

January 2026

# CHEROKEE COUNTY SENIOR SERVICES



**BALL GROUND SENIOR  
CENTER**

**388 GROOVER ST**

**Ball Ground, Ga. 30107**

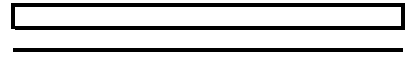
**TUES/WED/THUR 10:00-2:00 FRI: 10:00-12:00**

**ACTIVE SENIOR GROUP**

**678-454-5082**

**\*EVERYDAY ACTIVITIES: PUZZLES, GAMES & CRAFTS)**

| MONDAY | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY                            |
|--------|--|---|--|-----------------------------------|
|        |  |   | 1<br>Center closed   | 10:00 -12:00<br>Coffee Talk       |
| 5      | 6<br>10:00 Breakfast<br>10:30 Guided Senior Solutions<br>Presentation<br>12:00 Lunch<br>1:00 Table Tennis                                | 7<br>10:00 Breakfast<br>10:30 Dollar Days, Pruitt Health,<br>Nutrition Talk<br>12:00 Lunch<br>1:00 Bingo                  | 8<br>10:00 Breakfast<br>10:30 Exercise: Balance<br>11:00 Skee-ball Challenge w/prizes<br>12:00 Tacos & Trivia                | 9<br>Coffee Talk<br>Coffee Talk   |
| 12     | 13<br>10:00 Breakfast<br>10:30 Exercise: Body Recall<br>11:00 Kathy Day(Memories of<br>Ball Ground)/ Lunch at 12:00<br>1:00 Shuffleboard | 14<br>10:00 Breakfast<br>10:30 La Blast<br>12:00 Lunch<br>1:00 Bingo  | 15<br>10:00 Breakfast<br>10:30 Exercise: Stretching<br>11:00 Wheel of Fortune<br>12:00 Lunch<br>1:00 Magazine Scavenger Hunt | 16<br>10:00- 12:00<br>Coffee Talk |
| 19     | 20<br>10:00 Breakfast<br>10:30 Exercise: Body Recall<br>11:00 Winter Tea Party<br>1:00 Game: Password                                    | 21<br>10:00 Breakfast<br>10:30 Bingo w/ Tapestry Hospice<br>12:00 Lunch<br>1:00 Price is Right                            | 22<br>10:00 Breakfast<br>10:00 Exercise: Balance<br>10:30 Pig Racing<br>12:00 Lunch<br>1:00 Tombola                          | 23<br>10:00- 12:00<br>Coffee Talk |
| 26     | 27<br>10:00 Breakfast<br>10:30 Exercise: Body Recall<br>11:00 Pool noodle Volley Ball<br>12:00 Lunch<br>1:00 Pictopnary                  | 28<br>10:00 Breakfast<br>10:30 "I've fallen and I can't get<br>up" How to get up from a fall<br>12:00 Lunch<br>1:00 Bingo | 29<br>10:00 Breakfast<br>10:30 Exercise: Strength<br>11:00 Armchair Travel<br>12:00 Lunch<br>1:00 Brain Boosters             | 30<br>10:00- 12:00<br>Coffee Talk |



I

I

I