

FORSYTH COUNTY SENIOR SERVICES

June - July 2018



It's Summer!

Time to get out and about and enjoy life!

Active Adult Centers

Cumming, Georgia

Charles Place

595 Dahlonega Street
Cumming, Georgia 30040

Sexton Hall

2115 Chloe Road
Cumming, Georgia 30041

Hearthstone Lodge

7305 Lanier Drive
Cumming, Georgia 30041

(770) 781-2178

www.forsythco.com/seniors

A sampling of activities being held in our centers:

Sexton Hall Garden Dedication
June 13

Introduction to Essential Oils
June 15

Morning with a Magician
June 19

6th Annual Patriotic Concert
June 24

Beach Blanket Bingo
July 10

What's the Buzz about Bees
July 12

Art Classes and Fitness Classes

Day Trips and Hikes

Cards and Games

Join us for all this
and more!





The Three Community Centers

The Center at Charles Place 595 Dahlonega Street, Cumming

Centrally located near downtown Cumming, Charles Place offers a warm and welcoming center for Forsyth County residents 60 and older. It is a traditional senior center, offering two different ½ day activity programs that include lunch. One is known as Congregate, for independent older adults, and one is called Respite Care, for those needing memory support. The center provides the Meals on Wheels program for the county, giving homebound seniors a daily meal delivered by a friendly visitor. The center also hosts occasional special presentations on a variety of topics open to all. Registration is required for all activities, and fees are based on ability to pay. Interested persons should contact Center Coordinator Debbie Carlton.

Sexton Hall Enrichment Center 2115 Chloe Road, Cumming (off of Sharon Road)

Located in the southern part of the county, Sexton Hall is a multipurpose center focused on life enrichment. For active adults, this center offers classes in art, computers, and fitness, a game room for card and game players, and day trips around the Atlanta area. Sexton Hall also provides traditional senior activities in the Congregate program, a half-day activity program which includes lunch. A large auditorium hosts concerts, dances, and other events throughout the year. All rooms are available for rent. Center memberships are \$60 a year. For further information, contact Center Coordinator Julie Gruen.

Hearthstone Lodge 7305 Lanier Drive, Cumming (off of Shady Grove Road)

Located on the northeast side of Cumming, Hearthstone Lodge focuses on wellness for active adults age 50+. The centerpiece of the center is a heated pool, which offers aquatics classes, lap and open swim, and has a ramp and lift for gentle access. The center has a workout room with easy-to-use exercise equipment and a full range of fitness classes. The Hiking Club is based in this center and offers twice-a-month hikes. Card and game playing is held most afternoons. The center and pool are available for rentals. Center memberships are \$60. For information, contact Center Coordinator Pollianna Evans.

Special Events



SEXTON HALL GARDEN DEDICATION CEREMONY

Wednesday, June 13, 10 - 11 a.m. at Sexton Hall

Sexton Hall is fortunate to have land and the talents of a dedicated group of volunteers to create a community garden. Join us as we celebrate the beginning of this beautiful green space, known as the Live Well Garden. Meet the Master Gardeners, Naturalists and Boy Scouts who have made it all possible. The Gardening Club is forming now, so get in on the exciting beginning. The garden is designed to help us enjoy nature, be active and age well together for years to come. Refreshments will be served.

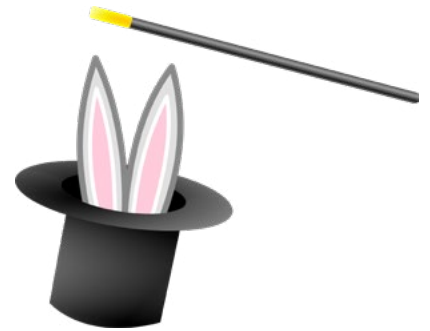
MORNING WITH A MAGICIAN - MAGIC & PIZZA

Tuesday, June 19, 10 - 11:30 a.m. at Charles Place

\$5 for Congregate & Department members/\$10 non-members

Call (770) 781-2178 ext. 5026 to reserve your spot

Magician Rich Crawford has been enchanting crowds with interactive and mesmerizing performances for over 25 years. Don't miss your chance to experience this magical event! We'll enjoy a pizza party after the show. This is a good opportunity to visit Charles Place Senior Center and see if it might be for you!



6th Annual Patriotic Concert

Sunday, June 24, 3 - 5:30 p.m. at Sexton Hall

\$7 advance tickets; \$10 at the door

Call (770) 781-2178 ext. 5017

Get ready for Independence Day by joining us for the 6th Annual Patriotic Concert at Sexton Hall. Bring your whole family to enjoy two hours of patriotic music performed by the Sounds of Sawnee Concert Band, plus refreshing drinks and treats on this summer afternoon. Start your holiday off right with this community celebration of our nation's birthday!

