

FORSYTH COUNTY SENIOR SERVICES



December - January
2017 - 2018



Active Adult Centers Cumming, Georgia

Charles Place
595 Dahlonega Street
Cumming, GA 30041

Sexton Hall
2115 Chloe Road
Cumming, GA 30041

Hearthstone Lodge
7305 Lanier Drive
Cumming, GA 30041

(770) 781-2178

www.forsythco.com/seniors

Happy Holidays! Happy New Year!

Visit your friendly active adult center for winter fun! You're welcome here!

December Special Events

Card Making for Servicemen at Charles Place, December 6
A Dickens' Christmas at Sexton Hall, December 13
Silver Bells Holiday Concert at Sexton Hall, December 17

January Special Events

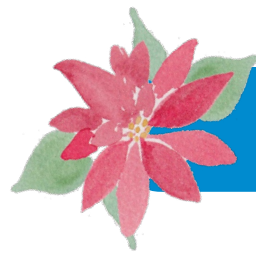
Trip to the Georgia Aquarium, January 18
Hot Chocolate & Table Games at Charles Place, January 26
Chili Cook Off at Hearthstone Lodge, January 26

Fitness classes at each center to start the new year off right!

The Gift of Center Membership

Looking for a unique and useful gift for a loved one? Memberships are available for \$60, include privileges in all 3 centers, and may be purchased at any of the three locations. With 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!





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 home-bound seniors a daily meal delivered by a friendly visitor. The center also hosts occasional special afternoon 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, Apryl Milam.

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

Located in the southern part of the county, Sexton Hall reopened its doors in Spring 2017 after extensive renovations. This multipurpose center hosts active adult programs and events and now also traditional senior activities in the Congregate and Respite programs, half day activity programs which include lunch. The center offers classes in art, computers, and fitness, a game room for card and game players, and day trips around the Atlanta area. 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 Shady Grove Road

Located on the northeast side of Cumming, Hearthstone Lodge focuses on wellness for active adults 50+. The centerpiece of the center is a warm water 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

HEARTHSTONE LODGE

See page 11 for details.



Annual Holiday Ornament Exchange Party

Friday, December 8, 12:30 - 3 p.m.



CHILI COOK OFF

Friday, January 26, 1 - 3 p.m.

No fee for members/ \$5 non-members. Reservations please. Looking for cooks and those to do taste testing! Yum!

SEXTON HALL

See page 5 for details.

Holiday Celebration: A Dickens' Christmas with string orchestra

Wednesday, December 13, 10 - 11 a.m.



Sweet Silver Bells Christmas Concert

featuring the Sounds of Sawnee Concert Band

Sunday, December 17, 3 - 5:30 p.m.

CHARLES PLACE

See page 4 for details.

No fee, but please let us know you're coming!

HOLIDAYS FOR OUR HEROES

Wednesday, December 6, 12:15 - 1:30 p.m.

The Armchair Traveler Series - Egypt and Jordan

Friday, January 12, 1 - 2 p.m.



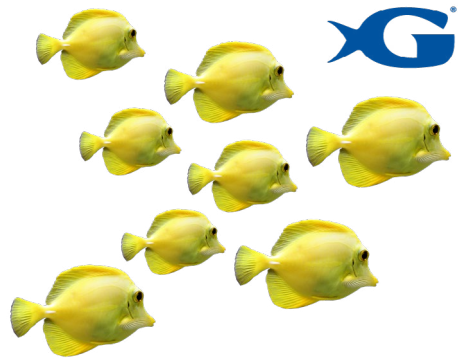
Hot Chocolate and Table Games!

Friday, January 26, 2 - 4 p.m.



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 or the trip may be in danger of being canceled.



Georgia Aquarium - much walking, spots to sit & rest

Thursday, January 18, 11 a.m. - 5 p.m.

\$50 members/\$55 non-members

Visit the largest aquarium in the western hemisphere! Within 10 million gallons of water, you'll see an aquatic world teeming with life, including whale sharks and giant manta rays. We'll have time for enjoying unique exhibits, lunch in the café, the special Dolphin Celebration show and the new Under the Boardwalk show featuring California sea lions and their trainers!

