

# Active Adult Programs

## Forsyth County Senior Services

Your guide to events and happenings for those age 50 and better



**Sexton Hall  
Charles Place  
Hearthstone Lodge**

(770) 781-2178  
[www.forsythco.com/seniors](http://www.forsythco.com/seniors)

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**Learn to paint this piece. See page 7.**

Day trips return in July and are scheduled through September! Check out a ball game or discover something new at an indoor exhibit.

A wide variety of art programs offer ways to explore your creative side. Fun clubs and presentations make it enjoyable to learn and share new things. Don't forget to sign up for fitness classes and stay healthy this summer!

A resource event with vendors and giveaways is coming to Sexton Hall. Specifically geared towards caregivers, see page two for more details.



# Welcome!

Thank you for joining us at Forsyth County Senior Services where our mission is to provide engaging and impactful life enrichment programs for those age 50 and better in Forsyth County. We have three unique centers spread across the county offering a variety of activities, programs and amenities. Whether you are physically active, enjoy a good discussion, want to meet new friends or plan to explore your creative side, you can find your place in our community. We invite you to stop by any location on weekdays from 8 a.m. - 4:30 p.m. for a tour, and you can try most activities once for free to find what works best for you.

## Registration for Activities

Registration is required to participate in activities.

You may register online ([www.forsythco.com/seniors](http://www.forsythco.com/seniors)) or by calling (770) 781-2178, option 1 for Charles Place, option 2 for Sexton Hall or option 3 for Hearthstone Lodge. If registering online, we can help if you encounter problems.

Participation in activities requires your basic contact information and signed emergency and release forms. Payment is required at the time of registration for fee-based activities. Members receive discount pricing and priority registration on some activities.



### **Hybrid Programs**

Offered in-center and online

### **Key**



### **Online Programs**

Connect via an internet connection



### **Evidence-based Programs**

Content proven to create positive health outcomes

## Class Refund Policy

Refunds or credits requested at least one week prior to the class start date will receive a full refund or transfer of credit. 50% of the class fee will be refunded or credited if requested before the second meeting of the class. All other refund or credit requests will be reviewed.

- Save the Date! -

# CARE Fair

Caregiver Assistance and Resource Event

*"Helping you take care of yourself and others"*

**Friday, September 10  
&  
Saturday, September 11**

**10 a.m. - 1 p.m.**

Located at Sexton Hall; event offered at no charge.

Focused on adults and caregivers age 60+, this event showcases vendors, local nonprofits, free health screenings and assistive devices for maintaining independence. All in attendance receive a CARE package filled with treats.

Call (770) 781-2178 for more information about how you can view the Innovative Aids showroom, a display of items to help you maintain independence and a better quality of life. We'll be giving away innovative aids for free!

Visit [www.forsythco.com/seniors](http://www.forsythco.com/seniors) for the most current news regarding this event.

## Live Better with Innovative Aids

Senior Services has a supply of items available to help you or your loved ones overcome challenges with daily living. Whether it's something as simple as a jar opener or as sophisticated as a visual display phone, we are giving away all kinds of helpful devices for free.

Interested? Attend the CARE Fair. See details above and find out how you can visit the Innovative Aids showroom.

# Special Events

Fantastic Fridays are for Active Adults age 50 and better. Held at Sexton Hall. Register at least a week prior to secure your spot.



## Summer Lovin' Sock Hop

Friday, August 13, 1:30 - 3:30 p.m.  
Free for members/\$5 non-members



Come dressed in your favorite styles from the '50s and '60s. Enjoy a live performance by Rachael Mann singing your favorite tunes from these decades. Prizes for most enthusiastic dancer and best dressed will be awarded. Light refreshments provided. An ice cream truck will stop by during the event. Kindly sponsored by Brickmont Senior Living.



# Resources and Support

Presentations about community resources and support are offered at no charge.



## Coffee with a Cop

Wednesdays, July 28 and August 25, 10:45 a.m. - noon  
Located at Sexton Hall

A monthly program focused on community awareness for older adults. At each meeting, a topic of concern or interest will be presented by law enforcement and other speakers. Presented by Forsyth County Sheriff's Office.



## Caregiver Education - **NEW!**

Wednesdays, July 28 and August 25, 2 - 3 p.m.  
Located at Sexton Hall

Topics presented by Southern Companions Home Health.

**July 28:** Healthy Eating and Hydration Tips

**August 25:** Bathing and Toileting - Useful Strategies



# Lifelong Learning

## Technology



- All Technology programs are hybrid (offered at Sexton Hall and online).

