






**April 2019**  
**Dalton-Whitfield Senior Center**  
**Programs, Activities & Events Calendar**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Spring into action at your Community Senior Center Recreation at It's best!!</b></p> <p><b>C</b></p> <p>at 302 Capps Street Dalton Georgia 30720</p> <p>Tel: 706 278-3700</p> <p>Fax: 706 277-5199</p> <p><b>Director, Rosie Mosteller</b></p> 	<p><b>1</b>  <b>9:00</b> Cardio SilverSneakers            10:00 Classic SilverSneakers  <b>9:30</b> Morning Activity  <b>10:00</b> Play &amp; Learn Bridge  <b>10:30</b> Craft Depot  <b>12:30</b> Hand &amp; Foot  <b>12:45</b> Advanced Improver Line Dance Class  <b>1:00</b> Drawing &amp; Painting  <b>2:15</b> Mar-Sel Tap class</p>	<p><b>2</b>  <b>9:30</b> Morning Activity  <b>10:30</b> Craft Depot  <b>10:30</b> \$2 Embroidery  <b>12:45</b> Basic Intermediate Tap class  <b>1:00</b> Crochet Class "no fee"  <b>1:00</b> Open Shuffleboard Gym at First Methodist  <b>3:00</b> "free" SilverSneakers Yoga Stretch  <b>7:00</b> Quilt Guild Etc...  <b>7:00</b> Duplicate Bridge Club</p>	<p><b>3</b>  <b>9:00</b> Cardio SilverSneakers  <b>10:00</b> Classic SilverSneakers  <b>9:30</b> Morning Activity  <b>10:30</b> Craft Depot  <b>12:30</b> Hand &amp; Foot  <b>1:00</b> Advanced Line Dance Class  <b>1:00 Domino's Mexican Train</b></p> <div style="text-align: center;">  </div>	<p><b>4</b>  <b>9:30</b> Yoga Stretch class  <b>10:30</b> *free game* <b>BIG BINGO!</b> Sponsor, Dalton Funeral Home  <b>12:30</b> Hand &amp; Foot game  <b>12:30</b> \$2 Embroidery  <b>12:30</b> Duplicate Bridge</p>	<p><b>5</b>  <b>9:00</b> Cardio SilverSneakers            10:00 Classic SilverSneakers  <b>10:00-11:45</b> <b>Spring Tee Shirt Decorating Class!</b>  <b>No Fee! Must provide your own shirt! Sign up!</b>  <b>10:30 Wranglers Basic Line Dance</b>  <b>10:30</b> Craft Depot  <b>12:30</b> Hand &amp; Foot  <b>1:00 Stained Glass Class</b> (this is not a class for beginners)  <b>5:30-6:15 Basic Ballroom Dance Final Class!</b></p>	<p><b>6</b></p>

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<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<p><i>There will be a "ONE STOP SHOP HOP" April 11<sup>th</sup>- 13<sup>th</sup> At the Dalton Trade and Convention Center!</i></p> <p><i>Dalton-Whitfield Senior Center hours: 8:30-4:00 Serving Lunch daily from 12-12:30</i></p>	<p><b>9:00</b> Cardio SilverSneakers</p> <p><b>10:00</b> Classic SilverSneakers</p> <p><b>9:30</b> Morning Activity</p> <p><b>10:00</b> Play &amp; Learn Bridge</p> <p><b>10:30</b> Craft Depot</p> <p><b>12:30</b> Hand &amp; Foot</p> <p><b>12:45</b> Improver Advanced Line Dance Class</p> <p><b>1:00</b> Drawing &amp; Painting</p> <p><b>2:15</b> Mar-Sel Tap class</p>	<p><b>9:30</b> Morning Activity</p> <p><b>10:00</b> Basic Guitar class</p> <p><b>10:30</b> Corn Hole Toss</p> <p><b>10:30</b> \$2 Embroidery</p> <p><b>12:45</b> Basic Intermediate Tap class</p> <p><b>1:00</b> Crochet</p> <p><b>1:00</b> Open Shuffleboard Gym at First Methodist</p> <p><b>3:00</b> SilverSneakers Yoga Stretch</p> <p style="text-align: center;"><b>5:30-7pm</b> <b>NEW!</b> <b>Beginners Bridge Class</b> <b>Master Instructor, Judy Kemp</b> <b>Individual \$40</b> <b>Couples \$60</b></p> <p><b>7:00</b> Duplicate Bridge Club</p>	<p><b>9:00</b> Cardio SilverSneakers</p> <p><b>10:00</b> Classic SilverSneakers</p> <p><b>9:30</b> Morning Activity</p> <p><b>10:30</b> Craft Depot</p> <p><b>12:30</b> Hand &amp; Foot</p> <p><b>1:00</b> Advanced Line Dance Class</p> <p><b>1:00</b> Domino's Mexican Train</p> <p><b>2-4pm Family Quilt Set Up for this week's exhibit! Bring your quilt or quilts in with your name and number with the quilt story pinned to the quilt! Questions? Call 706-278-3700</b></p>	<p><b>Family Quilt Exhibit opens today 8:30-3:30 Public Invited!</b></p> <p><b>9:30</b> Yoga Stretch class</p> <p><b>9:30</b> Morning Activity</p> <p><b>10:00</b> Basic Guitar</p> <p><b>10:30</b> Craft Depot</p> <p><b>12:30</b> Hand &amp; Foot game</p> <p><b>12:30</b> \$2 Embroidery</p>	<p><b>Family Quilt Exhibit opens today 8:30-3:30 Public invited!</b></p> <p><b>9:00</b> Cardio SilverSneakers</p> <p><b>10:00</b> Classic SilverSneakers</p> <p><b>9:30</b> Morning Activity</p> <p style="text-align: center;"><b>10:30</b> <b>Wranglers Basic Line Dance Class</b></p> <p><b>10:30</b> Craft Depot</p> <p><b>1:00</b> Quilt Class</p>	<p><b>Family Quilt Exhibit opens today 10:00-1:00 Public Invited!</b></p>
						

