






Habersham Co. Senior Center  
217 Scoggins Drive  
Demorest, GA 30535  
Phone: (706) 839-0260  
<https://www.habershamga.com/seniorcenter.cfm>



Mon	Tue	Wed	Thu	Fri
<b>Lunch Reservations must be made a week in advance. Your order must be turned in by end of day on Mondays for the following week.</b>	<b>Find a gold coin hidden around the center during this month and bring it to Courtney for a prize!</b>			<b>1 Coffee, Socializing, and Lunch 10 Thrift Shopping</b>  <b>SC Feud @ 12</b>
<b>4 Coffee, Socializing, and Lunch St. Patrick's Day Craft @ 10</b> <b>Fun Facts about Names @ 12</b>	<b>5 Coffee, Socializing, and Lunch Mobile Library @ 10</b>  <b>Memory Grocery Game @ 12</b>	<b>6 Coffee, Socializing, and Lunch Memory Group W/ Piedmont @ 10</b> <b>Wing-it Brothers &amp; Friends @ 12</b> <i>1:00 / Reserved Bridge Club</i>	<b>7 Coffee, Socializing, and Lunch</b>  <b>Trip to Toccoa</b> <b>Eat at M &amp; J's</b>	<b>8 Coffee, Socializing, and Lunch 10 Thrift Shopping</b>  <b>Name that Tune @ 12</b>
<b>11 Coffee, Socializing, and Lunch</b>  <b>Red Bird's Meeting @ 10</b>  <b>The Bowl Game @ 12</b>	<b>12 Coffee, Socializing, and Lunch</b>  <b>Jaemor @ 10</b>  <b>Ga Legal Services @ 12</b>	<b>13 Coffee, Socializing, and Lunch</b>  <b>Crocheting @ 10</b>  <b>Wing-it Brothers &amp; Friends @ 12</b> <i>1:00 / Reserved Bridge Club</i>	<b>14 Coffee, Socializing, and Lunch</b>  <b>Health Fair 9 - 1</b> 	<b>15 Coffee, Socializing, and Lunch</b>  <b>Trip to Hammrick's</b>  <i>DJ Dance Night @ 6:30 pm</i>
<b>18 Coffee, Socializing, and Lunch</b> <b>Wii Bowling @ 10</b>  <b>St. Patrick's Celebration &amp; Pizza Day for Birthday Celebration @ 12</b>	<b>19 Coffee, Socializing, and Lunch</b> <b>Easter Bonnet Craft @ 10</b> <b>Spaghetti Lunch @ 11:30 \$8</b>  <b>Bingo @ 12</b>	<b>20 Coffee, Socializing, and Lunch</b> <b>Swallowing Group W/ Piedmont @ 10</b> <b>Wing-it Brothers &amp; Friends @ 12</b> <i>1:00 / Reserved Bridge Club</i>	<b>21 Coffee, Socializing, and Lunch</b> <b>Pancake Breakfast 9-10:30</b> <b>Vet to Vet @ 10</b> <b>Stevie W/ Snap Benefits @ 12</b>	<b>22 Coffee, Socializing, and Lunch</b> <b>10 Thrift Shopping</b>  <b>Pictionary @ 12</b>
<b>25 Coffee, Socializing, and Lunch</b>  <b>Blood Pressure Checks @ 10</b> <b>Bingo @ 12</b>	<b>26 Coffee, Socializing, and Lunch</b>  <b>Chitwood's @ 10</b>  <b>Women's History Trivia @ 12</b>	<b>27 Coffee, Socializing, and Lunch</b> <b>Crocheting @ 10</b>  <b>Wing-it Brothers &amp; Friends @ 12</b> <i>1:00 / Reserved Bridge Club</i>	<b>28 Coffee, Socializing, and Lunch</b>  <b>Easter Celebration &amp; Snack Day</b>	

**EVENTS**  
**4th St. Patrick's Craft 10**  
**5th Mobile Library 10**  
**6th Memory Group 10**  
**11th Red Bird's Meeting 10**  
**12th Ga Legal Services 12**  
**14th Health Fair 9-1**  
**18th St. Patrick's Day & Birthday Celebration 12**  
**19th Craft 10**  
**20th Swallowing Group 10**  
**21st Vet to Vet 10**  
**21st Stevie W/ Snap 12**  
**25th Blood Pressure Checks 10**  
**26th Chitwood's 10**  
**28th Easter Celebration & Snack day 9-1**  
**Every Wednesday 12**  
**Wing-it Brother's & Friends Fund Raising**  
**21st Pancake Breakfast 8:30-10**  
**\$4.00**  
**19th Spaghetti Lunch 11:30-12**  
**\$8.00**

**Trips**  
**7th Trip to Toccoa**  
**9th Anderson Follies**  
**12th Jaemor**  
**15th Trip to Hammrick's**

**Exercise Calendar**

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<b>Lunch Reservations must be made a week in advance. Your order must be turned in by end of day on Mondays for the following week.</b>		<b>Happy St Patrick's Day!</b> 		<b>1</b> 9:30 Circuit w/Sandy  10:45 Stretching w/Sandy
<b>4</b> 9:30 Circuit w/Linda 10:45 Move, Muscle and Mind w/Linda 1:00 Balance Class 4PM - 6PM Dance Class	<b>5</b> 8:45-9:45 Thai Chi 9:45 Cardio fit /Dance w/Myra 11:00 Chair Exercise w/Mason 2:30 Line Dance w/ Beth 5:30 Power Yoga	<b>6</b> 9:30 Circuit w/Myra 10:45 Move, Muscle and Mind w/Myra 1:00 Classic w/Sandy (Beginners, can sit or stand) 6PM - 8PM Dance Class	<b>7</b> 9:30 Yoga Stretch w/Linda 11:00 Chair Exercise  5:30 Strength Core & More	<b>8</b> 9:30 Circuit w/Sandy  10:45 Stretching w/Sandy
<b>11</b> 9:30 Circuit w/Linda 10:45 Move, Muscle and Mind w/Linda 1:00 Balance Class 4PM - 6PM Dance Class	<b>12</b> 8:45-9:45 Thai Chi 9:45 Cardio fit /Dance w/Myra 11:00 Chair Exercise w/Mason 2:30 Line Dance w/ Beth 5:30 Power Yoga	<b>13</b> 9:30 Circuit w/Myra 10:45 Move, Muscle and Mind w/Myra 1:00 Classic w/Sandy (Beginners, can sit or stand) 6PM - 8PM Dance Class	<b>14</b> 9:30 Yoga Stretch w/Linda 11:00 Chair Exercise  5:30 Strength Core & More	<b>15</b> 9:30 Circuit w/Sandy  10:45 Stretching w/Sandy  <i>DJ Dance Night @ 6:30 pm</i>
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## Instructor Contact Information

**Tai Chi**  
 Brenda Sue Whitmire  
 770-316-2025

### Silver Sneakers

Linda Adams 706-754-7387  
 Myra Chandler 706-778-6320  
 Sandy Bunce 706-968-9058

**Two left Feet**  
 Beth Adams 706-778-9300

**DJ Dance Night—3rd Friday**  
 Carolyn Bowen 706-754-9329

**Ball Room Dancing**  
 Ramona Stowe 706-436-6748

**WELLNESS CORDINATOR  
 & Chair Exercise Instructor**  
 Mason Hall 706-839-0262