

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
<p>1 Coffee, Socializing, and Lunch  <b>Painting with Stacey @ 10 \$20</b>  <b>Scattergories @ 12</b></p>	<p>2 Coffee, Socializing, and Lunch  <b>Mobile Library @ 10</b>  <b>Trivia @ 12</b></p>	<p>3 Coffee, Socializing, and Lunch  <b>Swallowing Class @ 10</b>   <b>Wing-it Brothers &amp; Friends @ 12</b>  <i>1:00 / Reserved Bridge Club</i></p>	<p>4 Coffee, Socializing, and Lunch  <b>Trip to Athens, GA</b>   </p>	<p>5 Coffee, Socializing, and Lunch  <b>Cooling Assistance W/ Ninth District 9-1</b></p>
<p>8 Coffee, Socializing, and Lunch  <b>Red Bird's Meeting @ 10</b>  <b>Trivia @ 12</b></p>	<p>9 Coffee, Socializing, and Lunch  <b>Wii Bowling @ 10</b>  <b>Spaghetti Lunch</b>  <b>Bingo @ 12</b>   <i>6:30 PM RESERVED RENTAL</i></p>	<p>10 Coffee, Socializing, and Lunch  <b>Crocheting @ 10</b>   <b>Wing-it Brothers &amp; Friends @ 12</b>  <i>1:00 / Reserved Bridge Club</i></p>	<p>11 Coffee, Socializing, and Lunch  <b>Craft @ 10</b>  <b>Word Search @ 12</b></p>	<p>12 Coffee, Socializing, and Lunch  <b>10 Thrift Shopping</b>  <b>Price is Right @ 12</b></p>
<p>15 Coffee, Socializing, and Lunch  <b>Trip to Buford</b>   </p>	<p>16 Coffee, Socializing, and Lunch  <b>Jaemor @ 10</b>   <b>Whitney W/ Traditions Health @ 12</b></p>	<p>17 Coffee, Socializing, and Lunch  <b>Swallowing Class @ 10</b>   <b>Wing-it Brothers &amp; Friends @ 12</b>  <i>1:00 / Reserved Bridge Club</i></p>	<p>18 Coffee, Socializing, and Lunch  <b>Pancake Breakfast 9-10:30</b>  <b>Vet to Vet @ 10</b>  <b>Bingo @ 12</b></p>	<p>19 Coffee, Socializing, and Lunch  <b>10 Thrift Shopping</b>   <b>Karaoke @ 12</b>  <b>DJ Dance Night @ 6:30PM</b></p>
<p>22 Coffee, Socializing, and Lunch  <b>Earth Day Craft @ 10</b>   <b>Trivia @ 12</b></p>	<p>23 Coffee, Socializing, and Lunch  <b>Chitwood's @ 10</b>   <b>Name that Tune @ 12</b></p>	<p>24 Coffee, Socializing, and Lunch  <b>Crocheting @ 10</b>   <b>Wing-it Brothers &amp; Friends @ 12</b>  <i>1:00 / Reserved Bridge Club</i></p>	<p>25 Coffee, Socializing, and Lunch  <b>MOW Appreciation @ 1PM</b>   </p>	<p>26 Coffee, Socializing, and Lunch  <b>Trip to Cleveland</b>   </p>
<p>29 Coffee, Socializing, and Lunch  <b>Blood Pressure Checks @ 10</b>  <b>Sewing with Jan @ 10</b>  <b>Birthday Celebration @ 12</b></p>	<p>30 Coffee, Socializing, and Lunch  <b>Wii Bowling @ 10</b>   <b>Crystal From PrimeCare HomeCare @ 12</b></p>			<p><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></p>

- EVENTS**
- Every Wednesday 12**
- Wing-it Brother's & Friends**
  - 1st Painting with Stacey @ 10**
  - 2nd Mobile Library @10**
  - 3rd & 7th Swallowing Class 10**
  - 5th Cooling Assistance 9-1**
  - 8th Red Bird meeting @ 10**
  - 9th Spaghetti Lunch 11:30-12**  
**\$ 8.00**
  - 10th Crocheting @ 10**
  - 11th Craft @ 10**
  - 16th Whitney W/ Traditions Health @12**
  - 18th Vet to Vet @ 10**
  - Fund Raising**
  - 18th Pancake Breakfast 8:30-10 \$4.00**
  - 19th Karaoke @ 12**
  - 22nd Earth Day Craft @ 10**
  - 23rd Chitwood's @ 10**
  - 24th Crocheting @ 10**
  - 25th MOW Appreciation @ 1**
  - 29th Sewing with Jan @ 10**
  - 29th Blood Pressure Checks @ 10**
  - 29th Birthday Celebration @ 12**
  - 30th PrimeCare/HomeCare 12**

- Trips**
- 4th Athens**
  - 15th Buford**
  - 16th Jaemor**
  - 26th Cleveland**



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Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 9:30 Circuit w/Linda 10:45 Move, Muscle and Mind w/Linda 1:00 Balance Class	<b>2</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 7:00 Choreographed Ballroom	<b>3</b> 9:30 Circuit w/Myra 10:45 Move, Muscle and Mind w/Myra 1:00 Classic w/Sandy	<b>4</b> 9:30 Yoga Stretch w/Linda 11:00 Chair Exercise 1:00 Self-Defense w/ Chuck 5:30 Strength Core & More 7:00 Ballroom Dancing	<b>5</b> 9:30 Circuit w/Sandy 10:45 Stretching w/Sandy
<b>8</b> 9:30 Circuit w/Linda 10:45 Move, Muscle and Mind w/Linda 1:00 Balance Class	<b>9</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 7:00 Choreographed Ballroom	<b>10</b> 9:30 Circuit w/Myra 10:45 Move, Muscle and Mind w/Myra 1:00 Classic w/Sandy	<b>11</b> 9:30 Yoga Stretch w/Linda 11:00 Chair Exercise 1:00 Self-Defense w/ Chuck 5:30 Strength Core & More 7:00 Ballroom Dancing	<b>12</b> 9:30 Circuit w/Sandy 10:45 Stretching w/Sandy
<b>15</b> 9:30 Circuit w/Linda 10:45 Move, Muscle and Mind w/Linda 1:00 Balance Class	<b>16</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 7:00 Choreographed Ballroom	<b>17</b> 9:30 Circuit w/Myra 10:45 Move, Muscle and Mind w/Myra 1:00 Classic w/Sandy	<b>18</b> 9:30 Yoga Stretch w/Linda 11:00 Chair Exercise 1:00 Self-Defense w/ Chuck 5:30 Strength Core & More 7:00 Ballroom Dancing	<b>19</b> 9:30 Circuit w/Sandy 10:45 Stretching w/Sandy <i>DJ Dance Night @ 6:30 PM</i>
<b>22</b> 9:30 Circuit w/Linda 10:45 Move, Muscle and Mind w/Linda 1:00 Balance Class	<b>23</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 7:00 Choreographed Ballroom	<b>24</b> 9:30 Circuit w/Myra 10:45 Move, Muscle and Mind w/Myra 1:00 Classic w/Sandy	<b>25</b> 9:30 Yoga Stretch w/Linda 11:00 Chair Exercise 1:00 Self-Defense w/ Chuck 5:30 Strength Core & More 7:00 Ballroom Dancing	<b>26</b> 9:30 Circuit w/Sandy 10:45 Stretching w/Sandy
<b>29</b> 9:30 Circuit w/Linda 10:45 Move, Muscle and Mind w/Linda 1:00 Balance Class	<b>30</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 7:00 Choreographed Ballroom			<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>

## 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**