### Online Registration Training

Tuesday, July 20, 3 - 4 p.m.

You can easily register and pay for Senior Services' classes and activities from the comfort of your own home. We'll show you the system and walk you through how to find and register for classes. Tips also provided for those looking to refresh their skills on registering for programs. Training offered at no charge.

### Connect with T.E.C.H. (Technology Education and Communication Help)

Tuesdays, July 27 - August 31, 3 - 4 p.m.

No charge for members/\$2 per class non-members

**July 27 & August 31 - Q & A** - Bring your technology questions to this discussion or request assistance with a technical issue. All levels of tech skills are welcome.

**August 3 - Computer 101: Parts & Ports** - Learn about the physical components of your computer, functions of the various ports and how to use add-on devices. We'll review common cords like HDMI, USB and VGA.

**August 17 - Smart Devices 101: Game On!** - There is a wide variety of mobile games available on your phone like Sudoku, Bridge and Mah Jong. Learn how to identify good games and avoid hidden costs. Discover how to find games, check reviews and determine fees.

### Learn & Relearn

Tuesdays, August 10 & 24, 3 - 4 p.m.

No charge for members/\$2 per class non-members

Classes are structured for beginners or if you'd like a refresh on tech skills.

**August 10 - Facebook 101** - Learn about the most used social media platform. Get tips for connecting with friends and family.

**August 24 - Streaming Services** - Instantly access entertainment, and explore free and subscription options. Discover how these services work and why some shows/movies are available on one service and not the others.





## Hobby & Themed Groups

Held at Sexton Hall; no charge.



### Fiber Club - **NEW!**

Wednesdays, 10 - 11:30 a.m., beginning July 21

Knit, crochet, quilt and cross-stitch with friends. Discover tips from group members, and bring your projects to show your progress.



### Talkin' Travel Club

Tuesdays, July 20, August 3, 17 & September 7, 10 - 11 a.m.

All adults with wanderlust are welcome. Group meets twice a month and participants are encouraged to speak about their travel experiences from around the world or closer to home.



### Great Decisions Discussion Group

Thursdays, August 5 - 26, 11 a.m. - noon

Book purchase recommended.

For individuals who want to learn and engage in conversation about foreign policy decisions, this facilitated group will discuss topics developed by the Foreign Policy Association. The companion book is recommended to aid discussion; you can purchase an eReader copy online, a hard copy from major booksellers such as Amazon, or we can help you find and buy a copy.



### Food for Thought Club

Thursdays, July 1 & 15, August 12 & 26, 3 - 4 p.m.

Facilitated by a culinary professional, this group for food enthusiasts meets twice a month. Share tips for preparing meals, discuss the latest nutrition topics and talk about the world of restaurants.

## Garden and Nature

Held at Sexton Hall; no charge.



### **Live Well Garden Club - *NEW TIME!***

Mondays, 9 - 10:30 a.m., starting July 12

Join the Live Well Garden Club, a fun group where the seeds of time invested will yield a harvest of valuable knowledge and relationships. Monday meeting times will alternate between gathering indoors to learn about garden topics and working outdoors on the grounds at Sexton Hall.



### **Lunch & Learn with Master Gardeners**

Thursdays, July 22 & August 19, 11 a.m. - 12:30 p.m.

Open to adults of all ages

Bring your lunch so you can eat, socialize and learn from the masters about gardening topics all in one afternoon.

**July Topic:** Controlling Nuisance Wildlife; presented by Bill Roper, Master Gardener Volunteer.

**August Topic:** Conifers; presented by Audrey Schudy, Master Gardener Extension Volunteer.

## Education and Entertainment

Held at Sexton Hall; no charge.



### **Intro to Induction Cooking**

Wednesday, July 21, 2 - 3 p.m.

One of our most popular virtual program hosts comes for a live in-person cooking demo. Learn all about induction cooking, a method of quickly transferring heat through an electromagnetic source, and how this method can help you prepare delicious summer favorites. Presented by Chef Dan Francis, Shadetree Kitchens.



### **Declutter and Downsize**

Wednesday, August 4, 2 - 3 p.m.

Keeping a decluttered space has a lot of benefits, especially when considering a move or downsizing. Learn how to address years of accumulated items to help make transitions more manageable. Presented by Kaye Ginsberg of Peace of Mind Transitions.



### **How Money Works**

Wednesday, August 18, 2 - 3 p.m.

