

Thomaston-Upson  
Senior Center

Hours of Operation:  
8:00 a.m.—5:00 p.m.  
Monday—Friday

**BILLIARDS**  
**PING PONG**  
**BINGO**  
**EXERCISE ROOM**  
**ARTS & CRAFTS**  
**QUILTING**

**FIT & FUN CLASSES**

**Tuesdays:**

8:15: Advanced Cardio  
9:15: Cardio Endurance  
10:15: 4-Dimension fitness

**Wednesdays:**

10:15: Breathe & Stretch  
Pilates 4:00 p.m.

**Thursdays:**

8:15 Advanced Cardio  
9:15: Cardio endurance  
10:15: 4- Dimension Fitness

For Program information or  
Ideas, please call:  
706-647-1607

**Daphney Andrews**  
**Dorine Ferguson**  
Assistant Directors

**Donna Auth**  
Director

# MAY 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5 Garden Club Breathe & Stretch	6 Fit & Fun BINGO 9:00	7 Quilting 1 p.m.	8
9	10 <i>Legal Services &amp; Counseling</i>	11 Fit & Fun Big C Health Presentation	12 Breathe & Stretch	13 Fit & Fun Bingo 9:00 Bridge 9:45 Garden Club	14 Quilting 1 p.m.	15
16	17 Quilting 1 p.m.	18 Fit & Fun	19 Breathe & Stretch	20 Fit & Fun BINGO 9:00	21 Quilting 1 p.m.	22
23	24 Quilting 1 p.m.	25 Fit & Fun Bridge 1:45	26 Breathe & Stretch 10:00	27 Fit & Fun Bingo 9:00 Bridge 9:45 Bridge 1:45	28 Quilting 1p.m.	29