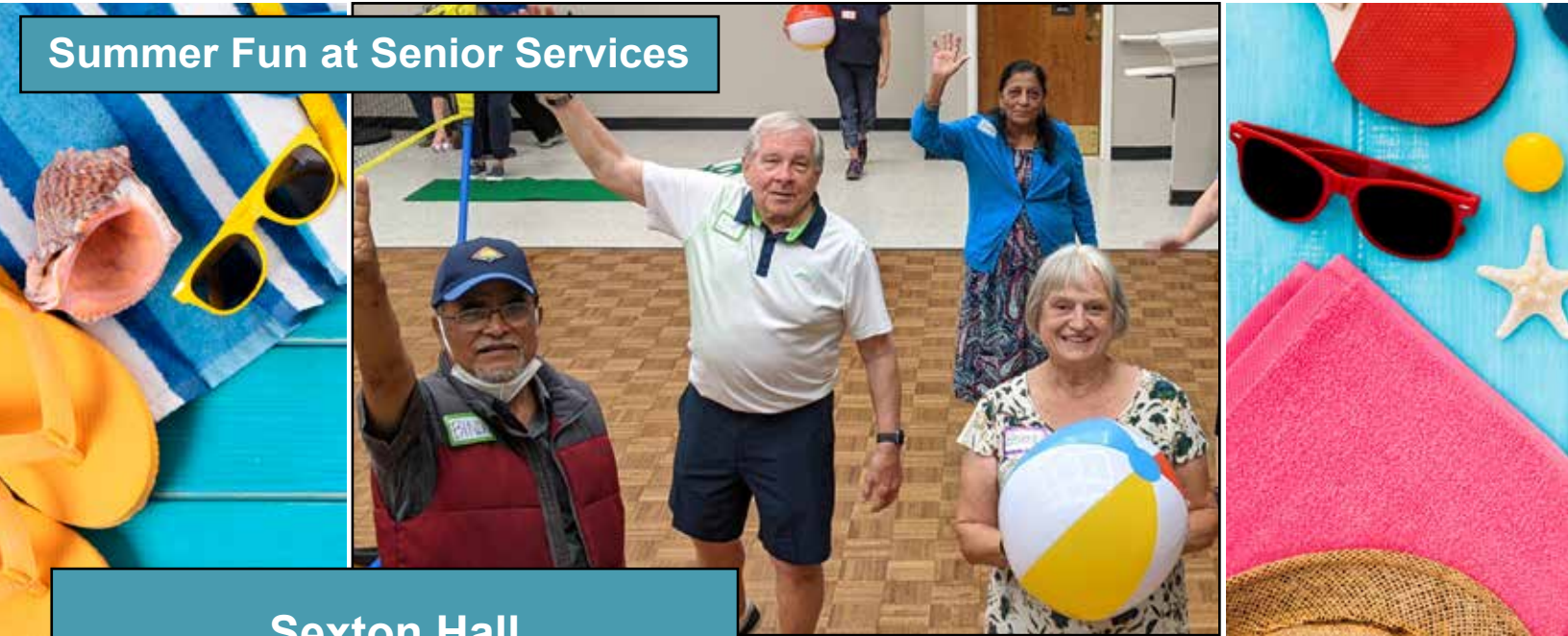


# ACTIVE ADULT PROGRAMS AGE 50 & BETTER

Your guide to events and happenings at Forsyth County Senior Services.

## Summer Fun at Senior Services



### Sexton Hall Charles Place Hearthstone Lodge

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

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### In-center programs five days a week!

June features daily morning and afternoon programs in all three of our centers. Discover new discussion groups, art classes and a variety of fitness offerings. Explore nature with the hiking club. Card groups and social clubs are back, too. New participants are always welcome.

If you'd like to join activities online, options remain. Explore special interest topics and ways to stay fit through hybrid activities, which take place online and in the centers.



# 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.

## Safety Protocols



Only those who are well may enter and remain in the building or fitness activity.

## Registration for Activities

Registration is required to participate in activities.

