

## March 2023 Whitfield County Senior Center Program Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Whitfield County Senior Center 302 Capps St. Dalton GA 30720</p> <p>Hours: 8am-5pm Mon.-Fri. Front Desk Tel: {706}-278-3700 Director, Mary Hammontree</p>	<p>Lunch is served daily Mon-Fri dine in 12-12:30 Those 50 yrs &amp; up pay \$3 all others pay \$4 Carryout plates ready by 11:30am {all ages pay \$5 for carryout plates}</p> <p style="text-align: center;"><b>Must call us by 10am to reserve your lunch! 706-278-3700</b></p>	<p><b>Tomorrow Legal Services will hold a program with their Attornys to present updated information for older adults.</b></p> <p><b>Program will begin at 10:30am</b></p>	<p><b>1</b> Billiard Room opens at 8am</p> <p><u>9:30</u> SilverSneakers Aerobics Class</p> <p><u>10:15</u> Line Dance {Improver-Low Intermediate}</p> <p><u>11:15</u> Basic tap</p> <p style="text-align: center;"><b>10:30 Georgia Legal Services Attorneys will be available for questions, answers &amp; updates on current issues that affect older adults.</b></p> <p><u>12:30</u> Domino's Mexican Train {open game}</p> <p><u>12:30</u> Crochet {beginners welcome, no fee}</p> <p><u>2:30</u> Basic Beginner Line Dance class</p>	<p><b>2</b> Billiard Room opens at 8am</p> <p><u>9:30</u> SilverSneakers Yoga Stretch class</p> <p><u>10:30</u> Special Activity TBA</p> <p><b>12-4:00</b> Duplicate Bridge</p> <p><u>12:30</u> Hand &amp; Foot Card Game</p> <p style="text-align: center;"><b>1:00 Dalton Flower Show Committee will be meeting today. Anyone interested in helping with this years flower show are welcome to attend todays meeting</b></p>	<p><b>3</b> Billiard Room opens at 8am</p> <p><u>9:30</u> SilverSneakers Aerobics Class {we use bands, weights &amp; balls}</p> <p><u>10:30</u> Special Morning Activity TBA</p> <p><u>10:30</u> High Beginner Level Line Dance Class {no fee, all levels welcome}</p> <p><u>12:30</u> Phase Ten Card Game; Eucher Games follows...{beginners welcome}</p> <p><u>1:00</u> Bridge Lessons for Beginners with Master Instructor Judy kemp</p> <p><u>2:00</u> Play &amp; Learn Bridge</p>	<p><b>4</b></p>

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<p><b>5</b></p> <p><b>A.A.R.P. Drive Safe Course</b></p> <p>Members pay \$20 (must bring you're A.A.R.P. Card &amp; Drivers I.D.)</p> <p>Nonmembers cost is \$25 (must bring your Drivers I.D.)</p> <p>Please call to sign up if possible. Walk ins are welcome!</p> <p>706-278-3700</p> <hr style="border-top: 1px dashed black;"/> <p><b>Memorial Day Community Salute planning committee meets March 8<sup>th</sup>.</b></p> <p><b>Anyone interested in helping with this special event are welcome to join the committee.</b></p>	<p><b>6</b></p> <p>Billiard Room opens at 8am</p> <p><u>9:30</u> Aerobics Cardio/SilverSneakers</p> <p><u>9:30</u> Play &amp; Learn Bridge</p> <p><u>10:30</u> Special Activity T.B.A.</p> <p><u>12:30</u> Card Game Hand &amp; Foot</p>	<p><b>7</b></p> <p>Billiard Room opens at 8am</p> <p><u>9:00-3:30</u> <b>A.A.R.P. Drive Safe Course</b></p> <p><u>9:30</u> SilverSneakers Yoga Stretch</p> <p><u>10:00</u> Embroidery Class/no fee</p> <p><u>10:30</u> Special Activity TBA</p> <p><u>10:30</u> Mar-Sel Tap Class</p> <p><u>12:45</u> Shuffleboard</p> <p><u>7:00</u> Duplicate Bridge Club</p>	<p><b>8</b></p> <p>Billiard Room opens at 8am</p> <p><u>9:30</u> SilverSneakers Aerobics Class</p> <p><u>9:30 – 10:30</u> <b>Memorial Day Community Salute planning committee meets today.