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FOR IMMEDIATE RELEASE

FORSYTH COUNTY SENIOR SERVICES EXPANDING RESPITE AND CONGREGATE PROGRAMS TO SEXTON HALL ENRICHMENT CENTER

Sexton Hall Enrichment Center is one of three Forsyth County senior centers

Forsyth County, Georgia – Forsyth County Senior Services is expanding opportunities for mature adults at the newly renovated Sexton Hall Enrichment Center, located in the southern portion of the county at 2115 Chloe Road just off of Sharon Road. Respite and congregate programs will be offered to adults ages 60 and over wishing for traditional senior center services and activities.

“Our Senior Services staff are here to enrich the lives of seniors in our community by offering opportunities to challenge both their mind and body,” said Senior Services Director Ruthie Brew. “We invite mature adults who want to be active and make new friends to get involved in our respite and congregate programs.”

The respite program is for those seeking memory support and is offered Mondays and Thursdays, from 11 a.m. to 3 p.m. Programming includes lunch and activities and may provide a break for caregivers. The congregate program, which begins on May 9, includes lunch and four hours of activities including brain challenges, exercise, bingo, parties, day trips and more. It will be offered Tuesdays, Wednesdays and Fridays, from 9:15 a.m. to 1:15 p.m. Transportation for the congregate program may be available for those who no longer drive. Both programs are designed to help seniors continue to live in their homes and maintain their independence, while providing opportunities for socialization, involvement in the community and fun. Participation is funded on a voluntary contribution basis with donations appreciated and encouraged. An application process is required to participate.

Forsyth County Senior Services has provided a respite and congregate program for many years at the Center at Charles Place, located near downtown Cumming. Offering these programs at the Sexton Hall Enrichment Center will better serve those living in the southern portion of the county. In addition, beginning in May, Sexton Hall Enrichment Center will offer a full schedule of active adult programming for those 50 and over in classes that include art, technology, meditation, fitness and Bridge. The third senior center location, Hearthstone Lodge Community Center, is a fitness facility for active adults ages 50 and over. It offers an indoor heated pool, fitness equipment and classes.

Volunteers are an integral part of the programs, and patient and caring individuals are invited to get involved. To register for programs or for information on volunteer opportunities, call Forsyth County Senior Services at (770) 781-2178 or visit www.forsythco.com/seniors.

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The following senior center coordinators may also be contacted at (770) 781-2178 for center-specific information:

Sexton Hall Enrichment Center, Julie Gruen
Center at Charles Place, Apryl Milam
Hearthstone Lodge Community Center, Val Rhoads

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