

# SPALDING COUNTY SENIOR CENTER

## Weekly On-Going Activities

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**WALKAEROBICS** (2 to 3-mile cardio work-out / low impact) **Free**  
 9 AM Mon. / Wed. / Fri. \*Shirley Thurman, class leader

**SILVER SNEAKERS CLASSIC EXERCISE** (Low impact chair exercise program) **Free**  
 10 AM Monday & Wednesday \*Reba Johnson, certified instructor

**SILVER SNEAKERS CIRCUIT TRAINING CLASS** (low impact cardio / toning) **Free**  
 12:30 PM Tuesday & Thursday \*Class Postponed – Instructor Needed\*

**FUN FITNESS EXERCISE CLASS** (cardio, dumb-bell work, toning, stretching) **Free**  
 10 AM Tuesday & Thursday \*Margaret Varnom, class leader

**SILVER SNEAKERS BOOM MIND EXERCISE** (combination of yoga & Pilates) **Free**  
 8:30 AM Wednesday & Friday \*Donna Gibson, certified instructor

**TAI CHI EXERCISE CLASS** (Good for balance / flexibility, lowers heart rate) **Free**  
 Tuesday at 11 AM Beg. / Intermediate/ Advanced  
 Wednesday at 9 AM Seated T'ai Chi  
 Thursday at 11 AM T'ai Chi (all levels welcome)  
 Friday at 10 AM Intermediate / Advanced Class  
 Friday at 11 AM Beginners level  
 \*Class leaders are: Billie Brown, Betty Dean, Sue Futo, and Joan Wright

**CHAIR YOGA CLASS** (Good for balance / flexibility, lowers heart rate) **Free**  
 Tuesday & Thursday 9 AM Joan Wright, certified instructor

**LINE DANCE LESSONS** \*Eddie Huffman, certified instructor  
 Wed. - 11 AM Beg. / Interm. levels (Senior Center members) \$15 a month/ \$5 a class  
 Tuesday nights – 6 PM High Beginners level (all ages) \$15 per month/ \$5 per class  
 Thursday nights – 5 PM Country Western Line Dance (all ages) \$15 per month/ \$5 per class  
 Thursday nights – 6 PM Interm. / Adv. Levels (all ages) \$15 per month/\$5 per class

**“ZUMBA” EXERCISE CLASSES** \*Dawn Johnson-Perdue, certified instructor  
 Tues. & Thurs. nights: 6:30 PM Regular Zumba – All Ages  
 Cost = Zumba classes are \$4 per session for day or night sessions.

**WALKING TRACK** – Available Daily – Indoors: 16 Laps = 1 Mile  
 Outdoors: 5 Laps = 1 Mile

# CREATIVE HOBBIES

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## ARTS / CRAFTS CLASS

Mondays at 9 AM in the Art Room

\*Lynda Martin, class leader      \*Bring your own supplies



## JEWELRY MAKING CLASS – \*Class Postponed\*

Class meets every 2<sup>nd</sup> & 4<sup>th</sup> Monday afternoon at 2 PM

\* Bring your own supplies      \* Mary Johnson, class leader



## INSTRUCTIONAL ACRYLIC PAINTING    \$20 PER MONTH or \$5 PER WEEK

Wednesdays    10 AM – 12:30 AM

Fridays            12 PM – 2:30 PM



## CROCHET / KNITTING GROUPS      \*Need your own supplies

Beg. / Intermediate      Thursday                    9 AM to 11 AM

Group leaders: Noriko Williams and Tina Greene

Intermediate / Advanced      Fridays                    9 AM to 11 AM

\*Peggy Thomas, class leader



## QUILTING / SEWING ROOM

Open all day to anyone or any group that would like to utilize the room.



## BEGINING CROSS STITCH CLASS

Classes meet every Wednesday at 1 PM. Need your own supplies: fabric, needle, four floss colors. Teacher – Linda Newton



## CERAMICS CLASSES (No membership or age requirement)

Tuesday Session:    4:30 PM – 9:00 PM

Wednesday Session: 10:30 AM – 3:00 PM

Cost is \$36 per quarter – one class a week. Or, \$54 per quarter for both classes each week.

Single Session: \$6 per day

Teacher: **Diana Clark / Asst. – Diane Pugh**



## CREATIVE CLAY CLASSES

Classes are held every Tuesday & Thursday from 10:30 AM– 2:30 PM.

COST: \$4 per class. Clay, paints, glazes, etc., are additional costs.

## SPIRITUAL GROWTH CLASS

Classes are held on Mondays at 11 AM & Thursdays at 10 AM



## RAISED-BED GARDENING

Enjoy daily hands-on gardening. Upcoming gardening meetings will be posted around center.

## RECREATIONAL GAMES

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**FREE PLAY** Daily Dominoes, Cards, Puzzles, Board Games, Monopoly, etc.



**BRIDGE** (Group A – Private) Mon. – Fri. 12:45 PM – 4:00 PM  
 (Group B) Fridays 12:45 PM – 4:00 PM  
 (Group B) Mon. – Fri 8:30 AM – 12:00 PM

**“MAH JONGG”** Thursdays 10 AM to 12 PM  
 \*Phyllis Brinson, class leader (All welcome to come learn)



**BASIC CANASTA (two decks used)** Tuesday at 1 PM \*New players welcome.

**“HAND and FOOT” CANASTA (5 decks used)** Tuesday & Thursday at 12 PM  
 \*Willing to teach the game to others.

**SPADES** Daily All welcome to come learn to play!!!! TBA



**BILLIARDS** Monday - Friday (2 tables available)  
 \*Women's Class on Wednesdays at 10 AM

**SHUFFLEBOARD** Mondays 8 AM– 11 AM & 12 PM – 5 PM  
 Tuesdays 8 AM – 12 PM ▪ Wednesdays 8 AM – 5 PM ▪ Thursday 8 AM – 12 PM  
 (2 courts available) \*Want to form a league for you and your pals?



**BINGOMANIA** Thursdays at 1 PM (snacks provided / prizes)



**BREAKFAST BINGO** Wednesdays at 9:15 AM (prizes)

**BREAKFAST TRIVIA** Thursdays at 9:15 AM

**TABLE TENNIS** \*Open play...All welcome!!!  
 Monday - Wednesday - Friday Afternoons 2:00 PM- 4:30 PM



**PICKLEBALL** Mondays (Free Play) 11:30 AM – 1:30 PM  
 Tuesdays (Free Play) 2:00 PM – 4:00 PM  
 Wednesdays (Instructional) 11:30 AM – 1:30 PM



**Wii - COMPUTER ANIMATED GAMES** Mondays 9:00 AM - 11:00 AM

# **SPALDING COUNTY SENIOR CENTER**

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**885 Memorial Drive Griffin, Georgia 30223**

**Phone: 770-467-4385**

## **Senior Center Staff**

**Lauren Brown – Senior Center Supervisor**  
**Athena Hightower - Administrative Assistant**  
**Jayne Widener – Office Assistant**  
**Carol Berry – Recreation Leader**

**Diana Clark - Ceramics Supervisor**  
**Diane Pugh – Ceramics Assistant**  
**Ceramics Phone: 770-467-4754**

## **Nutrition Department Staff**

**Doris Carter – Senior Nutrition Coordinator**  
**Nutrition Phone: 770-467-4076**

**\*Business Hours: Monday, Wednesday, Friday 8am - 5pm**  
**Tuesday 8am - 9pm Thursday 8am - 8pm**

**Interested in renting the Banquet Hall or Conference Room for a special event or seminar? Call the Spalding County Senior Center for additional information.**

