM Katherine Adams Southern Life 12PM Games/Cards	16 10AM Jewelry Making 11AM Bingo 12PM Games/Cards	17
18	19 9:30AM Walking Group 10AM Lunch Trip 10AM Crochet - Quilting Club 1030AM Volley Ball 12PM Games/Cards	20 10AM Bible Study 10AM Audio Book Club 11AM Chair Exercise 12PM Games/Cards 12PM Pick a Topic	21 10AM Pet Therapy 10AM Book of Ruth with Henri Jean 10AM Jewelry Making 10AM Blood Pressure 11AM Painting	22 10AM Patton Senior Insurance Solutions Questions N Answers 10AM Needle Point 12PM Charades	23 10AM Jewelry Making 10AM Bingo 12PM Games/Cards	24
25	26 10AM Craft Day with Brightmoor Hospice 10AM Crochet/Quilting Club 10:30AM Chair Volleyball 12:00 Games/Cards	27 10AM Bible Study 10AM Audio Book Club 11AM Chair Exercise 12PM Games/Cards 12PM Smile Toss	28 9:30AM Movie 10AM Jewelry Making 10AM Book of Ruth with Henri Jean 10AM Blood Pressure Checks 11AM Painting Class 12PM Games/Cards	29 10AM-2PM Three Rivers AAA, Care and Health Fair SENIOR CENTER CLOSED	30 10AM Music w/ Ron 12PM Birthday Party/"Who Am I?" Game	31 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