Beach Blanket Bingo

Tuesday, July 10, 10:30 a.m. - 2 p.m. at Sexton Hall

\$10 members/\$15 non-members; Call (770) 781-2178 ext. 5017

Escape the heat, come in for a treat and play bingo with us. Admission includes lunch and three hours of bingo play with multiple chances to win! Lots of prizes! Lunch includes your choice of a ham or turkey sandwich, chips and a cookie.



Picnic Day at the Senior Center

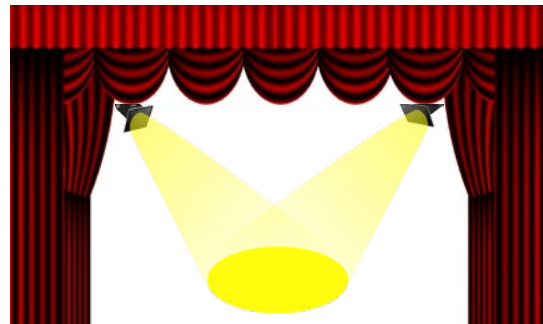
Monday, July 16, 10:30 a.m - 12:30 p.m. at Charles Place
Free; Call (770) 781-2178 ext. 5026 to reserve your spot
An opportunity to get out on a beautiful summer day and check out Charles Place. New members are always welcome. Please bring a sack lunch and we will provide drinks and dessert. Dress for playing yard games; we're an active bunch!

PUTTING ON THE RITZ: TALENT SHOW

Tuesday, July 24, 10 - 11:15 a.m. at Sexton Hall

Free event. Let us know if you want to participate in the show!

There will be singing, dancing, acting and music! This is the annual Congregate Program Talent Show. You may perform yourself or join the audience and cheer on your favorite performers!



Lifelong Learning

Note: look for more programs on page 9 under Sexton Hall

Wills & Advanced Directives

Tuesday, June 5, 10:45 - 11:15 a.m. at Charles Place

Free; Call (770) 781-2178 ext. 5026 to reserve your spot

By planning in advance you can get the medical care you prefer, avoid unnecessary suffering and relieve your family of difficult decisions during stressful moments. Learn the difference between wills and advanced directives. Presented by Georgia Legal Services.

A Matter of Balance - Fall Prevention Class

Tuesdays, June 19 - August 7, 1:30 - 3:30 p.m. at Sexton Hall

Free for members/\$20 non-members per 8 week session

Call (770) 781-2178 ext. 5017 to register

Have you fallen or have a fear of falling? This fear may cause people to limit their activities, which can result in physical weakness, making the risk of falling even greater. Participants will learn to view falls as controllable, set goals for increasing activity, make changes to reduce fall risk at home and exercise to increase strength and balance. Instructor: Apryl Milam





What's All the Buzz about Bees?

Thursday, July 12, 11 a.m. - noon at Sexton Hall

Free; call (770) 781-2178 ext. 5017 to register

Don't miss this special opportunity to learn from Georgia Master Beekeeper and retired U.S. Army four-star General Jay Hendrix about our pollinator friend, the humble bee! You'll understand where the term "busy as a bee" comes from as you hear how these dedicated insects collect pollen and turn it into a sweet treat!

Word/Excel Workshop

Monday, July 16, 2 - 4 p.m. at Sexton Hall

\$5 members/\$7 non-members; call (770) 781-2178 ext. 5017 to register

Join us for an overview of Microsoft Word and Excel, 2016. This workshop is for those who are familiar with Word and Excel but want to explore what is new with the programs. We'll learn how to navigate the updated toolbar, search and use the smart lookup function and send emails from Word. An email address is required. Presented by Patricia Myler.



Armchair Traveler Series: The Azores & Lisbon, Portugal

Thursday, July 26, 2:30 - 3:30 p.m. at Sexton Hall

Free; call (770) 781-2178 ext. 5017 to register

Do you daydream of traveling to exciting and exotic locations? Do you want to see the world while staying in your comfort zone? Join us for a virtual trip to the Azores and Lisbon, Portugal with a slideshow and lively commentary. If you've traveled to the region, feel free to bring your photos or other mementos to share. Presented by Apryl Milam, avid traveler and Senior Services staff member.

Wellness Presentations

Free and welcome to all. Held at **Sexton Hall**.

Stroke Awareness: Recognizing the symptoms of a stroke

Tuesday, June 26, Noon

Presented by Emory Johns Creek Stroke and Chest Pain Coordinator,
Katie Collins, BSN, RN-BS

The Importance of Proper Hydration

Wednesday, July 25, 11 a.m.

Presented by Forsyth County Senior Services staff member Brian Blasick.



Day 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 confirmation 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. Center members receive priority registration and discounts on trips. Registration is normally required 10 days in advance of trip dates. Don't delay in registering as our trips often sell out.



Anne Frank in the World - easy walking

Wednesday, June 6, 9:15 a.m. - 1:30 p.m.

\$15 members/\$20 non-members

Departs from Sexton Hall

Take a photographic journey to WWII as captured through the eyes of the Frank family. The Anne Frank in the World exhibit brings to light over 500 powerful photos of life before and during the Holocaust. Learn, explore, share and remember history through this powerful exhibit made possible by the Georgia Commission on the Holocaust. Followed by lunch on your own at Egg Harbor Café.

