

# November



## Calendar of Events

**Hidden Valley  
Senior Activity Center**



[www.co.henry.ga.us/Departments/S-Z/Senior Services](http://www.co.henry.ga.us/Departments/S-Z/Senior%20Services)

### Hours of Operation

Monday-Friday  
8:00am-5:00pm

### Dining Room Hours & Prices

Breakfast-\$3.00  
Served 8:30a-10:00a  
Lunch-\$4.00  
Mon, Tue, Thur 12p-1p  
Wed & Fri 11:30a-1p

See registration packet for  
cafeteria take-out policy

Registration packets must be  
completed prior to participation  
and information updated  
annually. Masks are required in  
the building. Temperature  
screening required before  
entrance.

600 Spraggins Memorial Pkwy  
Stockbridge, GA 30281

770-288-7002 Main  
770-288-7016 Deanna Perez  
770-288-7015 Michele Stuart

### Hot Chocolate, Scavenger Hunt, and Turkey Shoot



**November 12<sup>th</sup> at 10am**  
Join us for a fun filled morning  
**Free to attend**

### Tea and A Story with Yerricka

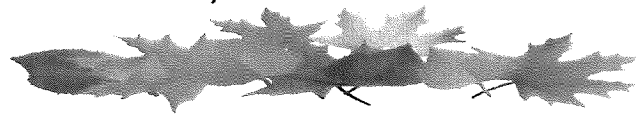
**Thursday, November 4th**  
**At 10:00am (Free)**  
**A relaxing start to the day!**



### Thanksgiving Lunch

**Thursday, Nov. 18th-11:30a-1:00p**  
**Cost \$4.00**  
**Must be a registered member**

**Turkey, Dressing, Green Beans,  
Yams, Sweet Potato Pie**



**Crown2Sole Massage Therapy  
With Betty Abraham**

**Mondays (1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>)  
11:15am-1:30pm**

**30 minute Swedish Massage \$25  
Make your appointment by coming  
by Hidden Valley or calling  
770-288-7002**

**Craft Class with  
Yerrika**

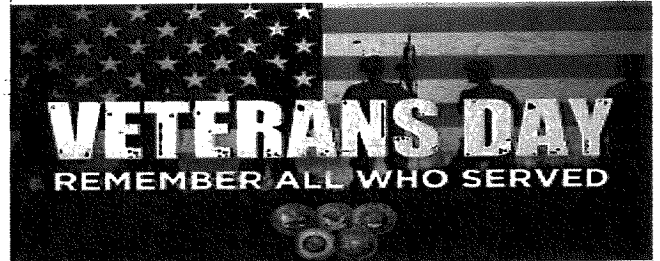
**Thursday, November 10:00am**



**FREE!**

**Health & Wellness Programs**

<b>Walking</b>	Mondays Free 11:15am
<b>Tai Chi</b>	Mondays (1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> ) \$4 per a class 10:00am Must register to attend
<b>Line Dancing</b>	Wednesdays \$4 per a class 11:00am Must register to attend
<b>Chair Exercise With DVD</b>	Tuesday and Thursday Free 1:00pm
<b>Nutrition With Alexandria</b>	Wednesday (1 <sup>st</sup> ) Free 1:00pm
<b>Nutrition With Henry Co. Extension Office</b>	Wednesday (3 <sup>rd</sup> ) Free 1:00pm



**Veteran's Day Ceremony**

**Thursday, Nov. 11 at 10a  
Hosted by: Bridgeway Hospice**

**Breakfast at 9:00am for those  
who pre-registered in October**

**November Birthday Bash**

**Friday, November 5th at  
12:45pm**

**Sponsored by:  
Southern Grace Hospice**



**Thursday,  
November 25  
And  
Friday,  
November 26**

Daily Program Schedule \*Activities are free unless noted otherwise

**BILLIARDS ROOM OPEN MONDAY-FRIDAY-8:00AM-5:00PM**

**Monday**

Tai Chi	10:00am (1 <sup>st</sup> , 2 <sup>nd</sup> 3 <sup>rd</sup> Monday-\$4.00)
A Time of Refreshing	10:00am
Skip Bo	11:00am
Walking	11:15am
Massages by Betty	11:15am-1:30pm (\$25/30 minute 1 <sup>st</sup> , 2 <sup>nd</sup> 3 <sup>rd</sup> )
Krafty Kreations	1:00pm (cost varies)

**Tuesday**

Bridge	10:00am
Ceramics with Judy	10:00am (cost varies)
Chair Exercises with DVD	1:00pm (free)
Sip and Paint	2:00pm (2 <sup>nd</sup> and 4 <sup>th</sup> -cost varies)

**Wednesday**

Bingo	10:00am (cost varies)
Skip Bo	11:00am
Line Dancing	11:00am(\$4 per class)
Bid Whist/Spades	12:00pm
Penny Pitch	1:00pm (2 <sup>nd</sup> and 4 <sup>th</sup> )
Nutrition	1:00pm (1 <sup>st</sup> and 3 <sup>rd</sup> )
Bunco	1:30pm

**Thursday**

Special Events w/Yerrika	10:00am(1 <sup>st</sup> and 4 <sup>th</sup> Thursdays)
Brain Games	11:00am (2 <sup>nd</sup> Thursday)
ChairYoga with DVD	1:00pm(free)

**Friday**

Crocheting	10:00am
Skip Bo	10:00am
Special Event	10:00am (2 <sup>nd</sup> )
Bid Whist/Spades	12:00pm
Birthday Bash	12:45pm (1 <sup>st</sup> Friday)
Smoothie Sensations	12:45pm (3 <sup>rd</sup> Friday)
Music Hour	1:00pm