For in-center programs, 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.

All registration and participation in activities requires your basic contact information, age 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.

Key	
	
<b>Hybrid Programs</b> Offered in-center and online	<b>Evidence-based Programs</b> Content proven to create positive health outcomes

## Active Adult Memberships

Sexton Hall Enrichment Center and the Hearthstone Lodge Fitness Facility offer memberships for \$60 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.

For members only, Friday afternoons at Sexton Hall 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 at Hearthstone Lodge enjoy benefits in the fitness room and heated, covered pool. See page 10 for fitness room details and page 11 for pool details.

Want to stay up-to-date on our latest news and offerings? Send your request to be added to our weekly email blast to [seniorservices@forsythco.com](mailto:seniorservices@forsythco.com).

# Special Events

Events held at Sexton Hall. Register at least a week prior to secure your spot.



## Sunny Summer Bingo

Friday, June 11, 10:30 a.m. - noon

Free for members/\$3 non-members

Play several rounds of bingo with a chance to win excellent prizes. Light refreshments are provided. Kindly sponsored by Senior Care Authority.



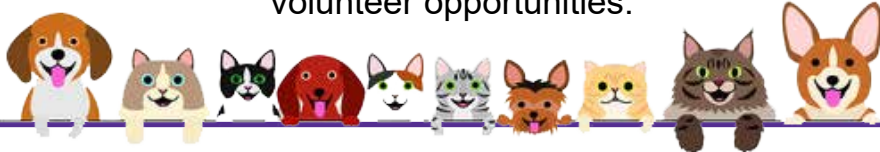
## Patriotic Trivia

Friday, July 9, 10:30 a.m. - noon

Free for members/\$3 non-members

Do you have a knack for facts involving all things America? U.S. history, presidential facts, summer foods and celebrations are some of the topics that will be covered. Prizes are awarded for winners. Bring your own team or we'll pair you with a group. Light refreshments provided. Kindly sponsored by Trinity Life at Home.

Representatives from the Forsyth County Animal Shelter will be on-site at Sexton Hall, **Friday, June 18, 10:30 a.m. - 12:30 p.m.** Stop by and learn about fostering and volunteer opportunities.



# Resources and Support

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



## Innovative Aids - **NEW!**

Thursdays, June 10 and 24, 11 a.m. - noon

Located at Sexton Hall

Staff will demonstrate use of assistive devices and explain their benefits. June 10 will focus on devices for maintaining independence and mobility, such as swivel seats and grip assistance for those with arthritis. June 24 will focus on assistive technology, such as battery-operated companion pets, for those with cognitive impairment and other medical needs.



## Coffee with a Cop

Wednesday, June 30, 10:30 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 Department.



# Lifelong Learning

## Topical Clubs & Discussion Groups



### **Talkin' Travel Club - *NEW!***

Tuesdays, June 8, 22 and July 6, 10:30 - 11:30 a.m.

Located at Sexton Hall; no charge

Enjoy learning about places near and far and how to get there? Want to share your stories and photos with fellow travelers? All adults with wanderlust are welcome at the Talkin' Travel Club. The first meeting will focus on destinations within the state, and then the group will decide on future topics and presentations.



### **Great Decisions Discussion Group - *NEW!***

Thursdays, June 17 - July 8, 2 - 3 p.m.

Located at Sexton Hall; no charge, book available for purchase

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 - *NEW!***

Thursdays, June 17, July 1 and 15, 3 - 4 p.m.

Located at Sexton Hall; no charge

If you enjoy a good cooking demo, recipe swap, or visiting a variety of eateries to find your next perfect bite, this group is for you. Facilitated by a culinary professional, this group for food enthusiasts will explore all things gastronomical. Share tips for preparing meals, discuss the latest nutrition topics, and talk about the world of restaurants.

## Garden and Nature

### **Live Well Garden Club**

Mondays, 10:30 - 11:30 a.m. (begins June 7)

Located at Sexton Hall

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**

Thursday, June 17, 11 a.m. - 12:30 p.m.

