



**Days & Hours of Operation**

**Monday - Friday - 8:00 am - 5:00 pm**

Closed Friday, April 6<sup>th</sup>, Monday April 9<sup>th</sup> & Monday, May 28<sup>th</sup>.

**Registration Packets must be completed prior to participation and your information updated annually.**

**Class registration, trip information and menus are available upon request or on our website.**

**Heritage Dining Room - Hours and Prices**

**Breakfast-\$2.50**

Choice of meat, eggs, grits or oatmeal, toast or biscuit, juice or fruit, & beverage

**Lunch-\$3.50**

Choice of one meat, two side items.  
Bread, dessert & beverage included

**Carryout orders - You must be in line by 11:45 on Mon, Tues, & Thurs. and by 11:15 on Wed. & Fri.**

Breakfast is served from 9 - 10 a.m. Mon - Fri.

Lunch is served from 12-1 p.m. on M, T, and Thurs.

11:30-1:00 p.m. on Wednesdays and Fridays.



**AARP Defensive Driving Class**

May 15<sup>th</sup> & 17<sup>th</sup> (two day class)

2:00 - 5:00 pm

\$12.00 AARP members

\$14.00 non - members

Call 770-288-7001 or register at front desk.

**Speakers and Seminars**

1:00 pm unless otherwise noted

**American Heart Association**

“Heart Health”

Friday, April 13<sup>th</sup>

**Henry County Sheriff Dept.**

**Senior Safety**

3<sup>rd</sup> Friday of each month

**Henry Co. Extension Service**

“Protein: Are You Getting Enough”

Wednesday, May 2<sup>nd</sup>

**Humana Health**

“Turning 65”

**Better Business Bureau**

Friday, June 8<sup>th</sup>

**MEETINGS**

**Open Door Stroke Survivors Support Group**

4<sup>th</sup> Thursday of each month at 1:00 pm

**Health and Self Awareness Support Group**

3<sup>rd</sup> Thursday of each month at 1:00 pm

**AARP**

1<sup>st</sup> Tuesday of each month at 10:30 am

**Red Hat Society**

1<sup>st</sup> Thursday of Each Month

**Primetime Adventurers Travel Club**

Travel Club offering extended cruise, national and international travel opportunities.

Next quarterly meeting

Wednesday, April 18<sup>th</sup> at 1:00 pm

Contact Primetime Adventurers at 770-898-8860.



**Entertainment**

Beginning at 10:30 in Cafeteria

**Robert & Friends**

Sing along to your favorites every 1<sup>st</sup> Friday



**Lamar Worthy**

Country favorites every 2<sup>nd</sup> Friday



# Class Schedule

*\* Pre-registration is required. Class registration forms available at front desk. The instructor will contact you.*



## Oil Painting w/Rhonda Hall

(\$15 per class plus materials)  
Mondays at 9:30 & Tuesdays at 2:00.

## Beginning Genealogy Research

(Basic computer skills needed)  
Fridays from 10:00 - 12:00  
First Session begins March 16<sup>th</sup> - Ends April 27<sup>th</sup>  
\$40.00 per session

## Crocheting Class

Mondays at 10:00 (no cost)  
Must bring your own supplies

## Computer Classes

Mondays and Wednesdays from 9:30-11:30  
E-mail, Internet, and more!  
Full class listing available at the front desk.



## Crafts w/ Cindy

Tuesday & Wednesday 10:00-2:00  
Cost varies by project

## Stained Glass with Mary Anne Maslanka

Each Tuesdays from 9:00-11:00.  
\$15.00 per class.

## Sign Language Classes with Pat Pirtle

New Class Now Forming!

## Quilting w/Paula Morgan

Thursdays from 10:00-2:00  
\$40 for 4 weeks plus materials



## Beginner Bridge w/ Gene Smith

Thursdays 10:00-2:00 (no cost).

## Line Dancing w/ Wayne Evans

(\$2-\$3.50 per class depending on class selected)

Ultra Beginner	2:00 - 3:00	Tuesday
Adv. Beginner/Intermediate	3:00 - 4:30	Tuesday
Beginner	10:00 - 11:30	Thursday



## Special Events and Activities



Easter Activities and  
Easter Egg Hunt (weather allowing)  
Wednesday, April 4<sup>th</sup>

Mother's Day Activities  
Friday, May 11<sup>th</sup>



Father's Day Horseshoe Tournament  
and Cookout  
June - Date to be announced.



