

April

(706) 344-3700

2024

DAWSON COUNTY SENIOR

Dawsonville, GA

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
10:00 – Sit'NStretch 11:00 – Lunch 11:45 	9:00 – 12:00 9 th District Cooling (See Tammy) 11:00 – Lunch 12:00 – Walmart 	10:00 – Sit N Stretch 11:00 Lunch 11:00 New Life Church (Sign Up)	11:00 – Lunch 11:30 – Eclipse Info. 12:00 – Bible Study with Pastor Joe (optional) 12:00 – Art	11:00 – Lunch 12:00 – Art
8	9	10	11	12
10:00 – Sit'NStretch 11:00 – Lunch 11:45 	11:00 – Lunch 11:30 – Spring Craft (Sign Up)	10:00 – Sit N Stretch 11:00 – Lunch 11:30 – Tomato House Field Trip (Sign Up)	11:00 – Lunch 11:30 – The Place 12:00 – Bible Study with Pastor Joe (optional) 12:00 – Art 1:00 – 2023 Volunteer Award	11:00 – Lunch 12:00 – Dollar Tree 12:00– Art
15	16	17	18	19
10:00 – Sit'NStretch 11:00 - Lunch 11:45 	11:00 – Lunch 11:30 – Best At Home Caregiving Presentation	10:00 – Sit N Stretch 11:00 - Lunch 12:00 – Walmart 	11:00 - Lunch 12:00 – Bible Study with Pastor Joe (optional) 12:00 -Art	11:00 – Lunch 12:00– Art
22	23	24	25	26
10:00 – Sit'NStretch 11:00 - Lunch 11.45 	11:00 – Lunch 11:30 – Wound Care Presentation	10:00 – Sit N Stretch 11:00 – Lunch at Zaxby's (Sign Up) (No Meal at Center)	11:00 - Lunch 12:00 – Bible Study & music with Pastor Joe (optional) 12:00 – Art	11:00 – Lunch 11:30 – Concord Church (Sign Up) 12:00 – Art
29	30	May 1	May 2	May 3
10:00 – Sit'NStretch 11:00 - Lunch 11:45 	11:00 – Lunch Soup and Sandwiches 11:30 – Health Care Discussion	10:00 – Sit N Stretch 11:00 - Lunch 12:00 – Walmart 	11:00 - 12:00 – Bible Study with Pastor Joe (optional) 12:00 – Art	11:00 – Lunch 12:00 – Art

April

(706) 344-3700

2024

DAWSON COUNTY SENIOR

Dawsonville, GA

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
9:00-3:00 Gym on your Own	9:00-3:00 Gym on your Own 9:00-10:00 SS Circuit 10:00-11:00 SS Classic	9:00-3:00 Gym on your Own	9:00-3:00 Gym on your Own 9:00-10:00 SS Circuit 10:00-11:00 SS Classic	9:00-3:00 Gym on your Own 10:00 – 11:00 - Yoga
8	9	10	11	12
9:00-3:00 Gym on your Own	9:00-3:00 Gym on your Own 9:00-10:00 SS Circuit 10:00-11:00 SS Classic	9:00-3:00 Gym on your Own	9:00-3:00 Gym on your Own 9:00-10:00 SS Circuit 10:00-11:00 SS Classic	9:00-3:00 Gym on your Own 10:00 – 11:00 - Yoga
15	16	17	18	19
9:00-3:00 Gym on your Own	9:00-3:00 Gym on your Own 9:00-10:00 SS Circuit 10:00-11:00 SS Classic	9:00-3:00 Gym on your Own	9:00-3:00 Gym on your Own 9:00-10:00 SS Circuit 10:00-11:00 SS Classic	9:00-3:00 Gym on your Own 10:00 – 11:00 - Yoga
22	23	24	25	26
9:00-3:00 Gym on your Own	9:00-3:00 Gym on your Own 9:00-10:00 SS Circuit 10:00-11:00 SS Classic	9:00-3:00 Gym on your Own	9:00-3:00 Gym on your Own 9:00-10:00 SS Circuit 10:00-11:00 SS Classic	9:00-3:00 Gym on your Own 10:00 – 11:00 - Yoga
29	30	May 1	May 2	May 3
9:00-3:00 Gym on your Own	9:00-3:00 Gym on your Own 9:00-10:00 SS Circuit 10:00-11:00 SS Classic	9:00-3:00 Gym on your Own	9:00-3:00 Gym on your Own 9:00-10:00 SS Circuit 10:00-11:00 SS Classic	9:00-3:00 Gym on your Own 10:00 – 11:00 - Yoga