

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

Registration.....	1
Special Events.....	2 - 3
Resources and Support.....	4
Lifelong Learning.....	4 - 6
Art and Creativity.....	7 - 10
Fitness.....	10 - 12
Hikes.....	13
Trips.....	14
Membership.....	15
Social Clubs.....	15 - 16
Volunteer Opportunities.....	17
Rentals.....	17
Services for Older Adults.....	18 - 19

Because We Care

Visit the **CARE Fair**, September 10 & 11, featuring resources and assistance for caregivers, health screenings and an Innovative Aids showroom. Details for this event found on page two.

Fall Favorites

Win some prizes in **Haunted Harvest Bingo**, enjoy horror films just in time for Halloween at **Monster Movie Day** and try a variety of seasonal craft activities and painting projects.

Garden Trip

Enjoy the outdoors with our **Garden Club** as you tour and learn from local gardens.



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) 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

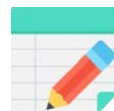
Offered in-center and online

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.

Charles Place

595 Dahlonega Street
Cumming, Georgia 30040

Sexton Hall

2115 Chloe Road
Cumming, Georgia 30041

Hearthstone Lodge

7305 Lanier Drive
Cumming, Georgia 30041



Forsyth County Senior Services **CARE Fair**

This Caregiver Assistance and Resource Event (CARE) showcases information and services to help you care for yourself and others, featuring nonprofits and government agencies on Friday and local businesses on Saturday.

Friday, September 10 & Saturday, September 11
10 a.m. - 1 p.m.

Sexton Hall | 2115 Chloe Road | Cumming, Georgia

FREE ADMISSION

Health Screenings • CARE Package of Goodies • Innovative Aids*

*Don't miss our 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 to Forsyth County residents age 60+.

Contact: Forsyth County Senior Services • (770) 781-2178
seniorservices@forsythco.com • www.forsythco.com/seniors

SPONSORS



Humana



**EMORY
JOHNS CREEK
HOSPITAL**

Special Events

Active Adults Age 50+

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

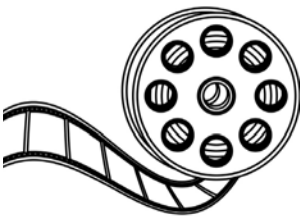


Haunted Harvest Bingo

Friday, October 8, 10:30 a.m. - noon

Free for members/\$5 non-members

Play several rounds of bingo with a chance to win excellent prizes. Additional prize for best costume. Light refreshments are provided. Kindly sponsored by McDonald & Son Funeral Home & Crematory.



Monster Movie Day

Friday, October 29, 1 - 4 p.m.

Free for members/\$5 non-members

Enjoy a double feature of the classic horror films, *Frankenstein* and *Dracula*. Light refreshments and popcorn will be served to celebrate the 90th anniversary of these movies.

Community Events

Silent Auction

The Senior Center at Charles Place will hold a silent auction of exciting items the week of October 4 - 8. Drop by between 9 a.m. - 4 p.m. daily to have a look and make a bid. Items up for auction include a recumbent bike, a Keurig coffeemaker, dinnerware and much more! Presented by Charles Place Site Council members. Please contact Lydia at (203) 981-5491 or Louise at (740) 497-4106 for more information or if you would like to donate items.



Trunk & Treasure

Friday, October 22, 10 a.m. - noon

Located at Hearthstone Lodge

Vendor tables inside and out will display treasures that need a new home. Come browse through the bargains and beauties, and enjoy some time at Hearthstone Lodge. If you would like to reserve a spot as a vendor, please call (770) 781-2178 option 3 for Hearthstone Lodge for more information and pricing.

Fall Concert: Musical Favorites

Sunday, October 24, 3 - 5:30 p.m.

Located at Sexton Hall - \$7 advance/\$10 at the door

The Sounds of Sawnee Concert Band is delighted to have the opportunity to perform for you once again! Celebrate with Broadway show tunes, movie soundtracks, big band sounds, music from the late '70s and '80s, Halloween-themed music, and inspirational selections. All ages welcome. Light refreshments sponsored by Care Patrol North Fulton Forsyth. Ticket sales begin September 15.



Resources & Support

Offered at no charge. Registration in advance required.