Sleepy Hollow, Whimsical Fairy Garden - easy walking

Wednesday, June 27, 8:30 a.m. - 2:30 p.m.

\$15 members/\$20 non-members

Departs from Charles Place

There is a secret shop tucked away in Georgia's Blue Ridge Mountains filled with handcrafted fairy houses, gnome villages and elaborate bird houses. Join us as we explore the shop and gardens of former Disney artist, model-maker and Imagineer, Art Millican, Jr. Followed by lunch on your own at Brasstown Valley Resort.

Rhodes Hall Tour - moderate walking

Thursday, July 12, 10 a.m. - 2 p.m.

\$32 members/\$37 non-members

Departs from Sexton Hall

Take time out of your busy week to tour the "castle on Peachtree Street." Join us for an exclusive tour of this unique and opulent Romanesque Revival home. Followed by a catered lunch served on site. Lunch is included.

Georgia Mountain Fair - moderate walking with some uneven surfaces

Thursday, July 26, 10:30 a.m. - 5 p.m.

\$25 members/\$30 non-members

Departs from Charles Place

Travel with us to the Georgia Mountain Fair nestled on the serene shores of Lake Chatuge in charming Hiawassee, Georgia. Spend the afternoon enjoying a variety of classic country fair activities. Explore arts and crafts, regional food, a live bluegrass performance, Pioneer Village and so much more! Enjoy lunch on your own at the fair.





Medieval Times - moderate walking

Monday, August 13, 9:30 a.m. - 3 p.m.

\$55 members/\$60 non-members

Departs from Sexton Hall

M'Lord and M'Lady, please join us as we travel to the 11th century where knight and steed clash for an opportunity to join the Spanish Royal Court in a classic dinner theatre style joust festival. Includes transportation, entertainment and four course meal.

HIKING CLUB

Easy, moderate and strenuous hikes are offered. Trips are on the 2nd and 4th Thursday of the month, 8 a.m. to 4 p.m. 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.

Pine Log Creek Trail, Waleska - Thursday, June 14

Moderate to strenuous 4.5 miles - Come and explore one of the highest elevations in the foothills of the scenic and spectacular Appalachian mountain range. We will trek across several rustic footbridges en route to the Pine Log Cherokee Indian Village. No facilities available. Bring a picnic lunch.



Amicalola Falls, Dawsonville - Thursday, June 28

Moderate to strenuous 3 miles - Spectacular scenery and miles of hiking trails make Amicalola Falls Georgia's most popular state park. Step by step (600 of them!), we will make the ascent to the top of Amicalola Falls, the tallest cascading waterfall in the Southeast. Facilities available. Lunch on your own in Dawsonville.

PLEASE NOTE - NO HIKES IN JULY.

Charles Place

Special Programs at Charles Place

No fee for these programs, but please let us know you're coming!
Call (770) 781-2178 to register or drop by the center to register in person.

Family Fun Day

Tuesday, June 12, 10 a.m. - 1 p.m. at Charles Place

Free; Call (770) 781-2178 ext. 5026 to reserve your spot

Charles Place is opening its doors and extending a warm welcome to the family and friends of Congregate and Respite Program members. Come and see what a friendly, fun and active place your loved one comes to every week! Meet the amazing staff who make it their mission to make every day a great day! Lunch will be served at 11:30 a.m., with an ice cream bar to follow for dessert.



Magic Show & Pizza Lunch

Tuesday, June 19, 10 - 11 a.m. at Charles Place

\$5 for Congregate members/\$10 non-members

Call (770) 781-2178 ext. 5026 to reserve your spot

Come for fun and to experience what Charles Place Senior Center is all about! Magician Rick Crawford will mesmerize you!

National Picnic Day

Monday, July 16, 10:30 a.m. - 12:30 p.m. at Charles Place

Free; Call (770) 781-2178 ext. 5026 to reserve your spot

An opportunity to get out on a beautiful summer day and check out Charles Place. New members are always welcome. Please bring a sack lunch and we will provide drinks and dessert. Give yourself a break, enjoy the warm sunshine and dine al fresco with us! Dress for playing yard games; we're an active bunch!



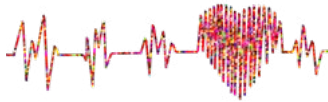


Putting on the Ritz: Talent Show

Tuesday, July 24, 10 - 11:15 a.m. Held at Sexton Hall

Free event. Let us know if you want to participate in the show!

There will be singing, dancing, acting and music! This is the annual Congregate Program talent show. You may perform yourself or join the audience and cheer on your favorite performers!



Blood Pressure Screenings FREE

Tuesdays, June 26 & July 31, 9 - 10 a.m.

Drop in, no registration necessary

Courtesy of Tammy Miller, RN from Chestnut Ridge, helping us stay healthy!