### Free Activities

*Check the daily board in the lobby for additional seasonal activities*

Movie	9:30	Wednesdays
Words of Wisdom (Devotional)	1:00	2 <sup>nd</sup> and 4 <sup>th</sup> Monday
Bingo	1:00	2 <sup>nd</sup> and 4 <sup>th</sup> Wednesday
Monthly Birthday Bash	12:45	3 <sup>rd</sup> Friday of the Month
Wii /Kinect Game	9:30	Fridays
Drama	1:00	1 <sup>st</sup> and 3 <sup>rd</sup> Mondays
Tea Party	10:00	2 <sup>nd</sup> and 4 <sup>th</sup> Mondays
Bid Whist/ Spades	1:00	2 <sup>nd</sup> and 3 <sup>rd</sup> Thursdays



### Exercise Program Information

Cindy Simmons, Exercise & Fitness Program Coordinator  
770-288-7021

*A Senior Center registration packet must be completed to begin an exercise program.*

- You must have an initial fitness assessment with the Fitness Coordinator before beginning any Senior Center exercise classes.

This assessment allows the Fitness Coordinator to place you in the appropriate class for your fitness level. .

- All exercise participants must have a complete **\*exercise program packet\*** on file with the Fitness Coordinator before beginning any exercise class






## Henry County Senior Services Trip Schedule ( April - June 2012)

Trips depart only from the center listed unless otherwise noted

**Meal cost not include unless otherwise noted**

Please contact the staff member at the listed number for additional trip information

\* indicates much walking and possible stairs

 <p style="text-align: center;"><b>Hidden Valley</b>  <b>Navigating with Nelda</b>  <b>Nelda Dunson/770-288-7016</b></p>	 <p style="text-align: center;"><b>Heritage</b>  <b>Buzzin' Around with Cindy</b>  <b>Cindy Collins/770-288-7003</b></p>	 <p style="text-align: center;"><b>Locust Grove</b>  <b>Silver Bells Touring/Traveling with</b>  <b>Traci</b>  <b>Traci Terrell/770-288-6992</b></p>
<p>*Shirkharbaddha Mandir Temple            April 5<sup>th</sup> - \$6            Lunch on your own at the Always Fresh Neighborhood Market            Departing 9:15/Returning 2:00</p>	<p>Sock Shop/Rose's            April 3<sup>rd</sup> - \$6            Lunch on your own at Golden Corral            Departing 9:30/Returning 2:00</p>	<p>*DeKalb Farmer's Market            April 11<sup>th</sup> - \$8            Lunch on your own at the café            Departing 9:30/Returning 2:00</p>
<p>*Wind Creek Casino            April 26<sup>th</sup> - \$30            Lunch on your own at Casino            Departing 9am/Returning 9:00 pm</p>	<p>*Margaret Mitchell House &amp; Atlantic Station/ Lunch on your own            April 17<sup>th</sup> - \$20(H)/\$22(LG)            Departing 8:00 (H)/8:30 (LG)            Returning 4:30 (H)/5:00 (LG)</p>	<p>*Fox Theatre Tour            April 26<sup>th</sup> - \$13            Lunch on your own at Mary Mac's            Departing 8:00LG/8:30H            Returning 2:30H/3:00LG</p>
<p>*Shrine Circus            April 27<sup>th</sup> - \$4            Lunch on your own at the circus            Departing 9:30/Returning 4:30</p>	<p>Lunch at Bay Breeze            May 8<sup>th</sup> - \$4            Departing 10:30/Returning 2:00</p>	<p>*Booth Western Art Museum            May 16<sup>th</sup> - \$25            Lunch on your own at museum café            Departing 9:00LG/9:30H            Returning 4:00H/4:30Locust Grove</p>
<p>Sock Shop            May 3<sup>rd</sup> - \$8            Lunch on your own at Buckner's            Departing 9:30/Returning 2:00</p>	<p>*Mall of Georgia            Lunch on your own            May 22<sup>nd</sup> - \$14 (Heritage &amp; LG)            Departing 9:00 (H)/9:30 (LG)            Returning 5:30 (H)/6:00 (LG)</p>	<p>Lunch at The Vortex            May 30<sup>th</sup> - \$8            Lunch on your own            Departing 10:30H/10:00LG            Returning 1:30H/2:00LG</p>
<p>*Monastery of the Holy Spirit            May 31<sup>st</sup> - \$4            Lunch at Shane's            Departing 9:30/Returning 2:00</p>	<p>*Jersey Boys            Dinner on your own at Chow Baby's            Details pending – please see coordinator</p>	<p>*Discover Mills            June 6<sup>th</sup> - \$12            Lunch on your own at mall            Departing 9:00LG/9:30H            Returning 3:45H/4:15LG</p>
<p>*Harrah's Cherokee Casino            June 14<sup>th</sup> - \$            Lunch on your own at Casino            Departing 7:00/Returning 8:30</p>	<p>Goodwill            Lunch at Golden Corral            June 12<sup>th</sup> - \$2            Departing 9:30/Returning 2:00</p>	<p>*Little White House/Bulloch House            June 27<sup>th</sup> - \$29            Lunch on your own at Bulloch House            Departing 8H/8:30LG            Returning 3:00LG/3:30H</p>
<p>*Botanical Gardens - pending            See trip board/staff member for details as they are determined</p>	<p>*DeKalb Market            Lunch on your own            June 19<sup>th</sup> - \$6            Departing 9:30/Returning 2:00</p>	