</b></p> <p><u>10:15</u> Line Dance {Improver-Low Intermediate}</p> <p><u>11:15</u> Basic tap</p> <p><u>10:30</u> Special Activity TBA</p> <p><u>12:30</u> Domino's Mexican Train</p> <p><u>12:30</u> Crochet</p> <p><u>2:30</u> Basic Beginner Line Dance class</p>	<p><b>9</b></p> <p>Billiard Room opens at 8am</p> <p><u>9:30</u> SilverSneakers Yoga Stretch class</p> <p><b><u>10:30</u> BIG BINGO GAME {Sponsored by Dalton Heating &amp; Air}</b></p> <p><u>12-4:00</u> Bridge Club</p> <p><u>12:30</u> Hand &amp; Foot Card Game</p>	<p><b>10</b></p> <p>Billiard Room opens at 8am</p> <p><u>9:30</u> SilverSneakers Aerobics Class</p> <p><u>10:30</u> Special Morning Activity TBA</p> <p><u>10:30</u> High Beginner Level Line Dance Class</p> <p><u>12:30</u> Phase Ten Card Game; Eucher</p> <p><u>1:00</u> Beginners Bridge Class</p> <p><b><u>1:00</u> SIT &amp; SEW</b></p> <p><u>2:00</u> Play &amp; Learn Bridge</p>	<p><b>11</b></p>

<p><b>12</b></p> <p>Tuesdays craft will be learning to make your own greeting cards using a technique called "Quilling"! This is where paper is wrapped around dowels or pencils to tightly curl the paper! Please sign up in advance if possible. All materials provided. Faye, our Volunteer will be instructing. No charge for this class:</p>	<p><b>13</b></p> <p>Billiard Room opens at 8am</p> <p><u>9:30</u> Aerobics Cardio/SilverSneakers</p> <p><u>9:30</u> Play &amp; Learn Bridge</p> <p><u>10:30</u> Special Activity this morning is a craft called quilling! Making a note card. Creating a three dimensional look to the front your card! It's easy and it's fee!</p> <p><u>12:30</u> Hand &amp; Foot</p>	<p><b>14</b></p> <p>Billiard Room opens at 8am</p> <p><u>9:30</u> SilverSneakers Yoga Stretch</p> <p><u>10:00</u> Embroidery Class/no fee</p> <p><u>10:30</u> Mar-Sel class</p> <p><u>10:30</u> Special Craft</p> <p><u>12:45</u> Shuffleboard</p> <p><u>7:00</u> Duplicate Bridge Club</p>	<p><b>15</b></p> <p>Billiard Room opens at 8am</p> <p><u>9:30</u> SilverSneakers Aerobics Class</p> <p><u>10:15</u> Line Dance {Improver-Low Intermediate}</p> <p><u>11:15</u> Basic tap</p> <p><u>10:30</u> Special Activity TBA</p> <p><u>12:30</u> Domino's Mexican Train {open game}</p> <p><u>12:30</u> Crochet {beginners welcome, no fee}</p> <p><u>2:30</u> Basic Beginner Line Dance class</p>	<p><b>16</b></p> <p>Billiard Room opens at 8am</p> <p><u>9:30</u> SilverSneakers Yoga Stretch class</p> <p><u>10:30</u> Special Activity TBA</p> <p><u>12-4:00</u> Duplicate Bridge</p> <p><u>12:30</u> Hand &amp; Foot Card Game</p>	<p><b>17</b></p> <p>Billiard Room opens at 8am</p> <p><u>9:30</u> SilverSneakers Aerobics Class {we use bands, weights &amp; balls}</p> <p><u>10:30</u> HAPPY ST. PATRICK'S DAY! JOIN US FOR REFRESHMENTS (COSTUME CONTEST) AND OUR DEAL OR NO DEAL GAME! SPONSORS WILL BE ATTENDING AS WELL AS PROVIDING THE GAME PRIZES; Call 706-278-3700</p> <p><u>10:30</u> High Beginner Line Dance Class</p> <p><u>12:30</u> Phase Ten Card Game; Euchre</p> <p><u>1:00</u> Beginners Bridge Lessons</p> <p><u>2:00</u> Play &amp; Learn Bridge</p>	<p><b>18</b></p>
