

Classes Provided

<p><u>AARP DRIVER SAFETY COURSE</u> This class will be October 18th 9am-3:30pm. Please contact Lisa Jones to reserve a seat at 478-293-1066 or email lmjones@wrga.gov.</p>	<p><u>AEROBICS</u> Monday, Wednesday and Friday 9-10am, cost is \$3. This is a low impact aerobics class for seniors.</p>	<p><u>ALL ABOUT YARN</u> Tuesday from 1pm - 4pm. Bring your own yarn, needles and/or hooks.</p>	<p><u>ARTS & CRAFTS</u> We will have 1-3 projects a month. We do a wide range of arts & crafts and the cost is \$12.00. Days vary each month.</p>
<p><u>BASKETBALL</u> Monday-Friday 9am-1pm Drop-in play, equipment available if needed. Check facility schedule for closures.</p>	<p><u>CERAMICS</u> Monday 1- 8pm and Tuesday-Friday from 11am-4pm. Paints, brushes & cleaning tools available for purchase. Pay by the piece.</p>	<p><u>CRAFT PAINTING</u> Tuesdays with various painting projects or just bring your project from home. Prices vary by week.</p>	<p><u>CRUSHED GLASS</u> Use crushed glass to create a new work of art. The cost is \$30. Day varies each month.</p>
<p><u>DIAMOND ART</u> Monday and various other days from 10am-2pm. Each person brings their own project with them. This is a time to relax and relieve stress.</p>	<p><u>GAME NIGHT</u> 4th Thursday of each month. Socialize, learn new games and play your favorites.</p>	<p><u>LET'S PLAY CARDS</u> Wednesdays and some Fridays from 1-4pm. Learn new card games or play your favorites.</p>	<p><u>PICKLEBALL</u> Monday-Friday 9am-1pm Drop-in play, equipment available if needed. Check facility schedule for closures.</p>
<p><u>RESIN ART</u> This class is 3-4 times a year with the next class in August. The cost is \$18. Make a set of coasters or even a candle holder or see other options.</p>	<p><u>PUZZLE TIME</u> Come work on a puzzle or even a puzzle book and socialize with others. Days vary each month at 10AM.</p>	<p><u>QUILTING</u> Wednesday at 10am-2pm. Bring your own scissors and thimble. Hand quilting done for the public. Quilts sold at the North Houston Complex.</p>	<p><u>SENIOR READERS</u> September 25th @ 10am. Read the designated book, then meet monthly to discuss the book with the group.</p>
<p><u>WALKING GROUP</u> Mondays 9-10am. Come join our group and go on a walking adventure at your own pace.</p>	<p><u>WATER AEROBICS</u> Monday, Tuesday, Thursday and Friday 9:00am-10:00am @ Fountain Park. Cost is \$25.00 per month. For additional information please contact 478-929-7254.</p>	<p><u>WOODSHOP</u> Tues, Thurs, & Fri from 1-4pm. Work on personal projects during open woodshop time.</p>	<p><u>YOGA</u> Thursday, 2-3pm. Cost \$5 per class. Gentle stretching, balance & breathing exercises to help lower blood pressure. Designed to improve activity level, posture and mood.</p>

UPCOMING TRIP

Biltmore Estate & Asheville, NC
4 Days/3 Nights, Dec. 11th – 14th
Final payment due September 29, 2023

Prime Painters & More: Thursday, September 7th and 14th, 1pm @ Senior Activity Center. If you want a place to work on your oil, acrylics, water colors or even number painting, bring all your supplies you will need and come join us.

LMNO (Ladies & Men's Night Out): Friday, September 15th, 5pm-8pm @ Wellston Center. Cost: \$4. Please bring a covered dish. We will be having chicken.

Ted Wright Social Club: Meets 2nd and 4th Thursday of the month, 9:00am-12:00pm @ Senior Activity Center
President: Betty Marshall—478-733-8984

Warner Robins Social Club: Meets 2nd and 4th Tuesday of the month, 9:30am-12:00pm @ Wellston Center
President: Larry Beasley—478-662-9158

PO Box 8629

Warner Robins, GA 31095

152 Maple Street

Warner Robins, GA 31093

Phone: 478-293-1066

Email: lmjones@wrga.gov

The Senior Activity Center is Non-Profit and is sponsored by the Warner Robins Parks and Recreation Department. All of our Programs and Activities are open to the public for anyone 50 years and up. There is no membership requirement.