Fitness at Charles Place

Join us for a variety of gentle fitness and fun activities geared to older adults ages 60 and better. Classes are offered for Congregate Program members, but you may try out a class and check out Charles Place to see if it might be right for you. Please introduce yourself as a new participant when you arrive. We always welcome new friends!

Line Dancing

Wednesdays, 9:45 - 10:15 a.m.

June 13 & June 27

\$3 for both classes

Instructor: Cindy Bowman

Be Fit with Jess

Tuesdays & Thursdays, 9 - 9:30 a.m.

June 5 - June 28

Gentle strength training with hand weights and low impact aerobics. Get fit, increase your core strength and improve overall endurance.



Flex & Balance

Mondays, Wednesdays & Fridays, 9 - 9:15 a.m.

June 4 - June 29

Improve your balance, mobility, flexibility and strength in just 15 minutes a day!

Sexton Hall

Ask an Expert - free classes for lifelong learners

Please call (770) 781-2178 ext. 5017 to register so we know to expect you.



Essential Oils

Friday, June 15, 11 a.m. - noon

Have you ever wondered where essential oils come from and how you can use them to benefit your own life? Which ones can you ingest, add to food, use in cleaning products or apply to your skin? Discover how to safely use essential oils in a myriad of applications as we smell and test our way through this “scent”-sational presentation. Presented by Kimbrooke Pavlich

Small Fruit Tree Gardening

Thursday, June 28, 11 a.m. - noon

Have you ever wanted to enjoy the bounty from having your own orchard but don't have enough space in your yard to make this dream a reality? Move it indoors with small fruit trees! Enjoy learning about these specimens that fit in a pot, and you'll soon be picking fruits from your own trees to add to your cooking or in a refreshing drink. Presented by Alan Luebs



Older Adult Scams

Friday, July 13, 10 - 11 a.m.

Hear about the latest scams that are targeting older adults in our community. Learn tips to avoid being a victim and what to do if you fall prey to a scam. Presented by Forsyth County Sheriff Deputy Jennifer Belafi

Hypertufa Gardening

Thursday, July 26, 11 a.m. - noon

Hyper-what? Come and learn about ancient methods for creating garden containers and how you can mix and use this porous material to form useful structures for your garden today. Presented by Forsyth County Senior Services Staff Member Lisa Mann

GAMES at Sexton Hall

Come out and play! Groups are open to new players. The Game Room is available in the afternoons from 12:30 - 4:30 p.m., with the below schedule. There is also open Game Room time on Fridays from 9 a.m. - 4 p.m.

• **Social Bridge: Mondays**

• **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.



Clubs at Sexton Hall

Bagel Boyz - Men's group

Monday Mornings, 10 - 11 a.m.

Call (770) 781-2178 ext. 5017 if interested in joining

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. Learn about volunteer opportunities in the community. Join us at 10 a.m. (new time!) on Monday mornings to form and shape this new group.

Live Well Garden Club NEW!

Mondays, June 11 & July 9, 10:30 a.m.

Call (770) 781-2178 ext. 5061 if interested in joining

Play in the dirt with us by joining the Live Well Garden Club where you can apply your garden expertise or come as a beginner looking to learn a new hobby. Now is the time to get in on the ground floor as this special community garden takes shape. Garden Club members will be a key part in planning the future of the garden, and regular garden service will lead to benefits such as free center membership.



Sexton Hall Classes

Class Registration Information

Class registration opens three weeks prior to the beginning of each session.

For students in the current session, the registration deadline is seven days before the first week of the next session. After this date a late fee of \$10 may be added to the cost of the class. By this deadline, if a class has not met a minimum amount of registered students, it may be canceled or the start of the session may be postponed. In the event a class is canceled for the session, all money will be fully refunded to any registered students.

After this deadline, students who cannot attend the full session may register before class begins and take advantage of pro-rating. Pro-rating will apply if a student knows he/she will miss at least two classes and can provide the missed class dates in advance. Once the session has begun pro-rating will no longer be available. Refunds for missed classes after the session has begun will only be given with a medical excuse. Drop-in fees will no longer be available, but any new student may try a class once for free and may register at any time. Pro-rating may not apply to curriculum or project-based classes, such as Bridge classes, in which missing more than one week of class would prevent a student from meeting the learning objectives of taking the class.

Intro to Windows 10 & Cyber Security

Mondays, July 23 - August 27, 10 a.m. - Noon

\$40 members/\$52 non-members per six week session (includes \$5 manual fee)

Learn how to navigate and utilize the functionality of the operating system that now comes standard on most computers and laptops. Work with files and folders, email and internet and feel confident that you will know how to protect your information and computer when you go online; printed manual will be provided on the first day of class. Instructor: Bill Startt



Bridge Classes

New to Bridge or need to brush up on your skills? Learn about the idea and language of bidding, partnership reaching a consensus and the purpose of the opener's and responder's bids. Play of hand, how to count points and other topics will be covered. Instructor: Joanne Urvan

Beginner Bridge I & 2 - NEW COMBO CLASS!

