Buford Senior Center – June 2016 Highlights

Monday through Friday: 1:00pm – Canasta and other games
Every Monday: 9:30am – Scrapbook Class, Book Study, Rummikub Contest
Second, third, and fourth Monday – Bette's Recycled Teenagers: stretching, coordination and balance class with certified instructor Bette Taylor
Every Tuesday: 9:30am – Wisdom Club
Second and fourth Tuesday: 9:30am – Ceramics
First and fourth Tuesday: 11:00am – Crafts / Plastic Canvas
Second and fourth Thursday: 11:00am – Drum Therapy with Peter
First, third and fifth Thursday: 10:00am – Ageless Grace with Debbie: Brain fitness program that activates all functions of the brain – analytical, strategic, kinesthetic, learning, memory/recall, creativity and imagination -plus all physical skills needed for optimal function
Second and fourth Friday: 10:00am – Qi Gong with George: gentle exercise for breathing, coordinated body posture and movement

June 1 – Tuesday: Ask Bethany: Information on Vision Health – Eye Condition

June 2 – Thursday: Music with Tom and Holly Johnson

June 3 – Friday: BSC Live Auction: lots of items for bidding

June 6 – Monday: Nurturing Arts: Music with Mary Jackson

June 7 – Tuesday: Crafts with Kristin from Pruitt Health. Mary Kay Facials with Allison Woodall

June 9 – Thursday: Zumba with licensed Zumba Gold Instructor Delores Waithe

June 10 – Friday: *Haircuts* Sign up at the front desk if you need a haircut.

June 14 – Tuesday: Let's Make a Deal with Kimberly from Homestead Hospice

June 15 – Wednesday: Stroke Awareness with Jennifer Sweigart of NGHS Braselton

June 17 – Friday: Father's Day Party. Music with Akil

June 21 – Tuesday: BSC Ladies On The Go: Trip to Hibachi Grill and Supreme Buffet in Lawrenceville. **Sign up by Wednesday, 6/15 to participate**. Bring money to buy lunch. Fun with Patricia

June 22 – Wednesday: **Site Council meeting**

June 23 – Thursday: Music Therapy with Music Educator Lauren Viljamaa

June 28 – Tuesday: Plastic Canvas craft with Carmen. **Games Day**: Basketball Hoops, Floor Bowling, Bean Bag Toss, Lasso Golf

June 29 – Wednesday: Information on Nutrition for Seniors Ann Whitaker, Registered Dietician with Kaiser Permanente

Transportation

For same-day transportation cancellations, please call 678.209.2430 before 6:30am. All transportation reservations must go through the center manager and not directly to transportation.