Get tips to help you break the cycle of endless debt and spending. Topics such as global financial illiteracy, compound interest and wealth equivalency are discussed. A free copy of the book *How Money Works* will be provided to all in-person attendees. Presented by Pat McArdle, Transamerica Financial Advisors.



# Art and Creativity

## Sexton Hall

Curious about our art programs? Visit the Art Room at Sexton Hall and see sample pieces of paintings, ceramics and more! Walk the hallways and view inspiring worksof art created by local artists, students, staff and instructors. Please register at least one weekin advance for art classes.

## Paint & Sip



### Fireworks Painting - **NEW!**

Tuesday, July 27, 2 - 4 p.m.

\$16 members/\$20 non-members

Create this bright and cheerful acrylic painting to represent celebrations marked by colorful fireworks! Sip on sparkling non-alcoholic beverages as an instructor leads this activity with step-by-step instructions for any level of painting skills. Canvas size is 16" X 20." Instructor: Lisa Mann

## Crafts



### Seasonal Crafts

Tuesdays, 9:30 - 11:30 a.m.

July 20 - August 10

August 17 - September 7

\$24 members/\$32 non-members per four-week session

Socialize with others and enjoy a morning of crafting easy-to-make items. Creations follow seasonal themes or serve as a decorative piece to display in your home. Cost includes all supplies. Instructor: Lisa Mann

## Ceramics & Pottery



### Clay & Glaze

Wednesdays, July 21 - September 8, 9 a.m. - noon

\$5 members/\$7 non-members per day plus cost of piece or clay

Join us for a fun class where you can paint your choice of pre-made ceramic pieces or handcraft your own out of clay. Price is determined by piece and includes all glazes, tools and firing. No experience required. An instructor will guide you through the process. Instructor: Lisa Mann



## Pencils & Painting

Held at Sexton Hall. Additional \$10 supply fee applies per session.



### Intro to Acrylics

Mondays, July 19 - August 30, 2 - 4 p.m.

\$42 members/\$56 non-members per seven-week session

Learn the basics of acrylic painting with easy, fun and stress-free instruction. We'll go over how to get started, the types of paints, brushes, canvases to use and how to create perspective. Our instructor will guide you step-by-step to improve your art skills and create your next masterpiece. Instructor: Lisa Mann



### Landscapes Acrylic Painting - **NEW!**

Thursdays, July 22 - September 2, 2 - 4 p.m.

\$42 members/\$56 non-members per seven-week session

Learn how to draw and paint scenery such as forests, mountains, bodies of water and even man-made structures like city buildings. Light, color and texture are showcased in these paintings. We'll also study some famous landscape paintings as a reference.

Instructor: Lisa Mann

Take both! Special combo price: \$70 members/\$98 non-members for both Acrylics sessions.



### Watercolor Basics

Wednesdays, July 28 - September 1, 2 - 4 p.m.

\$36 members/\$48 non-members per six-week session

Learn composition and painting techniques, including color-mixing. Create vivid landscapes, beach scenes or floral paintings you can be proud of.

Instructor: Janet Myers



### Color Pencil Drawing

Fridays, July 30 - September 3, 10 a.m. – noon

\$36 members/\$48 non-members per six-week session

Practice sketching, shading, hues and tones with an introduction to drawing and an option to advance to more complex subjects such as mountain scenes. Instructor: Janet Myers

Take both! Special combo price: \$60 members/\$84 non-members for Watercolor Basics and Color Pencil Drawing sessions.

# Art and Creativity

**Charles Place**

Classes taught by resident artist and free spirit, Jane Mauldin. Supplies provided. Fun guaranteed!

## Tuesday Afternoons

### Life Journal Scrapbooking Project - **NEW!**

Tuesdays, July 13 - July 27, 1:30 - 3:30 p.m.

\$15 members/\$21 non-members per three-week session

Join us in making a journal full of your favorite recipes, stories, hobbies, pictures and more. You bring the items you'd like to feature, and we'll provide all other materials. This keepsake project will tell a story about your life to share with family and friends.

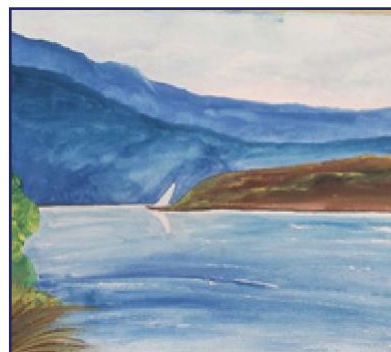


### Watercolor for Beginners - **NEW!**

Tuesdays, August 3 - 17, 1:30 - 3:30 p.m.