Thursdays, June 7 - August 30, 2 - 4 p.m. (No Class July 19)

\$80 members/\$104 non-members per twelve week session

This comprehensive class covers a wide range of foundational topics that will prepare you to move up to Intermediate Bridge class. The newly expanded format runs for 12 weeks with a break in the middle. Plus, you'll have access to Bridge Practice on Tuesday afternoons to keep your skills fresh.

Intermediate Bridge

Mondays, June 4 - July 9, 2 - 4 p.m.

Mondays, July 23 - August 27, 2 - 4 p.m.

\$40 members/\$52 non-members per six week session

Intermediate Bridge is intended for students who have completed Beginner Bridge I & 2 or who have experience with playing Social Bridge and wish to expand their skills. If you're uncertain whether this is the right class for your skill level, give us a call so we can get you in touch with the instructor.

Bridge Practice NEW!

Tuesdays, 2:15 - 4:15 p.m.

Need to hone the skills you learned in class or refresh your memory on techniques and lessons? Current and returning bridge students may use the Game Room for group practice. Call us, so we can put your name on the list and help you find a group of beginners to play with.

Sexton Hall FITNESS CLASSES



Beginner Line Dancing

Wednesdays, July 25 - August 29, 2:15 - 3:15 p.m.

\$30 members/\$42 non-members per six week session

Exercise your body and mind by learning low impact dance steps to lively, upbeat music. Line Dancing is a fun way to dance socially without a dance partner. Dancing styles covered in this class include Country Western, Swing, Salsa, Tango, Cha Cha, Waltz & more. No previous dance experience is necessary to take this class. Instructor: Nancy Anthony

Advanced Beginner Line Dancing

Wednesdays, July 25 - August 29, 3:15 - 4 p.m.

\$25 members/\$37 non-members per six week session

Designed for line dancers who have mastered most of the basic beginner line dancing steps. Instructor: Nancy Anthony

Beginner Line Dancing + Advanced Beginner Line Dancing = Special Combo Price

Wednesdays, July 25 - August 29, 2:15 - 4 p.m.

\$50 members/\$70 non-members

Yo-Chi-Ahh

Mondays, June 4 - July 9, 11 a.m. - noon

\$30 members/\$42 non-members per six week session

This class combines elements of Yoga, Tai Chi and respiration exercises. The physical movements and mental exercises enhance harmony, balance and well-being. The results will be improved focus and overall wellness. Bring your yoga mat. Instructor: Peter Vajda



Senior Tone & Balance

Thursdays, June 14 - July 12, 9:30 - 10:15 a.m. (no class June 7)

\$21 members/\$31 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



Yoga at Sexton Hall

Yoga 101 and Gentle Yoga emphasize the practice of postures and breath work as a means to reconnect body, mind and spirit. Yoga 101 students stand to do balance poses as well as use a mat for some exercises. Gentle Yoga uses a chair and mat and is geared toward those who have arthritis, fibromyalgia, MS, etc. **New Yoga Instructor: Bonita Butler**

\$30 members/\$42 non-members for six week session

\$50 members/\$70 non-members for any two Yoga class combo for six week session

\$75 members/\$90 non-members for all three Yoga classes for six week session

Yoga 101

Mondays, June 11 - July 16, 3:15 - 4:15 p.m.

Regular pricing per six week session

Wednesdays, June 13 - July 18, 1 - 2 p.m. (no class July 4)

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

Gentle Yoga

Thursdays, June 14 - July 19, 1 - 2 p.m.

Regular pricing per six week session

Sexton Hall ART CLASSES

Ceramics NEW!

Special Project: Dinner and Salad Plate

Tuesday, June 19, 1:30 - 3:30 p.m.

\$18 members/\$23 non-members for two hours of studio time with instructor, bisque dinner plate and salad plate, all painting supplies and firing



Join our instructor to learn painting, stenciling, and stamping techniques as you design and glaze your plates. You'll create ceramic pieces that are beautiful, useful, and best of all, unique because they are hand-painted by your own hands! Colorful glazes, brushes, kiln firing and other materials are included in the cost of the class. If you like what you've created, sign up for a four week session in July to work on multiple pieces of your choosing. You could complete a whole dinnerware set or tackle other projects. Instructor: Kathy Archambault

Ceramics Studio Session NEW!

Tuesdays, July 10 - 31, 1:30 - 3:30 p.m.

\$50 members/\$60 non-members for four week session, includes studio time with instructor, painting supplies and firing; selection of bisque pieces will be available at additional cost

Work on pieces of your choosing with help from our ceramics instructor during eight hours of dedicated studio time spread over Tuesday afternoons in July. We'll be stocking our studio by the end of June, so you can come browse our selection of bisque ware, choose and pay for your pieces, and sign up for the session. Work at your own pace and finish the month with completed ceramic pieces you can be proud of! Instructor: Kathy Archambault



Glass Fusion Class

Fridays, June 15 - July 6, 10 a.m. - noon

\$110 members/\$120 non-members per four week session

Learn the basics and safety of working in glass and make glass fusion plates, sun catchers, wind chimes, jewelry and plant stakes. \$25 supply fee required per student. Instructor will provide supplies during class. Instructor: Kathy Faass.

