

MARCH - APRIL 2024

ADULT ACTIVITIES AND SERVICES

Your guide to activities for those age 60 and better
Forsyth County Senior Services

UPCOMING EVENTS

Celtic Bingo

Shamrock Shakedown

Super Game Day

Aging Well Expo

Earth Week Celebrations

**Forsyth Symphony
Orchestra**



Charles Place and Sexton Hall have earned the status of National Accreditation by meeting established senior center standards of excellence developed by the National Council on Aging's National Institute of Senior Centers.

Want to hear more about this amazing achievement?
See page three for Chat with the Director sessions at both centers.

Accredited by



NationalInstituteOf
SeniorCenters





Forsyth County Senior Services

Our Mission

To provide engaging, impactful life enrichment programs and services for adults age 60 and better in Forsyth County.

Our Purpose

To be the resource and destination for aging well. To respond to the diverse needs and interests of several generations of older adults. To promote and provide opportunities for wellness.

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 either location on weekdays from 8 a.m. - 4:30 p.m. for a tour.

Charles Place

595 Dahlonega Street
Cumming, Georgia 30040

Sexton Hall

2115 Chloe Road
Cumming, Georgia 30041

Welcome!

This newsletter covers programs and activities
March 4 - May 5.
Registration begins February 19.

Registration for Activities

Registration is required to participate in activities. Register in-person or call (770) 781-2178, option 1 for Charles Place or option 2 for Sexton Hall. Online registration through www.forsythco.com/seniors

Special Event & Class Refund Policy

A refund will be issued for requests received at least 7 days prior to the first class date. Subsequently, a 50% refund will be issued for requests received before the second meeting of the class. Other refund requests will be reviewed by staff.

Trips/Hikes Refund Policy

A full refund will be issued for requests received at least two weeks prior to the departure date of the trip or hike. Subsequently, a refund will be issued only if your spot is filled by a paying participant.

Membership Benefits

Annual Membership includes access to our two locations, each providing unique programming. Annual membership is \$60 for individuals, \$40 for each additional household member. That breaks down to only \$5 a month or less for tons of fun! Milestone membership is FREE for Forsyth County residents age 85 and better, \$30 per year for non-residents.

Additional Fees

An additional 20% will be added to all out-of-county resident registrations.

STAY IN THE KNOW

Visit our website:

www.forsythco.com/seniors

Follow us on Facebook:

facebook.com/forsythcountyseniorservices

Request the weekly email announcements:

seniorservices@forsythco.com

Register at least one week in advance to secure your spot.

Special Events

Active Adult Events

These events are for Active Adults age 60 and better.

Celtic Bingo

Held at Sexton Hall

\$5 members/\$10 non-members

Experience the thrill of this game surrounded by Celtic decorations and music. Enjoy the enchanting atmosphere with a chance to win excellent prizes. Sponsored by Everleigh Deerfield.

Friday March 8 1:30 - 3 p.m.



Shamrock Shakedown

Held at Sexton Hall

\$5 members/\$10 non-members

At this St. Patrick's Day celebration, put on your favorite green outfit and get ready to sham-rock-and-roll. Enjoy light refreshments and music from Keltic Kudzu. Sponsored by Affordable Medicare Solutions.

Friday March 15 10 - 11:30 a.m.

Super Game Day: Forsyth County Sheriff's Office vs. Active Adults

Held at Charles Place

Members Only

No charge

Join us for an allstar showdown game of Rummikub. Enjoy light refreshments and cheer on the team of your choice, the Forsyth County Sheriff's Office or the Senior Services' Active Adults.

Friday April 5 9:15 - 11:15 a.m.

Community Events

These events are open to all ages.

Aging Well Expo

Held at Forsyth County Conference Center at Lanier Tech Resources, products and services for older adults. See back cover for more details.

Thursday April 18 10 a.m. - 1 p.m.



Forsyth Symphony Orchestra

Held at Sexton Hall

\$10 in advance/\$15 at the door

Join us for a spectacular afternoon of musical brilliance as the Forsyth Symphony Orchestra presents "Broadway in Bloom." Revel in the enchanting melodies from Broadway hits like *Phantom of the Opera*, *Wicked*, *Les Misérables* and more. Let the harmonies of our community orchestra create an unforgettable symphony of joy. Light refreshments sponsored by Mansions of Alpharetta.

Sunday May 5 3 - 5 p.m.

CALLING ALL VENDORS!

Get a space at our Summer Craft Show!

Saturday, July 20, 10 a.m. - 1 p.m.

Located at Sexton Hall

Registration opens March 18.

\$20 - \$25 spaces available.

Register at least one week in advance to secure your spot.

Resources & Support

Community Collaboration

Government partners provide updates and news about topics relevant to older adults.

