




AskBobRankin.com

October 2020

Habersham Co. Senior Center
 217 Scoggins Drive
 Demorest, GA 30535
 Phone: (706)839-0260

<https://www.habershamga.com/seniorcenter.cfm>



	Tuesday	Wednesday	Thursday	Friday
			1 9:30 Yoga Stretch w/Linda 11:00 Chair Exercise w/Mason 7:00 Ball Room Dancing	2 9:30 Circuit w/Sandy 10:45 Stretching w/Sandy
5 9:30 Circuit w/Sandy 10:45 Move, Muscle and Mind w/Myra	6 8:45-9:30 Tai Chi 9:45 Cardio fit /Dance w/Myra 11:00 Chair Exercise w/Mason 2:30 Line Dance w/ Beth 5:30 Power Yoga \$5 7:00 Social Ball room Dance	7 9:30 Circuit w/Myra 10:45 Move, Muscle and Mind w/Myra	8 9:30 Yoga Stretch w/Linda 11:00 Chair Exercise w/Mason 7:00 Ball Room Dancing	9 9:30 Circuit w/Sandy 10:45 Stretching w/Sandy
12 CLOSED Columbus Day Holiday 	13 8:45-9:30 Tai Chi 9:45 Cardio fit /Dance w/Myra 11:00 Chair Exercise w/Mason 2:30 Line Dance w/ Beth 5:30 Power Yoga \$5 7:00 Social Ball room Dance	14 9:30 Circuit w/Myra 10:45 Move, Muscle and Mind w/Myra	15 9:30 Yoga Stretch w/Linda 11:00 Chair Exercise w/Mason 7:00 Ball Room Dancing	16 9:30 Circuit w/Sandy 10:45 Stretching w/Sandy <i>Friday Night Dance has been suspended until further notice</i>
19 9:30 Circuit w/Sandy 10:45 Move, Muscle and Mind w/Myra	20 8:45-9:30 Tai Chi 9:45 Cardio fit /Dance w/Myra 11:00 Chair Exercise w/Mason 2:30 Line Dance w/ Beth 5:30 Power Yoga \$5 7:00 Social Ball room Dance	21 9:30 Circuit w/Myra 10:45 Move, Muscle and Mind w/Myra	22 9:30 Yoga Stretch w/Linda 11:00 Chair Exercise w/Mason 7:00 Ball Room Dancing	23 9:30 Circuit w/Sandy 10:45 Stretching w/Sandy
26 9:30 Circuit w/Sandy 10:45 Move, Muscle and Mind w/Myra	27 8:45-9:30 Tai Chi 9:45 Cardio fit /Dance w/Myra 11:00 Chair Exercise w/Mason 2:30 Line Dance w/ Beth 5:30 Power Yoga \$5 7:00 Social Ball room Dance	28 9:30 Circuit w/Myra 10:45 Move, Muscle and Mind w/Myra	29 9:30 Yoga Stretch w/Linda 11:00 Chair Exercise w/Mason 7:00 Ball Room Dancing	30 9:30 Circuit w/Sandy 10:45 Stretching w/Sandy

Instructor Contact Information

Tai Chi

Brenda Sue 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

3rd Friday night dance

Carolyn Bowen 706-754-9329

Ball Room Dancing

Ramona Stowe 706-436-6748

Wellness Coordinator

Mason Hall 706-839-0262



CLOSED MONDAY, OCTOBER 12
Columbus Day Holiday