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<b>14</b> Dalton-Whitfield Senior Centers' Family Quilt Exhibitors may pick up their quilts from Julie on Monday April 15 <sup>th</sup> between 3:00-5:00pm Need to call the Senior Center? (706) 278-3700 Program on Alzheimers that will be held this Wednesday At 10:30 will assist you in recognizing early signs in yourself & loved ones. The steps you can take so that you are in control and not the Disease!!	<b>15</b> <b>9:00</b> Cardio SilverSneakers <b>10:00</b> Classic SilverSneakers <b>9:30</b> Morning Activity <b>10:00</b> Play & Learn Bridge <b>10:30</b> Craft Depot <b>12:30</b> Hand & Foot <b>12:45</b> Improver Advanced Line Dance Class <b>1:00</b> Drawing & Painting <b>2:15</b> Mar-Sel Tap class	<b>16</b> <b>9:30</b> Morning Activity <b>10:00</b> Basic Guitar <b>10:30</b> Corn Hole Toss <b>10:30</b> \$2 Embroidery <b>12:45</b> Basic Intermediate Tap class <b>1:00</b> Open Shuffleboard <b>1:00</b> Crochet <b>3:00</b> Yoga <b>5:30-7:00</b> <u>Beginners Bridge Class</u> <b>6-8:00pm</b> <u>Susan Daniel Studios Step by Step Acrylic Painting class:</u> <b>Fee: \$25 Non-Refundable \$10 deposit.</b> <b>Sign up!</b> <b>706-278-3700</b> <b>*subject*</b> <b>"Just Breath"</b> <b>7:00</b> Duplicate Bridge Club	<b>17</b> <b>9:00</b> Cardio SilverSneakers <b>10:00</b> Classic SilverSneakers <b>9:30</b> Morning Activity <b>10:30</b> <i>Alzheimers, A Missing Link in the Picture... Challenges, Victories &amp; You! Connie Cooper with Pruitt Health will lead this different &amp; enlightened talk on Alzheimers</i> <b>10:30</b> Craft Depot <b>12:30</b> Hand & Foot <b>1:00</b> Advanced Line Dance Class <b>1:00</b> Domino's Mexican Train	<b>18</b> <b>9:30</b> Yoga Stretch class <b>9:30</b> Morning Activity <b>10:00</b> Basic Guitar <b>10:30</b> Craft Depot <b>12:30</b> Hand & Foot game <b>12:30</b> \$2 Embroidery <b>12:30</b> Duplicate Bridge	<b>19</b> <b>9:00</b> Cardio SilverSneakers <b>10:00</b> Classic SilverSneakers <b>9:30</b> Morning Activity <b>10:30</b> Craft Depot <b>10:30</b> Wranglers Basic Line Dance Class <b>1:00</b> Stained Glass Class (this is not a beginners class)	<b>20</b> 

