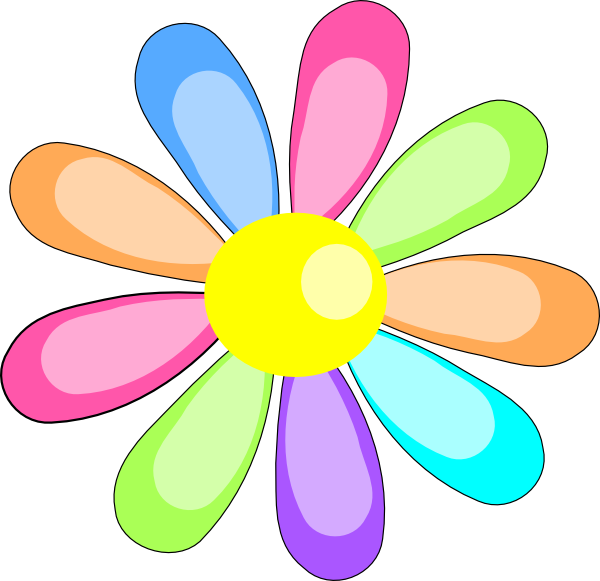
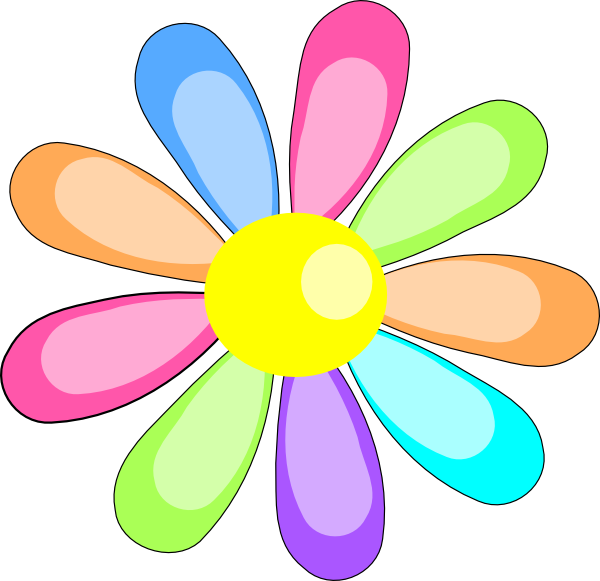
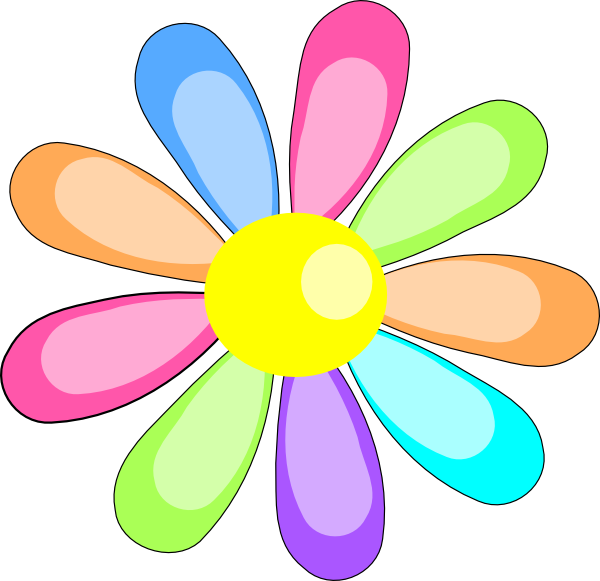
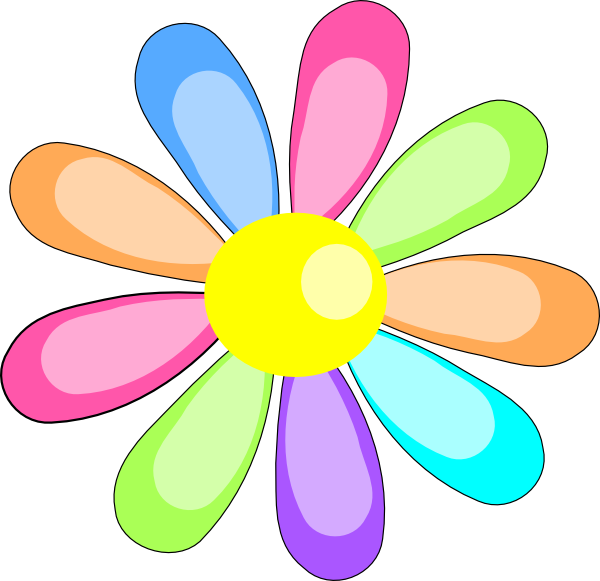
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| January |  |
| **(706) 344-3700** | 2025 |
| DAWSON COUNTY SENIOR SERVICES | Dawsonville, GA |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
|  |  | 1 | 2 | 3 |
| Sign Ups:  New Life - $5  Craft  Concord - $8 |  | Closed  for  New Year’s | 11:00 - Lunch  12:00 – Bible Study with Pastor Joe (optional)  12:00-2:00 – Art | 11:00 – Lunch  11:45 – Walmart    12:00-3:00 – Art |
| 6 | 7 | 8 | 9 | 10 |
| 10:00 – Sit n Stretch  11:00- Lunch  12:00 -  Women’s Club | 11:00 – Lunch  11:30 – Georgia Legal Aid | 10:00 – Sit n Stretch  11:00 – Lunch  11:00 – New Life Church - $5.00 | 11:00 – Lunch  11:30 Health Talk  12:00 – Bible Study with Pastor Joe (optional)  12:00-2:00 – Art | 11:30 – Lunch  11:45 - Food Lion & Dollar Tree  12:00-3:00 – Art |
| 13 | 14 | 15 | 16 | 17 |
| 10:00 – Sit n Stretch  11:00 - Lunch  12:00 – Affinis Hospice | 11:00 – Lunch  11:30 Health Talk | 10:00 – Sit n Stretch  11:00 – Lunch  11:45 - Walmart | 11:00 – Lunch  11:30 – Nutrition Talk  12:00 – Bible Study (optional)  12:00-2:00 – Art | 11:00 – Lunch  12:00-3:00 – Art |
| 20 | 21 | 22 | 23 | 24 |
