



April 2026

			Wednesday 1	Thursday 2	Friday 3
Lunch 11:15 Daily \$2.00	CONTACT INFORMATION Tommy Thompson Senior Center 29 Hospital Rd. Newnan GA 770-683-8600	TOMMY THOMPSON OFFICE HOURS 8:00 AM - 4:00 PM SENIOR ACTIVITY HOURS 8:00 AM- 1:00 PM	9:00- Coffee & Chat 9:30- Cards/Games 10:00- Chair Yoga 11:15- Lunch	9:00- Coffee & Chat 9:30- Cards/Games 10:00- Zumba/Sunny 11:15- Lunch	9:00- Coffee & Chat 9:30- Cards/Games 10:00- BINGO & KARAOKE .50 cents per card 11:15- Lunch
	Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
<i>Each birthday celebrant will receive one free lunch</i>	9:00- Coffee & Chat 9:30- Cards/Games 10:00- Workout W/Nick- upper body 10:30- Grief Grp. 11:15- Lunch	9:00- Coffee & Chat 9:30- Cards/Games 10:00- Workout W/Nick- lower body 10:00- Dementia Caregiver Sup. Grp. 11:15- Lunch	9:00- Coffee & Chat 9:30- Cards/Games 10:00- Chair Yoga 11:15- Lunch	9:00- Coffee & Chat 9:30- Cards/Games 10:00- Zumba/Sunny 11:15- Lunch	9:00- Coffee & Chat 9:30- Cards/Games 10:00- BINGO .50 cents per card 11:15- Lunch
	Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
<i>All Lunch menu items are subject to change *</i>	9:00- Coffee & Chat 9:30- Cards/Games 10:00- Workout W/Nick- upper body 10:00- BP Clinic 11:15- Lunch	9:00- Coffee & Chat 9:30- Cards/Games 10:00- Workout W/Nick- lower body 11:15- Lunch	9:00-12:00- Heath Fair with WGTC RN Students 9:00- Coffee & Chat 9:30- Cards/Games 10:00- Group Activity 11:15- Lunch	9:00- Coffee & Chat 9:30- Cards/Games 10:00- Zumba/Sunny 11:15- Lunch	SENIOR CENTER WILL BE CLOSED FOR DAY TRIP
	Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
<i>All activities are subject to change *</i>	9:00- Coffee & Chat 9:30- Cards/Games 10:00- Workout W/Nick- upper body 10:30- UGA Class with Olivia 11:15- Lunch	9:00- Coffee & Chat 9:30- Cards/Games 10:00- Workout W/Nick- lower body 11:15- Lunch	9:00- Coffee & Chat 9:30- Cards/Games 10:00- Chair Yoga 11:15- Lunch	9:00- Coffee & Chat 9:30- Cards/Games 10:00- Zumba/Sunny 10:00- Art Class with Brightmoor 11:15- Lunch	9:00- Coffee & Chat 9:30- Cards/Games 10:00- BINGO with Tax Commissioner's Office 11:15- Lunch
	Monday 27	Tuesday 28	Wednesday 29	Thursday 30	
	9:00- Coffee & Chat 9:30- Cards/Games 10:00- Workout W/Nick- upper body 10:00- BP Clinic 10:00- Tech Class 11:15- Lunch	9:00- Coffee & Chat 9:30- Cards/Games 10:00- Workout W/Nick- lower body 11:15- Lunch	9:00- Coffee & Chat 9:30- Cards/Games 10:00- Chair Yoga 11:15- Lunch	9:00- Coffee & Chat 9:30- Cards/Games 10:00- Zumba/Sunny 11:15- Lunch & Birthday Celebration	FOLLOW US ON FACEBOOK COWETA COUNTY SENIOR SERVICES  FOLLOW US ON facebook