Located at Sexton Hall; no charge and 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.

## Technology

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

Tuesdays, June 8 - 29 and July 13, 2 - 3 p.m.

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



**June 8: eReaders** – Learn how to get the most out of your eReader, an alternative to hard copy books and periodicals. We'll cover general safety and care tips plus how to find free and secure books.



**June 22 & July 13: Q & A** - Bring your technology questions to this discussion or request assistance with a technical issue. All levels of tech skills are welcome.



**June 29: Online Travel Bookings** - Summer's here, and it's time to travel. Learn about the most popular vacation alternatives, booking tips and common mistakes to avoid when planning your get-away, plus suggestions for apps and websites to use.



## Education and Entertainment

### Living Long and Aging Well



#### It's Never Too Late

Wednesday, June 9, 2 - 3 p.m.; no charge

Many people found their success later in life such as folk artist Grandma Moses, designer Karl Lagerfeld and even KFC's brand ambassador, Colonel Sanders. Explore the opportunities for pursuing higher education as an older adult, including the new concept of an age-friendly university. Get inspired for your next act in life, whether it's education, a new business venture, writing a novel or learning a new hobby.



### History and Innovation



#### History of Solar Energy

Wednesday, June 23, 2 - 3 p.m.; no charge

Take a journey back to the first solar cars in the 1960s and the solar-powered calculator of the 1980s. Follow the progress of new innovations in the use of this renewable energy source. Discover the function of solar farms and sites manufacturing solar panels in the state of Georgia.



# Art and Creativity

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



## Art Class Preview

Tuesday, June 1, 9:30 - 11:30 a.m. & Thursday, June 3, 1 - 3 p.m.

Located at Sexton Hall

Stop by and tour the art studio. Preview some of the clay, ceramics, crafts and painting classes being offered. See if one of our upcoming art programs is a fit for you!

## Crafts



## Seasonal Crafts - *NEW!*

Tuesdays, June 8 - July 13, 9:30 - 11:30 a.m.

\$6 members/\$8 non-members per day

Located at Sexton Hall

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 and Pottery



## Clay & Glaze

Wednesdays, June 9 - July 14, 9 a.m. - noon

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

Located at Sexton Hall

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 and Painting

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



### **Intro to Acrylics - *NEW!***

Mondays, June 7 - July 12, 1 - 3 p.m. (No class July 5)

\$30 members/\$40 non-members per five-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



### **Botanical Acrylic Painting - *NEW!***

Thursdays, June 10 - July 15, 1 - 3 p.m.

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

Learn how to draw and paint beautiful, seasonal botanicals in our bright art studio. The view of our pollinator garden will be sure to inspire you. We'll choose from what is blooming and also include birds and insects that inhabit our garden. Instructor: Lisa Mann

Take both! Special combo price: \$55 members/\$77 non-members for both Acrylics sessions.



### **Watercolor Basics**

Wednesdays, June 9 - July 7, 2 - 4 p.m.

\$30 members/\$40 non-members per five-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, June 11 - July 9, 10 a.m. – noon

\$30 members/\$40 non-members per five-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: \$50 members/\$70 non-members for Watercolor Basics and Color Pencil Drawing sessions.



# Social Clubs



## Ladies' Group

Mondays, 9:30 - 10:30 a.m.

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

Mondays, 9:30 - 10:30 a.m.

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 growing 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.



## Navigators Club – **NEW!**

Fridays, June 4 and 18, July 2 and 16, 11 a.m. - noon

Located at Sexton Hall

Explore transitions in life together. Talk about the good and the bad that occurs throughout your journey. Join with others who share these challenges such as reaching out to loved ones, becoming a grandparent and navigating through a pandemic. Facilitated by a social worker.



## Bookworms United

Tuesday, June 29, 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 Eggenesperger.





## 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 Games and Table Games - *NEW!***

Drop in and play ping pong and table games such as Pong, Bunco, Rummy and Mexican Train.

## 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. For questions, call Ranee at (770) 781-2178, option 3 for Hearthstone Lodge.