Coffee with a Cop

Wednesdays, September 22 & October 27, 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.



Caring for Others

Wednesdays, September 22 & October 27, 2 - 3 p.m.

Located at Sexton Hall

These educational presentations focus on caregiving for those that need help or assistance. The September topic focuses on grooming and dressing. In October, tips for adaptive exercises and hobbies are covered. Topics presented by Southern Companions Home Health.



Women's Self - Defense Workshop

Tuesday, November 9, 10:30 - 11:30 a.m.

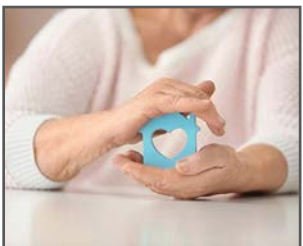
Located at Hearthstone Lodge

Learn how to confidently protect yourself. Presented by Corporal Jenny Belafi from the Forsyth County Sheriff's Office.

Lifelong Learning

Education & Entertainment

Held at Sexton Hall; no charge. Registration in advance required.



Safe at Home

Tuesdays, September 21 - October 5, 11:30 a.m. - 12:30 p.m.

Topics covered in this three-part series are bathroom and kitchen safety, whole house safety and technology for aging in place. Presented by occupational therapist, Janet Engle.



Jimmy Carter, Alaska & the Antiquities Act

Wednesday, October 13, 2 - 3 p.m.

Discover the history and policy behind the preservation of 56 million acres of land in Alaska. Presented by educational specialist Joshua Montanari from The Carter Center.



Technology



- All technology programs are hybrid (offered at Sexton Hall and online). Registration in advance required.



Online Registration Training

Tuesday, September 14, 10 - 11 a.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 registering for programs. Training offered at no charge.



Monthly Q & A

Tuesdays, October 5 & November 2, 3 - 4 p.m.

Bring your technology questions to this discussion or request assistance with a technical issue. All levels of tech skills are welcome. Q & A time offered at no charge.

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

No charge for members/\$6 non-members per three-week session



Computers 101 - Online Ordering

Tuesdays, September 14 - 28, 3 - 4 p.m.

Learn what happens behind the screen while you shop. Discover how targeted ads work, find the best deal and learn safe web browsing practices.



Smart Devices 101 - Staying Organized

Tuesdays, October 12 - October 26, 3 - 4 p.m.

Never miss a doctor's appointment or important birthday or anniversary again! Learn tips and tricks for organizing the chaos of life with calendars, reminders, notes and more.



Timely Tech: Holiday Shopping Scams

Tuesday, November 9, 3 - 4 p.m.

No charge for members/\$2 non-members

Learn the best ways to protect yourself online this holiday season as you search for deals and take advantage of shopping opportunities.

Hobby & Themed Groups

Held at Sexton Hall; no charge. Registration in advance required.



Talkin' Travel Club

Tuesdays, September 21, October 5, 19 & November 2, 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. Travel professionals occasionally present.





Great Decisions Discussion Group

Thursdays, September 23 - October 14, 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 Lunch Club - **NEW DAY & TIME**

Wednesdays, September 15 & October 20, 1 - 2 p.m.

Bring your lunch and meet with other food enthusiasts to discuss tasty topics. Facilitated by a culinary professional, September's discussion will focus on quick and easy soups. October's discussion will look at new food trends for favorite fall recipes.

Garden & Nature

Held at Sexton Hall; no charge.

Live Well Garden Club

Mondays, 9 - 10:30 a.m. (No meeting September 27; see below)

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.



Garden Club Trips - **NEW!**

Visit local gardens and tour the grounds to bring garden lessons to life! The bus departs from Sexton Hall. Additional guidelines for trips are covered on page fourteen. Regular Garden Club members get first spots. Others may register starting September 1.

Ball Ground Botanical Gardens - Lots of walking

Monday, September 27, 9 a.m. - 2 p.m.

\$10 members/\$15 non-members

Register by September 20.

Enjoy a guided tour and view a wide variety of native Georgia plants and trees as well as a butterfly garden. Lunch on your own at Ball Ground Burger Bus.

Lunch & Learn with Master Gardeners

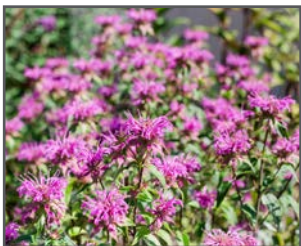
Thursdays, September 23 & October 28, 11 a.m. - 12:30 p.m.

