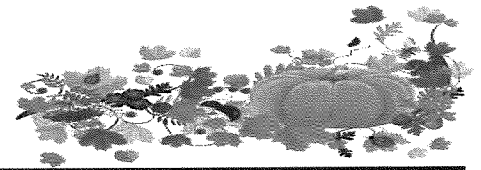


QUARTERLY SCHEDULE OF EVENTS NOVEMBER 2021



Heritage Senior Center 1050 Florence McGarity Blvd, McDonough, GA 30252

770-288-7001 / www.co.henry.ga.us/Departments/S-Z/SeniorServices/Facilities.aspx

Days & Hours of Operation

Monday - Friday 8:00 am - 5:00 pm
Closed Thursday, Nov. 25th and
Friday, Nov. 26th

Registration forms, schedule and menus
are available at front desk.

Registration forms must be completed to
participate in senior center activities and
emergency information updated
annually.

Everyone entering Senior Center must
sign in at kiosk across from front desk.

Please stop at temperature kiosk at
entrance. Masks are required in the
center.

Heritage Cafeteria Hours & Prices

Breakfast 8:30 - 10:00 Mon – Fri.
Lunch 12:00 -1:00 - Mon., Tues., & Thurs.
11:30 -1:00 pm - Wed. and Fri.

Breakfast-\$3.00

Choice of meat, eggs, grits or oatmeal,
toast or biscuit, juice or fruit, & beverage.

Lunch-\$4.00

Choice of one main dish, two side items,
bread, dessert & beverage included.

Carryout orders are allowed 15 minutes
prior to serving times only OR after
dine - in service line has ended.

Special Events

Heritage Senior Center
Thanksgiving Dinner
Thursday, Nov. 18th at 11:30



Special Programs

Veteran's Day Appreciation
Thursday, November 11th at 11:00



WE HONOR VETERANS

Heritage Senior Center Fundraiser
Rummage Sale

Friday, November 5th
10:00 – 2:00

Saturday, November 6th
9:00 – 3:00



Class Schedule

For additional class information please speak to instructor before class time.
You may observe the class before deciding to participate.



Line Dancing w/ Linda Thursdays (no class 11/4)

Beginner - High Beginner 9:15 - 10:44
\$4.00 per class
Improver - Intermediate at 11:00 - 12:30
\$4.00 per class

M.J.'s Soul Party Line Dance Class

Beginner - Mondays - 2:00
Intermediate - Mondays - 3:00
\$4.00 per class



American Sign Language Class

Tuesdays - \$5.00 one time fee at sign up
Level 1 - 10:00; Level 2 - 1:00
Classes are full- please check back at later date.



Monthly Blood Pressure Checks

4th Wednesday at 11:30
Sponsored By Bridgeway Hospice



Zumba Gold w/ Andrea

Tuesdays & Thursdays at 2:00
\$4.00 per class



Crocheting

Mondays at 9:00
Must bring own materials



Monthly Craft Classes

Projects and costs vary.
Check at front desk for upcoming projects



Tai Chi with Betty Abraham

1st, 2nd, and 3rd Tuesdays at 2:15
\$5.00 per class or \$25.00 for six weeks



Individual Medicare Counseling

No in-person counseling offered at this time.
Please call 866-552-4464 for phone counseling option.

Medicare

Senior Nutrition Class with Alex

3rd Friday of each month at 1:00



Weekly Activities



Mondays

Tea Party – 10:00
Karaoke/Sing-a-Long 1:00

Tuesdays

Puzzles & Games - 10:30



Wednesdays

Movie Matinee - 9:45 (popcorn .25¢)
Bingo - 2nd & 4th Wednesday at 1:00

Thursdays

Puzzles & Games - 10:30



Fridays

Birthday Bash - 3rd Friday at 12:45
Sip & Color - 10:00

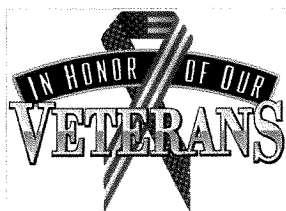
Check entry board for additional activities

Veterans Café

A monthly social hour for Veterans. Third Thursday of each month from 9:00 - 10:00.

Light breakfast served courtesy of Sacred Journey Hospice.

Meetings will resume in November.



SENIOR CENTER TRIPS

We are unable to offer day trips at this time.

We hope to be able to resume our day trips in the future.

Primetime Adventurers Travel Club

Travel Club offering national and international travel. Trip details available at front desk or contact Nancy Hall at 770-898-8860. Next Travel Club meeting on November 17th at 1:30

Upcoming Trips

Ozark Christmas Music Festival
Branson, Mo. Nov. 28th - Dec. 4th 2021

Holland, Michigan Tulip Festival
May 2nd - 6th, 2022

Northern Italy
June 24th - July 3rd, 2022

Nova Scotia, Prince Edward Is., Canada
September 2022 TBA

Albuquerque, New Mexico Balloon Festival
October 7th - 12th. 2022



Health and Wellness Programs

Fitness Equipment Room Requirements

Our fitness room has treadmills and recumbent bikes. **Only one person allowed in fitness equipment room at a time. Please see front desk to reserve time slot.**

Before using exercise equipment, you must complete orientation with staff on safe exercise equipment use and a signed exercise equipment waiver is required.



Group exercise classes are not available at this time.