Chat with the Director - **NEW!**

Held at Charles Place & Sexton Hall *No charge*
Share a cup of coffee with Ruthie Brew, Senior Services Director, and hear the latest and the best of what's happening in the Department. This is a good time to ask questions and share feedback, as well. Ruthie will talk about the two awards the Department has achieved recently and how they put Forsyth County on the map as a leader in the senior services field.

Held at Charles Place

Monday **March 4** **10:30 - 11:15 a.m.**

Tuesday **March 5** **10:30 - 11:15 a.m.**

Held at Sexton Hall

Wednesday **March 20** **2 - 2:45 p.m.**



Coffee with a Cop

Held at Sexton Hall & Online *No charge*
A monthly program focused on community awareness for older adults. Bring your questions to each meeting where a topic of concern or interest will be presented by Forsyth County Sheriff's Office and other speakers.

Tuesday **March 5** **10 - 11 a.m.**

Tuesday **April 2** **10 - 11 a.m.**

Matters of the Mind

Just like physical health,
your mental health is important too.

Coping with Anxiety

Held at Sexton Hall & Online

No charge

Learn what anxiety is and strategies on what to do when it interferes with your daily life. Discuss how to help someone through anxiety and get tips to cope with anxiety as a caregiver. Presented by Trinity Graves, Behavioral Health Counselor, Avita Community Partners.

Tuesday

April 23

10:30 - 11:30 a.m.

Caregiver Support

These programs offer education and emotional support for individuals caring for a loved one. Whether it's Alzheimer's or aging-related challenges, these classes give you the resources to cope and provide care.

Elder Law -

What Family Caregivers Need to Know

Held at Sexton Hall & Online

No charge

Learn about legal issues for caregivers and documents that may be important in ensuring the legal and financial security of their family member. Presented by Chris Brannon, Georgia Estate & Elder Law, LLC.

Thursday

March 14

1:30 - 2:30 p.m.

Assistive Technology for Caregivers

Held at Sexton Hall

No charge

Assistive Technology includes various devices, equipment and systems that help people with disabilities live independently and perform daily tasks more effectively. Learn about products that may help you in your caregiving journey.

Presented by Emily Major, Assistive Technology Coordinator, Legacy Link.

Thursday

April 4

1:30 - 2:30 p.m.

Register at least one week in advance to secure your spot.

Lifelong Learning

Health & Wellness

These programs provide tips and guidance on all aspects of wellness and brain health.

Healthy Living For Your Brain & Body

Held at Charles Place, Sexton Hall & Online

No charge

This program offers science-based recommendations for taking care of our brains and bodies. Learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement. We'll offer tips on how to make small changes in each of these areas to build healthier habits.

Presented by The Alzheimer's Association.

Held at Sexton Hall & Online

Tuesday March 19 10:30 - 11:30 a.m.

Held at Charles Place

Friday March 29 9:30 - 10:30 a.m.

Beyond The Table - Food Demonstration

Held at Charles Place & Sexton Hall *No charge*

March is National Nutrition Month. Join us for an engaging nutritional food demonstration and presentation. Learn about garden to table nutrition and how it affects the nutritional value in the foods we eat. Presented by Susan Wright, Staff.

Held at Charles Place

Monday March 25 10:15 - 11:15 a.m.

Tuesday March 26 10:15 - 11:15 a.m.

Held virtually at Sexton Hall

Tuesday March 26 10:15 - 11:15 a.m.

Focus on Personal Care

Held at Charles Place & Sexton Hall *No charge*

Build awareness around hygiene practices and their importance to preserve health and prevent the spread of disease. Presented by Pam Dawson, Seniors First of Georgia.

Held at Charles Place

Monday April 1 10:30 - 11:15 a.m.

Tuesday April 2 10:30 - 11:15 a.m.

Held at Sexton Hall

Tuesday April 2 1:30 - 2:15 p.m.

Pet Therapy

Held at Sexton Hall

No charge

Come out to meet certified canine good citizen dogs. Presented by Humane Hearts Pet Therapy.

Tuesday April 9 10:30 - 11:30 a.m.



Foot Health

Held at Charles Place & Sexton Hall *No charge*

Understand various aspects of foot health, practical tips for foot care and ways to maintain mobility and independence. Presented by Sibel Healy RN, CWON, Sole Care Atlanta.

Held at Charles Place

Monday April 22 10:30 - 11:15 a.m.

Tuesday April 23 10:30 - 11:15 a.m.

Held at Sexton Hall

Tuesday April 30 10:30 - 11:15 a.m.

Register at least one week in advance to secure your spot.

Lifelong Learning

Education & Entertainment

Explore fascinating topics and discover ways to age with vitality and independence.

