



# HIDDEN VALLEY SENIOR CENTER QUARTERLY SCHEDULE

April - June, 2012

600 Spraggins Memorial Parkway, Stockbridge, GA 30281

770/288-7002

<http://www.hiddenvalleyseiorcenter.com>



## Hours of Operation

Monday, Wednesday, Thursday, Friday

8:00 a.m.- 5:00 p.m.

Tuesday - 8:00 a.m. - 8:00 p.m.

### **Dining Room Hours and Prices:**

Breakfast 9-10 a.m. - \$2.50

Lunch Mon.-Thurs. 12-1 p.m. - \$3.50

Lunch served on Fridays 11:30-1 p.m.

## CAFETERIA TAKEOUT

### POLICY

See newly posted info at cashier's desk

## **HIDDEN VALLEY WILL BE CLOSED**

April 6th - Floating Holiday

April 9th - Furlough Day

May 28th - Memorial Day

**Registration packets must be completed prior to participation and the information updated annually**

## Entertainment

### ALL PERFORMANCES @ 10:30

**The Three Old Men & Friends** - 1st Friday  
**Pat Daniel, Pianist** - 2nd Friday  
**Lamar Worthy** - 3rd Friday  
**David Trivett, Pianist** - 3rd Wed.  
**Geriatric Jammers** - 5th Friday

**MC ELVIS IS COMING!!!!**

## Meetings

### Calendar Review w/Nelda

Fourth Monday of each month at 10:30 a.m.

## SPECIAL EVENTS

**AARP Driving Course** - May 10th

9:00 a.m. - 4:00 p.m.

**Member - \$12 Non-member \$14**

**White Elephant Bingo** - 2nd Monday @ 10:00

Bring a wrapped gift valued at approximately \$5.

**Bowling w/Nelda - 1st & 3rd Monday**

\$2 for transportation, bowling fee on your own

**EASTER EGG HUNT** - April 3rd @ 10:30

**TAI CHI DEMONSTRATION**

April 13th @ 12:30

**MOTHER'S DAY RECOGNITION**

May 11th

**FATHER'S DAY RECOGNITION**

## **REMEMBER**

SOCIAL SECURITY WILL BE GOING "PAPERLESS" STARTING NEXT YEAR,

## Speakers and Seminars

1:00 unless noted

**Safety Seminar w/Henry County Sheriff's Dept.**

April 20th, May 18th & June 15th

**Veteran's Benefits** w/Alice Jones—April 18th

**Susan Howington - County Extension Office**

May 23rd - "Protein: Are You Getting Enough?"

**Nutrition w/Jimmie** - June 20th



## **NAVIGATING w/Nelda**

All leave from Hidden Valley

### **Shirkharbaddho Mandir Temple**

April 5th, 9:15 - 2:00 \$6

### **Wind Creek Casino, Montgomery, AL**

April 26th - 7:30 - 8:00 \$30

### **Shrine Circus - April 27th**

9:30 - 4:00 \$4

### **Sock Shop & Buckners - May 3rd**

9:30 - 2:00 \$8

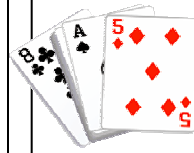
### **Monastery of the Holy Spirit**

May 31st—9:30 - 2:00 \$4

### **Harrah's Cherokee Casino**

June 14th - 7:00 - 8:30 \$35

Center Trip Board for details./Lunch on your own unless noted



## **Cards and Games**

**Bridge** - Tuesdays @ 9:30

**Bunco** - Wednesdays 1:00 - 4:00

**Canasta** - 1st Monday @ 1:00

**MahJongg** - Every Wed. 1:00 - 4:00

**Skip-Bo and various card & board games are available in the game room.**

## **PRIMETIME ADVENTURERS**

Primetime Adventurers Travel Club offers cruise, national & international travel opportunities. Details on our trip board in the front lobby or you may contact Nancy Hall @ 770/898-8860.

## **Free Activities**

**Check the Daily Schedule board in the lobby for additions and/or changes**

**Billiards** - On your own - anytime

**Crafts** - Wednesdays 10:00 - 11:30

**Bingo** - 1st and 3rd Monday @ 1:00

**Birthday Bash** - 1st Friday of each month @ 12:30

**Ceramics** (on your own) - See Nelda for details

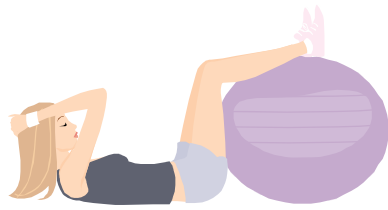
**Wii** (on your own) - See a staff member

**Yoga for Fun** with volunteer Diane Blevins - Tuesday evenings @ 6:00

## **Services**

Salon Services (cuts, sets and perms) provided by Leslie Estes on Wednesday and Fridays—  
Call 770-630-2988 for an appointment.

**PLEASE RECYCLE YOUR NEWSPAPERS AND MAGAZINES IN THE CONTAINER LOCATED IN THE PARKING LOT. ALL PROCEEDS BENEFIT MEALS ON WHEELS.**



# HEALTH AND WELLNESS INFORMATION APRIL - JUNE 2012



**For questions or concerns contact:**

Cindy Simmons, Fitness coordinator @ 770/288-7021

**Health Screenings**

**Free Blood Pressure Checks**

Wednesdays at 9:30

**EXERCISE PROGRAM REQUIREMENTS**

1. Complete a registration packet for the senior center
2. See Fitness Coordinator to obtain the appropriate forms to complete to be considered for HCSCS Exercise program (Physician's Consent, Health History Questionnaire, Informed Consent & Liability Waiver and copy of HCSCS Exercise Program Policies & Procedures
3. Return the completed, signed forms and see Fitness coordinator to schedule a fitness




**EXERCISE CLASSES**

Power Aerobics	9:30	Mon., Wed., & Fri.	Fairview Recreation center
Intermediate Exercise	10:20	Mon., Wed. & Fri.	Fairview Recreation center
Beginner Exercise	11:10	Mon., Wed. & Fri.	Fairview Recreation center
Joint Maintenance	11:00	Tues. & Thurs.	HV multi purpose room
<b>Balance Class</b>	<b>10:00</b>	<b>Thursdays</b>	<b>HV multi purpose room</b>

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

**Trips depart only from the center listed/Meal is not included unless otherwise noted**

Please contact the coordinator at the number shown below for additional trip information

 <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 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 9:00pm</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 oyo 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>	

\*Indicates walking and/or stairs. See trip poster or staff for additional information.

