

May 2024 Whitfield County  
Senior Center Program Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Whitfield County Senior Center</p> <p>Address: 302 Capps St. Dalton GA 30720</p> <p>Hours: 8am-5pm Mon.-Fri. Front Desk: {706} 278-3700</p> <p>Director, Mary Hammontree</p>	<p><i>Dalton Flower Show this weekend!</i></p> <p><i>Held at Mack Gaston Community Center on Fredrick Street:</i></p> <p>Friday May 3<sup>rd</sup> 1-6pm</p> <p><i>Also, Dalton Flower Show will be open on Saturday May 4th 9am-5pm</i></p> <p>Free to the public!</p>	<p>Western Booth Museum Trip!</p> <p><u>When:</u> June 4<sup>th</sup></p> <p><u>Departure time:</u> 9am from Senior Center</p> <p>Return: Mid Afternoon</p> <p><i>*cost of lunch is on your own, not included in the fee*</i></p> <p><u>Cost:</u> \$15</p> <p>{includes your ticket &amp; gas}</p> <p><i>Must pay when you sign up for this trip.</i></p> <p><i>Deadline is: Friday May 24<sup>th</sup></i></p> <p>Call for questions: 706.278.3700</p>	<p><b>1</b></p> <p>Billiard Room Open 8-5 <i>*SilverSneakers*</i></p> <p><u>9:00</u> Cardio</p> <p><u>10:00</u> Classic Cardio</p> <p><u>9:30</u> Trionomo's</p> <p><u>10:30</u> Line Dance Interm-Advanced</p> <p><u>10:30</u> Judy's Bingo</p> <p><u>12:30</u> Domino's</p> <p><u>12:30</u> {free} Crochet Class</p> <p><u>2:30</u> Basic Beginners Line dance Class, free</p>	<p><b>2</b></p> <p>Billiard 8am-4pm</p> <p><u>9:30</u> Yoga Stretch</p> <p><u>9:30</u> Trionomo's</p> <p><u>10:30</u> "craft" Stone Art</p> <p><u>12-4:00</u> Dup. Bridge</p> <p><u>12:30</u> Hand &amp; Foot</p>	<p><b>3</b></p> <p>Billiard Room Open 8-5</p> <p><u>9:00</u> SilverSneakers Cardio class</p> <p><u>10:00</u> Classic Cardio</p> <p><u>9:30</u> Trionomo's</p> <p><u>1:00-5:00pm</u> Dalton Flower Show opens to the public today at 1pm <i>*notes to left</i></p> <p><u>10:30</u> Mystery Craft</p> <p><u>10:30</u> High Beg. Line Dance class</p> <p><u>10:30</u> Euchre</p> <p><u>12:30</u> Phase 10</p> <p><u>1:00</u> Peggy's Painting class: \$10/person Supplies provided" <i>*must sign up</i></p> <p><u>2:00</u> Play &amp; Learn Bridge</p>	<p><b>4</b></p>