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.

September Topic: Fall Garden Bulbs; presented by Shannon Kennedy.

October Topic: Fragrance - The Overlooked Garden Dimension; presented by Josh Fuder, Cherokee County ANR Agent.



Art & Creativity

Sexton Hall

Please register at least one week in advance for art classes.

Open Studio - **NEW!**

Tuesdays, 1 - 3 p.m., starting September 14

No charge for members/\$3 non-members per day

Need some more time to complete a craft or work on your clay creation? Reserve a spot on Tuesday afternoon to finish your masterpiece. Registration is required.

Paint & Sip



Lightning Bugs Painting - **NEW!**

Friday, October 1, 10 a.m. - noon

\$16 members/\$20 non-members

Highlight these delightful evening visitors on canvas with cozy hues and special glow-in-the-dark paint. Sip on sparkling 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.

September 14 - October 5

October 19 - November 9

\$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, September 15 - November 10, 9 a.m. - noon

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

Join us for a fun introductory 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, 2 - 4 p.m.

September 13 - October 11 (No class September 27)

October 18 - November 8

\$24 members/\$32 members per four-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



Autumn Scenes in Acrylics - **NEW!**

Thursdays, 2 - 4 p.m.

Series 1: September 16 - October 7

Series 2: October 14 - November 4

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

Learn how to draw and paint vibrant scenes of fall. Light, color and texture are showcased in these paintings. Different scenes are painted each session. Understanding of basic painting techniques is required. Instructor: Lisa Mann

Combo two or more acrylics sessions and get \$4 off each session.



Watercolor Basics

Wednesdays, 2 - 4 p.m.

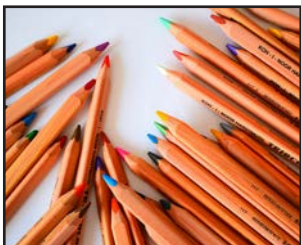
September 22 - October 13

October 20 - November 10

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



Intro to Color Pencil Drawing Workshop - **NEW!**

Friday, October 15, 9:30 a.m. - 12:30 p.m.

\$24 members/\$30 non-members for one-day workshop

This fun three-hour workshop introduces you to sketching, shading and drawing using color pencils. No experience necessary. All supplies are provided. Instructor: Janet Myers

Art & Creativity

Charles Place

Classes taught by resident artist and free spirit, Jane Mauldin. Supplies provided. Fun guaranteed! Please register at least one week in advance for art classes.

Tuesday Afternoons



Front Porch Reversible Wood Sign: Scarecrow & Snowman

Tuesdays, September 14 - 28, 1:30 - 3:30 p.m.

[\\$15 members/\\$21 non-members per three-week session](#)

Be the talk of the neighborhood with this wood décor perfect for your front porch. Celebrate the fall season with a scarecrow then turn to the opposite side and celebrate winter with a snowman. All wood and paint supplies provided with guided instruction.



Watercolor for Beginners

Tuesdays, October 5 - October 19, 1:30 - 3:30 p.m.

[\\$15 members/\\$21 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'll create a haunted house landscape and a pumpkin landscape you'll be proud of!



Finger Painting

Tuesdays, November 2 - 16, 1:30 - 3:30 p.m.

[\\$15 members/\\$21 non-members per three-week session](#)

No brush? No problem! Whether you're looking for an easy-to-paint project or some afternoon fun, our in-house artist can show you how to paint with just your hands. All paints used are non-toxic. No experience needed.

Paint & Sip



Road to Fall Acrylic Painting

Tuesday, October 26, 1:30 - 3:30 p.m.

[\\$16 members/\\$20 non-members](#)

Paint a path through autumn woods that reflect the changing colors of the season. Sip on sparkling non-alcoholic beverages as our resident artist leads you with step-by-step instructions for any level of painting skills. Canvas size is 16" x 20".

Thursday Afternoons



Blanket Basket

Thursdays, September 16 - September 30, 1:30 - 3:30 p.m.

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

Paint a colorful farm scene with a red barn, bright sunset and green pastures. Using a bushel basket as your canvas, create a beautiful place to store your blankets for cooler weather.



