



September 2021

Forsyth County Senior Services

Charles Place Congregate Calendar

595 Dahlonega Street, Cumming, Georgia 30040 | (770) 781-2178

Morning Sessions - 9:15 a.m. - 12:15 p.m.

Afternoon Sessions - 1:30 - 3:30 p.m.

Reservations required to attend. Transportation may be available.

CARE Fair - Friday, September 10 - Reservations required - no regular programming

<p>Mondays/Wednesdays or Tuesdays/Thursdays Morning Sessions</p> <p>Art Fitness Games Discussion Bingo - Wednesdays & Thursdays - Lunch eaten in center -</p>	<p>Mondays/Wednesdays Afternoon Sessions</p> <p>Art Fitness Games Discussion Bingo - Wednesdays - Take home lunch provided -</p>	<p>Fridays 8:30 - 10 a.m. - Java Gents (Men's Group) 11 a.m. - 2 p.m. Movies, sing-a-longs and more 12 - 4 p.m. Mexican Train dominoes</p>
<p><u>Art Activities</u></p> <p>Sunflower Wreath Make a Scarecrow Watercolor Ceramic Owl Finger-painting Sunflower Cork Pumpkins</p>  	<p><u>Fitness Classes</u></p> <p>Stretch & Balance Chair Exercise Flex & Balance Seated Strength Training</p> 	<p>FRIDAYS ARE FOR FUN AND GAMES</p> <p>See all your Congregate friends at Sexton Hall 11:30 a.m. - 2:30 p.m.</p> <p> Hoedown  Friday, September 17</p> <p> Halloween Party  Friday, October 22</p>