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<p><u>5:30-6:15</u> <b>SilverSneakers</b></p> <p><b>“Boom Muscle” Aerobics &amp; Weights class taught by Director, Mary Hammontree</b></p> <hr/> <p>“Friendship” Cookbook activity opporuntiy</p> <p>Deadline to bring in your favorite recipe to create a group cookbook. The recipes must be turned in by this Friday May 10<sup>th</sup> to Judy or Julie.</p> <p><i>We need time to type up your recipes. The following days at 10:30 you will assemble &amp; create your individual cookbook: May 23<sup>rd</sup>, 24<sup>th</sup> &amp; 28<sup>th</sup> at 10:30.</i></p>	<p>Billiard Room Open 8-5</p> <p><u>9:00</u> SilverSneakers Cardio Class</p> <p><u>10:00</u> SilverSneakers Classic Class</p> <p><u>9:30</u> Play &amp; Learn Bridge</p> <p><u>9:30</u> Triomino’s</p> <p><u>10:30</u> Lydia’s Butterfly mobiles</p> <p><u>12:30</u> Card Game Hand &amp; Foot</p> <p><u>3-4:30</u> 4<sup>th</sup> class for Calligraphy</p>	<p>Billiard Room Open 8-5</p> <p><u>9:30</u> Yoga SilverSneakers</p> <p><u>10:00</u> Embroidery</p> <p><u>10:30</u> <b>Bingo</b></p> <p><u>5:30-6:15</u> SilverSneakers</p> <p>“Boom Muscle” Aerobics &amp; Weights class</p> <p><u>6:00</u> Cloggers</p> <p><u>6:30</u> Quilt Guild Etc...</p> <p><u>7:00</u> Dup. Bridge</p>	<p>Billiard Room Open 8-5</p> <p><u>9:00</u> SilverSneakers Cardio</p> <p><u>10:00</u> Classic Cardio</p> <p><u>10:30</u> Line Dance Interm-Advanced</p> <p><u>10:30</u> <b>Corn Hole Toss</b></p> <p><u>12:30</u> Domino’s</p> <p><u>12:30</u> {free} Crochet Class</p> <p><u>2:30</u> Line Dance for beginners</p>	<p>Billiard Room Open 8-5</p> <p><u>9:30</u> SilverSneakers Yoga Stretch</p> <p><u>9:30</u> Triomino’s</p> <p><b><u>10:30</u> BIG BINGO Dalton</b></p> <p><b>Heating &amp; Air</b></p> <p><u>12-4:00</u> Bridge Club</p> <p><u>12:30</u> Hand &amp; Foot</p> <p><b><u>6-8pm</u> Retired Teachers meeting</b></p>	<p>Billiard Room Open 8-5</p> <p><u>9:00</u> SilverSneakers Cardio class</p> <p><u>10:00</u> Classic Cardio SilverSneakers</p> <p><u>10:30</u> Line Dance High Beginner</p> <p><u>10:30</u> Euchre</p> <p><u>10:30</u> Judy’s Bingo</p> <p><u>12:30</u> Phase Ten</p> <p><u>1:30</u> Sit &amp; Sew beginners</p> <p><u>2:00</u> Play &amp; Learn Bridge</p>	

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<p>June is Western Week ALL MONTH long!</p> <p>Special Western Month finale will be combined with our "STARS &amp; STRIPES" July Fourth Celebration &amp; Indoor Picnic!</p> <p>This will take place on Thursday June 27<sup>th</sup></p> <p><i>The SilverSneakers 9:30am Yoga Stretch class will not meet this last Thursday in June.</i></p>	<p>Billiard Room Open 8-5</p> <p><u>9:00</u> SilverSneakers Cardio Class</p> <p><u>10:00</u> SilverSneakers Classic Class</p> <p><u>9:30</u> Play &amp; Learn Bridge</p> <p><u>9:30</u> Triomino's</p> <p><u>10:30</u> Judy's Bingo</p> <p><u>12:30</u> Card Game Hand &amp; Foot</p> <p><u>3-4:30</u> 5<sup>th</sup> Class for Calligraphy</p>	<p>Billiard Room Open 8-5</p> <p><u>9:30</u> Yoga</p> <p><u>10:00</u> Embroidery</p> <p><u>10:30</u> complete Stone Art craft</p> <p style="text-align: center;"><u>11:00</u> Everyone we have a special treat! The City Park School Choir lead by Ward Satterfield performs for all of us today.</p> <p><u>10:30</u> Mar-Sel Tap Dance class</p> <p><u>5:30-6:15/free</u> "Boom Muscle" Aerobics &amp; Weights class</p> <p><u>6:00</u> Carpet Capital Cloggers</p> <p><u>7:00</u> Dup. Bridge</p>	<p>Billiard Room Open 8-5</p> <p><u>9:00</u> SilverSneakers Cardio</p> <p><u>10:00</u> Classic Cardio</p> <p><u>10:30</u> Line Dance Interm-Advanced</p> <p><u>10:30</u> Judy's Bingo</p> <p><u>12:30</u> Domino's</p> <p><u>12:30</u> {free} Crochet Class</p> <p><u>2:30</u> Basic Beginners Line dance Class/no fee</p>	<p>Billiard Room Open 8-5</p> <p><u>9:30</u> SilverSneakers Yoga Stretch</p> <p><u>9:30</u> Triomino's</p> <p style="text-align: center;"><u>11:00</u> The Sounds of Joy Choir for their Memorial Day Tribute program is titled: "Stars" &amp; "Stripes"</p> <p><u>12-4:00</u> Dup. Bridge Club</p> <p><u>12:30</u> Hand &amp; Foot</p>	<p>Billiard Open 8-5</p> <p><u>9:00</u> SilverSneakers Cardio class</p> <p><u>10:00</u> Classic Cardio SilverSneakers</p> <p><u>10:30</u> Judy's Bingo</p> <p style="text-align: center;"><u>10:30</u> Line Dance will not meet today</p> <p><u>10:30</u> Euchre</p> <p><u>12:30</u> Phase Ten</p> <p>The Annual Golden Gaiter Event held at the Rotary Pavilion at Heritage Point Park: 4-7pm. Please see attachment: Deadline to register has been moved May 8<sup>th</sup>: See detail on flyer.</p>	