\$21 members/\$27 non-members per three-week session

This guided step-by-step class is for those who might feel artistically challenged. Our creative and kind teacher will focus on the fun versus technique and skill. You will create a landscape, a floral and a still life that you'll be proud of! Supplies provided.



## Multi-Media Collages - **NEW!**

Tuesdays, August 24 - September 7, 1:30 - 3:30 p.m.

\$15 members/\$21 non-members per three-week session

You'll be provided various items to compose fantastically interesting pictures. Items will include such things as sand, shells, paint, puzzle pieces, buttons and more! An imagination and operation of a glue gun (we'll teach you how to use it) are the only skills required. Two to three projects completed per session.



## Thursday Afternoons

### Arts & Crafts Galore - **NEW!**

Thursdays, 1:30 - 3:30 p.m.

July 15 - 29

August 5 - 19

August 26 - September 9

\$21 members/\$27 non-members per three-week session

Have some fun with us as we do a variety of simple projects each session. Bring a friend and make Thursdays your Girls' Day Out. You'll leave each class with new home décor to show off. Pictures are of the first two projects with more to follow. Cost includes all supplies for two to three projects each session.



# Hikes

Easy, moderate and strenuous hikes are offered. Hikes are on the second and fourth Thursday of the month, 8 a.m. to 4 p.m., depending on distance of the hike. Hikes depart from Central Park, 2300 Keith Bridge Road. Parking is located in the lot on your left at the top of the hill (past tennis courts) near the big oak tree. \$10 members/\$15 non-members per hike for the bus, entrance fees and staff support. Additional fees may sometimes be required for parking and trails. For questions, call Raneë at (770) 781-2178, option 3 for Hearthstone Lodge. Refunds on hikes can only be given if we have a waiting list from which to fill your spot. Registration required at least one week in advance.

## Annual Hiking Meeting

Wednesday, August 4, 2 - 3:30 p.m.

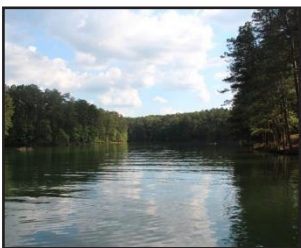
Your first look at the hiking schedule for the 2021 – 2022 season. Trail safety tips and new information will be shared. Have your questions answered and offer comments as we kick-off another great year of hikes.



### **Hemlock Falls, Clarksville - Thursday, August 26**

Travel Distance: approximately 62 miles

Moderate four miles (facilities available) - Follow a meandering fern-shaded path along serene Moccasin Creek to the base of beautiful Hemlock Falls. Lunch on your own at Chophouse at LaPrade's on Lake Burton.



### **Red Top Mountain/Iron Hill, Cartersville - Thursday, September 9**

Travel Distance: approximately 38 miles

Easy four miles (facilities available) - Named for the richly colored soil caused by high iron-ore content, Red Top Mountain was once an important mining area. Lunch on your own at Shoney's.



### **Unicoi, Helen - Thursday, September 23**

Travel Distance: approximately 52 miles

Moderate three miles (facilities available) - Hike the wooded trail to the Unicoi Lodge in the famous Bavarian-style village of Helen. Lunch on your own at Unicoi Lodge.



# Trips

You can sit back and relax when we do the driving! We provide staff-escorted trips to interesting places and take care of all the details. Trips depart from either Charles Place or Sexton Hall. Please expect a reminder call a day or two prior to the trip. Don't be late for the departure time as the bus cannot wait. Refunds on day trips can only be given if we have a waiting list from which to fill your spot. Registration is normally required seven days in advance of trip dates. Don't delay in registering as our trips often sell out. Center members receive priority registration and discounts on trips. Members may register now and non-members may register starting July 8.



## **High Museum of Art - Lots of walking**

Thursday, July 22, 9 a.m. - 3 p.m.

\$28 members/\$33 non-members

Departs from Sexton Hall; register by July 15.

As the leading art museum in the southeast, it is home to renowned collections of historical and contemporary art, special exhibitions and celebrated architecture. Self-guided tour; lunch on your own at McCray's Tavern.



## **Georgia Aquarium - Lots of walking**

Thursday, July 29, 9:15 a.m. - 3 p.m.

\$50 members/\$55 non-members

Departs from Sexton Hall; register by July 22

Explore the mysteries of the ocean, and view sharks, whales, penguins and more. In the largest aquarium in the western hemisphere, be thrilled by sights of the deep and a dolphin show. Lunch on your own on-site at Café Aquaria.