Aging Mastery

Held at Sexton Hall

\$10 supply fee for class materials; ten-week session

Live your best life at 60, 70, 80, 90 and beyond! It's never too late to take small steps to improve your health and plan for your future. This evidence-based program helps you build a plan for aging well. Create actionable goals, develop healthier habits and discover how to stay socially engaged. Presented by Lisa Howard, Legacy Link.

Mondays March 4 - May 6 1:30 - 3 p.m.

Tips to Survive the Drive

Held at Charles Place & Sexton Hall *No charge*

Learn how aging impacts driving, tips on keeping safe and what other options exist when you retire from driving. Presented by Jim Kelly, Manager, 55+ Driver Safety Program, Georgia Department of Public Health.

Held at Charles Place

Monday March 11 10:30 - 11:15 a.m.

Held at Sexton Hall

Tuesday March 12 10:30 - 11:15 a.m.

Bank Scams & Fraud

Held at Charles Place *No charge*

Losing money or property to scams and fraud can be devastating. Discuss resources that can help you prevent, recognize and report scams and fraud. Presented by Debbie Nowark of Renasant Bank.

Monday March 18 10:30 - 11:15 a.m.

Tuesday March 19 10:30 - 11:15 a.m.

Managing Housing Transitions

All classes held at Sexton Hall *No charge*

Decluttering the Home

It's time for spring cleaning. Learn strategies to organize and declutter your home.

Presented by Kaye Ginsberg,
Peace of Mind Transitions.

Thursday March 21 1:30 - 2:30 p.m.

Staging the Home

Set the stage for a beautiful home. Learn techniques from expert stagers to make your home stand out.

Presented by Karen Ozer, Sold By Staging.

Thursday April 4 Noon - 1 p.m.

Living Options for Older Adults

This panel of presenters explores living arrangements for older adults, such as aging in place, independent senior living, assisted living, memory care and hospice.

Lunch provided for attendees.

Presented by Arbor Terrace, Home Care, Georgia Hospice and The Park at Johns Creek.

Wednesday April 10 12:45 - 1:45 p.m.

AARP Smart Driver™

Held at Sexton Hall

\$20 AARP Members/\$25 Non-AARP Members

Learn about new rules of the road and traffic laws, defensive driving techniques and proven safety strategies. Bring your own lunch. Upon completion of this course, you may be eligible for an insurance discount. Inquire with your individual insurance company. Bring cash or a check payable to AARP, as the instructor will handle all financials.

Instructor: Arthur Sheehan

Register by March 25

Wednesday March 27 9 a.m. - 4 p.m.

Lifelong Learning

Advance Directives and You

Held at Charles Place & Sexton Hall *No charge*
Learn why you need a Georgia Advance Directive for Health Care and what can happen if you don't have one and cannot express your wishes.

Presented by the Law Office of Geerdes & Associates.

Held at Charles Place

Monday April 8 10:30 - 11:15 a.m.

Held at Sexton Hall

Tuesday April 9 1:30 - 2:15 p.m.

History & Culture

Extraordinary Women in History

Held at Charles Place & Sexton Hall *No charge*
Join us for real-life stories of remarkable women and their extraordinary achievements. Learn how they've made a difference, inspired so many and broken barriers throughout history.

Presented by Forsyth County Public Library.

Held at Charles Place

Tuesday March 12 10:30 - 11:15 a.m.

Held at Sexton Hall

Tuesday March 26 1:30 - 2:15 p.m.

Introduction to the Dulcimer

Held at Sexton Hall *No charge*

During this six-week session, learn how to play the Mountain Dulcimer from a player with over 20 years of experience. You can play by number tabs and do not have to read music. Dulcimers may be available or can be brought in by students.

Presented by Pat Hobson, Volunteer Instructor.

Wednesday Mar 13 - Apr 24 11:30 a.m. - 1 p.m.

(No class March 27)

Earth Day Celebrations

Experience environmental exploration and creative expression. Each Earth Day program you'll attend will enter you into a prize raffle provided by Home Depot - Brookwood.

Celebrate Earth Day

Held at Sexton Hall *No charge*

Discuss the history of Earth Day and explore the 2024 theme: Planet vs Plastic. Presented by Nancy Avery, Cathy Bagdonis and Zuly Rueda, Master Naturalists Extension Volunteers, Forsyth County.

Monday April 22 10 - 11:30 a.m.

Upcycled Craft - Herb Markers

See page nine for details.

Tuesday April 23 1:30 - 3 p.m.

Get to Know Forsyth - Water Treatment Plant Tour

See page 14 for details.

Wednesday April 24 9:30 or 10:40 a.m.

Secrets of a Beekeeper

Discover more about bees and their importance to the environment from a local beekeeper.

Presented by Bill Dunn, Beekeeper.

Held at Charles Place

No charge

Tuesday April 9 10:30 - 11:15 a.m.

Held at Sexton Hall

No charge

Friday April 26 1:30 - 2:15 p.m.