Delta Flight Museum - some walking

Friday, January 26, 9 a.m. - 3 p.m.

\$25 members/\$30 non-members

Join us as we explore the newly renovated Delta Flight Museum. The museum is located at Delta Headquarters and is only minutes from the world's busiest airport! Come and explore aviation history and the future of flight in an original 1940's Delta hangar. Followed by lunch on your own at IKEA.

HIKING CLUB

Hikes are on the 2nd and 4th Thursday of the month, 8 a.m. to 4 p.m. \$10 members/\$15 non-members per hike for bus and staff support. Registration is required in advance. Departure 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.

DECEMBER - No Hikes

Smithgall Helen - Thursday, January 25

Easy to Moderate, 6 miles. Enjoy the mammoth forest trees, rushing water, beautiful boulders covered in moss and a striking waterfall. Wildlife is plentiful in the area. Lunch is on your own in Helen.

FITNESS CLASS NOTICE

**You may try any class one time to see if you like it.
Start the new year right by getting more active!**



Charles Place

Special Afternoon Programs at Charles Place



Holidays for our Heroes

Wednesday, December 6, 12:15 - 1:30 p.m. No fee.

We're making cards for servicemen! Join us as we honor and encourage our deployed service members and veterans during this holiday season. We will provide supplies to make your own unique cards or add personalized words of holiday cheer to pre-printed cards.

The Armchair Traveler Series- Egypt and Jordan

Friday, January 12, 1 p.m.

Do you day dream 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 Middle East. Have you traveled to the region? Bring your pictures to share!

Baby, it's Cold Outside!

Friday, January 19, 1 p.m.

How to Stay Warm on a Dime - Join us for an informational session complete with tips for creating an energy efficient home. We will serve hot drinks!

Hot Chocolate and Table Games!

Friday, January 26, 2 p.m.

Join us on the 4th Friday of every month for hot chocolate and table games. Play Scrabble, Gin Rummy, or any number of fun games. Bring a friend or come and make a new one!

Fitness Classes at Charles Place

Gentle Strength Training NEW!

Mondays, January 8 - 22, 2:15 - 3 p.m. (three week session)

\$9 member/\$15 non-member (no class January 15)

Get stronger, leaner and healthier! Warm up with stretching, followed by resistance work using hand weights, balls and tubing. Your muscle tone can be improved! Bring a mat and light weights if you have them, or we can provide them. Instructor: Raneé Pattison



Zumba Gold

Tuesdays, January 9 - 30, 2:15 - 3 p.m. (four week session)

\$12 member/\$20 non-member

Have fun dancing your way to fitness! We'll move to the music, becoming more flexible, increasing endurance and improving posture, coordination and balance. Instructor: Raneé Pattison

Matter of Balance - Fall Prevention Class

Wednesdays, January 10 - February 28, 1 - 3 p.m. (eight week session)

Free for members/\$20 non-members. Registration required in advance.

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

Sexton Hall

Sexton Hall Events

For the Holidays...



Holiday Celebration: A Dickens' Christmas

Wednesday, December 13, 10 - 11 a.m.

Free; call (770) 781-2178 ext. 5017 to reserve your spot

Come on over for a seasonal treat! Based on the story of Charles Dickens' *A Christmas Carol*, special holiday entertainment will be provided by talented performers from Christian Fine Arts of Forsyth, including a string orchestra!

Sweet Silver Bells Christmas Concert

Sunday, December 17, 3 - 5:30 p.m.

\$5 advance tickets; \$8 at the door

Get in the holiday spirit by joining us for an afternoon of seasonal music as performed by the Sounds of Sawnee Concert Band. Admission includes 2 hours of entertainment plus light refreshments. Call (770) 781-2178 or stop by any of our centers on weekdays to purchase your tickets before we sell out!



Lifelong Learning

AARP Driver Safety

Tuesday, December 12, 9 a.m. - 4 p.m.