## **College Football Hall of Fame - Moderate walking**

Thursday, August 12, 9:15 a.m. - 2 p.m.

\$40 members/\$45 non-members

Departs from Sexton Hall; register by August 5

Explore displays showcasing memorable teams, players and coaches, and over 95,000 square feet of interactive exhibits. Chick-fil-A chicken sandwich combo included for lunch.

**Trips continued on page 13.**



### **WILD at Illuminarium** - Lots of walking and lighting effects\*

Monday, August 16, 10 a.m. - 2:30 p.m.

\$62 members/\$67 non-members

Departs from Sexton Hall; register by August 9

Take in this immersive experience. Feel like you're face to face with the world's most exotic animals in their habitats from the sweeping plains to other majestic landscapes of Africa. Groundbreaking innovative technology makes this sure to be a uniquely memorable experience. Price includes a \$10 voucher to be used at the on-site café or gift shop.

\*This attraction utilizes technology that includes strobe light effects, use of radar and laser, life-size animal and predator projection. Those with epilepsy or light sensitivity should take caution.



### **Atlanta Braves Vs. Florida Marlins** - Lots of walking and stairs

Sunday, September 12, 11:15 a.m. - 6 p.m.

\$49 members/\$54 non-members

Departs from Sexton Hall; register by September 5.

Catch a game and maybe a fly ball at Truist Park. Watch the Atlanta Braves fight to reel in the Florida Marlins in this Sunday matinee matchup. Lunch on your own at the park.

## **Fitness**

**Online**



### **Dance, Dance, Dance**

Tuesdays, July 20 - September 7, 2 - 2:45 p.m (No class August 17)

\$21 members/\$35 non-members per seven-week session

Get your heart rate up and your muscles pumping with dance music favorites. Improve your endurance, coordination and posture. Instructor: Rane Pattison



# Fitness

## Sexton Hall



### Senior Tone & Balance

Thursdays, 9:30 - 10:15 a.m.

July 22 - August 19

September 9 - October 7

**\$25 members/\$35 non-members per five-week session**

A mix of over 75 exercises designed for seniors with osteoarthritis and others who would benefit from improvement in muscle tone and balance. You will use small hand weights and resistance bands to maintain muscle vigor while doing standing and seated exercises. Instructor: Bruce Watson



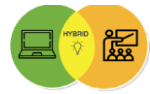
### Stay Active & Independent for Life (SAIL)

Mondays & Wednesdays, August 2 - September 22, 9:30 - 10:30 a.m.

(No class September 6)

**\$45 members/\$60 non-members per eight-week session, two days a week**

This evidence-based program helps improve strength, balance and your overall sense of wellness. Get tips for staying active, independent and preventing falls. Prior to beginning the program, a simple assessment is required to evaluate your fitness level. This program includes an information and exercise guide. Certified Instructor: Jessica Lotspeich



# Fitness

## Hearthstone Lodge



### Flex and Balance

Mondays, Wednesdays & Fridays, July 19 - September 10, 8:30 - 9:15 a.m.

(No class September 6)

**\$69 members/\$92 non-members per eight-week session, three days a week**

After a warm-up with aerobic activity, dive into stability training with a focus on stretching and balancing all sides of the body. Increasing range of motion in your upper and lower body is a goal of this class. Instructors: Raneen Pattison and Brian Blasick



### **Strength & Tone**

Tuesdays, July 20 - September 7, 8:30 - 9:15 a.m.

**\$24 members/\$40 non-members per eight-week session**

After a cardio warm-up, perform strength training exercises using your own body weight and chair assistance. Weights may be used as you combine the best of aerobics and weight-bearing activities. Instructor: Raneen Pattison

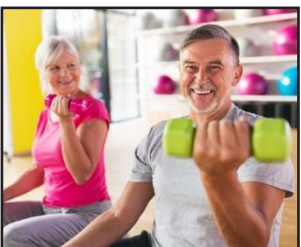


### **Tai Chi & Stretch – *NEW!***

Wednesdays, July 21 - September 8, 10:30 - 11:15 a.m.

**\$24 members/\$40 non-members per eight-week session**

Beginning with a warmup and extended stretches, this class incorporates elements of Tai Chi and coordinated movements. Improve balance, breathing, and increase harmony and flexibility through these series of slow and gentle exercises. Instructor: Brian Blasick



### **Strength Training**

Fridays, July 23 - September 10, 10:30 - 11:15 a.m.

