

January 2026
CHEROKEE COUNTY SENIOR SERVICES

**BALL GROUND SENIOR
CENTER
388 GROOVER ST
Ball Ground, Ga. 30107**



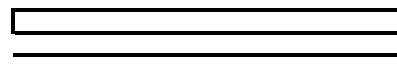
TUES/WED/THUR 10:00-2:00 FRI: 10:00-12:00

ACTIVE SENIOR GROUP

678-454-5082

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

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



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