\$15 for AARP members, \$20 for non-members

Learn about new rules of the road and traffic laws, defensive driving techniques, and proven safety strategies. Bring a lunch. You could receive an insurance discount after completion of the course. Call (770) 781-2178 ext. 5017 to register; bring cash or check payable to AARP.



Ask an Expert: Winterizing Your Car

Friday, December 15, 11 a.m. - Noon

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

Get your vehicle prepared for the potential of harsh winter weather. This workshop will answer such questions as: how often should you replace antifreeze and other fluids under the hood, and what should your tire tread depth be? How do you extend tire wear, and when should you replace belts and hoses? Free surprise for all attendees. Presented by Scott's Auto Center Shop Foreman Mike Ross.

Ask an Expert: Exercising in Winter

Thursday, January 11, 11 a.m. - Noon

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

What types of exercise are best outside in the winter cold? When is the best time of day to go? Where should I check weather conditions? These questions will be answered, as well as information on proper hydration, frostbite and hypothermia, dressing in layers, getting acclimated to colder or warmer climates, and knowing who to contact in case of an emergency. Presented by Kim Hall from Totally Running and Walking.



Sexton Hall Wellness Presentations with a Nutrition Focus

Free and welcome to all. Offered one Tuesday a month.

Blue Zone Diets - Tuesday, January 30, 11:45 a.m. - 12:15 p.m.

Presented by Lisa Howard, Wellness Coordinator with Legacy Link Area Agency on Aging

Navigating Your Financial Future

Free informational series to help prepare for your retirement years. These topics could impact 1/3 of your life, so it's important to understand your options and make informed decisions. Space is limited; **please RSVP** by calling (770) 781-2178 ext. 5017.

Long-Term Care Workshop

Tuesday, January 9, 1:30 - 3 p.m.

Presented by Steve Voshall of BrightStar Care, this workshop will cover such questions as what are the public and private options to cover costs of long-term care? What do comprehensive and non-comprehensive policies cover? What can trigger benefits? Can certain actions disqualify you for coverage?

Veterans Aid and Attendance Workshop

Tuesday, January 16, 1:30 - 3 p.m.

Presented by Hurley Elder Care Law, this workshop will cover such questions as how do I qualify for VA benefits? How much can I receive in benefits and what can it pay for? Can my spouse receive benefits as well?

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 now available for purchase at the front desk of Sexton Hall for \$10 each and do not expire. Your punch card will be marked once each time you come in to play. Cash money will no longer be accepted for game play after January 1.

Sexton Hall Garden Club

Kick-Off Meeting

Thursday, January 4, 10:30 - 11:30 a.m.

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

Help plan and start a community garden at Sexton Hall! Join us for a special kick-off meeting to discuss goals and first steps for shaping the garden. We will tour the property and visualize what we can create. We'll be outside for a short time so wear your garden clogs or boots, and get ready to dig in to a special project that should produce great things!



Sexton Hall Classes

Class Registration Information

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.

Students who cannot attend a full session may still register 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. 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 the class.

Intro to Windows 10 & Cyber Security

Mondays, January 8 - February 19, 10 a.m. - Noon (No class January 15)

\$40 member/\$52 non-member for six week session

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. Students must bring their devices and chargers to class (unless you are using our laptops), as well as know their IDs and passwords. A printed manual will be provided at the first day of class.
Instructor: Bill Startt



Bridge Classes



\$40 member/\$52 non-member, six week session

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

Thursdays, January 11 - February 15, 2 - 4 p.m.



Intermediate Bridge

Mondays, January 8 - February 19, 2 - 4 p.m. (No class January 15)

Sexton Hall ART CLASSES

Ceramics Program

Don't miss our new Ceramics program! If you want to get fired up about painting and glazing ceramic pieces, call Sexton Hall at (770) 781-2178 ext. 5017 to be added to the interest list. We'll contact you with all the details before programs are ready to begin in 2018.

Acrylics Painting

Wednesdays, January 10 - 31, 10 - 11:30 a.m.

\$110 member/\$120 non-member, four week class

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

Glass on Canvas Mixed Media Art

Wednesdays, January 17 and 24, 2 - 3:30 p.m.