**\$24 members/\$40 non-members per eight-week session**

Learn exercises for large muscle groups while progressing through a series of reps, sets and rest times. 3 - 5 lb. weights are utilized. Instructor: Brian Blasick



### **Walk with Ease**

Tuesdays, August 3 - September 7, 10 - 11 a.m.

**\$30 members/\$36 non-members per six-week session**

**Fees include guidebook; register by July 20.**

This six-week, evidence-based program is proven to help with arthritis or other related conditions to reduce pain, increase balance, strength, walking pace and improve overall health. Learn strategies and resources to implement a personal walking plan with realistic goals. Group meets to walk at various locations around the county. Instructor: Brian Blasick







### **Arthritis Foundation's Aquatic Program**

Mondays, Wednesdays & Fridays, July 19 - September 10, 9:30 - 10:30 a.m.  
(No class July 21 or September 6)

**\$66 members/\$88 non-members per eight-week session, three days a week**

This evidence-based program offers education and exercises to help increase longevity through aquatic fitness. Focus will be on range of motion, muscle strength, moderate intensity endurance and day-to-day function.

Instructor: Rane Pattison

### **Morning H2O Aerobics**

Mondays, Wednesdays & Fridays, July 19 - September 10, 10:45 - 11:45 a.m.  
(No class September 6)

**\$69 members/\$92 non-members per eight-week session, three days a week**

One hour of intermediate workout to improve muscular endurance, core strength, flexibility and cardiovascular conditioning. Instructors: Barbara Olsen Smith, Janice Gastio, Andrea Coleman and Rane Pattison

### **Deep H2O Aerobics**

Tuesdays, July 20 - September 7, 10 - 11 a.m.

**\$24 members/\$40 non-members per eight-week session**

Deep water aerobics has a low impact on your joints but has a high impact on your cardiovascular system and speeds up your metabolism. You may wear a flotation belt for support in the deep water or rely on your own ability to float as you perform deep water aerobics routines. Instructor: Rane Pattison

### **Afternoon H2O Aerobics**

Tuesdays & Thursdays, August 3 - September 2, 3:30 - 4:30 p.m.

**\$50 members/\$70 non-members per five-week session, two days a week**

One hour of intense workout for intermediate to advanced individuals. Improves strength, endurance and flexibility. Instructor: Meg Zeeman

# Memberships

## Active Adult Memberships

Fitness/Center membership is \$60 a year.

Aquatic membership is \$60 a year.

Fitness + Aquatic combo membership is \$120 a year.

This is a way to support the centers and receive benefits such as discounts on classes, trips and activities. Members pricing and members-only events or game play are noted throughout the newsletter.

### Hearthstone Lodge

Fitness members can use the fitness room open Monday – Friday, 8 a.m. – 4:15 p.m. It features 13 isokinetic resistance band workout stations designed for active adults. An orientation is required before using fitness center equipment.

Hearthstone features a heated, covered pool, open year-round. Aquatic membership is for lap and open swim times only. See Hearthstone calendar for times.

### Sexton Hall

For members only, Friday afternoons are a time to make the center your own community space. Open rooms from 1 - 4 p.m. provide places for playing games, working on hobbies or chatting with friends over a cup of coffee. Members can also bring a guest to introduce them to the center.

## Members-Only Events at Hearthstone Lodge

Open to Hearthstone members; no charge to participate.



### **Member Appreciation Summer Soiree**

Wednesday, July 28, Noon - 2 p.m.

Celebrate summer and our Hearthstone community! Stop by to mingle and enjoy hot dogs, snow cones, watermelon and popcorn. Play fun games like Ping Pong, Corn Hole and reminisce with your friends.



### **Classic Music Trivia Day**

Friday, August 20, 1 - 3 p.m.

How many rock-n-roll and pop songs do you remember from the '50s - '70s? Win prizes, socialize and see who can name that tune or musical artist.

# Social Clubs



## **Ladies' Group - *NEW TIME!***

Mondays, 10:30 - 11:30 a.m., starting July 12

Located at Sexton Hall

Ladies, gather with your gal pals and make new ones. Enjoy friendly banter while discussing gardening, decorating, travel and cooking!



## **Bagel Boyz - Men's Group - *NEW TIME!***

Mondays, 10:30 - 11:30 a.m., starting July 12

Located at Sexton Hall

Gentlemen, you're invited to recreate the coffee shop experience at Sexton Hall! Hang out with other men and talk about life, sports, cars, the weather - whatever is on your mind.



## **Biscuit Boyz - Men's Group**

Thursdays, 8 - 10 a.m.

Located at Hearthstone Lodge

Our gentleman's breakfast club meets every Thursday. Enjoy coffee and conversation.