| Closed  for  MLK Day | 11:00 – Lunch  11:30 – Health Talk & Craft | 10:00 – Sit n Stretch  11:00 - Lunch  11:45 - Food Lion & Dollar Tree | 11:00 – Lunch  11:30 – Calendar for February  12:00 – Bible Study (optional)  12:00-2:00 – Art | 11:00 – Lunch  11:00 – Concord Church -$8.00  12:00-3:00 – Art |
| 27 | 28 | 29 | 30 | 31 |
| 10:00 – Sit n Stretch  11:00 - Lunch 12:00 – | 11:00 – Lunch  Soup & Grilled Sandwiches | 10:00 Sit N Stretch  11:00 – Lunch  11:45 - Walmart | 11:00 - Lunch  12:00 – Bible Study with Pastor Joe (optional)  12:00-2:00 – Art | Closed for Staff Training  No Meals or Transit to Center  Yoga & Open Gym will still take place |

|  |  |
| --- | --- |
| January |  |
| **(706) 344-3700** | 2025 |
| DAWSON COUNTY SENIOR SERVICES | Dawsonville, GA |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
|  |  | 1 | 2 | 3 |
|  |  | Closed  for  New Year’s | 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 |
| 6 | 7 | 8 | 9 | 10 |
| 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 |
| 13 | 14 | 15 | 16 | 17 |
| 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 |
| 20 | 21 | 22 | 23 | 24 |
| Closed  for  MLK Day | 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 |
| 27 | 28 | 29 | 30 | 31 |
| 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  **Center closed for Staff Training**  **No Meals or Transit to Center** |

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