



Heritage Senior Center 1050 Florence McGarity Blvd, McDonough, GA 30252

770-288-7001 / www.co.henry.ga.us/Departments/S-Z/SeniorServices/Facilities.aspx

Heritage Dining Room Hours & Prices

Breakfast 8:00 - 10:00 Mon – Fri.
Lunch 12:00 -1:00 - Mon., Tues., & Thurs.
11:30 -1:00 pm - Wed. and Fri.

Breakfast-\$3.00

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

Lunch-\$4.00

Choice of one main dish, two side items,
bread, dessert & beverage included.

**Carryout orders are allowed 15 minutes
prior to serving times only OR after
dine - in service line has ended.**

Days & Hours of Operation

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

Holiday Closing Dates:

Friday, April 19th & Monday, May 27th

Registration forms, trip schedules and menus
are available at front desk.

Registration Packets must be completed to
participate and your emergency
information updated annually.

Primetime Adventurers

Travel Club

Travel Club offering national and interna-
tional travel. Trip details available at front
desk or contact Nancy Hall at

770-898-8860.

Upcoming Trips

California's Great National Parks

October 5th - 12th, 2019

Holy Land Excursion

February 18th - 27th 2020

South Africa

October 14th - 23rd, 2020



Special Events

Easter Fashion Parade and Egg Hunt

Wednesday, April 17th at 10:00 am

Sign up with staff to participate in show



Senior Center Family Feud

Wednesday, May 1st at 10:00



His Master's Voice Music School

Mother's Day Concert

Friday, May 17th at 10:00

Memorial Day Ice Cream Social

Friday, May 24th at 12:30



Class Schedule

Class registration forms located at Center front desk. The instructor will contact you with class details.



Line Dancing w/ Michelle

Thursdays

Beginner/Intermed. at 9:45 - \$3.00 per class
Intermed/Advanced at 1:00 - \$2.00 per class
Basic beginner at 2:15 - \$2.00 per class

Oil Painting w/ Rhonda



\$15 per class plus materials

Mondays at 9:30.

Tuesdays at 2:00.

Zumba Gold w/ Andrea

Tuesdays & Thursdays at 2:00

\$3.00 per class



Beginner Conversational Spanish

Wednesdays at 10:00

\$60.00 (2 payments of \$30.00)



American Sign Language Class

Tuesdays - free class

Level 1 - 10:00

Level 2 - 1:00



Free Bridge Class



Beginner - Tuesdays - 10:00

Intermediate - Thursdays - 10:00



Quilting Club (some experience required)

Thursdays at 10:00



Yoga w/ Lisa

Tuesdays at 12:45

\$4.00 per class or \$20.00 for 6 weeks



Crocheting Class

Mondays at 9:00 - Free Class

Must bring own materials

(Drop in class - no preregistration needed)



Monthly Craft Classes

Projects and costs vary.



M.J.'s Soul Party Line Dance Class

Beginner - Mondays - 2:00

Intermediate - Mondays - 3:00

\$3.00 per class



Tai Chi

1st, 2nd and 3rd Fridays

Tai Chi for Health at 12:45 - 2:00

\$4.00 per class or \$20.00 for 6 weeks

No class in July



Weekly / Monthly Free Activities

Mondays

Tea Party - 10:00
Karaoke Sing a Long - 1:00
Blood Pressure Checks - 3rd Mondays
at 10:00

Tuesdays

Puzzles & Games - 10:30
Hand and Foot Canasta - 1:00

Wednesdays

Movie Matinee - 9:45
Bingo - 2nd & 4th Wednesday at 1:00

Thursdays

Puzzles & Games - 10:30
Bid Whist and Spades - 2nd & 3rd at 1:00
Hand and Foot Canasta- 1:00

Fridays

Birthday Bash - 3rd Friday at 12:45
Sip & Color - 10:00

Speakers and Meetings

1:00 pm unless otherwise noted

Henry Co. Extension Nutrition Class

“Farm Fresh - Meal Planning”
Wednesday, May 1st

AARP Chapter Meeting

1st Tuesday of each month at 9:30 am

Site Committee Meeting

Wednesday, Thursday, July 20th

Estate and Will Planning Workshops

- Friday, May 3rd - Do I Need a Will?
- Friday, May 17th - Health Care Decisions and Living Wills
- Friday, June 14th - Guardianships
- Friday, June 21st - Dangers of Do It Yourself Wills

AARP Safe Driver Class



Tuesday, April 30th

9:00 am - 4:00 pm

\$15.00 for AARP members

\$20.00 for non-AARP members

Exercise Program Information

Please contact Cindy Simmons at 770-288-6992 for exercise program information. You must be a registered Senior Center participant to take exercise classes or use equipment. We offer Beginner, Intermediate, Advanced, Balance and Chair Exercise Classes. Some classes may have a waiting list.