## **Common Grounds Social Club**

Thursdays, 10:30 a.m. - noon

Located at Sexton Hall

This group gathers to make new friends, find common interests and form a community of volunteers at Sexton Hall. Group activities are determined by those who attend and may include discussions, interesting presentations, projects or volunteer opportunities.



## **Newcomers Club - *NEW!***

Fridays, July 30 & August 27, 11 a.m. - noon

Located at Sexton Hall

New to the area? Looking to learn from locals? Let's get acquainted. We'll talk about how to get around town and where to find sites and services. Those who've been here awhile are welcome to join and share their tips and favorite places. Held once a month.



## **Bookworms United**

Tuesdays, July 20, August 17 & September 21, 12:30 - 1:30 p.m.

Located at Sexton Hall

If you enjoy reading and conversation, this group is for you. Call (770) 781-2178 to request the title of the book being read and the list of talking points for discussion. Organized by patron, Jim Eggensperger.



## Card Groups

### Games at Sexton Hall

Come out and play! Groups are open to new players. Space is available in the afternoons from 12:30 - 4 p.m. with the following schedule:

**Social Bridge: Mondays Mah Jong: Tuesdays Pinochle: Wednesdays Canasta: Thursdays**

Give it a try to see if you like it before joining! Center members pay no fee to play. Non-members must purchase a punch card to play. 10-slot punch cards are available for purchase at the front desk of Sexton Hall for \$10 each and do not expire. Your punch card will be marked once for each time you come in to play. Dollar bills are not accepted for game play.

### Games at Hearthstone

Membership in the center is required to be a regular game player. It is \$60 per year plus other benefits. Groups are open to new players. Space is available for games noon - 4 p.m.

**Mah Jong: Mondays Canasta: Tuesdays Advanced Bridge: Wednesdays Bridge: Thursdays**

**Fridays:** Open game time for card players.

## Caregiver Programs

The job of a caregiver is difficult, and help is available in various ways. Senior Services provides support groups, individual life coaching and educational presentations to help you navigate the challenges of caregiving. There is also an in-center **Memory Support Program** to care for your loved ones with early-stage dementia. This half-day program is designed to give caregivers a break and provide fun activities for older adults needing extra support. Held at Sexton Hall, Mondays & Wednesdays, 11 a.m. - 3 p.m. Fees may apply. For information or to register, contact Laura Bagwell at (770) 781-2178, option 2 for Sexton Hall.



**Caregiver Support Groups** are offered on the first and third Wednesday of the month. Contact Barbara Wiggins at (770) 781-2178, option 1 for Charles Place.

**Caregiver Education** is offered once a month at Sexton Hall. See page 3 for details.



# Congregate Club

This is an Older Americans Act nutrition-focused program, open to those age 60 and older.

Lunch and fun activities are provided. Most attend two times per week. Reservations are required to attend.

- Transportation may be available for those who cannot get their own ride; fees may apply.
- Participation requires a conversation with a care worker, an appointment for a visit, and if you'd like to join, a brief assessment process followed by registration at one of two centers.
- Attendance is on a voluntary donation basis, although fees may apply for special activities.

## Charles Place Congregate Program

Located in central Cumming, 595 Dahlonga Street (next to public library). Call (770) 781-2178, option 1 to contact Barbara Wiggins at Charles Place for more information.

**Mornings, 9:15 a.m. - 12:15 p.m.**

Choose either Monday and Wednesday or Tuesday and Thursday - lunch eaten in-center.

**Afternoons, 1:30 p.m. - 3:30 p.m.**

Monday and Wednesday only, with take-home lunch.

**Fridays are game days! Open 9 a.m. - 3:30 p.m.**

## Sexton Hall Congregate Program

Located in the south part of the county, 2115 Chloe Road (off of Sharon Road). Call (770) 781-2178, option 2 to contact Susy Hollaway at Sexton Hall for more information.

**Mornings only, 9:15 a.m. - 12:15 p.m.**

Tuesday and Friday



# Community Connections



## Transportation Service

The county is providing an alternative and supplement to Dial-A-Ride to better serve those who are no longer able to drive. This service is using ride-share, meaning private cars driven by individuals registered with Uber or Lyft. Rides may be arranged for same day or future dates. A nonprofit called Common Courtesy manages the service, arranging rides after phone call requests are made. The fee is \$2 per ride with a one-time \$15 registration fee. Please contact Charles Place to register. You may register in person, over the phone or on the County website at: [www.forsythco.com/Departments-Offices/Fleet-Services/Ride-Share](http://www.forsythco.com/Departments-Offices/Fleet-Services/Ride-Share)



## Forsyth County Animal Shelter Volunteer Opportunities

Forsyth County Animal Shelter's Volunteer Foster Care Program provides temporary housing and care for dogs, cats, puppies and kittens who aren't quite ready for adoption. They need loving homes like yours to be able to continue helping animals in need. For more information visit [www.forsythco.com/animalshelter](http://www.forsythco.com/animalshelter) or contact (678) 965-7185.