Basket Weaving

Mondays, June 11 - 25, 10 a.m. - 12:30 p.m.

\$60 members/\$72 non-members per three week session

Mondays, July 30 - August 27, 10 a.m. - 12:30 p.m.

\$100 members/\$120 non-members per 5 week session

Make a beautiful basket and learn a variety of weaving techniques as you form the base, sides, handle, and rim over the course of three to five weeks. Each session provides the opportunity to create a different functional design. Students will receive a pattern and materials needed to complete each project. You will need to bring some basic supplies from home, and a full list will be provided after sign-up. Instructor: Annette Roose.

June basket project: Out the Door Quick basket

July basket project: Tall Canister basket with Lid



Oil Painting NEW!

Thursdays, July 12 - August 2, 1 - 4 p.m.

\$120 members/\$132 non-members per four week session

Working from a still life, learn the fundamentals of oil painting that can be applied to other painting genres as well. We'll begin with studies to learn how to "see" light, shadow and relationships between them rather than mere objects. Creating form, practical color mixing, integrity in working with oil paint, and more will be explored. Supply list will be provided upon class registration. Instructor: Kay Hibbard.



Acrylics Painting

Wednesdays, June 13 - July 11, 10 - 11:30 a.m.

(No class July 4)

\$65 members/\$75 non-members for four week session

You'll work on individual paintings in acrylic on canvas. Practice your composition first by doing sketches on paper, then transfer the sketch to canvas and paint as the instructor guides you, teaching skills along the way. Additional \$5 supply fee required. Instructor: Kathy Faass

Beginner Watercolor

Fridays, July 27 - August 31, 1:30 - 3:30 p.m.

\$90 members/\$102 non-members per six week session

Don't be afraid to dive into the world of watercolor or just dip a toe in! In Beginner Watercolor, we will focus on composition and painting techniques, including color mixing. You'll learn to create vivid landscapes or floral paintings you can be proud of. A supply list will be provided prior to the first class. Instructor: Jennifer Slavik.



Open Art Studio NEW!

Thursdays, 10 a.m. - Noon, ongoing

If you are an art student with us, this time is for you! Finish the piece you're working on in class, or work on an art project of your choosing. Materials provided by your instructor during class or you may bring your own supplies.

HEARTHSTONE LODGE

Special Events

Early 4th of July Cook Out - Independence Day Celebration
Wednesday, June 27, 12:30 - 2 p.m. at Hearthstone Lodge
Members only; call (770) 781-2178 ext. 5023 to let us know you're coming.
We're going to start the celebration early! Members and their significant others are invited to join us for a summer cook-out, celebrating all things red, white and blue! We'll grill hot dogs and brats with all the fixins, serve refreshing watermelon and picnic salads, and have brownies for dessert. The pool will be open so bring your suit! Join us for an afternoon of old fashioned, all American fun!



Blood Pressure Screening
Thursdays, June 14 & July 12, 9:30 - 10:30 a.m.
Drop in, no registration necessary.

Courtesy of Tammy Miller, RN from Chestnut Ridge, helping us to stay healthy.

Hearthstone Fitness Facilities

Fitness Center- Open 7 a.m. - 5:30 p.m., Monday through Friday. Features 12 isokinetic resistance band workout stations designed for active adults. Membership of \$60 a year, separate from the pool membership.

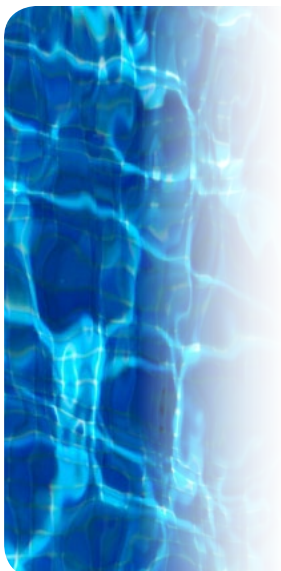
Heated Pool- Open 7 a.m. - 5:15 p.m., Monday through Friday. Pool membership is for lap and open swim times only. The pool is covered and heated to around 88 degrees and open year round. Membership of \$60 a year, separate from the fitness center membership.

AQUATIC FITNESS CLASSES at Hearthstone

Deep H2O Aerobics
Tuesdays and Thursdays, 10 - 10:30 a.m.
June 5 - July 12
July 24 - August 30

\$36 members /\$46 non-members per six week session

As you submerge yourself into the deep end of the pool for a water fitness workout, your body becomes weightless, giving you a new kind of core challenge. While deep water aerobics has low impact on your joints, it has a high impact on your cardiovascular system and speeds up your metabolism. You may wear a flotation belt for support in the deep water or rely on your own ability to float as you perform deep water aerobics routines. Instructor: Rane Pattison



H2O Aerobics II

Mondays, Wednesdays and Fridays, 10:30 - 11:30 a.m.