Fitness Equipment Room Requirements

Our fitness room has treadmills and recumbent bikes.



Before using exercise equipment, you must undergo orientation with Health and Wellness staff on safe and proper exercise equipment. A signed exercise equipment waiver is required. There is a \$10.00 annual fee for equipment use



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.

 <p>Bear Creek Senior Activity Center Bear Creek Excursions Debbie Cline 770-288-6998</p>	 <p>Heritage Senior Activity Center Crusin' with Caressa Caressa Spencer 770-288-7005</p>	 <p>Hidden Valley Senior Activity Center Exploring w/ Deanna Deanna McCart-Perez 770-288-7016</p>	 <p>Locust Grove Senior Activity Center "To and Fro" with Cindy Collins 770-288-7003</p>
<p>Georgia Shrimp Company Lunch on your own April 10th—Cost \$6.00 Leaving: 10:00am Returning: 2:00pm</p>	<p>DeKalb Market Lunch on your own April 16th-Cost: \$6.00 Leaving: 10:00am Returning: 2:00pm</p>	<p>Nam Dae Mun Farmers Market Lunch on your own April 11th—Cost \$2.00 Leaving: 10:00am Returning: 2:00pm</p>	<p>*These trips Leave and Return from HERITAGE and HIDDEN VALLEY SENIOR CENTERS ONLY!!</p>
<p>Southern Belle Farms Lunch on your own April 24th—Cost \$4.00 Leaving: 10:00am Returning: 2:00pm</p>	<p>Noah's Ark Picnic Lunch included April 30th- Cost: \$10.00 Leaving: 10:30am Returning: 2:00pm</p>	<p>Southern Belle Farms Lunch on your own April 18th—Cost \$4.00 Leaving: 10:00am Returning: 2:00pm</p>	<p>Museum of South-Eastern Indian Lunch on your own April 25th-Cost: \$10.00 Leaving: HER-8:30am, HV-8:00am Returning: HV-4:00pm, HER-4:30pm</p>
<p>WSB TV Lunch on your own May 8th—Cost \$25.00 Leaving Bear Creek: 9:00am Returning: 3:00pm</p>	<p>The King Center Lunch on your own May 7^h- Cost: \$8.00 Leaving: 9:45am Returning: 3:00pm</p>	<p>Melvin L. Newman Wetlands Center May 9th-Cost \$5.00 Lunch on your own Leaving: 10:00am Returning: 2:00pm</p>	<p>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</p>
<p>Dauset Trails & Fresh Air BBQ Lunch on your own May 22nd—Cost \$6.00 Leaving Bear Creek: 10:00am Returning: 2:00pm</p>	<p>HC Water Authority Tour, Fishing & Picnic Picnic Lunch & fishing supplies included May 21st- Cost: \$4.00 Leaving: 10:00am Returning: 2:00pm</p>	<p>Mandir Hindu Temple Tour May 23rd-Cost \$6.00 Lunch on your own Leaving:9:30am Returning: 3:00pm</p>	<p>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</p>
<p>Medieval Times Lunch included June 5th—Cost \$43.00 Leaving : 9:15am Returning: 3:00pm</p>	<p>Pin Strikes Bowling Lunch included June 11th- Cost: \$13.00 Leaving: 10:30am Returning: 2:00pm</p>	<p>Second Life Thrift Store June 6th-Cost \$4.00 Lunch on your own Leaving: 10:00am Returning: 2:00pm</p>	
<p>Treasure Seekers Shopping Lunch on your own June 19th—Cost \$4.00 Leaving: 10:00am Returning: 2:00pm</p>	<p>Hobby Lobby/Miyako Hibachi Restaurant Lunch on your own June 25th-Cost: \$2.00 Leaving: 9:45am Returning: 2:00pm</p>	<p>Bay Breeze Restaurant June 20th-cost \$4.00 Lunch on your own Leaving: 10:15am Returning: 2:00pm</p>	