### **Sope Creek in Marietta - Thursday, June 10**

Moderate five miles (no facilities available) - Hike the trail at Sope Creek Park near Marietta, exploring Civil-War era paper mill ruins near the shore of a rocky creek. Bring money for lunch at Stockyard Burgers and Bones.



### **Henderson Falls/Toccoa Falls - Thursday, June 24**

Easy four miles (facilities available) - Walk through a covered bridge at Henderson Falls, then step down to the water's edge and walk behind the falls. Afterwards, enjoy visiting the 186-foot Toccoa Falls - higher than Niagara Falls! Bring money for lunch at Puerto Nuevo Mexican and Seafood.

# Fitness

## Fitness Class Previews for Get Fit and Geri-Flex®

Wednesday, June 2 & Friday, June 4, 9:30 - 10:15 a.m.

Located at Sexton Hall; no charge for previewing class.

Preview new fitness classes designed for older adults age 50+ and any fitness level. Join these preview sessions in the center or online to see if it's a fit for you.



### Flex and Balance

Mondays and Wednesdays, June 7 - July 14, 8:30 - 9:15 a.m. (No class July 5)  
\$33 members/\$44 non-members, six weeks

Located at Hearthstone Lodge

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



### Stay Active & Independent for Life (SAIL) - NEW!

Mondays and Wednesdays, June 14 - August 4, 1:30 - 2:30 p.m. (No class July 5)  
\$30 members/\$45 non-members, eight weeks

Located at Charles Place

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, an assessment is required to evaluate your fitness level. This program includes an information and exercise guide. Certified Instructor: Jessica Lotspeich

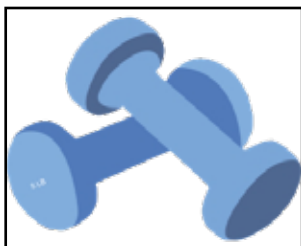


### Strength and Tone

Tuesdays and Fridays, June 11 - July 16, 8:30 - 9:15 a.m. (No class June 8)  
\$33 members/\$44 non-members, six weeks

Located at Hearthstone Lodge

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. Instructors: Raneen Pattison and Brian Blasick



### Get Fit - NEW!

Tuesdays and Fridays, June 8 - July 16, 9:30 - 10:15 a.m. (No class July 2)  
\$33 members/\$44 non-members, six weeks

Located at Sexton Hall

This exercise and fall prevention class targets the upper and lower body with strength training exercises. Light weights and a stretch band are used to work on balance training, improving gait and range of motion. Designed for older adults age 50+ and all fitness levels to improve function and strength. Instructor: Susy Hollaway



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

Tuesdays, June 15 - July 13, 11:15 a.m. - noon (No class July 6)

\$12 members/\$20 non-members, four weeks

Located at Hearthstone Lodge

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



### **Geri-Flex® - NEW!**

Wednesdays, June 9 - July 14, 9:30 - 10:15 a.m.

\$18 members/\$30 non-members, six weeks

Located at Sexton Hall

Learn how to safely stretch your entire body with chair exercises aimed to increase range of motion and flexibility. The techniques demonstrated also help with chronic pain management and back pain. Instructor: Susy Hollaway



### **Senior Tone & Balance**

Thursdays, June 3 - July 8, 9:30 - 10:15 a.m. (No class June 10)

\$25 members/\$35 non-members, five weeks

Located at Sexton Hall

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



### **Tai Chi - Series 1**

Thursdays, June 17 - July 8, 10:15 - 11 a.m.

\$12 members/\$20 non-members, four weeks

Located at Hearthstone Lodge

Practice continuous flowing motions to improve harmony, improve balance and assist in fall prevention. Every class will begin with a full body warm-up and then focus on one Sun Style Tai Chi form. Series 1 will provide a chance for experienced students to learn new movements but is easy enough for beginners to learn as well. Certified Instructor: Brian Blasick



### **Weight Training**

Fridays, June 18 - July 9, 11 - 11:45 a.m.