June 4 - July 13 (No Class July 4)

July 23 - August 31

\$54 members /\$60 non-members per six week session

One hour of intermediate workout to improve muscular endurance, core strength, flexibility and cardiovascular conditioning. Instructor: Andrea Coleman

H2O Arthritis

Mondays, Wednesdays and Fridays, 11:45 a.m. - 12:45 p.m.

June 4 - July 13 (No Class July 4)

July 23 - August 31

\$54 members/\$60 non-members per six week session

Arthritis water aerobics provides a gentle, total-body cardiovascular workout, resistance for muscle strength and mobility improvement for those with arthritis or recovering from surgery. Instructor: Rane Pattison

H2O Afterhours Aerobics

Tuesdays and Thursdays, 5:30 - 6:30 p.m.

June 5 - July 12

July 24 - August 30

\$54 members/\$60 non-members per six week session

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

Swim Strokes Clinic

First two Fridays of each month

June 1 & 8, 12:45 - 1:30 p.m.

July 6 & 13, 12:45 - 1:30 p.m.

\$50 members/\$56 non-members per clinic

Whether you are a beginner or advanced swimmer, this will be a beneficial class. We will focus on better stroke techniques and breathing more efficiently. Classes led by a certified instructor.

Snorkeling Clinic

Last two Fridays of each month

June 22 & 29, 12:45 - 1:30 p.m.

July 20 & 27, 12:45 - 1:30 p.m.

\$30 members/\$36 non-members per clinic

Some of the most spectacular marine life and colorful reef are located within 20 feet of the water's surface. This is why millions of people snorkel while on a tropical vacation! Learn how to explore the underwater world. Instructor: Rane Pattison, PADI Certified



FITNESS CLASSES at Hearthstone

Mind Body Heart Yoga **NEW!**

Fridays, 1:30 - 2:30 p.m.

June 8 - July 13

July 27 - August 31

\$25 members/\$30 non-members per six week session

Are you looking to strengthen your entire body with calm, centered and purposeful movement? Mind Body Heart Yoga builds on yoga basics, restorative/yin yoga, meditation and flow. It is designed for all fitness levels. Bring your mat and be ready to be restored! Instructor: Linda Bowman

Circuit Training **NEW! - Free for members!**

Tuesdays, 9 - 9:30 a.m.

No fee, a benefit of center membership. Drop in, no registration necessary.

Does your workout need a wake-up call? Circuit training is a surefire way to beat the boredom blues. Moving quickly from one exercise to the next means your mind doesn't have time to wander. Circuit training workouts also offer more cardio benefits! Get the most out of your fitness membership with certified trainer Rane Pattison.

Strength & Tone

Mondays and Fridays, 8:45 - 9:30 a.m.

June 4 - July 13

July 23 - August 31

\$36 members/\$60 non-members per six week session

Strength training with weights, bands, medicine balls and low impact aerobics. Instructor: Rane Pattison

Flex, Balance & Chi

Mondays and Fridays, 9:30 - 10:15 a.m.

June 4 - July 13

July 23 - August 31

\$36 members/\$60 non-members per six week session

Stretching and balance exercises improve flexibility and increase range of motion. Instructor: Rane Pattison

Zumba Gold

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

June 6 - July 11 (No Class July 4)

\$15 members/\$25 non-members per five week session

July 25 - August 29

\$18 members / \$30 non-members per six week session

Aids in making the body more flexible and also increases endurance. With Zumba Gold, you can improve posture, coordination and balance. Instructor: Rane Pattison



Personal Training (First one **FREE with membership)**

On-going, no session dates, by appointment.

\$20 members/\$25 non-members per half hour session

Do you need help getting started on a fitness routine or a boost from your normal routine? Our certified personal trainer can show you how! Please give us a call for more information.

Games at Hearthstone

Membership in the center is required to be a regular game player. It is \$60 per year, which includes privileges in either the fitness workout room or the pool plus many other benefits. Groups are open to new players.



Mah Jong: Monday, 2:15 - 5:15 p.m.

Bridge: Thursday, 10:30 a.m. - 4:30 p.m.

Canasta: Tuesday, 12:30 - 5 p.m.

Open Game Time: Friday, 2:30 - 5 p.m.

Biscuit Boyz Coffee Club at Hearthstone

Our gentleman's breakfast club meets every Thursday from 8:30 to 10 a.m. Enjoy coffee and conversation. The group has speakers and also mentors 8th grade students from Cornerstone School on the first Thursday of each month.

The Gift of Center Membership

Looking for a unique and useful gift for a loved one? Memberships are available for \$60 which includes benefits at all three centers, and may be purchased at any of the three locations. With a membership, you will be giving the gift of fitness, with privileges in either the pool or workout room at Hearthstone Lodge. This may be the perfect gift for someone you love!



