

QUARTERLY SCHEDULE OF EVENTS



Bear Creek Senior Activity Center
"A Good Place to Gather"

**April - May - June
2019**

Hours of Operation

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

Dining Room Hours & Prices

Breakfast - \$3.00
Served 8:30 - 10:00

Lunch - \$4.00
Served Mon. Tues. Thurs.
12:00 - 1:00

Wed. & Fri. 11:30 - 1:00

See registration packet for meal
take-out policy.

**Registration packets must be
completed prior to participa-
tion and information updated
annually.**

Celebrating Easter

April 15 10:30 Tea towel bunny craft

April 16 10:30 Easter Egg Hunt with Lap Babies

April 17 1:00 Senior Easter Egg Hunt

April 18 11:15 Bear-li-tone Easter Celebration

Happy Easter!



Mother's Day Tea Party

Thursday, May 9

10:30 a.m.

Register early. Space is limited.

**The senior center will be closed
April 19 & May 27**

56 McDonough Street - Hampton - Georgia - 770-288-6994

Back by Popular Demand!

Henry County Sheriff's Office will provide helpful information regarding

Gang Awareness

Monday, April 8, at 10:30

Poetry Bingo

Sponsored by Fortson Library

Wednesday, April 10

11:00 a.m.

Fair Housing Training
for Seniors

Monday, May 13
10:00 - 11:30



8 Ball Pool Tournament

Tuesday, May 7 9:00 a.m.

**\$5.00 Registration
Fee**



AARP Defensive Driving Class

Learn defensive driving techniques.

Friday, April 5

9:00 - 4:00

\$20/non-members \$15/members

Sign up soon. Limited space available.

Registration and prepayment required.

Legal Aid

Learn about the Georgia Statewide Senior Legal Hotline and free assistance for senior homeowners.

Monday, April 29 at 10:30

Foundations of Investing

Thursday, April 12 at 10:00

Learn about:

- The importance of developing a strategy
- The impact of asset allocation
- The influence of inflation on long-term goals

Billiards, Puzzles, Cards and Games

Bridge - Uno - Canasta
Chess - Checkers - Dominoes
Puzzles - Skip-Bo - Hand & Foot

Join the fun any day!
8:00 - 5:00

Registration Required

Coffee and Chick-fil-a biscuits provided
by Edward Jones.

Edward Jones
MAKING SENSE OF INVESTING

MEMORIAL DAY

Memorial Day Fun

10:30 a.m.

Friday, May 24

Come prepared for fun, games and pizza!

\$5.00 registration fee

Last day to register is Thursday, May 23.



Free Medicare Classes

1:00

April 12

The ABC's of Medicare

May 17

Part D Drug Coverage

June 21

Supplement or Advantage?

Craft Time

with

Fortson Library

1:00 Friday

May 10

June 14



Health & Wellness Classes

MJ's Soul Line Dancing	Mon. 10:30 - 11:30 11:30 - 12:30 \$3.00/class
Stability*	Tues. & Thurs. 9:30 - 10:30
Senior Stretch*	Tues. & Thurs. 10:30 - 11:30
Senior Stretch* (Gentle Yoga)	Tues. & Thurs. 11:30 - 12:30
Tai Chi for Health	Tuesday(see staff for dates) 12:45 - 1:50 \$25.00/8 weeks \$4.00/class
Ageless Grace*	Wed. 12:45 - 1:45
Cardio Strength*	Wed. 2:00 - 3:00
Basic Beginner Line Dancing	Friday 9:00 - 10:15 \$15/6 weeks \$4.00/session
Beginner & More Line Dancing	Friday 10:15 - 11:30 \$15/6 weeks \$4.00/session

*SILVERSNREAKERS' Flex Classes - no cost to members
Non-members - \$2.00/class unless noted

Weekly Schedule

Monday

Movie & Popcorn (1st Monday)	10:00
Bingo (2nd & 4th Monday)	1:00
Tasty Treats (May 20)	10:00

Tuesday

Spanish Class*	10:00
Group Games (1st & 4th Tuesday)	10:00
Tea Time (2nd Tuesday)	10:00
Oil Painting*	10:00
Massage Therapy* (by appt. only)	11:00
Bearlitone Singers	1:00

Wednesday

Blood Pressure Checks	9:30
Sign Language Class	10:00
Bridge	1:00
Computer Class at Fortson Library	1:00
Friends & Followers	1:00
Oil Painting*	1:30