\$12 members/\$20 non-members, four weeks

Located at Hearthstone Lodge

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

Hearthstone Lodge's Fitness Facility is open Monday - Friday, 8 a.m. - 4:15 p.m.

Features 12 isokinetic resistance band workout stations designed for active adults.

Membership is \$60 a year, separate from the pool membership.

Orientation required before using fitness center equipment.

## Aquatic Fitness

All aquatic classes are located at Hearthstone Lodge. The pool is covered, heated and open year-round. Pool membership is for lap and open swim times only. Membership of \$60 a year, separate from the fitness center membership.



### Arthritis Foundation's Aquatic Program

Mondays, Wednesdays and Fridays, June 7 - July 16, 9:30 - 10:30 a.m.  
(No class July 5 or 7)

**\$48 members/\$64 non-members, six weeks**

This evidence-based program will meet three times a week for 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: Raneen Pattison

### Morning H2O Aerobics

Mondays, Wednesdays and Fridays, June 7 - July 16, 10:45 - 11:45 a.m.  
(No class July 5)

**\$51 members/\$68 non-members, six weeks**

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

### Deep H2O Aerobics

Tuesdays, June 8 - July 13, 10 - 11 a.m. (No class July 6)

**\$15 members/\$25 non-members, five weeks**

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: Raneen Pattison

### Afternoon H2O Aerobics

Tuesdays and Thursdays, June 8 - July 1, 3:30 - 4:30 p.m.

**\$40 members/\$56 non-members, four weeks**

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



# Congregate Activity Program

This Older Americans Act program provides a daily meal and activities to help with the goal of remaining active, independent and healthy. While all adults age 60 and over are welcome, grant programs give preference to those in greatest need. Registration and an assessment are required to be in Congregate. Donations for the program are welcome but are not required; there are sometimes fees for special classes and activities. Attendance is limited to several times per week due to space limitations. Transportation is available to those unable to get to the centers. Those interested in giving the program a try may contact the persons below, depending on the location they prefer. A calendar of daily activities may be found in the centers or at the department's county webpage, [www.forsythco.com/seniors](http://www.forsythco.com/seniors).

**Note: Reservations are required to attend.**

## Charles Place Congregate Program

Monday - Friday, 9:30 - 11:30 a.m. or 1:30 - 3:30 p.m.

Located at 595 Dahlonega Street near downtown Cumming. Call (770) 781-2178 option 1 to contact Barbara Wiggins at Charles Place for more information.

## Sexton Hall Congregate Program

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

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



## Congregate's Sock Hop & Ice Cream Social

Friday, June 18, 11:30 a.m. - 2:30 p.m.  
Located at Sexton Hall



Fun, games, music and sweet treats!

The ice cream truck is stopping by with cold treats available to purchase for \$1 - \$5! Come dressed in your favorite styles from the '50s or '60s. Prizes for dance contest and best dressed will be awarded.

See all of your Congregate friends at one time and place!

Let us know you're coming by contacting (770) 781-2178.

# Caregiver Programs

The job of a caregiver is difficult, but 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 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 and 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 via Zoom on the first and third Wednesday of the month. Contact Barbara Wiggins at (770) 781-2178, option 1 for Charles Place.

## 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. They are currently hosting a "Growing Old Gracefully" contest; [www.agewellforsyth.com](http://www.agewellforsyth.com). Call Linda Ledbetter for further information at (404) 245-7949.

# Age Well Contest



Express how you age gracefully through creative arts. Whether it's by song, dance or even poetry, you can win prizes and accolades for your talent! See [www.agewellforsyth.com](http://www.agewellforsyth.com) for more details or call (404) 254-7949.

The deadline to submit entries is July 1, 2021.

## 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, 2 - 3 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. In the centers starting in June.

**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!



## 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 Dahlonega Street  
Cumming, Georgia 30040

### **Sexton Hall**

2115 Chloe Road  
Cumming, Georgia 30041

### **Hearthstone Lodge**

7305 Lanier Drive  
Cumming, Georgia 30041