Garden & Nature

Live Well Garden Presentations

Enjoy a variety of gardening topics. No charge.

Held at Sexton Hall **Mondays 10 - 11:30 a.m.**

March 4: Insects - Good, Bad and Ugly

March 18: Zone 8 Fruit Trees

April 1: Tools to Make Gardening Easier

April 15: Steps to Getting your Plants in the Ground

Register at least one week in advance to secure your spot.

Lifelong Learning

Technology

Senior Planet programs offered at no charge thanks to a partnership with Older Adults Technology Services (OATS) from AARP. Presented by Matt Bradford, Staff.

Beyond the Basics/App Based

Held at Sexton Hall *No charge*

Ten-week course

Do more with your tablet or iPad. Expand your email skills and learn to use free Google apps and other useful online tools!

Tue & Thu Mar 19 - May 30 10:30 - 11:45 a.m.
(No class April 16 & 18)



Gmail Tips and Tricks

Held at Charles Place & Sexton Hall *No charge*

Go beyond sending and receiving with this hands-on workshop about Gmail features! This workshop will cover important features like spellcheck, formatting emails, searching your inbox, adding a signature and attaching files.

Held at Charles Place

Friday March 8 10:30 - 11:45 a.m.

Held at Sexton Hall

Wednesday March 13 2 - 3:15 p.m.

Streaming & Smart TVs

Held at Charles Place & Sexton Hall *No charge*
Are you paying for TV channels you don't watch? Learn why people are "cutting the cord" and using streaming services instead!

Held at Charles Place

Friday March 22 10:30 - 11:45 a.m.

Held at Sexton Hall

Wednesday March 27 2 - 3:15 p.m.

Ridesharing

Held at Charles Place & Sexton Hall *No charge*
No car? No problem! Use these apps to help you get around!

Held at Charles Place

Friday April 5 10:30 - 11:45 a.m.

Held at Sexton Hall

Wednesday April 24 2 - 3:15 p.m.

Art & Creativity

Charles Place

Afternoon Art

Members Only *No charge*
Enjoy various beginner level projects. All supplies provided. Drop in classes offered weekly unless otherwise noted. Facilitated by staff.

Mondays 1:30 - 3 p.m.

Watercolor Wednesdays

Members Only *No charge*
Enjoy creating your own watercolor masterpiece.

Wednesdays 1:30 - 3 p.m.

(No class March 27 or April 24)

Watercolor Mastery Workshop

Members Only *\$5 supply fee per class*

Wednesday March 27 1:30 - 3 p.m.

Wednesday April 24 1:30 - 3 p.m.

Register at least one week in advance to secure your spot.

Art & Creativity

Charles Place

Specialty Art

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

Birdhouses

\$10 members/\$15 non-members

Personalize your yard or garden with this charming birdhouse. Enjoy watching birds come and go this spring as they enjoy your beautiful creation.

Tuesday March 12 1:30 - 3:30 p.m.

Sand Dollar Art

\$10 members/\$15 non-members

This beach scene brings the ocean right to you. An acrylic painted background with mixed media of a sand dollar and seashells brings this 11" x 14" canvas to life.

Tuesday March 19 1:30 - 3:30 p.m.

Paint & Sip: Galaxy Bear

\$15 members/\$20 non-members

This magical piece of acrylic painted art features the majestic mountains, while a small image shines within the silhouette of a bear. Canvas size is 16" x 20".

Tuesday March 26 1:30 - 3:30 p.m.



Springtime Sunrise

\$10 members/\$15 non-members

Past the trees and the hills, a beautiful sunrise shines over this 11" x 14" canvas.

Tuesday April 2 1:30 - 3:30 p.m.

Raindrop Reflection

\$10 members/\$15 non-members

The reflection of a beautiful flower is caught in a raindrop. Celebrate the coming of spring with this 11" x 14" acrylic painting.

Tuesday April 9 1:30 - 3:30 p.m.

Flower Fall

\$10 members/\$15 non-members

A waterfall of color spills from these flowers onto your canvas. This art is a mix of acrylic paint, beads and faux flowers on an 11" x 14" canvas.

Tuesday April 16 1:30 - 3:30 p.m.

April Showers

\$10 members/\$15 non-members

Bring on the rain! April showers bring May flowers. We are ready with this colorful display on an 11" x 14" canvas.

Tuesday April 23 1:30 - 3:30 p.m.

Abstract Starburst

\$10 members/\$15 non-members

The canvas comes alive with a burst of vibrant energy with this mixed media artwork. Create your own starburst on an 11" x 14" canvas using colored pencils, craft jewels and other creative mediums.

Tuesday April 30 1:30 - 3:30 p.m.

Register at least one week in advance to secure your spot.