\$25 member/\$30 non-member, two week class

Create a mixed media masterpiece in only two weeks! Learn glass on canvas techniques that will help you create colorful and unique pieces of art. Additional \$15 supply fee required. Instructor: Jayme Teague

Basket Weaving

Mondays, January 22-February 5, 10 a.m. - Noon

\$60 member/\$72 non-member, three week class

Make a beautiful basket that has a woven base, start/stop weave on the walls, a handle, and a standard rim. Basic weaving techniques will be introduced. 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



Sexton Hall FITNESS CLASSES

Fitness Goal Setting with Rane

This is a free benefit to center members. Please come to hear about the program on Tuesday, January 9 at 8:45 a.m. or 11:30 a.m. (Also, check for other times at Hearthstone Lodge). In general, the program will involve individual work with personal trainer and fitness instructor, Rane Pattison. It will include an assessment of your fitness level, goal setting, suggestions for classes, one personal training session to learn exercises you can do on your own, and check-ins on your progress. Bring your calendar to set up your assessment date.



Tai Chi NEW!

Tuesdays, January 9 - February 13, 2:30 - 3:30 p.m., 6 week session
\$30 member/\$42 non-member for 6 week session

This ancient form of gentle exercise involves a series of movements performed in a slow, focused manner accompanied by deep breathing. Tai Chi is low impact and puts minimal stress on muscles and joints, making it safe for all ages and fitness levels. Movements can be done standing or seated. Instructor: Mike Shallow

Beginner Line Dancing

Wednesdays, January 10 - February 14, 2:15 - 3:15 p.m.
\$30 member/\$42 non-member for 6 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 NEW!

Wednesdays, January 10 - February 14, 3:15 - 4 p.m.
\$25 member/\$37 non-member for 6 week session

Designed for line dancers who have mastered most of the basic beginner line dancing steps. While still mastering some of the more complex basics, you can learn and dance beginner dances confidently. Instructor: Nancy Anthony



Yo-Chi-Ahh

Mondays, January 8 - February 19, (No class January 15), 11 a.m. - Noon
\$30 member/\$42 non-member for 6 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, January 11 - February 15, 9:30 - 10:15 a.m.
\$25 member/\$37 non-member for 6 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

Zumba Gold - no December class

Tuesdays, January 9 - 30, 9:30 - 10:15 a.m.
\$12 member/\$20 non-member for 4 week session

Zumba is a fun dance workout that includes a medley of styles, including Cha-Cha, Rumba, and Salsa. It builds cardiovascular health by challenging the heart and working the muscles of the hips, legs, and arms. Instructor: Rane Pattison



Gentle Strength Training NEW!

Tuesdays, January 9 - 30, 10:30 - 11:15 a.m.
\$12 member/\$20 non-member for 4 week session

Get stronger, leaner and healthier! Warm up with stretching, followed by resistance work using hand weights, balls and tubing. Your muscle tone can be improved! Bring a mat and light weights if you have them, or we can provide. Instructor: Rane Pattison



Yoga

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. Instructor: Jan Shoemaker

\$30 member/\$42 non-member for 6 week session
\$50 member/\$70 non-member for any 2 Yoga class combo for 6 week session
\$75 member/\$90 non-member for all 3 Yoga classes for 6 week session

Yoga 101

Mondays, January 8 - February 12, (No class January 15), 3:15 - 4:15 p.m.

Wednesdays, January 10 - February 14, 1 - 2 p.m.

Gentle Yoga

Thursdays, January 11 - February 15, 1 - 2 p.m.

HEARTHSTONE LODGE

Events at Hearthstone



Holiday Party & Ornament Exchange

Friday, December 8, 12:30 - 3 p.m.

RSVP please. Members free/non-members \$5

Bring your favorite dish to share. And, if you'd like to participate in the Ornament Exchange, a wrapped ornament. We will eat, drink, and be merry!