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19	<p><b>20</b></p> <p>Billiard Room Open 8-5</p> <p><u>9:00</u> SilverSneakers Cardio Class</p> <p><u>10:00</u> SilverSneakers Classic Class</p> <p style="text-align: center;"><u><i>9am-3pm</i></u> <u><i>Madhatters</i></u> <u><i>will meet</i></u></p> <p><u>9:30</u> Play &amp; Learn Bridge</p> <p><u>9:30</u> Triomino's</p> <p><u>10:30 "craft"</u> Red, White &amp; Blue jewelry!</p> <p><u>12:30</u> Card Game Hand &amp; Foot</p> <p style="text-align: center;">3:00-4:30 *final" Calligraphy class</p>	<p><b>21</b></p> <p style="text-align: center;">The Whitfield County Senior Center will be closed <i>today</i> for voting.</p> <p style="text-align: center;">The Center will reopen tomorrow.</p>	<p><b>22</b></p> <p>Billiard Room Open 8-5</p> <p><u>9:00</u> Cardio</p> <p><u>10:00</u> SilverSneakers Classic Cardio</p> <p style="text-align: center;"><u>9:30-11:30</u> "Pallative Care" Questions Etc... Appalachian Hospice (local) independently owned (Calhoun) will have a table.</p> <p><u>10:30</u> Line Dance Interm-Advanced</p> <p><u>10:30</u> Red, White &amp; Blue bracelets</p> <p style="text-align: center;"><u>11:00</u> Grandparents Raising Grands</p> <p><u>12:30</u> Domino's</p> <p><u>12:30</u> {free} Crochet Class</p> <p><u>2:30</u> Beginners Line Dance class</p>	<p><b>23</b></p> <p>Billiard Room Open 8-5</p> <p><u>9:30</u> Yoga Stretch</p> <p><u>9:30</u> Triomino's</p> <p style="text-align: center;"><u>10:30</u> Today's activity continues tomorrow: "Exchange your favorite receipes of vegetables, main dished &amp; desserts" with your friends to create a "shared" recipe book.</p> <p><u>12-4:00</u> Dup. Bridge Club</p> <p><u>12:30</u> Hand &amp; Foot</p>	<p><b>24</b></p> <p>Billiard Room Open 8-5</p> <p><u>9:00</u> SilverSneakers Cardio class</p> <p><u>10:00</u> Classic Cardio SilverSneakers</p> <p><u>10:30</u> Line Dance High Beginner</p> <p style="text-align: center;"><u>10:30</u> <u>Recipe Book</u> <u>work</u> <u>continues.....</u></p> <p><u>10:30</u> Euchre</p> <p><u>12:30</u> Phase Ten</p> <p><u>1:30</u> Quiting Class</p> <p><u>2:00</u> Play &amp; Learn Bridge</p>	25