Art & Creativity

Sexton Hall

Crafty Creations

Members Only \$5 supply fee per class
Come socialize and assemble a high quality upcycled craft. All supplies provided.

Wine Corks & Glass Grapes

Monday **March 11** 9:30 - 11 a.m.

Fake Cake Bake

Tuesday **March 19** 1:30 - 3 p.m.

Beaded Key Chain

Monday **April 8** 9:30 - 11 a.m.

Herb Markers

Tuesday **April 23** 1:30 - 3 p.m.



Open Studio

Members Only
Registration in advance required.
Need some more time to complete a craft or work on your clay creation? The art studio is available to reserve a time to finish your masterpiece.

Tuesday **March 12** 2 - 3:30 p.m.

Tuesday **March 26** 2 - 3:30 p.m.

Tuesday **April 16** 2 - 3:30 p.m.

Tuesday **April 30** 2 - 3:30 p.m.

Specialty Art

Classes taught by resident artist, Lisa Mann.

Intermediate Acrylic Painting - Edible Gardens

\$70 members/\$90 non-members per eight-week session
Immerse yourself in a blend of creativity and learning as you paint and discuss edible gardens with our knowledgeable instructor. We'll paint community gardens, potted herbs, blossoming fruit orchards and much more. Basic painting knowledge required.

Thursday **March 7 - May 2** 12:30 - 3:30 p.m.
(No class April 18)

Friday **March 8 - May 3** 10 a.m. - 1 p.m.
(No class April 19)

Recipe Holder

\$10 members/\$15 non-members
Using a picture frame and candlestick, assemble this unique piece for your home to hold your most treasured recipes.

Tuesday **April 2** 1:30 - 3:30 p.m.

Jewelry Workshop

\$25 members/\$30 non-members per two-week workshop
Create detailed and one-of-a-kind jewelry pieces. Work with beads, string and fine tools to create a bracelet, earrings and a necklace.

Wednesdays **April 3 & 10** 1 - 3 p.m.



Register at least one week in advance to secure your spot.

Art & Creativity

Sexton Hall

Ceramics & Pottery

Classes taught by resident artist, Lisa Mann.

Clay & Glaze Basics

No charge

Learn about the terms and techniques used in our Clay & Glaze programs. Acquire the skills you need to create your own clay pieces or bisqueware.

This introductory class is a pre-requisite to the Intermediate/Skilled program.

Monday	March 4	1:30 - 2:30 p.m.
Wednesday	March 27	9:30 - 10:30 a.m.
Monday	April 29	9:30 - 10:30 a.m.

Bisqueware Projects

\$20 members/\$25 non-members

Paint three themed pieces with guided instruction.

Cost includes bisqueware, glaze and firing.

Backyard Birds

Wednesday	March 13	1 - 3 p.m.
Wednesday	March 27	1 - 3 p.m.

Birthday Celebrations

Wednesday	April 17	1 - 3 p.m.
Wednesday	May 1	1 - 3 p.m.



Clay & Glaze Intermediate/Skilled

Join us for a fast paced and fun session where you can build your own clay pieces. Instructor provides technical instruction and guidance on slab rolling, pinching, glazing, stamping and using decorative tools.

Mondays **March 11 - April 22** **Noon - 3 p.m.**
(No class April 1)

*\$70 members/\$80 non-members for six-week session
plus \$10 supply fee for 12.5 lbs. of clay*

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Tuesdays **March 5 - 26** **9 a.m. - noon**
Tuesdays **April 2 - 23** **9 a.m. - noon**

*\$50 members/\$55 non-members for four-week session
plus \$10 supply fee for 12.5 lbs. of clay*



Forsyth County Senior Services | (770) 781-2178 | www.forsythco.com/seniors

Register at least one week in advance to secure your spot.

Fitness

Charles Place

Free for Members

\$5 non-members per drop-in fitness class.

Drop in classes offered weekly unless otherwise noted.

Instructed by staff.

Get Fit

These strength training and stretching exercises target upper and lower body. Light weights and resistance bands are used to work on balance and training, improving gait and range of motion.

Mondays 9:30 - 10:15 a.m.

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

(No class April 18)

Chair Exercise

This beginner level exercise class focuses on balance, stretching and using small hand weights. Using a chair as your base, you'll sit and stand for some movements.

Mondays 10:30 - 11:15 a.m.

Fit Active Balance & Strength (FABS)

This exercise program will help improve your strength, balance and overall wellness. Small hand weights are used. Exercise can be done standing or seated.

Tuesdays 9:30 - 10:15 a.m.



Flex & Balance

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.

Wednesdays 9:30 - 10:15 a.m.



Specialty Fitness

Line Dancing

*\$40 members/\$60 non-members
per eight-week session*

This class is easy, fun and a great low-impact workout! You don't need a dance partner or previous dance experience to take this class.

Instructor: Cindy Bowman.