Wanted: The Best Chili in Town

Friday, January 26, 1 - 3 pm

RSVP please. Members free/non-members \$5

It's a chili cook off and we're looking for chili cooks and tasters! Everyone will be a judge in this contest. Come in to warm up from the January cold and give your taste buds a treat! Prizes for 1st place and runner-up. Please let us know if you plan to enter the cook off!



Fitness Center- Open 7 a.m. - 5:45 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. - 5:45 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

H2O Aerobics I

Monday, Wednesday, Friday, 9 - 10 a.m.

January 8 - February 16

\$58.50 member / \$65 non-members per six weeks session, 3 days a week

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

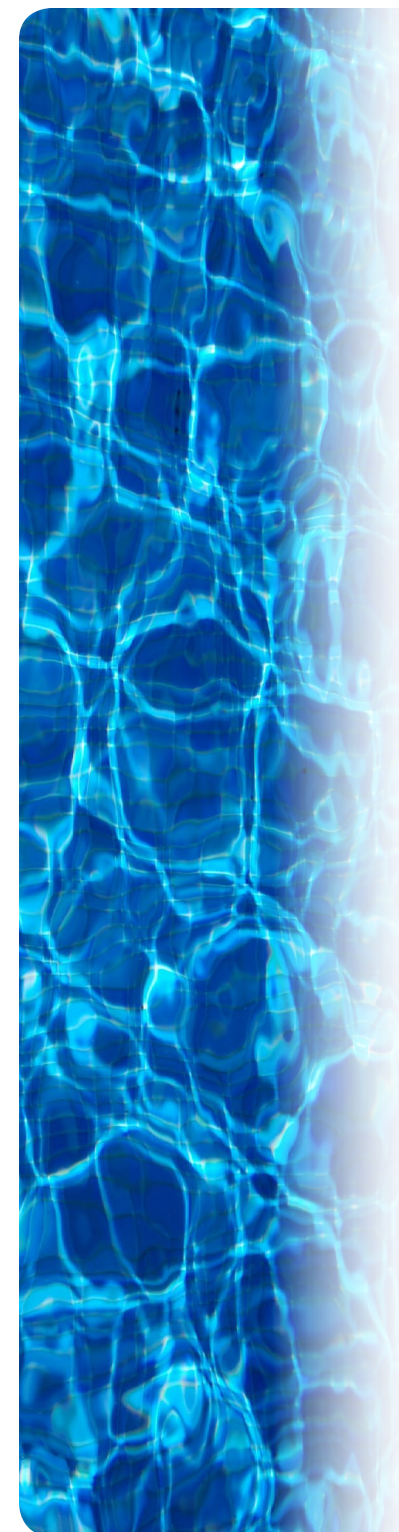
H2O Aerobics II

Monday, Wednesday, Friday, 10:30 - 11:30 a.m.

January 8 - February 16

\$58.50 member / \$65 non-members per six weeks session, 3 days a week

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



H2O Arthritis

Monday, Wednesday, Friday, 11:45 a.m. - 12:45 p.m.

December 4 - 22 (no class December 15)

\$30 member / \$50 non-member per 3 week session (December)

January 8 - February 2 (no class January 15)

\$33 member / \$55 non-member per 4 week session (January)

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

H2O Afterhours Aerobics

Tuesday and Thursday, 5:30 - 6:30 p.m.

January 9 - February 15

\$54 member / \$60 non-member per six weeks session

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

Swim Strokes Clinic

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

Friday, January 5 & 12, 12:45 - 1:30 p.m.

\$50 member / \$56 non-member 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

Thursday, December 14 & 21, 9:30 - 10:30 a.m.

Thursday, January 11 & 18, 9:30 - 10:30 a.m.

\$30 member / \$36 non-member

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: PADI Certified



FITNESS CLASSES at Hearthstone

Fitness Goal Setting with Raneé NEW!

This is a free benefit to center members. Please come hear about the program on **Thursday, January 11 at 10 a.m.** In general, the program will involve individual work with personal trainer and fitness instructor Raneé Pattison. It will include an assessment of your fitness level, goal setting, suggestions for classes, one personal training session to learn exercises you can do on your own, and check-ins on your progress. Bring your calendar to set up your assessment date.