ROOM RENTALS AVAILABLE

Each of our facilities have rooms available for rent on evenings and weekends. Hearthstone Lodge is available for pool parties. Sexton Hall has a room that holds up to 280 people. Let us host your special occasions and take the stress out of entertaining!

Call Kathy Howard at (770) 781- 2178.

AGEWELL Forsyth

AgeWell is a nonprofit organization that engages, inspires and empowers older adults to live well. They are a big supporter of Forsyth County Senior Services and provide many special things to our centers and seniors making life better in untold ways. To raise funds, they host fun events, including bingo nights and trips to places both near and far. For further information, please call Linda at (404) 245-7949.



Bingo

Game Nights at Sexton Hall on the 3rd Friday of every month

June 15 and July 20

6:30 p.m. - doors open for dinner and socialization

7:30 p.m. sharp - play begins

\$10 per person, \$5 picnic dinner, \$1 for drinks and snacks

Cash prizes! The more people that play, the larger the prizes, so bring your friends!

Trips

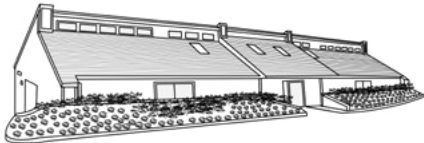
Flyers and brochures available in the centers.

Iceland, November 4-10, 2018, Collette Travel

Affordable overnight bus trips available too!



MEMBERSHIP in our Centers



Hearthstone Lodge



Sexton Hall



Charles Place

Membership provides a way to support the centers and receive benefits, such as discounts on classes and activities, priority registration for day trips and hikes, newsletter mailing, use of special amenities and invitations to member-only events. Membership is \$60 a year (good for one year from date of purchase) and is good for participation in any center. Scholarships are available.

REGISTRATION for Classes and Activities

Registration is required in advance for a free activity or one that is fee-based. You may register in person at any center or over the phone, (770) 781-2178. Payment is required at the time of registration for fee-based activities. Center members receive priority registration privileges for some activities. Don't delay in registering as many trips fill up fast and other activities may be canceled if enough seats are not filled.

Volunteers Needed



We need the help of kind persons who would like to make a difference in the lives of local seniors. There are various opportunities such as helping with activities or events in our centers, delivering meals and friendly visits to homebound seniors and assisting in the Respite memory support program. You can also help by teaching a class, providing entertainment or even making centerpieces for our daily luncheon tables.

Please contact one of the center coordinators at (770) 781-2178.

Services for Older Adults

(770) 781-2178

Meals on Wheels - Daily or weekly delivery of meals by a friendly visitor. Please contact Dan Hill.

Respite/Memory Support Program

A half day program designed to give caregivers a break and provide fun activities for older adults needing extra support. Includes lunch.

Congregate Meal & Activity Program

For independent, fun-loving older adults. A half day of group activities, including lunch.

Caregiver Support Group

1st and 3rd Wednesday of each month. 1 - 2 p.m.

Counseling Available

1st, 2nd, and 3rd Wednesday of the month, by appointment only.

***Please contact Barbara Wiggins for details on Respite, Congregate, Counseling, and Caregiver Support programs.**

Guardian Call Service

This service, which checks upon you each day by phone, is offered by the Forsyth County 911 Center and the Sheriff's Office. It is an automated system which makes contact by phone every day at a predetermined time. When you receive the call, you respond with a personalized code, letting the system know you are okay. If you do not respond, a call will be made to your emergency contact person. If the system is unable to reach a family member, an officer will be sent out on a wellness check. For more information about this free service please contact Michelle Smith at (770) 781-3087, mtsmith@forsythco.com.

Monthly Free Program by Sheriff's Dept. Seniors and Law Enforcement Together (SALT)

The 3rd Wednesday of every month at 10 a.m.

June 20 and July 18

No fee or registration required.

Meetings held at The Fraternal Order of Police Lodge - 248 Castleberry Industrial Drive, Cumming. A light breakfast is served and a presentation on topics of concern to seniors is presented.



Senior Services Staff

Ruthie Brew, Director
Pollianna Evans, Hearthstone Lodge
Julie Gruen, Sexton Hall
Debbie Carlton, Charles Place
Hunter Bennett, Community Outreach
Kathy Howard, Senior Events & Rentals

Social Services

Apryl Milam, Coordinator
Dan Hill, Meals on Wheels
Barbara Wiggins, Congregate & Respite
Kent Erwin, Volunteers

Departmental Email Addresses

General Information - seniorservices@forsythco.com
Volunteers - volunteer@forsythco.com
Room Rentals - rentals@forsythco.com
Senior Expo - expo@forsythco.com

(770) 781-2178

www.forsythco.com/seniors

Charles Place
595 Dahlonega Street
Cumming, Georgia 30040

Sexton Hall
2115 Chloe Road
Cumming, Georgia 30041

Hearthstone Lodge
7305 Lanier Drive
Cumming, Georgia 30041