Mondays March 11 - April 29 1:30 - 2:30 p.m.

Walkie Talkies

Members Only

No charge

Meet at Sharon Springs Park

Join our social walking club for a refreshing blend of fitness, friendship and fantastic talks.

Tuesdays 1:30 - 2:30 p.m.

Register at least one week in advance to secure your spot.

Fitness

Sexton Hall

Free for Members

\$5 non-members per drop-in fitness class.

Drop in classes offered weekly unless otherwise noted.

Instructed by staff.

Fitness Foundations

You will use small hand weights and resistance bands to maintain muscle strength while doing standing and seated exercises.

Mondays 9 - 9:45 a.m.

Wednesdays 9 - 9:45 a.m.

Tai Chi

Beginning with a warm-up 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.

Mondays 11:45 a.m. - 12:30 p.m.

Intro to Seated Strength Training - **NEW TIME!**

This class uses resistance bands and light weights to build strength through gentle routines.

Wednesdays 10 - 10:45 a.m.

Flex & Balance

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.

Thursdays 1:30 - 2:15 p.m.

(No class April 18)

Specialty Fitness

Intermediate Line Dancing

\$45 members/\$65 non-members per nine-week session

This class is for experienced line dancers. The dancer should be familiar with line dance terminology and steps. We will be learning dances with a variety of tempos, turns, syncopated steps, tags and restarts.

Instructor: Nancy Anthony.

Tuesdays March 5 - April 30 12:45 - 1:45 p.m.

Beginner Line Dancing

\$45 members/\$65 non-members per nine-week session

Learn low-impact dance steps to lively, upbeat music.

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.

Tuesdays March 5 - April 30 2 - 3 p.m.

Gentle Yoga Demo

Members Only

No charge for this five-week class preview session

Hatha Yoga focuses on breath, controlled movements, stretching, posture and relaxation. Join your mind, body and spirit. Some postures done in a chair.

Yoga undermats, blocks and straps provided.

All fitness levels welcome.

Instructor: Amy Johnson.

Wed Mar 13 - Apr 10 11:15 a.m. - 12:15 p.m.

Circuit Training

Members Only

No charge for this eight-week session

Participants must register for full eight-week session.

This class is a rotation of weight training and cardio exercises to build strength and endurance.

Instructor: Lycia Rettig, Staff.

Fridays March 8 - May 3 10:30 - 11:15 a.m.

(No class March 15)

Register at least one week in advance to secure your spot.

Hikes

Embark on an exciting journey with our hiking program! Discover the joy of exploring scenic trails while making memories with fellow hikers. Hikers who want to go on hikes rated three and above will need to complete a Qualifying Hike. No qualifying hike held in March/April. Ask our staff about household discounts for an opportunity to share these moments with loved ones.

Members may register now; non-members may register starting March 4.

Bear Hair Gap Loop - Vogel State Park

Departs from Central Park

\$15 members/\$20 non-members

Travel Distance: 47 miles

Hiking Distance: 4.5 miles Elevation change: 928 feet

Enjoy a scenic stream-filled forest and beautiful views of Lake Trahlyta at Vogel State Park.

Pack your own picnic lunch.

Wednesday March 13 8 a.m. - 4 p.m.

Hiking Difficulty:
Moderate - Strenuous 

Neels Gap to Blood Mountain/ Appalachian Trail - Cleveland

Departs from Central Park

\$15 members/\$20 non-members

Travel Distance: 45 miles

Hiking Distance: 4.7 miles Elevation change: 1,377 feet

Hike along the famous Appalachian Trail to the highest point along the trail in Georgia.

Lunch on your own at North Georgia BBQ.

Wednesday March 27 8 a.m. - 4 p.m.

Hiking Difficulty:
Strenuous 

Burnt Hickory Trail - Kennesaw

Departs from Sexton Hall

\$15 members/\$20 non-members

Travel Distance: 45 miles

Hiking Distance: 3.6 miles Elevation change: 500 feet

Trek through a deciduous forest before crossing a bridge spanning the pebble-lined Noses Creek.

Lunch on your own at CAVA.

Wednesday April 10 8 a.m. - 4 p.m.

Hiking Difficulty:
Easy - Moderate 

Raven Cliff - Cleveland

Departs from Central Park

\$15 members/\$20 non-members

Travel Distance: 47 miles

Hiking Distance: 5 miles Elevation change: 623 feet

Shaded by towering hardwoods, the Raven Cliff wilderness is home to a tumbling trout stream with a beautiful cascading waterfall.

Lunch on your own at Rib Country.

Wednesday April 24 8 a.m. - 4 p.m.

Hiking Difficulty:
Moderate 

Outdoor Adventure

Archery

Held at Sexton Hall

\$20 members/\$25 non-members

Join us for an exploration of archery, where you can unleash your inner archer and enjoy the thrill of precision in just one session! A skilled instructor will introduce you to the basics, providing a safe and enjoyable environment.

