

SPALDING COUNTY SENIOR CENTER

Weekly On-Going Activities

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

TOTAL WELLNESS WORKOUT (cardio, dumb-bell work, toning, stretching) **Free**
 11 AM Monday & Wednesday *Bonnie Larrabee, 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 11:15 AM Beg. / Intermediate/ Advanced
 Wednesday at 9:00 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. - 10 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

ARTS / CRAFTS CLASS

Mondays at 9 AM in the Art Room

*Lynda Martin, class leader *Bring your own supplies



JEWELRY MAKING CLASS

Class meets every 2nd & 4th 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

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

885 Memorial Drive Griffin, Georgia 30223

Phone: 770-467-4385

Senior Center Staff

Lauren Brown – Senior Center Supervisor

Athena Hightower - Office Assistant

Diana Clark - Ceramics Supervisor

Diane Pugh – Ceramics Assistant

Ceramics Phone: 770-467-4754

Nutrition Department Staff

Jacoya Clinkscales – Nutrition Supervisor

Dyann Pritchett – Nutrition Office Asst.

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.