Wreath Making Workshops

Thursdays, October 7 & November 4, 1:30 - 3:30 p.m.

\$10 members/\$15 non-members per workshop

Make a variety of seasonal wreaths. Hang proudly on your door for all to see.

October 7 - Fall Picture Frame Wreath

November 4 - Turkey Wreath



Seasonal Crafts

Thursdays, October 14 - October 28, 1:30 - 3:30 p.m.

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

Using upcycled wine bottles, paints and other trimmings, create seasonal décor. Crafts follow themes of fall, Halloween and the upcoming yuletide season.

Fitness

Sexton Hall



Senior Tone & Balance

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

September 9 - October 7

October 21 - December 9 (No class November 11 - 25)

\$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



Line Dancing - **NEW!**

Tuesdays, September 14 - November 2, 2 - 3 p.m.

\$40 members/\$56 non-members per eight-week session

Learn low-impact dance steps to lively, upbeat music. This class is easy, fun and a great workout! Dancing styles covered include Country Western, Swing, Salsa, Tango, Cha Cha, Waltz and more. You don't need a dance partner or previous dance experience to take this class. Instructor: Nancy Anthony

Fitness

Hearthstone Lodge



Flex & Balance

Mondays, Wednesdays & Fridays, September 13 - November 5, 8:30 - 9:15 a.m.
\$72 members/\$96 non-members per eight-week session

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



Low Impact Jump & Jive - *NEW!*

Tuesdays, September 21 - November 9, 9 - 9:45 a.m.
\$24 members/\$40 non-members per eight-week session

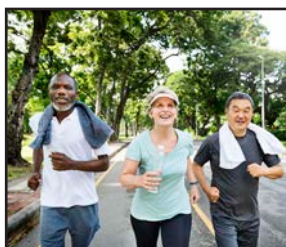
This fun, moderate cardiovascular workout begins with a low-impact warm-up and includes elements from martial arts to help train your whole body. Rest and recovery are incorporated. Conclude with a cool-down and gentle stretching. Develop confidence, build stamina and improve coordination and balance. Instructor: Rane Pattison



Tai Chi & Stretch

Wednesdays, September 15 - November 3, 11 - 11:45 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



Walk with Ease

Tuesdays, September 28 - November 2, 10 - 11 a.m.
\$30 members/\$36 non-members per six-week session
Fees include guidebook.

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. Walks include a warm-up, stretching and walking for up to forty minutes. Instructor: Brian Blasick





Arthritis Foundation's Aquatic Program

Mondays, Wednesdays & Fridays, September 13 - November 5, 9:30 - 10:30 a.m.

\$72 members/\$96 non-members per eight-week session

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, September 13 - November 5, 10:45 - 11:45 a.m.

\$72 members/\$96 non-members per eight-week session

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

Deep H2O Aerobics

Tuesdays, September 14 - November 2, 10 - 11 a.m.

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

Deep water aerobics has a low impact on your joints but 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

Beginner Paddle Boarding - *MEMBER BENEFIT!*

Thursday, September 30, 10 - 11:30 a.m.

\$35 for members only

Introductory workshop to learn safe paddle boarding and rolling techniques. Boards will be provided. Very limited spaces. Instructor: Forsyth County Parks and Recreation staff

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. Fitness evaluations may be required for moderate and strenuous hikes. Staff reserves the right to determine hiking eligibility on an ongoing basis. For questions, call Rane 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.



Woody Gap/AT, Cleveland - Thursday, October 14

Travel Distance: approximately 37 miles

Strenuous seven miles (facilities available) - Hike to scenic views along the Appalachian Trail at one of the trail's busiest intersections. Lunch (on your own) in Cleveland.



Cloudland Canyon, Rising Fawn - Thursday, October 28

Travel Distance: approximately 126 miles

Strenuous five miles; lots of stairs! (facilities available) - Start at the overlook, then take the stairs down to the bottom of the waterfalls where you walk past rocks 300 million years old. See more of the beautiful scenery at the Georgia and Tennessee border. Bring your own picnic lunch to enjoy at an overlook.