Friday March 22 10 - 11:30 a.m.

Register at least one week in advance to secure your spot.

Trips

Gibbs Gardens

Departs from Sexton Hall

\$45 members/\$50 non-members

Enjoy this floral wonder by viewing millions of daffodils and other early spring blooms. Please let us know if you are a Gibbs Gardens Member. Lunch on your own at onsite café.

Wednesday March 6 9 a.m. - 3:15 p.m.

Walking Difficulty: **Moderate - Strenuous** 1 2 3 4 5

Fernbank Science Museum

Departs from Sexton Hall

\$50 members/\$55 non-members

This Atlanta museum ignites a passion for science, nature and human culture through exploration and discovery.

Lunch on your own at onsite café.

Wednesday April 3 9 a.m. - 3:15 p.m.

Walking Difficulty: **Moderate** 1 2 3 4 5

You can sit back and relax while we do the driving! Don't delay in registering as our trips often sell out. **All trips have lots of walking, uneven surfaces and some stairs.** Members may register now; non-members may register starting March 4.

Madison Tour of Homes

Departs from Sexton Hall

\$55 members/\$60 non-members

The self-guided tour will feature a selection of Madison's treasured historic and modern homes. You can experience the living history of the town while strolling through the city's architecturally significant homes as they come into full bloom. Lunch on your own in Madison.

Friday April 19 8:30 a.m. - 3:30 p.m.

Walking Difficulty: **Moderate - Strenuous** 1 2 3 4 5

Zoo Atlanta

Departs from Sexton Hall

\$50 members/\$55 non-members

Zoo Atlanta has something for everyone. Enjoy seeing the giant pandas before they leave Atlanta. Lunch on your own at the Zoo.

Wednesday May 1 9 a.m. - 3:30 p.m.

Walking Difficulty: **Moderate - Strenuous** 1 2 3 4 5

Get to Know Forsyth

This activity is great for newcomers, or locals, to meet up and experience our own "home town". You will meet Senior Services Staff at the designated location. Participants will provide their own transportation.

Forsyth County Water Treatment Plant Tour

Learn how over 15 million gallons of clean, safe water is delivered each day to Forsyth County homes, schools and businesses. In this one-hour tour, discover how raw water is withdrawn from Lake Lanier, treated and stored, before it is pumped through over 1,100 miles of pipeline to get to you.

Walking Difficulty: **Moderate** 1 2 3 4 5

Meet at Forsyth County Water Treatment Plant
2255 Antioch Road, Cumming, GA 30040

\$5 members/\$10 non-members

Registration required.

Sign up for one of two available tours:

Wednesday April 24 9:30 a.m.

Wednesday April 24 10:40 a.m.

Limited to 12 patrons per tour.

Register at least one week in advance to secure your spot.

Game Groups for Members



New players are welcome.
Membership is required to be a game player.

	Monday	Tuesday	Wednesday	Thursday	Friday
Charles Place Game groups meet 12:30 - 4 p.m.	Mah Jongg & Mexican Train	Canasta & RummiKub	Advanced Bridge & Mexican Train	Bridge & RummiKub	Open Game & Mexican Train
Sexton Hall Game groups meet noon - 4 p.m.	Social Bridge	Mah Jongg	Pinochle	Canasta	Open game or gathering time for members

INSTRUCTORS NEEDED

Central Park is opening in Summer 2024! Senior Services is seeking program instructors, both volunteer and paid. Opportunities are also currently available at Sexton Hall. Find out more information by calling (770) 781-2178 or send us an email at seniorservices@forsythco.com.

ART INSTRUCTORS

- Painting • Crafting
- Drawing

LANGUAGE INSTRUCTORS

- Spanish • French
- Italian • ESL

FITNESS INSTRUCTORS

- Dance • Fitness
- Zumba

WELLNESS INSTRUCTORS

- Yoga
- Mindfulness

Social Clubs for Members

Charles Place

Biscuit Boyz

Be part of a group for men, established in 2007, with over 700 years of different life experiences. Meet with friends that are discussing present day events.

Thursdays 8:30 - 10:30 a.m.

A New Chapter - Book Club

If you enjoy reading and conversation, this group is for you.

Thursdays Mar 21 & Apr 24 12:30 - 1:30 p.m.

March: *Then She Was Gone* by Lisa Jewell

April: *Savanna Blues* by Mary Kay Andrews

Needle Craft Club

Open to all who knit, crochet, cross stitch, needle point, quilt or sew. Here is your chance to finally finish or start a new project! We'll sew, socialize and share our common interests. Bring your own supplies.

Open to men and women.

Thursdays 1:30 - 3 p.m.