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<b>19</b>	<p><b>20</b> Billiard Room opens at 8am</p> <p><u>9:30</u> Aerobics Cardio/SilverSneakers</p> <p><u>9:30</u> Play &amp; Learn Bridge</p> <p><u>10:30</u> Special Activity T.B.A.</p> <p><u>12:30</u> Card Game Hand &amp; Foot</p>	<p><b>21</b> Billiard Room opens at 8am</p> <p><u>9:30</u> SilverSneakers Yoga Stretch</p> <p><u>10:00</u> Embroidery Class/no fee</p> <p><u>10:30</u> Special Activity TBA</p> <p><u>10:30</u> Mar-Sel Tap Class</p> <p><u>12:45</u> Shuffleboard</p> <p><u>7:00</u> Duplicate Bridge Club</p>	<p><b>22</b> Billiard Room opens at 8am</p> <p><u>9:30</u> Aerobics Cardio/SilverSneakers</p> <p><u>9:30</u> SilverSneakers Aerobics Class</p> <p><u>10:15</u> Line Dance {Improver-Low Intermediate}</p> <p><u>11:15</u> Basic tap</p> <p style="text-align: center;"><u>11:00</u> <i>Family Support</i> <i>Council will meet at</i> <i>They will be hosting a special presentation given by The Area Agency on Aging.</i> <i>All are welcome to attend:</i></p> <p><u>12:30</u> Domino's Mexican Train</p> <p><u>12:30</u> Crochet</p> <p><u>2:30</u> Basic Beginner Line Dance class</p>	<p><b>23</b> Billiard Room opens at 8am</p> <p><u>9:30</u> SilverSneakers Yoga Stretch class</p> <p><u>10:30</u> Special Activity TBA</p> <p><b>12-4:00</b> Bridge Club</p> <p><u>12:30</u> Hand &amp; Foot Card Game</p>	<p><b>24</b> Billiard Room opens at 8am</p> <p><u>9:30</u> SilverSneakers Aerobics Class {we use bands, weights &amp; balls}</p> <p><u>10:30</u> Special Morning Activity TBA</p> <p><u>10:30</u> High Beginner Level Line Dance Class {no fee, all levels welcome}</p> <p><u>12:30</u> Phase Ten Card Game; Eucher Games follows...{beginners welcome}</p> <p><u>1:00</u> Bridge Lessons for Beginners with Master Instructor Judy kemp</p> <p><u>1:00</u> SIT &amp; SEW</p> <p><u>2:00</u> Play &amp; Learn Bridge</p>	<b>25</b>

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<b>26</b>	<p><b>27</b> Billiard Room opens at 8am</p> <p><u>9:30</u> Aerobics Cardio/SilverSneakers</p> <p><u>9:30</u> Play &amp; Learn Bridge</p> <p><u>10:30</u> Special Activity T.B.A.</p> <p><u>12:30</u> Card Game Hand &amp; Foot</p>	<p><b>28</b> Billiard Room opens at 8am</p> <p><u>9:30</u> SilverSneakers Yoga Stretch</p> <p><u>10:00</u> Embroidery Class/no fee</p> <p><u>10:30</u> Special Activity TBA</p> <p><u>10:30</u> Mar-Sel Tap Class</p> <p><u>12:45</u> Shuffleboard</p> <p><u>7:00</u> Duplicate Bridge Club</p>	<p><b>29</b> Billiard Room opens at 8am</p> <p><u>9:30</u> SilverSneakers Aerobics Class</p> <p><u>10:15</u> Line Dance {Improver-Low Intermediate}</p> <p><u>11:15</u> Basic tap</p> <p><u>10:30</u> Special Activity TBA</p> <p><u>12:30</u> Domino's Mexican Train {open game}</p> <p><u>12:30</u> Crochet {beginners welcome, no fee}</p> <p><u>2:30</u> Basic Beginner Line Dance class</p>	<p><b>30</b> Billiard Room opens at 8am</p> <p><u>9:30</u> SilverSneakers Yoga Stretch class</p> <p style="text-align: center;"><b>10:30</b> <b>BONUS BINGO</b> <b>GAME !</b> <b>SPONSORED BY</b> <b>JENNIFER DIXON</b> <b>WITH SENIOR</b> <b>BENEFIT</b> <b>SOLUTIONS INC.</b></p> <p><u>12-4:00</u> Duplicate Bridge {Swiss Team Game}</p> <p><u>12:30</u> Hand &amp; Foot Card Game</p>	<p><b>31</b> Billiard Room opens at 8am</p> <p><u>9:30</u> SilverSneakers Aerobics</p> <p><u>10:30</u> Special Morning Activity TBA</p> <p><u>10:30</u> High Beginner Level Line Dance</p> <p><u>12:30</u> Phase Ten Card Game; Eucher</p> <p><u>1:00</u> Bridge Lessons for Beginners</p> <p><u>2:00</u> Play &amp; Learn Bridge</p>	