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	<b>22</b> <b>9:00</b> Cardio SilverSneakers <b>10:00</b> Classic SilverSneakers  <b>9:30</b> Morning Activity  <b>10:00</b> Play & Learn Bridge  <b>10:30</b> Craft Depot  <b>12:30</b> Hand & Foot  <b>12:45</b> Improver Advanced Line Dance Class  <b>1:00</b> Drawing & Painting  <b>2:15</b> Mar-Sel Tap class	<b>23</b> <b>9:30</b> Morning Activity  <b>10:00</b> Basic Guitar  <b>10:30</b> Corn Hole Toss  <b>10:30</b> \$2 Embroidery  <b>12:45</b> Basic Intermediate Tap class  <b>1:00</b> Crochet <b>1:00</b> Open Shuffleboard  <b>3:00</b> Yoga Stretch  <b>5:30-7:00</b> <b>Beginners</b> <b>Bridge class</b>  <b>7:00</b> Duplicate Bridge Club	<b>24</b> <b>9:00</b> Cardio SilverSneakers <b>10:00</b> Classic SilverSneakers  <b>9:30</b> Morning Activity  <b>10:30</b> Craft Depot  <b>12:30</b> Hand & Foot <b>1:00</b> Advanced Line Dance Class	<b>25</b> <b>9:30</b> Yoga Stretch class  <b>9:30</b> Morning Activity  <b>10:00</b> Basic Guitar  <b>10:30</b> Craft Depot  <b>12:30</b> Hand & Foot game  <b>12:30</b> \$2 Embroidery	<b>26</b> <b>9:00</b> Cardio SilverSneakers <b>10:00</b> Classic SilverSneakers  <b>9:30</b> Morning Activity  <b>10:30</b> Craft Depot  <b>10:30</b> Wranglers Basic Line Dance class  <b>1:00</b> Quilt Class	<b>27</b>

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	<p><b>29</b>  <b>9:00</b> Cardio SilverSneakers  <b>10:00</b> Classic SilverSneakers  <b>9:30</b> Morning Activity  <b>10:00</b> Play &amp; Learn Bridge  <b>10:30</b> Craft Depot  <b>12:30</b> Hand &amp; Foot  <b>12:45</b> Advanced Line Dance Class  <b>1:00</b> Drawing &amp; Painting  <b>2:15</b> Mar-Sel Tap class</p>	<p><b>30</b>  <b>9:30</b> Morning Activity  <b>10:00</b> Basic Guitar  <b>10:30</b> Craft Depot  <b>10:30</b> \$2 Embroidery  <b>12:45</b> Basic Intermediate Tap class  <b>1:00</b> Crochet  <b>1:00</b> Open Shuffleboard  <b>3:00</b> SilverSneakers Yoga Stretch  <b>5:30-7pm</b> <b>Beginners Bridge class</b>  <b>7:00</b> Duplicate Bridge Club</p>	<p><b>MAY is on the WAY!!!</b>  <b>Did you know that May is "Older American Month?"</b>  <u><b>Creative Writing Class</b></u>  lead by Volunteer, Tim Prescott,  <b>STARTS its' third session in late May!</b>  This class meets only once a week on Wednesday at 10:00a.m. Space is limited.  Please call us at 706-278-3700  <u><b>Annual Golden Gaiter Walk</b></u> will be held on Friday May 17<sup>th</sup> 2019 at the Rotary Pavilion at Heritage Point Park  Registration forms will be available soon.  Check in starts at 4:30pm  <u><b>Sounds of Joy Patriotic Memorial Day Concert</b></u> will be held here at 10:30am Thursday May 23  <u><b>Memorial Day Community Ceremony &amp; Event</b></u> will be held on Monday May 17<sup>th</sup> with the Ceremony at the Courthouse at 10am...hotdog supper and community activities will follow ceremony in Dalton Green Park. If you have a "PHOTOGRAPH" of a "VETERAN" you would like to have on our mobile "MEMORIAL WALL" let Julie know!  <u><b>Dalton Flower Show</b></u> will be held <u>May 30<sup>th</sup>-June 1<sup>st</sup></u>  Location: Mack Gaston Community Center  How to enter: Please refer to available flyer at the Senior Center PR table by the Trophy case!  Thursday May 30<sup>th</sup> bring in your Horticulture entries between the hours of 4-6pm  Friday May 31<sup>st</sup> bring in your Design/Arrangements, Cut Flowers between the hours of 8-9:30a.m.  Friday from 10am-Noon Judging {ribbons awarded}  12:30pm Show Photos will be taken  1:00pm Show will open to public  Saturday June 1<sup>st</sup> 10am-5pm open to public  Exhibits must be picked up between 5-6pm</p>			