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<p><b>26 Memorial Day Community Event on Monday May 27<sup>th</sup>:</b></p> <p>Our Community will gather tomorrow to honor &amp; celebrate the lives of those who dedicated and sacrificed for us through their commitment to serve in our Armed Forces.</p> <p>Please join us at the Southeast corner outside at the County Court House for the unique &amp; touching ceremony. The names in our area and surrounding areas of those who served and whom have passed away will have their names read aloud while accompanied by two Firemen ringing the bell. The Community Band will play before &amp; after the ceremony.</p> <p>There will be a free hotdog lunch together following the closing of the ceremony.</p>	<p><b>27</b></p> <p style="text-align: center;">The Whitfield County Senior Center will be closed today In honor of Memorial Day.  The Center will reopen tomorrow</p>	<p><b>28</b></p> <p>Billiard Room Open 8-5</p> <p><u>9:30</u> Yoga SilverSneakers</p> <p><u>10:00</u> Embroidery</p> <p style="text-align: center;"><u>10:30</u> <a href="#">Recipe Book work continues.....</a></p> <p><u>10:30</u> Mar-Sel Tap Dance class</p> <p><u>5:30-6:15</u> "Boom Muscle" Aerobics &amp; Weights "SilverSneakers"</p> <p><u>6:00</u> Cloggers</p> <p><u>7:00</u> Dup. Bridge</p>	<p><b>29</b></p> <p>Billiard Room Open 8-5</p> <p><u>9:00</u> SilverSneakers Cardio</p> <p><u>10:00</u> Classic Cardio</p> <p><u>10:30</u> Line Dance Interm-Advanced</p> <p><u>10:30</u> Corn Hole Toss</p> <p><u>12:30</u> Domino's</p> <p><u>12:30</u> {free} Crochet Class</p> <p><u>2:30</u> Beginners Line Dance class</p>	<p><b>30</b></p> <p>Billiard Room Open 8-5</p> <p><u>9:30</u> SilverSneakers Yoga Stretch</p> <p><u>9:30</u> Triomino's</p> <p><u>10:30</u> Mystery Craft</p> <p><u>12-4:00</u> Dup. Bridge Club</p> <p><u>12:30</u> Hand &amp; Foot</p>	<p><b>31</b></p> <p>Billiard Room Open 8-5</p> <p><u>9:00</u> SilverSneakers Cardio class</p> <p><u>10:00</u> Classic Cardio SilverSneakers</p> <p><u>10:30</u> Corn Hole Toss</p> <p><u>10:30</u> Line Dance High Beginner</p> <p><u>10:30</u> Euchre</p> <p><u>12:30</u> Phase Ten</p> <p><u>1:30</u> Quiting Class</p> <p><u>2:00</u> Play &amp; Learn Bridge</p>	

*Whitfield County Senior Center  
welcomes you to participate in an array  
of fun, new, updated programs & events this summer!*

**Western Theme for entire month of June:**

Special fun activities will be held throughout the month! One goal is to create and design activities for your grandchildren & family members to share together.

We also need help if you would like to loan us & share western themed decorations, props, clothing, pictures, paintings, books, posters, saddles etc... to dress up the senior center. We would appreciate help with decorating the center. Questions, please see Julie. Thank you!!

**Special Announcement:**

Mark down this important date: Thursday June 27<sup>th</sup> 10am-12:30

We will combine our Western Month finale and our annual extra special July Fourth "Stars & Stripes" indoor picnic event! Details will follow.

**Western Booth Museum Trip: [museum has an elevator]**

**When:** Tuesday June 4<sup>th</sup>

**Where:** Cartersville Ga

**Cost:** \$15/person [includes ticket & gas]

**Lunch:** "on your own"

**Depart:** from Senior Center, 9am sharp

**Deadline:** Friday May 24<sup>th</sup> [must pay when registering]

**Sit & Sew for beginners:**

**When:** Friday June 14<sup>th</sup>

**Time:** 1pm

**What:** cloth zipper bags [various sizes]

**Who:** Instructor, Linda Nussbaumer

**You need:** bring your sewing machine & choice of cloth  
[additional material will be on hand]

**Registration:** sign up in advance

**Cost:** no fee [class limit is 15 students]

Heads up, something is in the works! “Creative Minds” working together”

Who: Planning committee with Mary, Julie & Sponsors

What: Senior Expo “ROUND TABLE” 2024 planning committee

Date: Tuesday June 25<sup>th</sup> 1pm

Why: Design a fun, innovative, interactive senior expo for older adults to connect with community resources in a more meaningful, beneficial & sustainable way. The first of “two Senior Round Table Expo’s” will be hosted here at the Whitfield County Senior Center on Thursday July 25<sup>th</sup> 6-7:30pm. Questions? Curious? Just stop in and visit with Mary or Julie.

We will be happy to share how things are shaping up.

Want to know when the second 2024 Senior Expo “Round Table” will be held?

When: Tuesday September 17<sup>th</sup>

Where: Mack Gaston Community Center

BEACH PARTY at Whitfield County Senior Center: Thursday August 29<sup>th</sup> 10:00-12:30

Wakiki’s Whackiest Luau “Feast” & “Dance Party” Night

“Smoked Pork & Chicken” prepared by County Employees

Note: Pre-registration with a \$10 door fee is required by 8.22.24

*If you have ideas and would like to help decorate, please see Julie.*

Contact information regarding Whitfield County Programs:

Front Desk: 706.278.3700

Julie’s Desk: 706.277.5178

Julie’s email address: [jdyer@whitfieldcountyga.com](mailto:jdyer@whitfieldcountyga.com)

Whitfield County Senior Center 302 Capps St. Dalton Ga. 30720

Director, Mary Hammontree

[mhammontree@whitfieldcountyga.com](mailto:mhammontree@whitfieldcountyga.com)