Tallulah Water Release, Tallulah Falls - Saturday, November 20

Travel Distance: approximately 62 miles

Strenuous three miles; lots of stairs! (facilities available) - Hike from the North Rim down the stairs to the suspension bridge and watch the release of the water at 700 cubic feet per minute. Take the stairs back up to the South Rim and walk along the trail back to the North Rim. Lunch (on your own) at the Frozen Palm Tree.

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 required at least 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 September 8.



Oakland Cemetery - Lots of walking, uneven surfaces

Thursday, October 7, 8:45 a.m. - 2:30 p.m.

\$21 members/\$26 non-members

Departs from Sexton Hall; register by September 30

Visit one of the most historic sites in Atlanta. During the guided "Greatest Hits" tour, learn the history and symbolism of the ornate headstones and see the resting place of golf legend Bobby Jones, author Margaret Mitchell, mayor Ivan Allen and many others. Lunch on your own at DAS BBQ.



Blue Ridge Scenic Railway - Lots of walking

Monday, October 25, 7:30 a.m. - 5 p.m.

\$69 members/\$74 non-members

Departs from Sexton Hall; register by October 18

All aboard! In downtown Blue Ridge we'll join the train and ride along scenic forests and the Toccoa River. Stroll through the twin towns of McCaysville, Georgia and Copperhill, Tennessee. Browse the newly revitalized Riverwalk Shops. Lunch on your own in McCaysville or Copperhill.



Consolidated Gold Mine - Moderate walking

Thursday, November 4, 9:15 a.m. - 2 p.m.

\$36 members/\$41 non-members

Departs from Sexton Hall; register by October 28

Head twenty stories down to tour this former gold mine and hear the legends and tales of Dahlonega's gold rush in the late 1800s. Afterwards, you can do some panning of your own. Lunch on your own at The Smith House, a local legend in its own right.

Note: Lots of stairs and ramps, no walkers or wheelchairs allowed in mine. May trigger claustrophobia.

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.

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.

Social Clubs



Bagel Boyz - Men's Group

Mondays, 10:30 - 11:30 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.



Ladies' Group - Online only beginning September 15

Wednesdays, 9:30 - 10:30 a.m. - **NEW DATE & TIME**

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



Bookworms United - **NEW DAY & TIME**

Wednesdays, September 15 & October 20, 1:30 - 2:30 p.m.

Located at Charles Place - **NEW LOCATION**

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.



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.

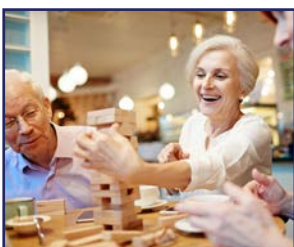


Common Grounds Social Club

Thursdays, September 9 & 23, October 14 & 28, 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, sharing feedback with staff, projects or volunteer opportunities. Beginning September 9, this group will meet the second and fourth Thursdays of the month.



Newcomers Club

Fridays, September 24 & October 29, 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.



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:

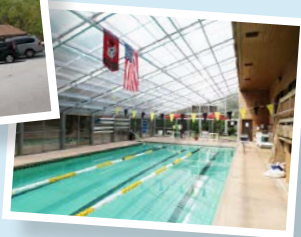
Interviewers for Life Story Program: Fall, several hours per week. Minimum of 8 weeks. By phone, online or in person.

Editors for Life Story Program: Fall. Can volunteer from home.

Please contact our Volunteer Leader, Hunter Bennett, at 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!



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



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.

Congregate Club

This is an Older Americans Act nutrition-focused program, open to those age 60 and older. A registration process is required for participation. No drop-ins please.

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

- Transportation may be available for those who are no longer driving; 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 - 3:30 p.m.

Monday and Wednesday only, with take home lunch.

New Friday Offerings!

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

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. Lunch eaten in-center.

Services for Older Adults

Meals on Wheels

Weekly delivery of meals to homes by a friendly visitor. Call (770) 781-2178 option 1 to contact Dan Hill at Charles Place.

Caregiver Programs

Along with our Memory Support program, Senior Services provides support groups, individual life coaching and educational presentations to help you navigate the challenges of caregiving.

Memory Support Program

There is an in-center 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

Offered on the first Wednesday of the month at Sexton Hall and the third Wednesday of the month by Charles Place. Individual counseling may be available. Contact Barbara Wiggins at (770) 781-2178, option 1 for 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. 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.