Thursday

Watercolor Class	9:00
Knitting Time	10:30
Group Games	1:00
Oil Painting*	2:00

Friday

Fortson Library Trip	10:00
Support Group (4th Friday)	10:00
Birthday & Anniversary Recognition (1st Friday)	11:30
Beginner Bridge	1:00
Nutrition Education (1st Friday)	1:00

*See instructor for fee

**GOT
★
TALENT**

Sign up for our Talent Show

Monday, June 17

10:30

**Got a classic or muscle car? Show it off
at our**

Father's Day Car Show



Thursday, June 13

11:00 - 12:00

See a staff member for registration

Refreshments Provided

Elder Abuse Educational Class

Provided by Blessed Hands

Friday, June 28

1:00

"Farm Fresh" Nutrition Class



Thursday, May 23

10:00

Henry County Senior Services Trip Schedule for April - June 2019

Trips depart only from the center listed unless otherwise noted. Meal cost not included unless noted.

Bear Creek Senior Activity Center Bear Creek Excursions Debbie Cline 770-288-6998 	Heritage Senior Center Cruisin' with Caressa Caressa Spencer 770-288-6992 	Hidden Valley Senior Center Exploring with Deanna Deanna McCart-Perez 770-288-7016 	Locust Grove Senior Center "To and Fro" with Cindy Cindy Collins 770-288-7003 
Georgia Shrimp Company Lunch on your own April 10th—Cost \$6.00 Leaving: 10:00am Returning: 2:00pm	DeKalb Market Lunch on your own April 16th—Cost: \$6.00 Leaving: 10:00am Returning: 2:00pm	Nam Dae Mun Lunch on your own April 11th—Cost \$2.00 Leaving: 10:00am Returning: 2:00pm	*These trips Leave and Return from HERITAGE and HIDDEN VALLEY SENIOR CENTERS ONLY!!
Southern Belle Farms Lunch on your own April 24th—Cost \$4.00 Leaving: 10:00am Returning: 2:00pm	Noah's Ark Lunch included April 30th— Cost: \$10.00 Leaving: 10:30am Returning: 2:00pm	Southern Belle Farms Lunch on your own April 18th—Cost \$4.00 Leaving: 10:00am Returning: 2:00pm	Museum of South Eastern Indian Artifacts Lunch on your own April 25th—Cost: \$10.00 Leaving: HER-8:30am, HV-8:00am Returning: HV-4:00pm, HER-4:30pm
WSB TV Lunch on your own May 8th—Cost \$25.00 Leaving Bear Creek: 9:00am Returning: 3:00pm	The King Center Lunch on your own May 7th— Cost: \$8.00 Leaving: 9:45am Returning: 3:00pm	Melvin L. Newman Wetlands Center Lunch on your own May 9th—Cost \$5.00 Leaving: 10:00am Returning: 2:00pm	New Echota Lunch on your own May 15th—Cost: \$29.00 Leaving: HER-7:00am, HV-7:30am Returning: HV-5:30pm, HER-6:00pm
Dauset Trails & Fresh Air BBQ Lunch on your own May 22nd—Cost \$6.00 Leaving Bear Creek: 10:00am Returning: 2:00pm	HC Water Authority Tour, Fishing & Picnic Lunch and fishing supplies included May 21st- Cost: \$4.00 Leaving: 10:00am Returning: 2:00pm	Mandir Hindu Temple Tour Lunch on your own May 23rd—Cost \$6.00 Leaving: 9:30am Returning: 3:00pm	The Biblical History Center Lunch included June 4th—Cost: \$45.00 Leaving: HER-7:00am, HV-7:30am Returning: HV-5:00pm, HER-5:30pm
Medieval Times Lunch included June 5th—Cost \$43.00 Leaving : 9:15am Returning: 3:00pm	Pin Strikes Bowling Lunch included June 11th- Cost: \$13.00 Leaving: 10:30am Returning: 2:00pm	Second Life Thrift Store Lunch on your own June 6th—Cost \$4.00 Leaving: 10:00am Returning: 2:00pm	
Treasure Seekers Shopping Lunch on your own June 19th—Cost \$4.00 Leaving: 10:00am Returning: 2:00pm	Hobby Lobby/Miyako Hibachi Restaurant Lunch on your own June 25th—Cost: \$2.00 Leaving: 9:45am Returning: 2:00pm	Bay Breeze Restaurant Lunch on your own June 20th—cost \$4.00 Leaving: 10:15am Returning: 2:00pm	