Do you have a story to tell about facing challenges in your life? Words of wisdom to share with future generations? If so, we have a wonderful opportunity for you! Share your life lessons and guidance with college students through this program. Please consider participating to help out the students and to pass on some wisdom. For more information and to enroll in this opportunity, contact Pamela Elfenbein at UNG by emailing [pamela.elfenbein@ung.edu](mailto:pamela.elfenbein@ung.edu) or by calling (678) 717-3688.

# Instructors Needed



Forsyth County Senior Services is seeking instructors to teach weekly classes. Do you have experience or knowledge to share? Volunteer basis or payment options may be available. Contact: [seniorservices@forsythco.com](mailto:seniorservices@forsythco.com)

## Volunteer Opportunities

Volunteers are an integral part of the services we provide our community. We are seeking applicants to connect with older adults and engage in meaningful interactions for these volunteer positions:

**Meal Delivery Drivers for the Meals on Wheels Program:** Mornings, once per week, 1.5 - 2 hours. Car required. Meets at Charles Place and delivers meals to homes in Forsyth County.

**Activity Aides in the Memory Support Program:** Once or twice per week providing safety and companionship for four hours. Located at Sexton Hall.

**Interviewers for Life Story Program:** Summer, several hours per week. Minimum of 8 weeks. By phone, online or in person.

**Editors for Life Story Program:** Summer. Can volunteer from home.

**Instructors and Presenters on Life Enrichment Topics:** One-time or ongoing classes for topics such as travel, foreign language, literature, cooking, fitness and music.

**Event Aide:** Assists with large group events, such as parties, games, concerts. Schedule is variable and may be weekdays or weekends. Usually at Sexton Hall.

**Garden Assistant:** Assists with community garden projects, planting, trimming, weeding, watering, etc. Variable schedule on weekdays.

Please contact our Volunteer Leader, Hunter Bennett, at [volunteer@forsythco.com](mailto:volunteer@forsythco.com) or (770) 781-2178, option 2 for Sexton Hall. A staff person will get back to you within a few days. Thank you for your interest!

## Services for Older Adults

### Meals on Wheels

Weekly delivery of meals to homes by a friendly visitor. Call (770) 781-2178 option 2 to contact Dan Hill at Charles Place.

### Home Medical Equipment

If you need items, or would like to donate gently used equipment, contact Christine Bittle with Legacy Link/Area Agency on Aging, (678) 677-8474.

### Aging & Disability Resource Connection

Provided by the Legacy Link/Area Agency on Aging to provide assistance and referrals for all issues concerning older adults. Call (678) 677-8441.

### Guardian Call Service

The Forsyth County 911 Center, along with the Forsyth County Sheriff's Office, offers the Guardian Call service to all County residents. This service is an automated system that makes contact with a participant by phone at the same time every day or at any routine schedule requested by the participant. That person will then press 1 if they are okay or press 2 if they need assistance. If assistance is needed, or if the participant does not respond, an officer will be sent to verify all is well. You can sign up for the Guardian Call Service by contacting the Forsyth County 911 Center at (678) 455-8073.

### Senior Resource Guide

A free guide about nonprofit and government services for older adults can be found at [www.forsythco.com/seniors](http://www.forsythco.com/seniors). Printed copies available in centers.

### AgeWell Forsyth

A local nonprofit organization that works to help older adults. They offer grants to those that need work on their home and property. Call Linda Ledbetter for further information at (404) 245-7949.

## Room Rentals Available

Each of our facilities has rooms available for rent on evenings and weekends. Hearthstone Lodge is available for pool parties. Sexton Hall has a large room with space for social distancing. Let us host your special occasions and take the stress out of entertaining!

For more information, email [rentals@forsythco.com](mailto:rentals@forsythco.com).

### Charles Place

595 Dahlonga Street  
Cumming, Georgia 30040

### Sexton Hall

2115 Chloe Road  
Cumming, Georgia 30041

### Hearthstone Lodge

7305 Lanier Drive  
Cumming, Georgia 30041