Java Gents

Meet for breakfast and coffee with discussion, fellowship and activities. This group comes from a variety of backgrounds like nuclear plant engineer, college professor and a hobby shop owner. Many of us are veterans!

Fridays 8:30 - 10 a.m.

Reel Film Fans - Movie Club

We believe in the significance of relaxation and fostering friendships. Gather together to engage in thought-provoking discussions, sharing our insights, favorite moments and overall impressions of the movie.

Fridays March 8 & April 12 12:30 - 1:30 p.m.



Sexton Hall

Bagel Boys

Men, join this group for camaraderie and lively discussions about hobbies, interests, home life, sports, current events and a myriad of other topics.

Mondays 10:30 a.m. - noon

Golden Gals

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

Mondays 1:15 - 2:15 p.m.

Book Club: To Thine Own Shelf Be True

Come join us for a monthly series of book club discussions. Reading of the book encouraged before the meeting, but not required.

Wednesdays Mar 20 & Apr 17 2:30 - 3:30 p.m.

March: *A Good Hard Look* by Ann Napolitano

April: TBD

Common Grounds - Men & Women's Group

This group gathers to make new friends and find common interests.

Thursdays 10:30 a.m. - noon



Congregate Older Adult Programs

Gathering For Activities and A Meal

These three-hour programs focused on wellness are held at both Charles Place and Sexton Hall. Because Congregate is an Older Americans Act funded program, participants must be 60 years of age and complete a registration process. You may make arrangements to give the program a try before officially signing up. Regular participation is necessary with most attending two to three days per week.

The programs are held 9:15 a.m. - 12:15 p.m., with lunch being served at 11:30 a.m. Nutrition is a focus of the program and participants are required to eat at least one meal per month. Lunch reservations are made no later than Tuesday morning for the following week.

There is no fee for the Congregate program, but donations are appreciated for the lunch (\$4.75) and expected of those who play Bingo. Members must be Forsyth County residents.

Membership in the centers is expected of participants - \$60 per year, \$100 for couples or family members; with scholarships available. Members are offered many free activities.

Transportation is available to centers through Access Forsyth or Common Courtesy; ask for the Public Transportation flyer. Rides are \$2 each way.

Charles Place

Located in central Cumming, next to the library.

You may choose to attend either

Monday & Wednesday or Tuesday & Thursday,
with Friday being a possible third day.

For further information, please call

(770) 781-2178 option 1 for Mary Williams.

Email inquires can be sent to

SeniorSupport@forsythco.com

Sexton Hall

Located in the south part of the county,
off of Sharon Road.

Tuesday, Thursday, and Friday are available.

For further information, please call
(770) 781-2178 option 2 for Susy Hollaway.

Email inquires can be sent to
SeniorSupport@forsythco.com



Forsyth County Senior Services

Older Adult Services

Information and Referral

The departmental Social Services Division provides assistance on all issues related to aging.

Call (770)781-2178, option 1 for Charles Place. For further assistance, contact the Area Agency on Aging/Legacy Link, Aging & Disability Resource Connection at (770) 538-2650.

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

Senior Services also provides educational presentations to help you navigate the challenges of caregiving. See page four.

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 Charles Place, Mondays - Thursdays, 11 a.m. - 3 p.m. Sliding scale fees. For information or to register, contact Laura Bagwell at (770) 781-2178, option 1 for Charles Place.

Counseling and Support for Caregivers

Individual counseling and caregivers support groups available. Contact Cristy Russell at (770) 781-2178, option 1 for Charles Place.

Home Medical Equipment

Charles Place has a few items to loan. A large selection of items can be found at the Area Agency on Aging, known as Legacy Link, in Gainesville. Call Emily Major at (770) 538-2641. You may also offer to donate items to both locations.

Guardian Call Service

The Forsyth County 911 Center, along with the Forsyth County Sheriff's Office, offers personal phone calls to make contact with a participant by phone at the same time every day. 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 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.

Age Well 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 also offer travel to regional and international locations. Call Linda Ledbetter for further information at (404) 245-7949.





Northeast Georgia Health System

presents



20TH ANNIVERSARY

Forsyth County Senior Services

Aging Well Expo

Resources, products and services for older adults

Thursday, April 18, 2024

10 a.m. - 1 p.m.

Forsyth County Conference Center at Lanier Tech

3410 Ronald Reagan Boulevard • Cumming, Georgia

FREE ADMISSION

HEALTH SCREENINGS

70+ BOOTHS OF RESOURCES FOR AGING WELL

Health Care Organizations • Estate Planning • Home Improvement

Volunteer Opportunities • Local Non-Profits and much more...



Visit www.forsythco.com/seniors/expo for
a complete list of sponsors and vendors.

Contact: Forsyth County Senior Services • (770) 781-2178

Expo@forsythco.com • www.forsythco.com/seniors