Location Key

NH - North Houston
900 N. Houston

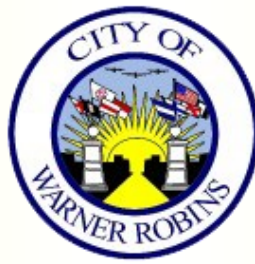
FP - Fountain Park
614 Kimberly Road

WC - Wellston Center
155 Maple Street

BT - Bus Trips

SR - Senior Activity Center
152 Maple Street

Georgia Golden Olympics



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 9AM Pickleball 9AM Basketball 9AM Water Aerobics 9AM Aerobics 10AM Diamond Art 1PM Woodshop 1PM Let's Play Cards	2
3	4 CLOSED 	5 9AM Basketball 9AM Pickleball 9AM Water Aerobics 10AM Reading Time 11AM Ceramics 1PM Craft Painting 1PM Woodshop 1PM All About Yarn	6 9AM Pickleball 9AM Basketball 10AM Puzzle Time 10AM Quilting 9AM Aerobics 11AM Ceramics 1PM Let's Play Cards 2PM Ikebana	7 9AM Pickleball 9AM Basketball 9AM Water Aerobics 10AM Diamond Art 11AM Ceramics 1PM Woodshop 1PM Prime Painters & More 2PM Yoga	8 9AM Pickleball 9AM Basketball 9AM Water Aerobics 9AM Aerobics 10AM Puzzle Time 11AM Ceramics 1PM Woodshop 1PM Let's Play Cards	9
10	11 9AM Basketball 9AM Pickleball 9AM Aerobics 9AM Water Aerobics 9AM Walking Group 10AM Diamond Art 1PM Ceramics 1PM Puzzle Time	12 9AM Basketball 9AM Pickleball 9AM Water Aerobics 9:30AM WR Social Club 11AM Ceramics 1PM Craft Painting 1PM Woodshop 1PM All About Yarn	13 9AM Basketball 9AM Pickleball 9AM Aerobics 9AM AARP Drivers Safety Course 10AM Puzzle Time 10AM Quilting 11AM Ceramics 1PM Let's Play Cards 2PM Ikebana	14 9AM Basketball 9AM Pickleball 9AM Water Aerobics 9AM TW Social Club 11AM Ceramics 1PM Woodshop 1PM Prime Painters & More 2PM Yoga	15 9AM Basketball 9AM Pickleball 9AM Water Aerobics 9AM Aerobics 11AM Sr. Matinee Movie 11AM Ceramics 1PM Woodshop 1PM Puzzle Time 5PM LMNO	16
17	18 CLOSED GGO WEEK	19 CLOSED GGO WEEK	20 CLOSED GGO WEEK	21 CLOSED GGO WEEK	22 CLOSED GGO WEEK	23
24	25 9AM Aerobics 9AM Basketball 9AM Pickleball 9AM Water Aerobics 9AM Walking Group 10AM Senior Readers 11AM Diamond Art 1PM Ceramics 1PM Arts & Crafts	26 9AM Basketball 9AM Pickleball 9AM Water Aerobics 9:30AM WR Social Club 10AM Puzzle Time 11AM Ceramics 1PM All About Yarn 1PM Craft Painting	27 9AM Aerobics 9AM Basketball 9AM Pickleball 10AM Diamond Art 10AM Quilting 11AM Ceramics 1PM Let's Play Cards 2PM Ikebana	28 9AM Basketball 9AM Pickleball 9AM Water Aerobics 9AM TW Social Club 11AM Ceramics 1PM Woodshop 1PM Puzzle Time 2PM Yoga 5PM Game Night	29 9AM Basketball 9AM Pickleball 9AM Water Aerobics 9AM Aerobics 11AM Sr. Matinee Movie 11AM Ceramics 1PM Woodshop 1PM Puzzle Time	30