Personal Training with One-On-One Attention
 On-going, by appointment, in the pool or in the center.
 Pay per session: ½ hour - \$20 members/\$25 non-members
 Package of four sessions - \$70 members/\$90 non-members
 Do you need help getting started on a fitness program or a boost from your normal routine? Our certified personal trainer will work with you individually and show you how! Give us a call to set up a time for your first session.



Strength & Tone

Monday and Friday, 8:45 - 9:30 a.m.
 December 4 - 22 (no class December 15)
 \$18 member / \$30 non-member per 3 week session (December)
 January 8 - February 2 (no class January 15)
 \$21 member / \$35 non-member per 4 week session (January)
 Strength training with weights, bands, medicine balls and low impact aerobics. Instructor: Rane Pattison

Flex & Balance

Monday and Friday, 9:30 - 10:15 a.m.
 December 4 - 22 (no class December 15)
 \$18 member / \$30 non-member per three week session (December)
 January 8 - February 2 (no class January 15)
 \$21 member / \$35 non-member per four week session (January)
 Stretching and balance to improve flexibility and increase range of motion. Instructor: Rane Pattison



Zumba Gold

Wednesdays, 9:30 - 10:15 a.m.
 December 6 - December 20 / January 10 - January 31
 \$9 member / \$15 non-member per three week session (December)
 \$12 member / \$20 non-member per four week session (January)
 Aids in making the body more flexible and increases endurance. With the help of Zumba Gold, an individual can improve posture, coordination and balance.
 Instructor: Rane Pattison

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 - 5:30 p.m. **Bridge:** Thursday, 10:30 a.m. - 4:30 p.m.
Canasta: Tuesday, 1 - 5:30 p.m. **Open Game Time:** Friday, 2 - 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, sweet rolls and conversation. The group has speakers and also mentors 8th grade students from Cornerstone School on the first Thursday of each month.

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
 January 19 and February 16
 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!

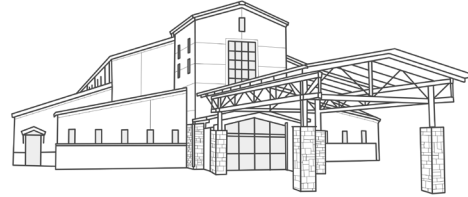
Trips

Flyers and brochures available in the centers.
 Ireland, April 22 - May 4, 2018, Collette Travel
 Iceland, November 4 - 10, 2018, Collette Travel

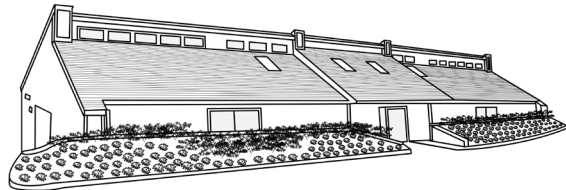


MEMBERSHIP in our Centers

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.



Sexton Hall



Hearthstone Lodge



Charles Place

REGISTRATION for Classes and Activities

Registration is required in advance, whether 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; 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 - 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 Kent Erwin or 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 Activity Program

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

Caregiver Support Group

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

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

Room Rentals Available

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

WHO LOVES HANDBAGS & HAS A CLOSETFUL?

"OLD BAG" AUCTION - OUT WITH THE OLD AND IN WITH THE NEW!

Are you looking to declutter in the New Year? Help our senior programs by contributing your gently used handbags, purses, and wallets to a fundraising auction. You can help us and we can help YOU get motivated to clean out those closets! Your old bag just might be the perfect new bag for someone else! A spring date will be announced in the next newsletter, but start saving your purses for us now!





Senior Services Staff

Ruthie Brew, Director
Pollianna Evans, Hearthstone Lodge
Julie Gruen, Sexton Hall
Apryl Milam, Charles Place
Hunter Bennett, Community Relations

Social Services Staff

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

(770) 781-2178

www.forsythco.com/seniors

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595 Dahlonega Street
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Sexton Hall
2115 Chloe Road
Cumming, Georgia 30041

Hearthstone Lodge
7305 Lanier Drive
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